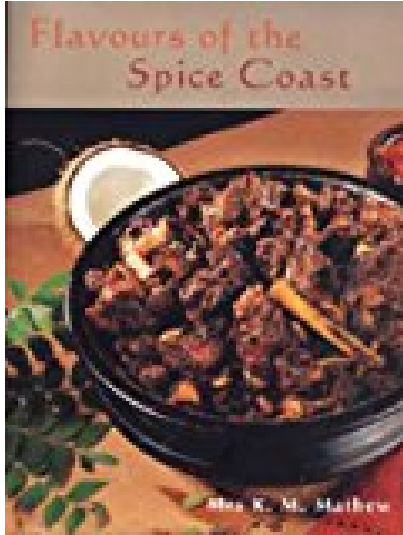


Flavours of the Spice Coast



BOOK DETAILS

- Author : K. M. Mathew
- Pages : 120 Pages
- Publisher : Penguin India
- Language : English
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BOOK SYNOPSIS

The Southwestern Coast Of India, Famous For Its Spices, Has Been A Cultural Melting Pot For Two Thousand Years. Jews, Muslims And Christians, Merchants And Missionaries Came And Stayed, Adding Their Influences To The Region S Culture And Cuisine. The Traditional Produce Of The Coast Is The Base For A Diverse Range Of Dishes. Vegetables Like Yam And Tapioca, Fruits Like Coconut, Mango And Banana, And, Of Course, A Feast Of Fish And Prawn Are Combined In New And Interesting Forms. Written Over A Period Of Nearly Fifty Years By Mrs Mathew, These Wonderful Recipes Draw Upon The Rich Heritage Of Kerala Food. They Combine The Traditional And The Innovative, Vegetarian And Non-Vegetarian, Creating A Collection To Suit Every Palate And Every Pocket. There Are Traditional Kerala Favourites Like Appam With Stew And Parotta With Kurma Curry, As Well As Popular Snacks Like Banana Chips And Murukku. From Street Corner Specialities Like Trivandrum Chicken To The More Adventurous Fish With Mango, Or Even Meen Pollichathu (Fish Roasted In A Plantain Leaf), This Book Is Sure To Add Many A New Dish To Your Repertoire.

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