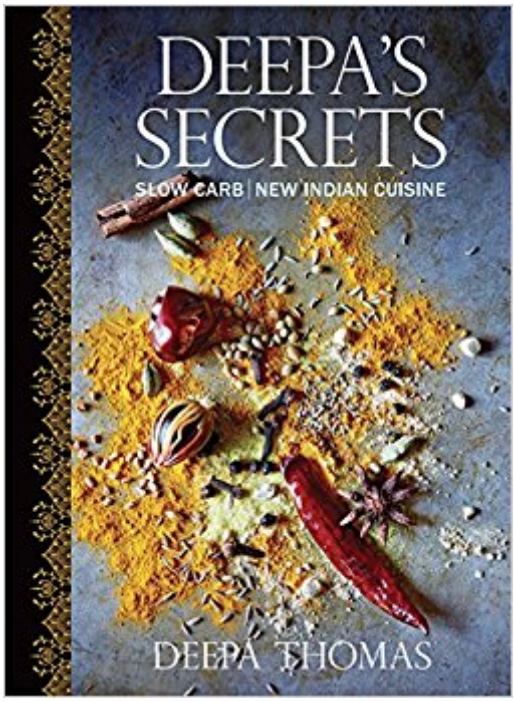
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Deepa's Secrets: Slow Carb New Indian Cuisine



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Synopsis

A journey from old traditions to modern Indian cooking with deliciously simple and gut-healing recipes that leave you feeling fulfilled—rather than full. Upon learning that rice and bread were the culprits for her husbandÃ¢â ¬â„¢s Type 2 diabetes, Deepa Thomas deconstructed and reinvented her native Indian cuisine. Deepa made anew seventy slow carb recipes, incorporating time-saving Western cooking techniques, breaking-news research on gut health and weight loss, and Ayurvedic wisdoms ("When diet is right, medicine is of no need; and when diet is wrong, medicine is of no use."). After six months of cooking and eating "New Indian," Deepa lost twenty pounds and freed her husband from a ten-year routine of insulin shots. Part cookbook and memoir, DeepaÃ¢â ¬â„¢s Secrets introduces breakthrough slow carb and gut-healing recipes that are simple and nutrient-packed, without sacrificing its rich South Asian flavors. On a mission to demystify and make healthy an “exoticÃ¢â ¬Â• cuisine, Deepa shares shortcuts and techniques that will make "New Indian" everyday fare. Bold and intimate, DeepaÃ¢â ¬â„¢s Secrets will undoubtedly change your cooking, and quite possibly your life, featuring East-to-West recipes such as: • RalphÃ¢â ¬â„¢s Garlicky Spinach a la Dal• AmmachiÃ¢â ¬â„¢s Claypot Fish Molee• General JosephÃ¢â ¬â„¢s Five-Star Chicken Batons• New Indian Cacciatore• Masala Omelet The author is donating her royalties to FoodCorps, a nonprofit that connects children to healthy food in American schools.

Book Information

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Customer Reviews

"Deepa embodies what I tell my patients on a daily basis: we all have the potential to have a vibrant

life even when dealing with health challenges. By reinterpreting the most flavorful dishes of her native India and removing the rice and bread, she helped free her husband from 10 years of insulin shots, by stabilizing his blood sugar and improving his health. Deepa’s Secrets is not only filled with delicious, healthy, and healing recipes but with wonderful stories about a colorful and inspiring life. "Ã¢â ¬â ¢Mark Hyman, MD, author of the #1 bestseller Eat Fat Get Thin; director of Cleveland Clinic Center for Functional Medicine"ThomasÃ¢â ¬â ¢spurred by an interest in all things healthy, by a concern for her husbandÃ¢â ¬â„¢s dependence on insulin as a type 2 diabetic, and by the ayurvedic proverb Ã¢â ¬Å“When diet is wrong, medicine is of no use. When diet is correct, medicine is of no needÃ¢â ¬Â•Ã¢â ¬â ¢decided to hunt foredible foodstuffs sans the bad carbohydrates, with an Indian flavor. . . . In between her secrets (e.g., read labels carefully; maple syrup, for instance, might include sugar) and educational asides (did you know that mace is ground-up nutmeg shells?), she helps readers learn a new culinary language . . . A testimony to the power of perseveranceÃ¢â ¬â ¢and patience in assembling all the necessary ingredients, from scratch."Ã¢â ¬â ¢Booklist, Starred Review"Thomas had an epiphany about the role these sources of simple carbohydrates played in her husband’s diabetes . . . and she shares that epiphany and the recipes it prompted in this solid, informative cookbook. . . . Engaging personal stories combined with artfully scattered notes and hints make this book reminiscent of the earliest Moosewood Cookbook in its tone and inviting narrative."Ã¢â ¬â ¢Publishers WeeklyÃ¢â ¬Å“TheyÃ¢â ¬â„¢re no longer secrets! Home cooks and professional chefs will be inspired to use DeepaÃ¢â ¬â„¢s original, simple methods for harnessing complex flavors to create amazing tastes.Ã¢â ¬Â• Ã¢â ¬â ¢Srijith Gopinathan, executive chef of two-Michelin starred Taj Campton PlaceÃ¢â ¬Å“DeepaÃ¢â ¬â„¢s story takes us further: to a world where amazing things are possible, and to a world-view where we are empowered to not just follow recipes for joy, love and wellbeing, but to create them.Ã¢â ¬Â•Ã¢â ¬â ¢Curt Ellis, CEO, FoodCorpsÃ¢â ¬Å“This not just another Ã¢â ¬Ëœcookbook Ã¢â ¬â„¢ . . . We owe Deepa a bouquet of gratitude for her comprehensive and informative treatise.Ã¢â ¬Â•Ã¢â ¬â ¢Dr. Joan Fallon, founder and CEO of Curemark"Deepa’s journey is one of great joy and compassion. Your life will be enriched for knowing her.Ã¢â ¬Â• Ã¢â ¬â ¢Susan Dryfoos, Oscar-nominated documentary filmmaker

Deepa Thomas was born and raised in New Delhi. She founded Deepa Textiles, a $10-million enterprise that won twenty-three design awards. In 2010, she embraced a newfound passion in cooking. She lives in San Francisco, California. Curt Ellis, author of the foreword, is an American filmmaker, social entrepreneur, and advocate for sustainable agriculture. He is the CEO of the

nonprofit organization FoodCorps.

I've been engaged in Indian cooking for a little while, and really enjoy it. I'm one who likes to learn and understand techniques, ingredients, spice paring and why certain ingredients get along, and then use recipes as guide lines to create my own, only because always following recipes is to stressful to me. This book put all that together for me and now I can " "free lance" Indian cooking with good results. I have followed many recipes in the book and they all turned out great, and maybe someday some of mine will be as good as Deepas.

My 12 y.o. (hence the family) became a vegetarian over a year ago and she LOVES Indian, but I wasn't crazy about the carbs OR spending more than an hour on our weeknight meals. This book has yet to make it to the shelf-- sits open on the counter. I also love the author's wisdom and "secrets." Want to stop a pot from boiling over? Stick a wooden spoon in it. Simple. Layered, complex delicious flavors. Do yourself a favor and stock up (there's a whole pantry chapter) at your local Indian market or the international aisle before you start cooking.

I have had the pleasure of nourishing my friends and family with Deepa's delicious secrets. She beautifully lays out how to layer flavors and aromas with her interchangeable "crowing flavors" (many that can be prepared in advance) for the most savory and satisfying meals. Start with her sauces and garnishes and they can take you through a week, easily, by adding different proteins and vegetables. This is not just a "What's for dinner?" cookbook but a cookbook that will change your mindset around ALL of your meal preparation and how simple additions to your repertoire will make you healthier and satiated...my two very active teen boys love Deepa's secrets and commented on how satiated they feel and not weighed down making transitions to sports practices a breeze ... Thank you Deepa for sharing your secrets and also for sharing yourself with us ... your life journey is an inspiration.

This book is perfect for foodies and soul searchers alike as it nourishes both your taste buds and one's heart! The recipes are absolutely scrumptious and are beautifully outlined and photographed. It's totally unique as a cookbook for not only was I extremely excited to cook everything but was engrossed and inspired by the heartwarming story Deepa writes.For a recent dinner party I made the Smashed Chickpea and Toasted Peanut cakes accompanied by the Chutput Ketchup along with the Fennel, Radicchio, Fresh Berry Salad and the New Indian Cacciatore. My guests thought I was

a genius! Sadly not, it was all Deepa’s Secrets.

This book is just beautiful! The recipes are delicious and so easy to follow. It’s like having a cooking lesson in your own kitchen. The photographs are stunning and the stories are so heartfelt. I just ordered several extra copies to give as hostess gifts.

Tried the clay pot fish mollie. It was simple and came out fantastic. You do have to do a little prep with the "secret spice". But other than that it did not take that long. Take a little time and make some and keep it around. You will make delicious healthy food quickly.Also try the sprouted moon dal....

Make sure you have tissue close by when you read this book because you will begin drooling as soon as you see the photos! I just received my book 2 days ago and can’t wait to begin trying these recipes. Deepa makes it easy to follow her secrets and there are a ton of dishes which make me hungry just looking at them. This is a must buy for anybody interested in cooking healthy Indian cuisine.

A beautiful cookbook filled with delicious recipes, cooking secrets and shortcuts, and tips to make healthy food taste flavorful by using aromatic herbs and spices. All the recipes are accompanied by gorgeous color photographs. But what makes this book really special is the moving and vivid anecdotes the author shares about growing up in India and beginning her new life in America.

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