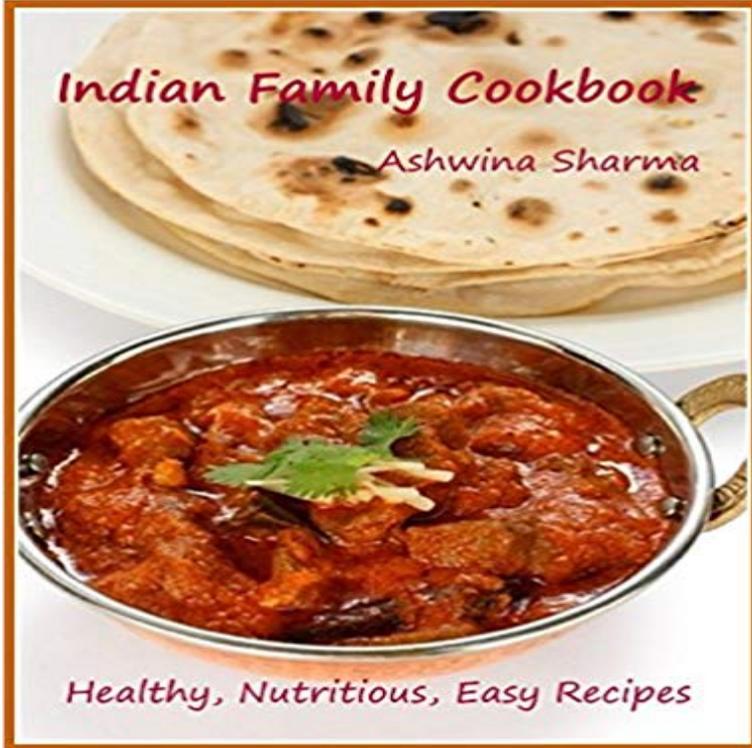


## Indian Family Cookbook: Healthy, Nutritious, Easy Recipes



We usually associate Indian food with spicy curries that make it difficult to go to the bathroom the next day. But, not a lot of us know that Indian cooking is just not limited to spicy curries; Indian food has a lot more variety in it. What we usually associate with Indian food is the food eaten in the cold northern regions of India, where it is said that these spices bring warmth to the body. Head south and you will find mild, flavorful and light on the stomach dishes which will make you beg for more. This is because the southern region of India is warmer and the light flavored food is said to cool the body from inside, reducing the heat. Indian food is very diverse and food patterns change from city to city. Each city has its own specialty food that people throng to eat. For example, Mumbai is famous for its Vada Pavs (the Indian burger with a potato patty and spicy condiment), Hyderabad is famous for its Biryani (a rice dish with flavorful mutton, chicken or vegetables) and Haleem (a dish made using lentils and meat), Kolkata is famous for its Puchkas (a fried, crispy ball of dough filled with sprouts and sweet and spicy water), Chennai is famous for Idlis (steamed savory cakes made using a fermented rice batter) and Dosas (thin crispy Indian pancakes), etc. In this eBook we have provided you with the recipes of a variety of Indian dishes that you can easily incorporate in your day to day meals. Hope you enjoy making these dishes for yourself and your family. We usually associate Indian food with spicy curries that make it difficult to go to the bathroom the next day. But, not a lot of us know that Indian cooking is just not limited to spicy curries; Indian food has a lot more variety in it. What we usually associate with Indian food is the food eaten in the cold northern regions of India, where it is said that these spices bring warmth to the body. Head south and you will find mild, flavorful and light on the stomach dishes which will

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