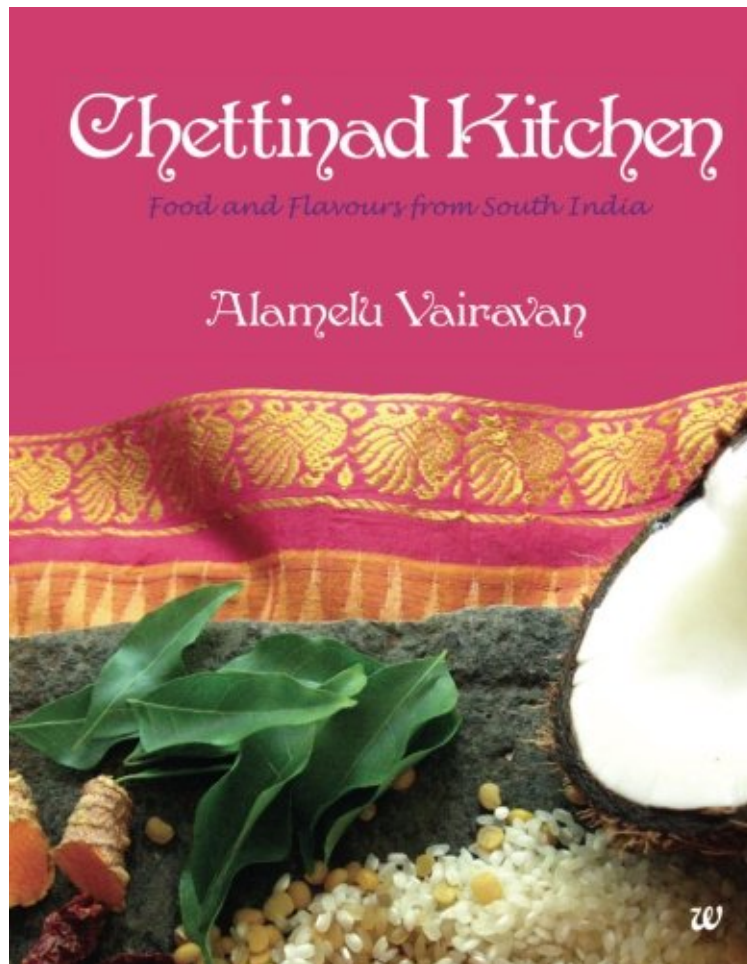


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## Chettinad Kitchen: Food and Flavours from South India

*Alamelu Vairavan*

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**Alamelu Vairavan : Chettinad Kitchen: Food and Flavours from South India** before purchasing it in order to gage whether or not it would be worth my time, and all praised Chettinad Kitchen: Food and Flavours from South India:

11 of 11 people found the following review helpful. Love, love, love this bookBy A. GibbI first found Alamelu on TV doing the cooking program associated with her books. I loved the simple way she described the ingredients and methods of cooking. For someone that is not of Indian nationality; although I absolutely love the food, I found all of the ingredients and methods intimidatating. Watching Alamelu, I knew I could do this. I bought the book and was right. The food is simple, straightforward and delicious! I must add that I sent the author a note and was pleasantly surprised when I received a personal email back from her thanking me for the note. Now that doesn't happen very often! Very nice lady; great book!0 of 0 people found the following review helpful. Written for Indian audiences, this cookbook is easy and pleasing to useBy olderandwiserThis book was published in India and uses terms found in British cookbooks,

e.g., "aubergine" for eggplant. It also lists the Indian name of the recipe, followed by the English name. It has fewer recipes than the author's US published "Healthy South Indian Cooking: Expanded Edition," but it suits my needs.. I prefer cookbooks that are not heavily illustrated and are more "compact." Mrs. Vairavan makes Indian cooking easy and understandable, and it is also now easy to obtain the spices and herbs used in this cuisine.. It is a pleasure to use this book. I was looking for "Cabbage Thoran," one of my favorites at the local Indian buffet. Sure enough, there is a recipe for "Muttai Kose Vellai Poriyal (Cabbage Stir Fry with Coconut)." There are no recipes in this book (or in the larger one) for beef, only for "mutton" (or lamb). 5 of 5 people found the following review helpful. Well worth the money. By Artoollious I watched her show on PBS and tried some of her recipes and liked them. I thought I would give one of her books a try. I'm glad I did. Some of the terms are unfamiliar and new to me, but there is a glossary at the front of her book that is helpful. After I exhaust these recipes, I hope to try another one of her books. As for the comment about not many recipes, that reviewer must have just sampled the book. The purchased copy is full of recipes!

This title features authentic recipes from one of the most popular cuisines in India, in an easy, step-by-step format ideal for modern-day cooks. Chettinad is a region in Tamil Nadu, South India. Chettinad cooking has always been distinctive and has recently become popular not only in India but also in many other parts of the world. Chettinad cuisine is characterized by thick delicious sauces called kulambu and irresistible vegetarian and non-vegetarian stir-fried dishes called poriyal. Chettinad cuisine is also known for a wide variety of unique savouries and sweets called palakaram usually served at breakfast, teatime or as a light meal in the evening. "Chettinad Kitchen: Foods and Flavours from South India" presents tempting and simple recipes for a broad range of delicious Chettinad foods. The book is aimed at modern day cooks who wish to explore this famous South Indian cuisine in their own kitchen. The recipes in this book will allow home cooks to create enticing vegetarian Chettinad favourites such as Vellai Paniyaram, Kuzhi Paniyaram, Adai, Idiappam, Aappam, Kosamalli, Vellai Poondu Kulambu, Kaikari Kuruma, Beans Poriyal, Broccoli Podimas and Pala Payasam. The book also includes recipes for many authentic non-vegetarian Chettinad foods including Chettinad Chicken Soup, Chicken Chops and Meen Vaurval (Fish Fry). Over 100 recipes, 24 colour photographs, a glossary of Chettinad foods as well as spices, and a shopping list of spices make this book an excellent and valuable guide to Chettinad cooking. "Growing up in the Chettinad region of Tamil Nadu in South India, about 250 miles away from Chennai, Alamelu Vairavan learnt the art of traditional Chettinad hospitality from her mother. Even a casual visitor to their home would be persuaded not to leave without sitting down to a meal, if he or she dropped in around lunch or dinner - or even breakfast. From savouring her mother's cooking to learning the art herself was a natural progression. In this book, Alamelu recreates many memorable meals enjoyed in her family home - and those she has cooked over the years, across continents, in her adopted home in Wisconsin, US. From the famous Chettinad breakfast and teatime snacks, to mouthwatering dinner and lunch dishes, Alamelu has something to suit every palate, in simple, easy-to-cook recipes.

About the Author Alamelu Vairavan, a native of Karaikudi, Chettinad, lives in Wisconsin and makes frequent trips to India. 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, 2012). In 2013, she co-authored a new book, titled- Indian Inspired Gluten Free Cooking, with Margaret Peiffer, a Registered Dietitian. She has also contributed recipes to the American Dietetic Association Cookbook: Cooking Healthy Across America (2005). Alamelu's recipes are also featured in the book, Healing Spices, written by Dr. Bharat Aggarwal of the Anderson Cancer Center in Texas. A popular culinary instructor, Alamelu has enjoyed teaching the American public easy ways to prepare and enjoy Indian foods. She has also offered wellness and team-building programmes to employees of companies including GE Healthcare, Johnson Controls, and Manpower International. As a featured presenter at the famous Annual Kohler Food and Wine Event in Wisconsin, Alamelu has introduced Chettinad cuisine to the American public. In 2009, Alamelu presented a sold-out workshop on Chettinad cooking at The James Beard Foundation, a prestigious culinary institution in New York. She has also been featured in TV programs, including appearances on the Discovery Channel and PBS. Since 2010, she has hosted her own cooking series, "Healthful Indian Flavors with Alamelu" on Milwaukee Public Television. The program has since been aired over 220 Public Television Stations across the US.