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In the famous Chettinad Healthy cooking tradition of Southern India, these foods evoke South Indian forgotten by Chicken Tikka Masala enthusiasts. Mostly vegetarian, these recipes allow home cooks to create such esoteric: dishes as Potato-fled Dosas with Coconut Chutney; Pearl Onion and Tomato Sambhar; Chickpea and Bell Pepper per Poriyal; and Eggplant Masala Curry.

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admin In the famous Chettinad Healthy cooking tradition of
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South Indian Cooking is back, now totaling 250 recipes! In the famous Chettinad cooking tradition of Southern India, these mostly vegetarian recipes include healthy favorites such as Potato-filled Dosas with Coconut Chutney; Pearl Onion and Tomato Sambhar; Chickpea and Bell Pepper Poriyal; and Eggplant Masala Curry.

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Southern Indian food is not what you usual find in an Indian restaurant; typically it's Northern style food, although that is changing rapidly in the US. Instead of drier curries, you might get a cup of a steamed rice and lentil cake drenched in a spicy-hot soupy

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lentil curry (Idli Sambhar.) Or a donut-like lentil cake called vada.

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enthusiasts. Mostly vegetarian, these recipes allow home cooks to create such esoteric: dishes as Potato-filled Dosas with Coconut Chutney; Pearl Onion and Tomato Sambhar; Chickpea and Bell Pepper per Poriyal; and Eggplant Masala Curry.

Healthy South Indian Cooking, Expanded By Alamelu Vairavan ...
Healthy South Indian Cooking answered many of my concerns. The authors put you at ease by reminding you that this is cooking, so making a few substitutions are okay and the finished dish will still be good. The spices are manageable even for an amateur like me. Most are familiar and relatively easily obtained at local stores or online.

Healthy South Indian Cuisine: Amazon.co.uk: Vairavan ...

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With an emphasis on the famed Chettinad cooking tradition of southern India, these 197 mostly vegetarian recipes will allow home cooks to create fabulous exotic fare like Masala Dosa with Coconut Chutney, Pearl Onion and Tomato Sambhar, Chickpea and Bell Pepper Poriyal, and Eggplant Masala Curry.

Healthy South Indian Cooking by Alamelu Vairavan

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India, these foods evoke South Indian forgotten by Chicken Tikka Masala enthusiasts. Mostly vegetarian, these recipes allow home cooks to create such esoteric: dishes as Potato-filled Dosas with Coconut Chutney; Pearl Onion and Tomato Sambhar; Chickpea and Bell Pepper per Poriyal; and Eggplant Masala Curry.

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She has co- authored three cookbooks with Dr. Patricia Marquardt: Art of South Indian Cooking(1997), Healthy South Indian Cooking(2001) and Healthy South Indian Cooking-Expanded Edition(2008). She has also contributed recipes to the American Dietetic Association Cookbook: Cooking Healthy Across America(2005).

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