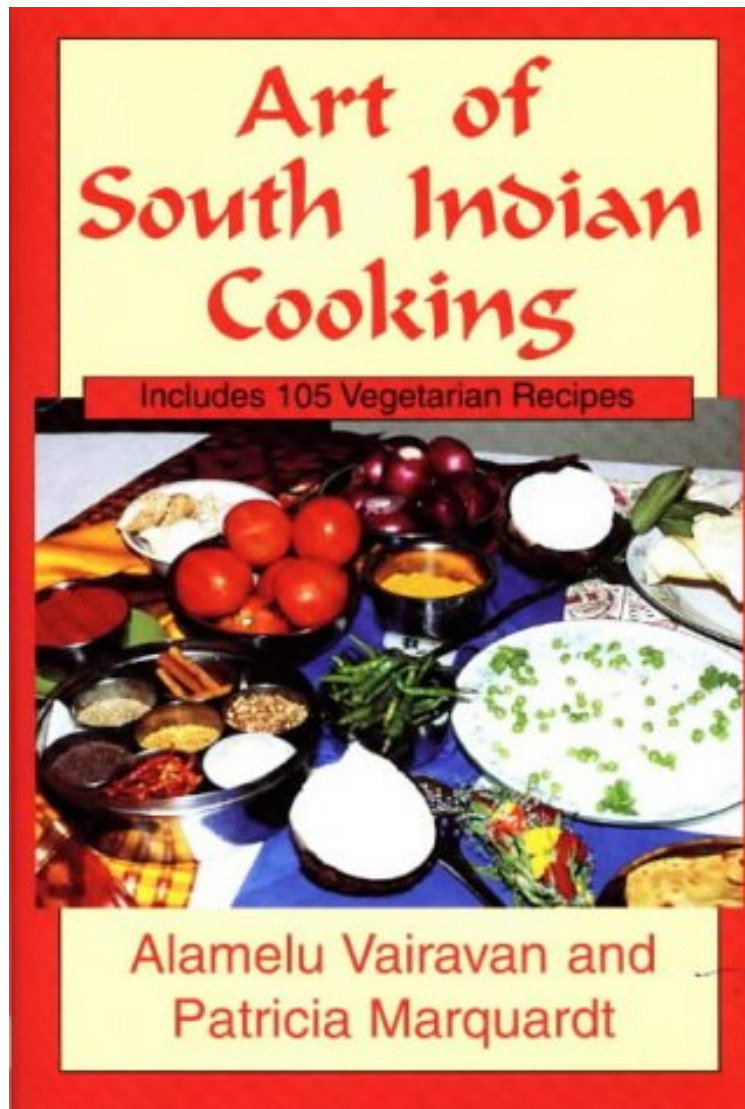


## Art of South Indian Cooking

*Alamelu Vairavan, Patricia Marquardt*  
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**Alamelu Vairavan, Patricia Marquardt : Art of South Indian Cooking** before purchasing it in order to gage whether or not it would be worth my time, and all praised Art of South Indian Cooking:

0 of 0 people found the following review helpful. This book is a welcome addition to my shelf, ...By Claire LeighThis book is a welcome addition to my shelf, the first written Alamelu V. Since I discovered Alamelu's show on PBS I am enthusiastically preparing more South Indian Cooking, mostly vegetarian.12 of 12 people found the following review helpful. a.k.a. How to Enjoy Icky VegetablesBy A CustomerEver since I was a small child, I hated brussels sprouts with a passion! When I first got this book, something possessed me to try the bussels sprout kulambu. I loved it! Next, I

tried the broccoli with coconut (two foods I hate). It was also wonderful. Then, I tried the eggplant masala curry. It was out of this world! Ever since I got this book, I've been eating, and enjoying, a wide assortment of foods I used to hate!!!13 of 15 people found the following review helpful. Nutritious and DeliciousBy A CustomerAs a Registered Dietitian I find this book filled with reliable recipes that help readers achieve a heart healthy diet. Professional knowledge allows me to say this, even though printed nutritional analysis is lacking. The authors have said they are considering adding nutritional analysis if a new edition comes forth. Grains, legumes and vegetables, prepared with wonderful combinations of spices, are the foundations of most recipes. Little fat is used and where called for, trim cuts of meat are used. What appears tricky, or rather unaccustomed, becomes second nature, after two or three different recipes are tried. It is true that people who shunned particular foods since childhood are delighted with enhanced versions of foods like brussel sprouts, lima beans and cauliflower. Ms Vairavan has said, in her personal presentations, that the rice recipes are settling to an upset stomach. I can vouch for that personally, as I used the yogourt rice to help me heal from a recent bout with the flu. People who are concerned about the "spiciness" of recipes have never complained of upset digestion after eating foods made from these recipes. I recommend this book based on professional and personal knowledge. Susan S. Dunn, RD CD

While most Indian cookbooks feature the cuisine of Northern India, here is an introduction to the flavourful, and predominantly vegetarian, dishes of Southern India, particularly the Madras region. Over 100 recipes for tempting appetisers, chutneys, rice dishes, vegetables and stews -- flavoured with onions, tomatoes, garlic, and delicate spices in varying combinations -- have been adapted for the western kitchen. Clear instructions along with an introduction to Indian spices ensure that even novice cooks can produce delicious, authentic meals.