



Cooking Made Easy: The ideal cookery book for beginners that goes beyond cooking

Deepa S. Pathak

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The book is meant for the beginners, particularly those who are clueless about cooking. It is also for people who are fed up of eating out all the time and for working bachelors who like to eat out everyday but cannot afford to! And also for the smart working woman who is not yet smart in cooking. Unlike other cookery books dealing only with recipes, this book also teaches the aspiring cooks how to identify the ingredients and recognise the importance of a pleasing presentation. It imparts tips on healthy habits. It also explains the significance of herbs, nuts and sprouts, which are healthy and nutritious. On the lighter side, readers are told about some funny food facts and interesting definitions and expressions on eating and cuisine. An exclusive chapter on microwave ovens dispels any lingering concerns the readers might have about their so-called harmful effects. Read this book once and food will never taste bland ever again! Some Glimpses:

*Identifying the ingredients: What are cereals,pulses,dairy products etc. *Tips on Healthy Habits: Eat fresh,not fried...Calorie Count...Be fit,not fat *Cooking Queries: What is Sabudana?...How to check the quality of a chicken...What is Spaghetti? *Recipes: Egg Pranthas...Mutton-Do-Pyaza...Sardine Fish Curry...Carrot Milk...Banana Honey Shake

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