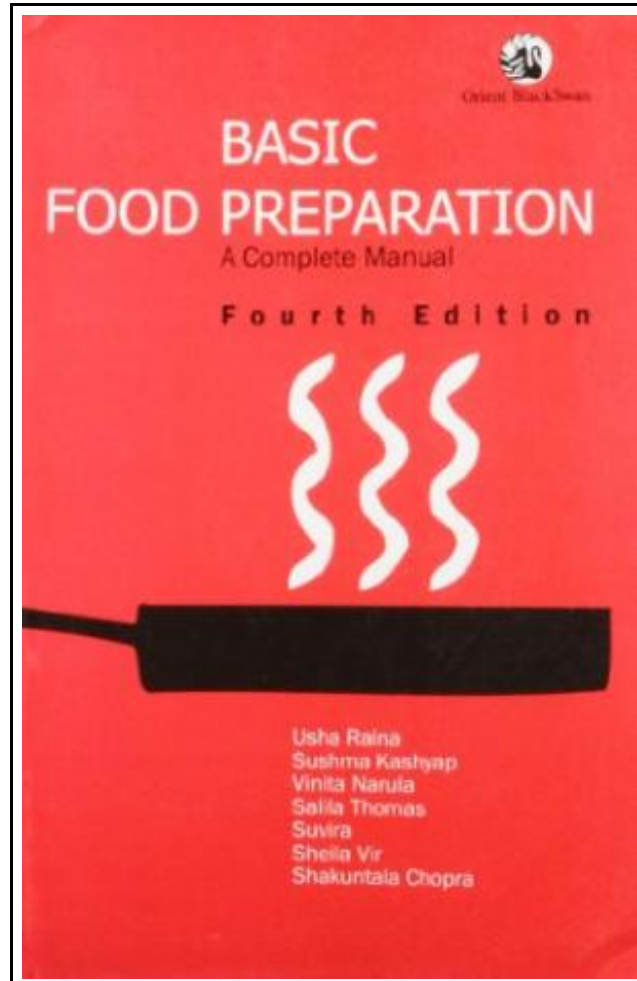


## Basic Food Preparation: A Complete Manual



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## BASIC FOOD PREPARATION: A COMPLETE MANUAL



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Orient BlackSwan Pvt. Ltd., 2010. Softcover. Book Condition: New. 4th edition. 14 x 21 cm. This comprehensive book contains over six hundred standardised recipes. Organised in logical, easy-to-follow steps, with the ingredients for each listed in the order of use, every recipe has been tried and tested for successful results. Information is also given on the scientific principles involved in food preparation, the use of substitutes, variations and garnishes. Useful tips to remember are also appended to every group of recipes. The nutritive value per serving is provided in a consolidated table in terms of energy, proteins, vitamins and minerals. A full section has been devoted to information on weights and measures, food selection, cookery items, methods of cooking and spice mixes. Food preservation also forms an important part of the book. Since home science graduates are also expected to advise and administer nutrition programmes for disadvantaged families, there is an emphasis on low-cost weaning food and snacks in this book. In keeping with an increasing interest in food from various parts of the world, three new chapters?on herbs, exotic fruits and vegetables, menus and food safety?have been added to the fourth edition of Basic Food Preparation: A Complete Manual. To provide readers with a comprehensive idea, this new edition has attractive line illustrations of the herbs, fruits and vegetables discussing their usage. As a result of the concerted efforts of the Faculty of Food and Nutrition, Lady Irwin College, New Delhi, this volume has been brought out for students who need to master the science of nutrition and the art of cooking. It will be useful not only for school and college students, but for anyone keen to learn how to cook for better health. Printed Pages: 524.



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