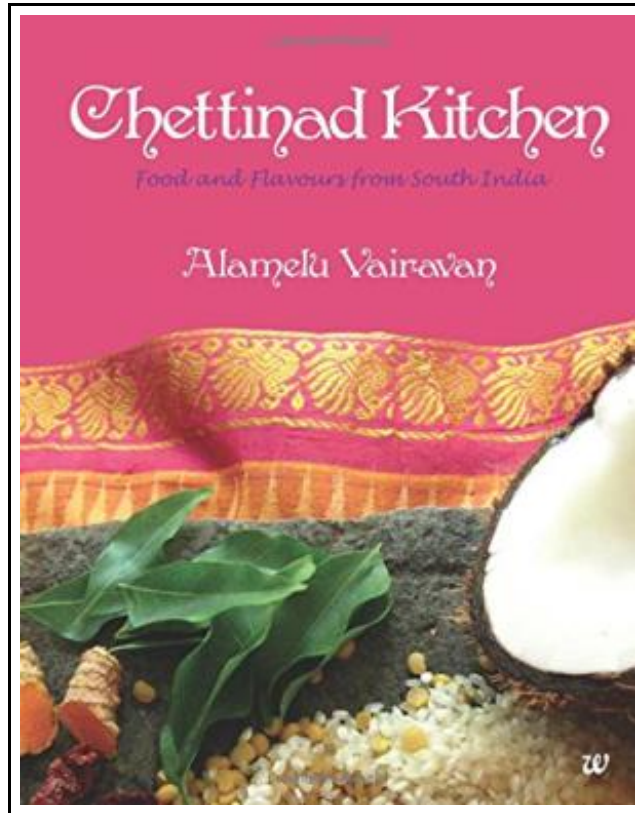


Chettinad Kitchen: Food and Flavours from South India



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CHETTINAD KITCHEN: FOOD AND FLAVOURS FROM SOUTH INDIA



Westland Limited, New Delhi, India. Softcover. Book Condition: New. Chettinad is a region in Tamil Nadu, South India. Chettinad cooking has always been distinctive and has recently become popular not only in India but also in many other parts of the world. Chettinad cuisine is characterized by thick delicious sauces called kulambu and irresistible vegetarian and non-vegetarian stir-fried dishes called poriyal. Chettinad cuisine is also known for a wide variety of unique savouries and sweets called palakaram usually served at breakfast, teatime or as a light meal in the evening. Chettinad Kitchen: Foods and Flavours from South India presents tempting and simple recipes for a broad range of delicious Chettinad foods. The book is aimed at modern day cooks who wish to explore this famous South Indian cuisine in their own kitchen. It presents each recipe in a step-by-step format that is easy to follow. The recipes in this book will allow home cooks to create enticing vegetarian Chettinad favourites such as Vellai Paniyaram, Kuzhi Paniyaram, Adai, Idiappam, Aappam, Kosamalli, Vellai Poondu Kulambu, Kaikari Kuruma, Beans Poriyal, Broccoli Podimas and Pala Payasam. The book also includes recipes for many authentic non-vegetarian Chettinad foods including Chettinad Chicken Soup, Chicken Chops and Meen Vaurval (Fish Fry). Over 100 recipes, 24 colour photographs, a glossary of Chettinad foods as well as spices, and a shopping list of spices make this book an excellent and valuable guide to Chettinad cooking. This book will take you on an unforgettable and enjoyable culinary journey to Chettinad!.



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