



Indian Lentil Recipes - Low Calorie & Delightful 'Dals' Of India

Raji S

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The core of the Indian meal is the 'Dal'. Whether you are in the plains of Punjab, Hills of Kumaon, in the coast of Mumbai or the sultry Chennai in the south of India, 'Dal' is truly a dish which every Indian worth his salt loves and can hardly do without in any of the meal. 'Dal' or a preparation of lentils are a versatile dish and natures best food. This book answers your questions on

How do I cook lentils?

How to cook lentils as a side dish?

How much water do I use to cook lentils?

How long does it take to cook lentils?

How do I cook really tasty INDIAN STYLE lentils?

How easy is it to cook lentil recipes

Not all the foods have transcended their borders and become international favorites. But the Indian Lentil 'Dals' have become the international favourites and being served in some of the finest restaurants the world over.

The sharp tangy spices, the freshness of the taste hot from the oven, the wonderful herbs and above all the healthy proteins, vitamins, micro nutrients and fibers make lentils a truly wonderful low calorie food for all.

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