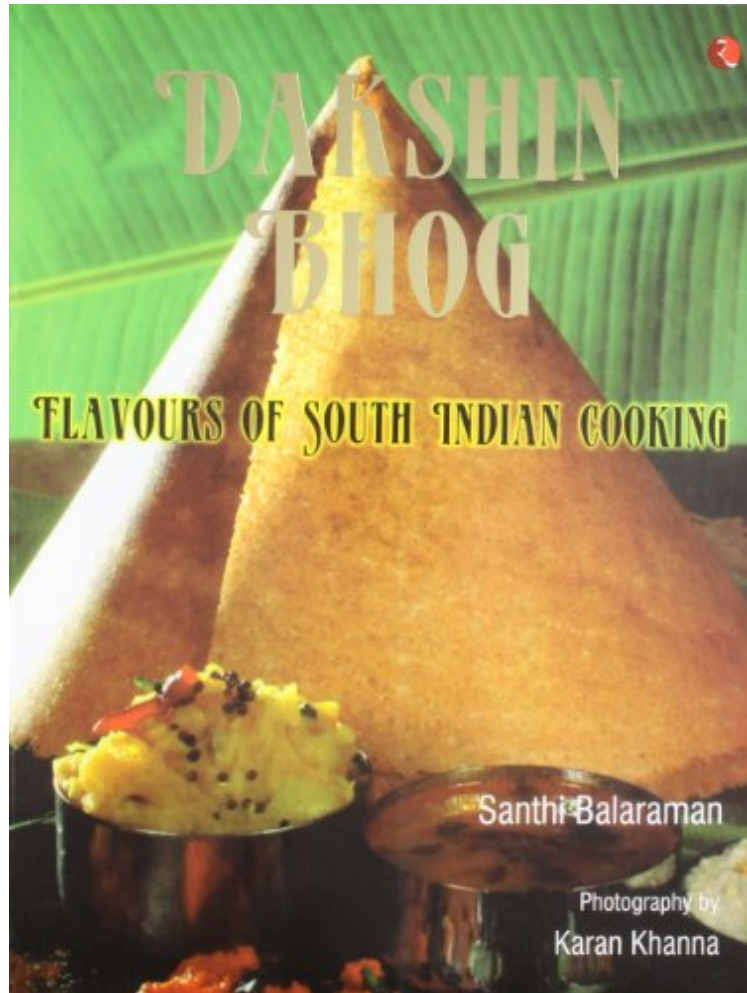


## Dakshin Bhog: Flavours of South Indian Cooking

Santhi Balaraman

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**Santhi Balaraman : Dakshin Bhog: Flavours of South Indian Cooking** before purchasing it in order to gage whether or not it would be worth my time, and all praised Dakshin Bhog: Flavours of South Indian Cooking:

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Pondicherry and so happy to be able to recreate the tastes and flavours of South India at home in the UK. Highly recommended to the novice and to accomplished foodies likewise.

Traditional south Indian cookery seems to be losing its attraction in today's hectic life. Santhi Balaraman, however, believes that our traditional recipes, time-tested by our elders, are tasty, healthy and nutritious, and because of modern gadgets and kitchen facilities, the time spent in preparing these recipes has decreased, becoming less of a chore. Based on these ideas, in her attempt to revive the traditional recipes, this book showcases almost two hundred recipes from all four southern states of India, for all meals and occasions. Beautifully presented, and simply explained, these mouth-watering south Indian recipes will appeal to all types of readers, from beginners to seasoned cooks.

About the Author Santhi Balaraman is well known in south India for her cookery shows. She runs a company called Chaturmukhi Production and produces and hosts a very popular cookery show on Sun TV, now for over 350 weeks. She believes that cookery is both a science and an art. She has written a number of cookbooks in Tamil and has cookery columns in both English and Tamil magazines. She holds live cookery contests and quizzes and also replies to viewer queries on FM AIR.