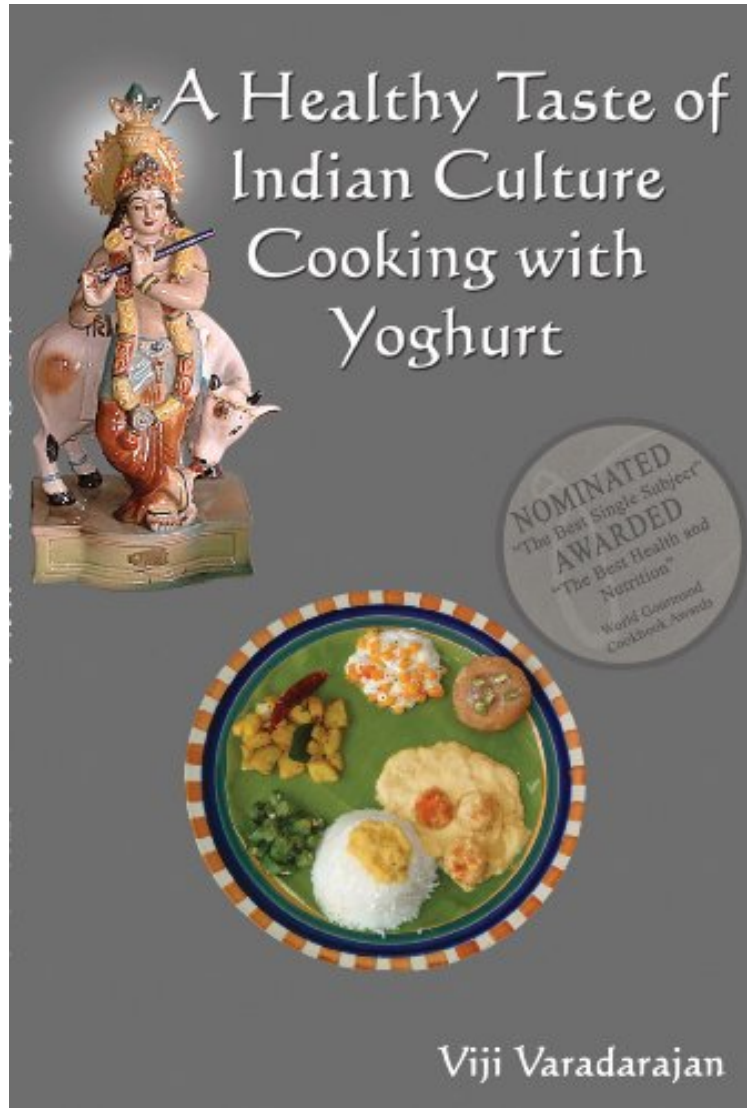


## A Healthy Taste of Indian Culture - Cooking with Yoghurt

Viji Varadarajan

audiobook / \*ebooks / Download PDF / ePub / DOC



[Download](#)

[Read Online](#)

#4434154 in Books 2006-10-25 2006-10-30 Original language: English #File Name: 819028762142 pages | File size: 47.Mb

**Viji Varadarajan : A Healthy Taste of Indian Culture - Cooking with Yoghurt** before purchasing it in order to gauge whether or not it would be worth my time, and all praised A Healthy Taste of Indian Culture - Cooking with Yoghurt:

0 of 0 people found the following review helpful. Want to see Yogurt from a different perspective? By Jennifer Kumar Americans are used to seeing and tasting sweet blends of yogurts with fruits and sweet flavorings. Indians, and South Indians particularly don't omit all sweets from yogurt, but we can get to taste a different side of yogurt with the yogurt dishes of Viji Varadarajan's book- the spicy and savory side of yogurt. Ever tried salty or spicy yogurt mixtures?

Maybe the closest Americans would get to this, without trying Indian food is through the Greek dish tzatziki- yogurt with cucumbers and dill. In fact there is a slight variation of this in the cookbook- Tamil South Indian Tzatziki better known in Tamil as Vellarikkai Thayir Pachadi. Like Tzatziki, this dish has cucumbers, salt and yogurt. Adding of oil, mustard seeds, coriander leaves, green chilies and coconut then turn this into a South Indian cool delight. Those who know Indian cuisine also know that yogurt has a different consistency in Indian dishes than American. Viji also shows us in the introduction how to make homemade yogurt that has a thinner, and sometimes curdled appearance as compared to the American gelatin inspired blocks of yogurt. Another interesting yogurt side dish may appeal to the Mexican in you. I like to call it Indian cooling salsa. Like salsa, but find it too spicy but just can't stop yourself? Want a salsa that is both spicy and cooling at the same time? Try making the Thakkaali Thayir Pachadi, this yogurt tomato puree infused with mustard seeds popped in oil, salt and curry leaves is a unique substitution for salsa and without jalapenos or chilies! In addition to a wider variety of these yogurt side dishes, there are main dishes to be eaten with rice like Mor Kozhumbu- a spicy vegetable stew with yogurt mixed in. Also highlighted is a regional specialty Paruppu Urundai Mor Kuzhumbu. I made this dish long back with the use of a recipe from a blog. That being said, Viji's methods are much more straight forward, simple and less time consuming with very tasty results. This is a tasty dish of a spiced yogurt soup with lentil dumplings. It's simply tempting. And, of course no south Indian meal, Tamil Brahmin three-course meal is complete without a plate of curd rice, or thayyir sadham- which she has displayed with the addition of pomegranate seeds, irresistible in my book! Beyond regular meal time foods, there are a few varieties of rava idli (steamed sour cakes), good tea time snacks or breakfast items, and sweet dishes like mor kali or sourdough steamed cakes and thayir badusha, which reminds me of the North Indian gulab jaman (and can maybe taste more so with the substitution of rose water). I have yet to try to sweets, but in good time, all will fall into place! Thank you to Viji Varadarajan for creating this one-of-a-kind yogurt lover's cookbook! 0 of 0 people found the following review helpful. Great Book: Classic Tamil Brahmin Cuisine - Pure Vegetarian South Indian Samaya! By Bhagya Subramanian Classic Tamil Brahmin Cuisine - Pure Vegetarian South Indian Samaya! It is a very well written book with easy to follow recipes. As an Indian being away from India for over 30 years, it was enlightening to go learn so many facts about typical south Indian cuisine. Most of these delightful dishes from my native place brought a lot of great memories. It is a must book to own for all south Indian folks!!

The most important food in Indian kitchen is yoghurt or 'curds' that is associated with cultural, social and religious practices. It is an important source of nutrition and has the unique quality of being eaten in its natural form or made tastier by adding a range of vegetables, spices and condiments. 'A Healthy Taste of Indian Culture Cooking With Yoghurt' is a unique compilation of recipes based on yoghurt from the Tamil Brahmin kitchen. It chronicles dishes from starters to side and main dishes, tiffin snack varieties and dessert. Visit [vijisamaya.org](http://vijisamaya.org)

**DOING CHENNAI PROUD** It is a great feeling to be recognized for your work and The World Gourmand Awards had been doing this path breaking work for over a decade. Selecting cookbooks from round the globe, short-listing the Best In The World and then honouring the winners, is what Edouard Cointreau along with Bo Masser and his team, have been doing with great panache and style. It requires great foresight, vision and plenty of hard work to put this together. A Healthy Taste of Indian Culture Cooking With Yoghurt, is a unique compilation of recipes based on yoghurt from the Tamil Brahmin kitchen. It chronicles dishes from starters to side and main dishes, tiffin snack varieties and dessert. It has won the Best Health and Nutrition in The World and runner up in the Best Single Subject Category. --The Hindu - May 2008 About the Author Viji Varadarajan learnt cooking like most Indian women, from her mother and mother-in-law. Distance prevents her from passing on these recipes to her daughters. Hence she decided to record these unique recipes for all to learn.