



## Curried Favors: Family Recipes from South India (Paperback)

By -

Abbeville Press Inc., U.S., United States, 2000. Paperback. Condition: New. Revised ed.. Language: English . Brand New Book. This engaging cookbook, the first to feature the tropical dishes of South India, demystifies the cuisine and offers more than 100 recipes with light, tropical flavors and simple preparations, along with sumptuous photographs of the food and the region. Challenging the stereotypes that Indian curries are rich and heavy, difficult to prepare, and made with hard-to-find ingredients, this book introduces the light, tropical tastes of south India with accessible ingredients and simple methods. Adapting these south Indian recipes for the average kitchen, the author familiarizes the home cook with this lesser-known cuisine. An abundance of coconut and seafood, along with a host of exotic fruits and vegetables, including fresh hot chilies, distinguishes the curries of south India from those of north India. The focus is the traditional southern fare-dishes such as Rava Masala Dosa (wheat crepes stuffed with potato curry), Sambar (spicy stew of legumes and vegetables), and fish Aviyal (chunks of fish in an aromatic sauce of coconut and tamarind)-which is harder to find in restaurants outside of India. North Indian classics, also family favorites, like Lamb Korma, Tandoori Chicken, and Spinach...



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