

Dipna's Spicy Secrets

[Jul 24 2008](#) By Lucy Proctor



Dipna Anand is fast gaining a reputation in the food world for revolutionising the way we think about Indian cooking - and now she has joined the team at www.hounslowchronicle.co.uk to spread the good word.

At just 24 the former Heston Community School pupil is assistant manager at one of Southall's best-loved restaurants, [The Brilliant](#), a chef lecturer at Thames Valley University and is writing her first cook book on healthy Indian cuisine.

Every Friday she will be sharing one of her top tips, picked up from years of experience in the Brilliant kitchens and on her Masters in food hospitality management.

Whether you are an old hand at curries or are new to Asian cuisine, Dipna has a trick up her sleeve that will help you make the most of your spices and trim down your waistline.

For more recipes see Dipna's website, www.dipna.com