



# Healthy South Indian Cooking: Expanded Edition

*Alamelu Vairavan, Patricia Marquardt*

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**Healthy South Indian Cooking: Expanded Edition** Alamelu Vairavan, Patricia Marquardt  
**With the addition of fifty new easy-to-prepare dishes, *Healthy South Indian Cooking* is back, now totalling 250 recipes!**

In the famous Chettinad Healthy cooking tradition of Southern India, these foods evoke South Indian forgotten by Chicken Tikka Masala enthusiasts. Mostly vegetarian, these recipes allow home cooks to create such esoteric: dishes as Potato-filled Dosas with Coconut Chutney; Pearl Onion and Tomato Sambhar; Chickpea and Bell Pepper per Poriyal; and Eggplant Masala Curry. Rasams, breads, legumes and payasams are all featured here, as is the exceptional Chettinad Chicken Kolambu, South India's version of the popular vindaloo. Each of these low-fat, low-caloric recipes come with a complete nutritional analysis.

Also included are sample menus and innovative suggestions for integrating South Indian dishes into traditional Western meals. A section on the varieties and methods of preparation for dals (a lentil dish that is a staple of this cuisine), a multilingual glossary of spices and ingredients, and 16 pages of color photographs make this book a clear and concise introduction to the healthy, delicious cooking of South India.



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