



Potatoes

Tarla Dalal

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In our culture, dal and chawal are almost an inseparable part of the main course, during lunch and often at dinner as well. These, unknowingly add a lot to the fat to our diet. But dals hide within them a lot of undesirable, fat-laden ingredients like the oil or ghee used for tempering, coconut, cream etc. On the other hand, pulao and biryani are traditionally royal foods made using lots of oil, ghee, dry fruits, rich gravies, cream, coconut, curds, paneer etc. Even simple delicacies like khichdi, though cooked in very little oil or ghee are served with ghee poured over them! These do add to the taste of the dish, but well-knowing that these add to the calories, we feel guilty and eliminate them entirely from our diets! But why lose out on your favourite dishes? Moreover, it is not at all fair to cut them out entirely. Nutritionists and health experts advise people to consume only 3-4 teaspoons of oil per day, which most of us find difficult to balance. Not to worry. This book will help you keep a check on the calories that you inadvertently consume during the main meals, without missing out on the dishes you are fond of. We have modified traditional recipes to a zero-oil form as well as developed a few new recipes to suit the Indian palate. Cooking with zero oil involves careful selection of ingredients, tweaking the proportions accordingly and using appropriate cooking methods. I have researched, along with my team of chefs and nutritionists and compiled recipes from different cuisines, using different cooking styles like steaming, roasting, baking, and using non-stick cookware. Surprising as it may sound, we have put together a gamut of oil-free and healthy options for these as well. Really, this collection of your favourite recipes cooked without oil is sure to bring a smile to your face and encourage you to put on your chef's cap and treat yourself and your family to more joyous, healthier, tastier meals!

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