

TIPS FOR ADAPTING INDIAN CUISINE TO A REDUCED CARBOHYDRATE LIFESTYLE

Indian cuisine, known for its vibrant flavours and rich culinary heritage, can easily be adapted to a lower carbohydrate eating approach. By focusing on traditional ingredients and cooking methods, you can enjoy the delicious and diverse dishes of Indian cuisine while reducing carbohydrate intake. This approach not only preserves the authenticity of Indian food but also promotes a healthier lifestyle, allowing you to savour the cultural essence of each meal without compromising on your dietary goals.

Embrace Traditional Ingredients

1. **Use Low Carbohydrate Proteins:** Incorporate proteins like chicken, lamb, and seafood into dishes. Paneer (Indian cottage cheese) and tofu are also great options that are lower in carbohydrates.
2. **Incorporate Leafy Greens:** Use traditional Indian greens such as spinach (palak), fenugreek leaves (methi), and amaranth leaves (chaulai) in curries and stir-fries. These greens are low in carbohydrates and highly nutritious.

Traditional Cooking Methods

1. **Tandoori and Grilling:** Prepare tandoori dishes using chicken, fish, or vegetables marinated in yogurt and spices, then grilled or baked. This method adds flavour without adding carbohydrates.
2. **Curries with a Twist:** Make lower carbohydrate curries by using non-starchy vegetables like cauliflower, broccoli, and bell peppers instead of potatoes and peas.

Vegetable Substitutes

1. **Cauliflower Rice:** Substitute regular rice with cauliflower rice in dishes like biryani or pulao. Cauliflower rice absorbs the flavours of spices and is a great lower carbohydrate alternative.
2. **Cabbage or Spinach:** Use finely chopped cabbage or spinach as a base or side dish in traditional curries and sabzis (vegetable dishes), providing a lower carbohydrate option compared to potatoes or other starchy vegetables.

Flavour with Traditional Spices and Herbs

1. **Garam Masala and Turmeric:** Use traditional spices like garam masala, turmeric, cumin, and coriander to flavour dishes. These spices are low in carbohydrates and provide health benefits.

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2. **Coconut Milk and Cream:** Use coconut milk or cream in traditional dishes like Kerala style fish curry, balancing with plenty of leafy greens and lean proteins to keep carbohydrates low.

Traditional Preservation Techniques

1. **Pickling and Drying:** Utilise traditional food preservation methods such as pickling (achar) with low carbohydrate vegetables like radishes and cucumbers. Drying fish or meat is another method that can be incorporated into lower carbohydrate snacks and meals.
2. **Fermentation:** Explore traditional fermentation techniques for foods like pickles and chutneys, which can enhance flavour without adding carbohydrates / sugar.

Traditional Bread and Staples

1. **Low Carbohydrate Roti:** Create a lower carbohydrate version of roti (Indian flatbread) using almond flour or coconut flour while maintaining the traditional preparation methods.
2. **Low Carbohydrate Naan:** Make a reduced carbohydrate version of naan using a blend of almond flour, coconut flour, and psyllium husk. This can be cooked similarly to traditional naan, providing a familiar yet healthier alternative.

By integrating these culturally centred approaches, you can enjoy the rich traditions of Indian cuisine while maintaining a lower carbohydrate eating approach.