



No Added Fat: Recipes Redefining Indian Cuisine

Sitangsu Chakravarty

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No Added Fat: Recipes Redefining Indian Cuisine by Master Chef Sitangsu Chakravarty deals with exactly what it mentions—the inherent, unspoiled essence of the ingredients in a dish, unspoiled by added fat. Chef Sitangsu achieves maximum impact by precise timing and careful sequencing and combining of herbs and spices, preferring to roast than fry and many other innovative yet simple techniques. By using the essential fat content of the ingredients themselves, he eliminates the chief drawback—heaviness—of Indian cuisine.

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