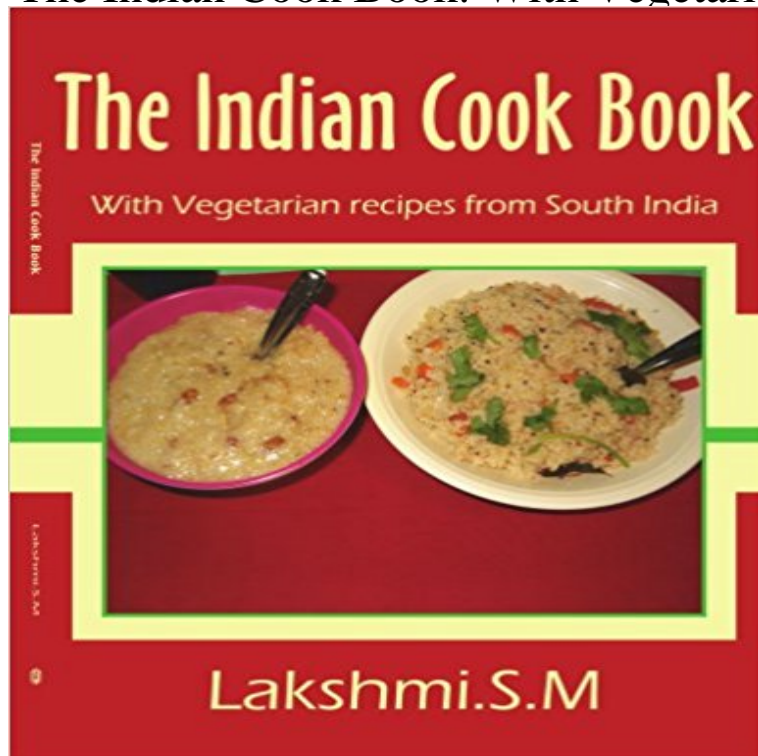


## The Indian Cook Book: With Vegetarian recipes from South India



This book is all about recipes using vegetables, fruits and other grains which have ample nutritious value and no fat/or low fat and low cholesterol levels forming a healthy diet. All of the recipes given in the book are time tested recipes made from fresh vegetables cultivated or grown in the farms or gardens and used and enjoyed by many of the vegans/vegetable lovers through out the world from a long time. The recipes are easy to prepare. In recent times, the younger generations besides coming from nuclear families with educational and work opportunities, are moving away from their parental families to outside world to start their careers or family life etc. Under these circumstances, it is a rare opportunity to get the first hand information on cooking. First time, a different recipe is given to make curry/chutney powder to use as seasoning in the preparation of some of the recipes as mentioned in this book. By following in those lines, dishes with delicious taste/ flavor in a very short time can be prepared different from routine spicy/garam masala or hot pepper taste. A few selected traditional/modern sweet and hot specials are written to prepare on special occasions at home to bring festivity to the occasion like spouse or childrens birthdays, graduation or other celebrations fitting to the psychology.

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This dish originating in Kerala, is one of the 18 compulsory dishes to **The Indian Cook Book: With Vegetarian Recipes from South India by** The curries and dals that are devoured in India are much healthier, more Both a recipe book and a travel guide of sorts, Christine Manfield recounts Indian cuisine already has so much to offer vegetarians, but the influences from countries as far flung as France and South Africa to jazz up his curries. **Dakshin: Vegetarian Cuisine from South India: Chandra** The Indian Cook Book with vegetarian recipes from South India. 244 likes 2 talking about this. Author. **INDIAN COOKING RESOURCES - COOKBOOKS - My Indian Taste** Lord Krishnas Cuisine : The Art of Indian Vegetarian Cooking by Yamuna It is for the serious Indian cook who is interested in Indias regional home cooking. 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