Heart Healthy Adventures with the Cuisine of India
By Arun Perkash MD

1. Indian food- Predominantly vegetarian, Regional variations, Medicinal benefits, Diabetic advantages
2. Spices- No such thing as curry in India. Each spice mix or sauce has its own name
   a. Spice palate
   b. Masala mixes commercial- MDH brand of Spices from Amazon
   c. Fresh Sauces-
      i. North Indian curry sauce
      ii. South Indian flavors
   d. water based sauces, yogurt sauce
   e. Commercial ready made sauces
3. Proteins
   a. Legumes, Dal, Channa dal-(lowest glycemic index of all grains and legumes-10),
      Used in not just stew but dumplings, salad, breads, stuffings, deserts, snacks
   b. Dairy- Milk, Paneer
   c. Yogurt- plain, Raita, savory, sweet, drinks(lassi), strained
   d. Textured soya protein
   e. Eggs, grains, nuts and seeds
4. Breads and grains (Wheat, Channa, Millet, Corn, Sorghum)
   a. Roti or Chapati ( partially Or completely whole wheat), Nan( refined wheat flour),
      Tandoori roti, Deep fried breads(Poori, Bhatoora, Kachori)
   b. Mixed grain flat breads, spice and Herb flavored , often mixed with grated vegetables
   c. Rice- Basmati(North), Short grain(south), Polished and brown, Texmati
5. Vegetables: Large variety, many than used in USA. Vegetables cooked with spices are very tasty without the use of cheese, Meat, bacon or non-veg broths, Stir frying vegetables with spices dry or with sauce
6. Accompaniments-Chutney, Salad, Raita, Pickles
7. Deserts-No eggs, milk or grain based, nuts, flavors
8. Appetizers and Chaat (Like Dim Sum or Tapas)- Almost entirely vegetarian
9. Cooking Techniques-Stove top, pressure cooker, slow cooker, griddle, Tandoor, steaming, Baking, Barbecuing
10. Serving methods( Unlike western style no main and side dish, Thali, eating with hands (finger licking good)
11. Eating in Indian Restaurants - Most Indian restaurants in the United States serve Americanized versions of North Indian food. Healthier choices

12. Recipes and Sampling

Shopping for Ingredients

1. Indian grocery shop
   India Cash and Carry
   1032 E El Camino Real, Sunnyvale, CA 94087
   (408) 735-7383
   www.indiacashandcarry.com/

2. Spices
   Penzeys
   771 Santa Cruz Ave, Menlo Park, CA 94025
   (650) 853-1785

3. Spice mixes (Masala boxes) MDH from Amazon
   http://www.xxl-sale.com/search/?q=Mdh%20Masala&campid=5337390147&gclid=CPnHFK918ECFZFaMgodRG4AIA

4. Readymade Indian sauces - Review from San Jose Mercury, 2013

- **Tiger Tiger Punjabi Butter Chicken Simmer Sauce**: herbs, ginger, cream, rich, you'll want to eat it straight from the jar. bold flavor, just a touch of heat. A serving has 150 calories, 13 g fat, 240 mg salt. A 14.8-ounce jar is $4.49 at Cost Plus World Market. (4 stars)

- **Maya Kaimal Tikka Masala**: An authentic blend of perfectly balanced herbs, spices and tomato, this refrigerated sauce tastes as fresh as homemade. A serving has 150 calories and 12 g fat, 400 mg of sodium. A 15-ounce container is $6.99 at Sprouts; larger tubs can be found at Costco. The shelf-stable, jarred version ($4.49) packs the same great spice, but it's more acidic. (4 stars)

- **Trader Joe's Masala simmer sauce**: Tomato puree (tomato paste, water), tomatoes, light cream (milk), onions, ginger, garlic, canola oil, lemon juice concentrate, sea salt, coriander, cumin, fenugreek leaves, tumeric, paprika, red pepper, cinnamon and cloves. 90 Calories, 5 g Fat, 5 g cholesterol, 450mg Sodium, 11 g carbs, 1 g Fiber, 2 g Protein (3/1/2 Stars)

- **Spicy Nothings Coconut Curry Simmer Sauce**: The shreds of coconut in this green sauce seem odd, and the flavor is a bit bitter straight out of the jar. But when it's cooked, the mixture turns into a surprisingly delicious melange of flavors. A serving has 50 calories, 360 mg salt, 3.5 g fat. A 12-ounce jar is $3.79 at Sprouts. (3½ stars)

- **Asian Passage Tikka Masala Curry Sauce**: Packed with a giant punch of spices and lots of onion, this sauce has good flavor, but it’s so thick that you have to dig it out of the jar. A serving has 140 mg salt, 27 calories, 1.8 g fat. A 14.9-ounce jar is $3.99 at Cost Plus World Market. (3 stars)