

ACIDITY COOKBOOK

50 Stomach-Friendly Recipes

TOTAL HEALTH

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INTRODUCTION

A gift of modern fast-paced life, hurried meals and loads of stress leads to acidity.

Acidity, a common ailment that we all suffer from time to time — that awful burning sensation in the heart or chest. Acidity is caused by excessive secretion of the normal acids in the stomach. But when the secretion is excessive, it causes a burning sensation just below or behind the chest and the stomach.

Wrong eating habits, unhealthy eating pattern, excessive spices, stress etc. are the causes of acidity. Besides this, wrong food choice can be a cause too. For example, there are certain foods that produce acids and some that produce alkali in our body. Eating acidic foods such as pickles, oily foods, chocolates etc. in excessive amounts can aggravate the disorder; hence opting for alkaline foods like *bajra*, *jowar*, ladies fingers, bananas etc. is the right way to beat acidity naturally.

Instead of popping antacids every now and then, turn to mother nature for natural remedies and cure. My book “Acidity Cookbook” is an attempt to do so with a range of 50 healthy recipes that are planned keeping in mind the do's and don'ts for acidity. Aware about the trouble and discomfort that one faces while suffering from acidity, my

qualified team of chefs and nutritionist and I have formulated simple recipes that are made using alkaline foods, less spices and are cooked in less oil. Along with this, there are certain foods like onions, kokum, mint etc., which do wonders for acidity, are used in recipes like *Minty Stuffed Parathas*, page 51, *Pyazwali Bhindi*, page 62, *Kokum Sherbet*, page 98, etc.

Also included is a comprehensive information on acidity, its causes, symptoms, ways to ease it, list of acidic and alkaline foods and natural remedies for you to know everything about acidity and how to overcome it yourself.

Learn how to eat and live right to combat acidity with a range of delicious and healthy recipes!

Happy cooking!

Tarda Dalal

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Pyazwali Bhindi

The usually fried ladies finger is here cooked in less oil and yet taste equally to suit the needs of people facing acidity due to oily food.

Preparation Time: 10 minutes. Cooking Time: 20 minutes. Serves 4.

2 tbsp oil

2 tsp cumin seeds (*jeera*)

1 tsp nigella seeds (*kalonji*)

1½ cups sliced onions

¼ tsp turmeric powder (*haldi*)

2 tsp ginger paste

1 tsp chopped green chillies

3 cups sliced ladies finger (*bhindi*)

Salt to taste

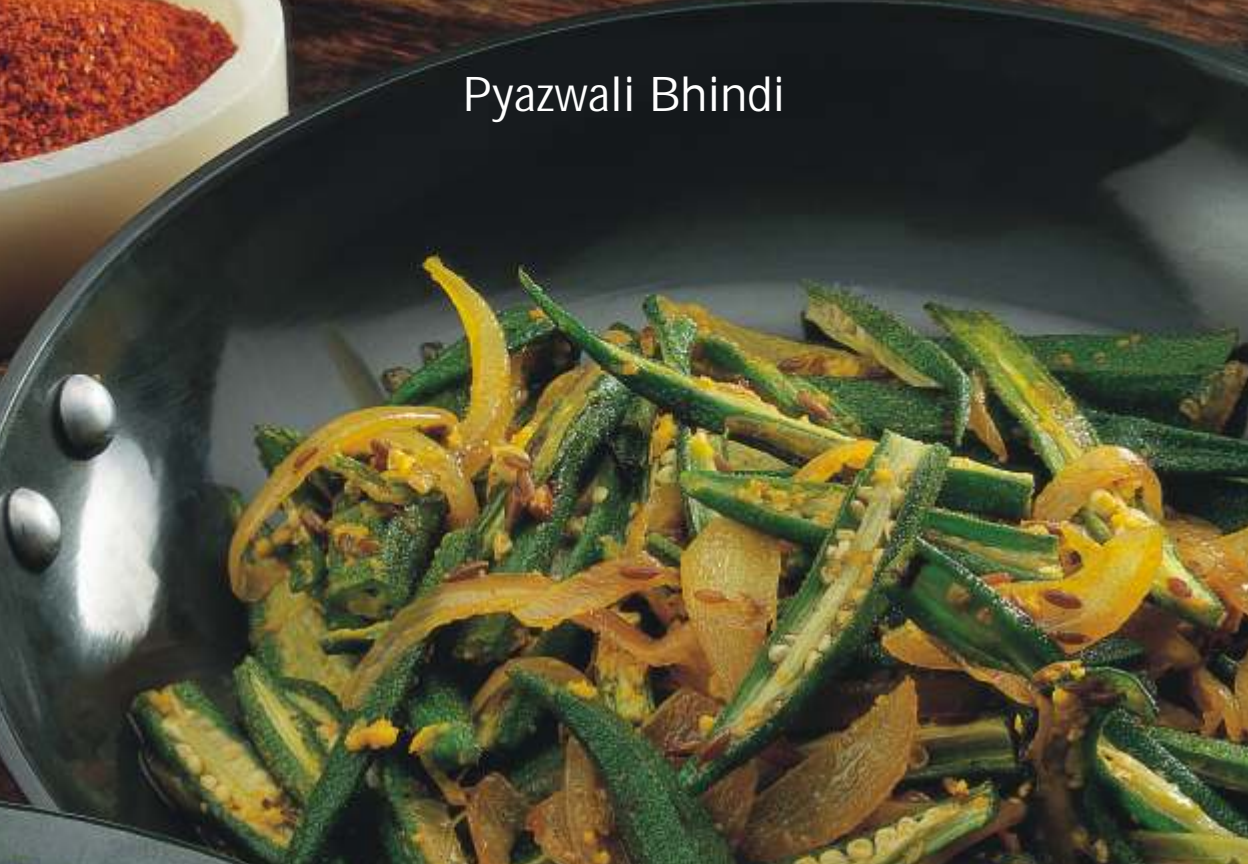
¾ cup thick fresh curds (*dahi*), whisked

1. Heat the oil in a non-stick pan, add the cumin seeds and nigella seeds.
2. When the seeds crackle, add the onions, turmeric powder, ginger paste and green chillies and cook till the onions are tender. Sprinkle little water if the mixture becomes dry.
3. Add the *bhindi* and salt and cook over a medium flame till the *bhindi* is tender.
4. Add the whisked curds and cook till the curds dry out.
Serve hot with *parathas* or *rotis*.

Handy tips :

1. *Bhindi* tends to get sticky while cooking. Do not cover the pan while cooking and the stickiness will dry out without the presence of steam.
2. Cook the *bhindi* over a slow flame for best results.

Pyazwali Bhindi



Avial

This South Indian curry has an unusual combination of vegetables, which makes the dish particularly flavourful. An ideal companion for a bowl of steaming hot rice.

Preparation Time: 10 minutes. Cooking Time: 20 minutes. Serves 4.

- ½ cup drumsticks, cut into 25 mm. (1") pieces
- ½ cup French beans, cut into 25 mm. (1") pieces
- ½ cup cauliflower florets
- ½ cup potato cubes
- ½ cup fresh green peas
- ½ cup brinjal (*baingan* / eggplant) cubes
- Salt to taste
- ¼ cup fresh curds (*dahi*), whisked
- 1 tsp oil

For the paste

½ cup grated fresh coconut

½ tsp cumin seeds (*jeera*)

1 small green chilli, roughly chopped

¼ tsp turmeric powder (*haldi*)

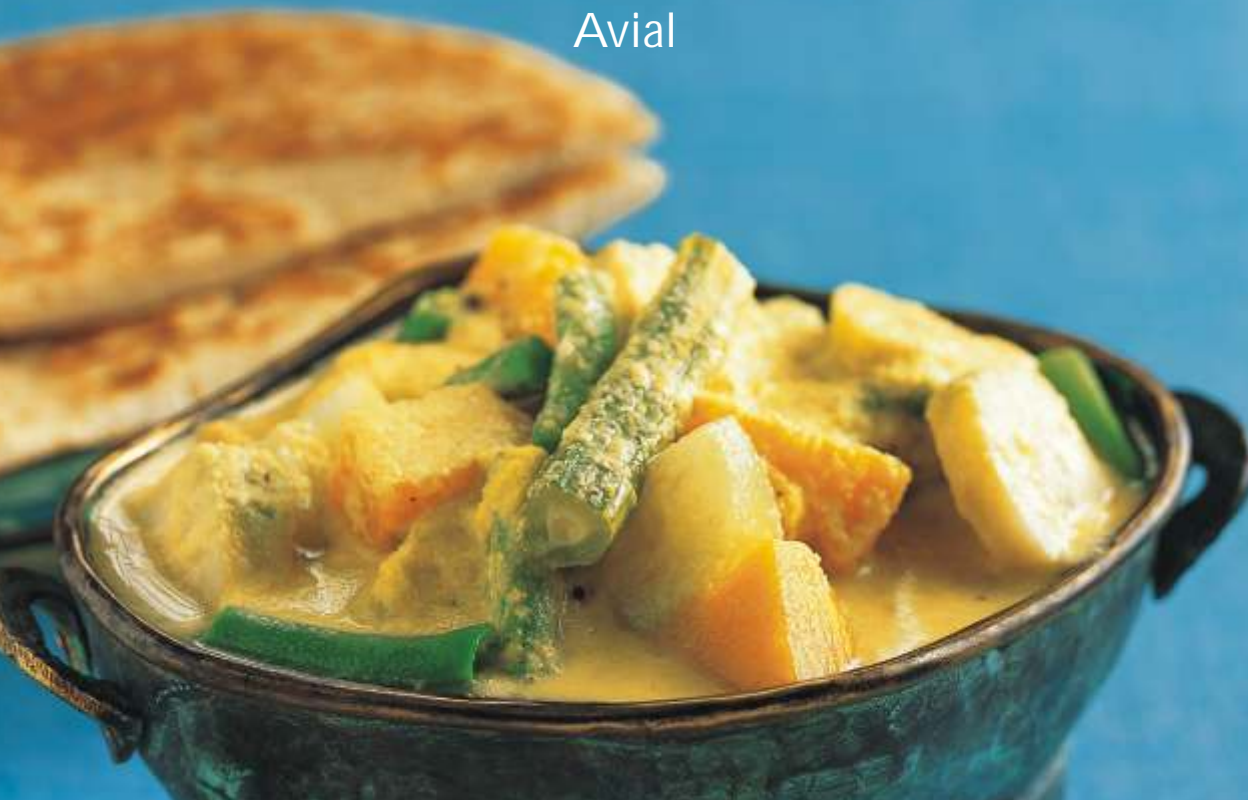
For the paste

Blend all the ingredients with ¼ cup of water to a smooth paste. Keep aside.

How to proceed

1. Combine the drumsticks along with ¼ cup of water in a non-stick pan, cover and cook till the drumsticks are half done.
2. Add the remaining vegetables and salt and mix well. Cover and cook till the vegetables are tender.
3. Add the prepared paste, curds and 1 cup of water and bring to boil. Simmer for 5 to 6 minutes.
4. Add the oil and simmer for half a minute.
Serve hot.

Avial



Kokum Sherbet



Acidity, a common ailment that we all suffer from time to time.... that awful burning sensation in the heart or chest. Acidity is caused by excessive secretion of the normal acids in the stomach.

The best way to combat acidity is to turn to mother nature. My book “**Acidity Cookbook**” is a similar attempt to do so with the range of 50 healthy recipes that are made using alkaline foods, less spices and is cooked in less oil. Along with this, certain foods like onions, kokum, mint etc. that work wonders for acidity are used in the recipes like ***Minty Stuffed Parathas***, page 51, ***Pyazwali Bhindi***, page 62, ***Kokum Sherbet***, page 98 etc.

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“**Padma Shri**” awardee, **Mrs Tarla Dalal** is India's best selling author in any field, with over 3 million cookbooks sold to date. She is the first to launch a bi-monthly food magazine, ‘**Cooking & More**’, which is the best selling cookery magazine in India, under her own name.

ISBN 978-818949151-2



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