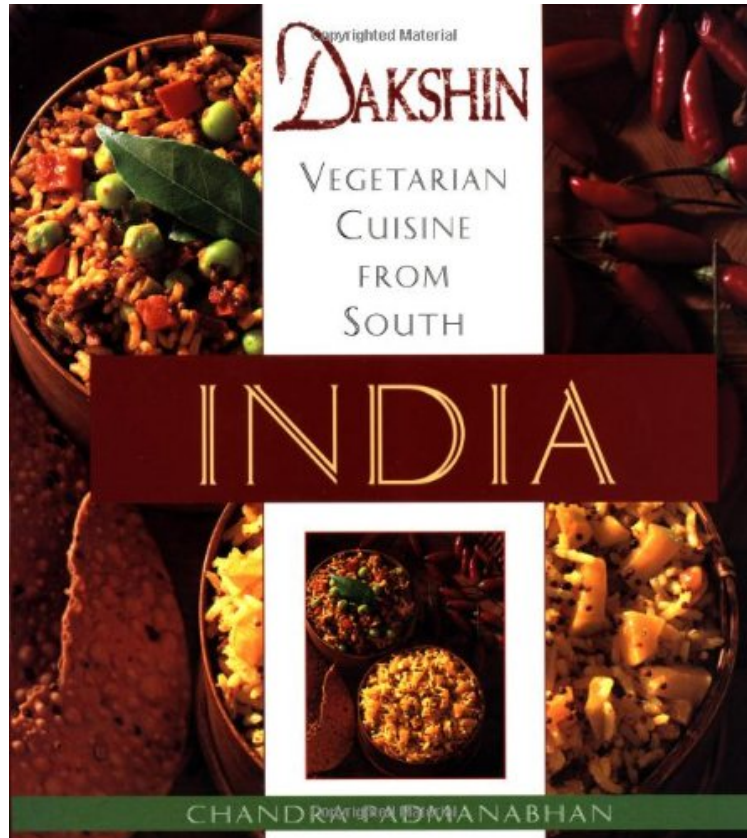


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Dakshin: Vegetarian Cuisine from South India

Chandra Padmanabhan

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Chandra Padmanabhan : Dakshin: Vegetarian Cuisine from South India before purchasing it in order to gage whether or not it would be worth my time, and all praised Dakshin: Vegetarian Cuisine from South India:

5 of 5 people found the following review helpful. Excellent cookbook, not so excellent binding By H. Bird So far, I'm really liking this cookbook. We enjoy Indian food, but most of the cookbooks we have are more for northern or central Indian cuisine. I've made a couple recipes so far, and they've been delicious. The instructions seem reasonably clear, and I love the photographs. The only reason I'm giving this 4 stars instead of 5 is the quality of the bookbinding. I've had it for only a few weeks, and I've used it just once so far, but already the book is falling apart. I haven't been at all rough on it, it's just badly made. The signatures were glued or otherwise attached to a plastic strip down the center of the spine. They have all detached, and the plastic strip has broken into 2 pieces. All that holds it together now is the stitching and the thin line of glue attaching the end pages to the cover. I don't expect any of that to hold together for long. If you can find another edition of this cookbook, one printed by another publishing company (this was by Periplus), I would highly recommend it. If the Periplus edition is the only one you can find, you might want to take steps to secure the binding, or else be prepared to having pages start to fall out soon after you begin using it. 0 of 0 people found the following review helpful. A decent edition to your cookbook gallery By Busy Dad A concise starter book for getting into south indian food, the book is an old edition so doesn't have a wide variety of recipes as we see

today, but still a keeper for the collection. The recipes are divided among starters, main course, desserts, condiments and pickles etc and there is also a few full course menu listings to entertain. 0 of 0 people found the following review helpful. RecommendedBy AnonymeMy favorite South Indian cookbook. I learned so much from this as a native of Seattle and even my South Indian friends find it very good. The pictures are inspirational and directions clear if you have the basics of Indian cooking down. These are not overly simplistic, so maybe not for rank beginners.

"Dakshin" in an ancient Sanskrit word meaning "south." It symbolizes what this Indian cookbook is all about — the best and most delicious of South Indian vegetarian cuisine. Filled with tempting recipes and beautiful photographs, *Dakshin: Vegetarian Cooking from South India* presents the finest cooking from the region. Drawn from the states of Kerala, Karnataka, Tamil Nadu, and Andhra Pradesh, and the union territory of Pondicherry, the recipes in this vegetarian cookbook bring traditional South Indian cooking within the reach of any cook in any kitchen. From sambars and rasams, to cooling desserts and sweet treats, *Dakshin* takes you through the elements of South Indian meals, including chutneys and pickles, rice dishes, pakoras, payasams, poriyals, kootus, bondas, and vadais. With its use of fresh produce and a healthy and balanced approach to eating, *Dakshin* is an ideal Indian cookbook for today's lifestyle — for vegetarians and non-vegetarians alike — and the perfect introduction to South Indian Cuisine.

From Publishers WeeklyIndian-born and -raised Padmanabhan is a veteran cook and writes on culinary matters for *Madras Musings*, a South Indian newspaper. Here she muses for Americans on meatless meals and snacks originating in the Southern part of her native country; "dakshin" means "south" in Sanskrit. The author directs us on basics: there are recipes for curry powder, chili powder, rasam powder. She also defines what may be unfamiliar menu staples--sambars, or first courses, distinguished by tamarind, dal, or buttermilk foundations; poriyals, or sauceless curries, made with stir-fried (or occasionally deep-fried) vegetables. Her recipes are varied, authoritative and imaginative, especially those in the chapter on snacks, where breads vie with each other for primacy. Not everyone will find it possible to cultivate a taste for the often creamy, overly sweet desserts. But the chutney section comes as a refresher. Padmanabhan also provides recommendations for menus, a glossary of Indian terminology and a list of specialty Indian food shops in this country. Color photographs on nearly every other page are even more than usually tempting. Copyright 1994 Reed Business Information, Inc. From *Library Journal* The Indian food that most Americans are familiar with is from North India. Here are two new books to expand their horizons. *Dakshin*, the first in a new series, is a lavishly illustrated introduction to the cuisine of South India, where most of the population is Hindu and vegetarian. The author, an Indian food writer, presents dozens of recipes for the various courses of a South Indian vegetarian meal, most accompanied by inviting full-page color photographs. American cooks may recognize a few dishes from Indian restaurants, but most will be new. Although some of the ingredients may be somewhat difficult to find, Padmanabhan's recipes should be worth the effort. Law, a cooking teacher and author of the excellent *Southeast Asia Cookbook* (LJ 8/ 90), has traveled frequently to India over the last decade. She has collected recipes from both home cooks and chefs throughout the country, but here she emphasizes the lighter dishes of the South, usually but not always vegetarian. She has adopted a few dishes, cutting back on the fat, but most are authentic versions. Law's text is both informative about Indian cuisine and culture and a pleasure to read, and her recipes are very accessible to Western cooks. Both titles are highly recommended. Copyright 1994 Reed Business Information, Inc. "An uncommon primer on the distinctive vegetarian table from the four states of South India." -- *The Atlanta Journal* "This is a great addition to a vegetarian library...a 'must have' for any ethnic food collection." -- *Gourmet Retailer*