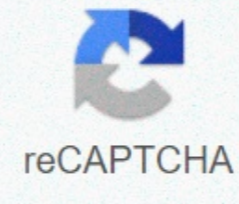




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## Best indian food for pcos

Of all the cuisines in the world, India has one of the most aromatic and colorful. Varieties of Indian food are countless and identifiable by caste (we'll discuss these in more detail later), region or tribe, and many Indians eat a diet very similar to that of ancestors from many years past. With a blend of Arab, Turkish and even European influences from a history of invasions and conquests, India boasts thousands of variations in its repertoire of national foods.Hefty volumes have been written on the treasure of Indian recipes and seasonings, and a tour of India makes for vastly different food experiences from north to south. With all of this regional variety, though, some staples or everyday foods make up the traditional diet for many across India including these:Basmati rice -- is typically steamed, formed in molds and served in wraps, and seasoned with spices like cardamom, cumin, cloves, or mustard, and often mixed with nuts and onions.Bread -- naan and luchi (made from flour) and chapati (made with chickpeas), soft and crispy flatbreadsDal -- innumerable combinations of legumes and vegetables, including lentil, chickpeas, potatoes and onions often made with a browned butter called gheeCurries and spices -- delectable combinations of ginger, coriander, cardamom, turmeric, cinnamon, dried hot peppers, and dozens of othersPaan -- leaves of a betal plant that are chewed to cleanse the palate between courses or after a meal; served washed and fresh and wrapped around fragrant spices, anise seeds, katha, choona (lime paste) and different nuts [source: Food-India].Tea -- a national beverage since at least the 4th century, tea and socializing while enjoying tea are part of the Indian lifestyle. Darjeeling and Assam are just two of the countless varieties. Coffee and yogurt drinks are also popular [source: Tea Board of India].Chutneys -- thick condiments and spreads made from herbs like mint and cilantro and from assorted fruits and vegetables like tamarind and tomatoesCoconut -- used to simmer rice, seafood and other ingredients and to sweeten or mellow saucesMeat and seafood -- fish, chicken and others; many do not eat beef because cows are considered sacred within the Hindu religion, as pork is forbidden within Muslim law.How does all of this food come together from kitchen to table? Women are the main cooks in Indian families, with the eldest female often delegating tasks to other women in the household, and preparing a meal can be a day-long affair that consists of pounding spices, preparing breads from scratch and making multiple sauces [source: Encyclopaedia Britannica]. Recipes can be handed down within families or communities for generations. Men are food purveyors of carts and restaurants in many cities and might help prepare festival feasts, and cooking for friends is increasingly popular among young men in the larger cities, too [source: Tivedi].Sitting down to a meal in India might leave a Westerner noticing that something's missing: silverware or cutlery. Traditionally, fingers and bread are the "utensils" used to pick up portions of meals from large serving platters. Dining is mostly what those in the United States would call "family style" and large trays and small bowls might crowd the table as everyone pinches up finger-fulls of rice and breads for scooping up dals and other dishes. Thorough hand washing before and after the meal -- often done right at the table with bowls -- is an important part of each meal.Tiffin BoxesMany in the United States use a Thermos, most Japanese use bento boxes, and in India, tiffin boxes do the job. What are they? All three container systems serve a similar purpose: to keep food warm on the go for everyone from schoolchildren to workers. Tiffin boxes, or dabba, are made of steel bowls that stack in a cylinder system with a handle at the top. One layer might hold hot rice, another hot beans or vegetables, and another bread, so when it's time for a meal break, the containers can be separated into individual bowls and warm food is ready to eat. Get all the best Tasty recipes in your inbox! Sign up for the Tasty newsletter today! Get all the best Tasty recipes in your inbox! Sign up for the Tasty newsletter today! Maya Kaimal and Her Husband When cookbook author and Indian cooking authority Maya Kaimal plans a summer barbecue, she's more apt to choose an aromatic lamb dish as her main course than burgers and franks. Maya, whose fascination with Indian food was nurtured by frequent childhood trips to Kerala, has spent much of her career introducing Americans to the spices and flavors of South India, where her father was born. In 2003, Maya and her husband, Guy Lawson, launched Maya Kaimal Fine Indian Foods, a line of simmer sauces, grilling glazes, and chutneys designed to help busy food lovers enjoy the complex flavors of home-style Indian food in their own kitchens. Now living in New York's Hudson River Valley with their twin daughters, Maya and Guy enjoy hosting summer barbecues that include grilled meats and seafood, Indian flatbreads, and straightforward sides, such as tomato-onion salad, cashew rice, and vanilla ice cream sprinkled with pistachios. "I try to keep my parties sophisticated yet simple," says Maya. "Sharing downtime with friends and family is great, but it's even better when I can relax and enjoy it, too!" best indian diet for pcos. best indian diet plan for pcos. which food is best for pcos

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