

How to cook food without using a single drop of oil!

[Kriti Saraswat](#) Sep 23, 2015 at 03:06 pm



Oil-free cooking isn't impossible, given you know the right way to do it. Yes, you can cook food without any oil and no we aren't talking about grilling or baking, we are talking about making the same dish you eat every day, in an oil-free way. That means, you fry and add *tadka* to your dish — everything sans oil. [Dr Nandita Shah](#), founder of SHARAN shares tips from her kitchen.

Firstly, pick the right pots and pans to cook in. According to her, any vessel made of steel, iron, copper is fine but avoid aluminium, non-stick pans and even microwaves for cooking your meals as they can be harmful for health. Also read- [cooking oil VS cooking spray](#).

The cooking method is pretty much the same. Let the pan heat up and then add cumin and mustard seeds to it. Once you see them crackle, you can switch off the gas and then add other herbs and spices such as red chillies, turmeric powder, curry leaves, etc. Mix all of them together and then add this tadka to your veggies. Here's a demo video for you:

<https://www.youtube.com/embed/Ohr2SdyjOio>

If you love to add onions to your meals, you probably fry them in oil first right? But you can do that without oil too. She suggests adding a bit of salt on the chopped onions. This will help them ooze out their juice which can be then used for frying. Don't believe it's possible? Watch this video:

<https://youtu.be/ID08xTPRjY>

Other tips to keep in mind

- To make your food more nutritious, Dr Shah recommends using whole, plant-based, organic foods.
- Steam your vegetables and replace oil with grated coconut garnish, roasted crushed peanuts or sesame.
- If you love samosa and pakoda, bake them instead of frying. [Try these oil-free cooking methods](#).

Benefits of oil-free cooking

- There are no extra fat or calories in your food.
- It tastes better.
- It has more nutrition. Also read – [Are you making these 50 cooking mistakes?](#)

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