



The Curry Bible - 25 Unforgettable Curry Recipes: For the everyday use Curry Cookbook

Martha Stone

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Depending on the country, the curry term may conjure some dishes, recipes, or mixes of different spices. For the first time it is used by British colonists to describe the sauce dishes of Indian cuisine back in the sixteenth century. An Anglicism derived from Tamil or kari.

It is thanks to the British Empire that curry was popularized in the West. Colonial and British troops returned to England retaining their strong appetite for spicy food they found in India. The result is the mass production of a valuable mixture of powdered spices that we know today under the name curry and contributed to the fame of Indian gastronomy worldwide.

Not only it makes tasty dishes but also its digestive properties and fat-burning can effectively help you lose weight faster. It is good for health. It stimulates digestion, burns fat and prevents heart diseases. In often use, with all kinds of non-fat foods, as part of a balanced diet, you will finally have fun while losing weight!

So, don't hesitate and start travelling to the Far East and discover some fantastic recipes with this Cookbook that will become your favorite not just for the cooking and great meals on your table but also because you will start smelling the aroma of some magical and great spices which will bring your imagination to some exotic places. Let's start the journey today!

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