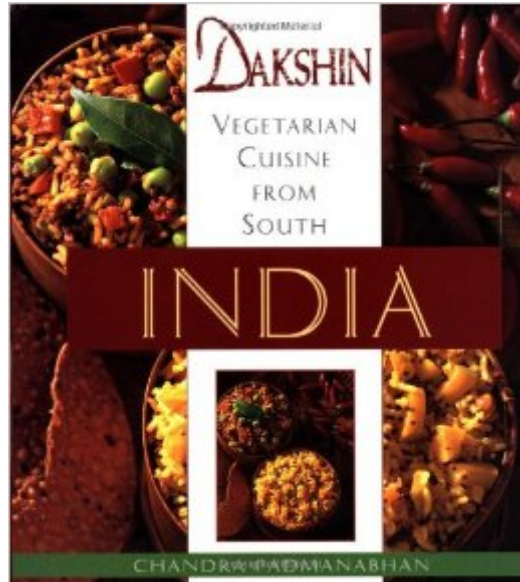


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Dakshin: Vegetarian Cuisine From South India



Synopsis

"Dakshin" in an ancient Sanskrit word meaning "south." It symbolizes what this Indian cookbook is all about – the best and most delicious of South Indian vegetarian cuisine. Filled with tempting recipes and beautiful photographs, *Dakshin: Vegetarian Cooking from South India* presents the finest cooking from the region. Drawn from the states of Kerala, Karnataka, Tamil Nadu, and Andhra Pradesh, and the union territory of Pondicherry, the recipes in this vegetarian cookbook bring traditional South Indian cooking within the reach of any cook in any kitchen. From sambars and rasams, to cooling desserts and sweet treats, *Dakshin* takes you through the elements of South Indian meals, including chutneys and pickles, rice dishes, pakoras, payasams, poriyals, kootus, bondas, and vadais. With its use of fresh produce and a healthy and balanced approach to eating, *Dakshin* is an ideal Indian cookbook for today's lifestyle – for vegetarians and non-vegetarians alike – and the perfect introduction to South Indian Cuisine.

Book Information

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Customer Reviews

Indian-born and -raised Padmanabhan is a veteran cook and writes on culinary matters for *Madras Musings*, a South Indian newspaper. Here she muses for Americans on meatless meals and snacks originating in the Southern part of her native country; "dakshin" means "south" in Sanskrit. The author directs us on basics: there are recipes for curry powder, chili powder, rasam powder. She also defines what may be unfamiliar menu staples--sambars, or first courses, distinguished by tamarind, dal, or buttermilk foundations; poriyals, or sauceless curries, made with stir-fried (or

occasionally deep-fried) vegetables. Her recipes are varied, authoritative and imaginative, especially those in the chapter on snacks, where breads vie with each other for primacy. Not everyone will find it possible to cultivate a taste for the often creamy, overly sweet desserts. But the chutney section comes as a refresher. Padmanabhan also provides recommendations for menus, a glossary of Indian terminology and a list of specialty Indian food shops in this country. Color photographs on nearly every other page are even more than usually tempting. Copyright 1994 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

The Indian food that most Americans are familiar with is from North India. Here are two new books to expand their horizons. Dakshin, the first in a new series, is a lavishly illustrated introduction to the cuisine of South India, where most of the population is Hindu and vegetarian. The author, an Indian food writer, presents dozens of recipes for the various courses of a South Indian vegetarian meal, most accompanied by inviting full-page color photographs. American cooks may recognize a few dishes from Indian restaurants, but most will be new. Although some of the ingredients may be somewhat difficult to find, Padmanabhan's recipes should be worth the effort. Law, a cooking teacher and author of the excellent Southeast Asia Cookbook (LJ 8/ 90), has traveled frequently to India over the last decade. She has collected recipes from both home cooks and chefs throughout the country, but here she emphasizes the lighter dishes of the South, usually but not always vegetarian. She has adopted a few dishes, cutting back on the fat, but most are authentic versions. Law's text is both informative about Indian cuisine and culture and a pleasure to read, and her recipes are very accessible to Western cooks. Both titles are highly recommended. Copyright 1994 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

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