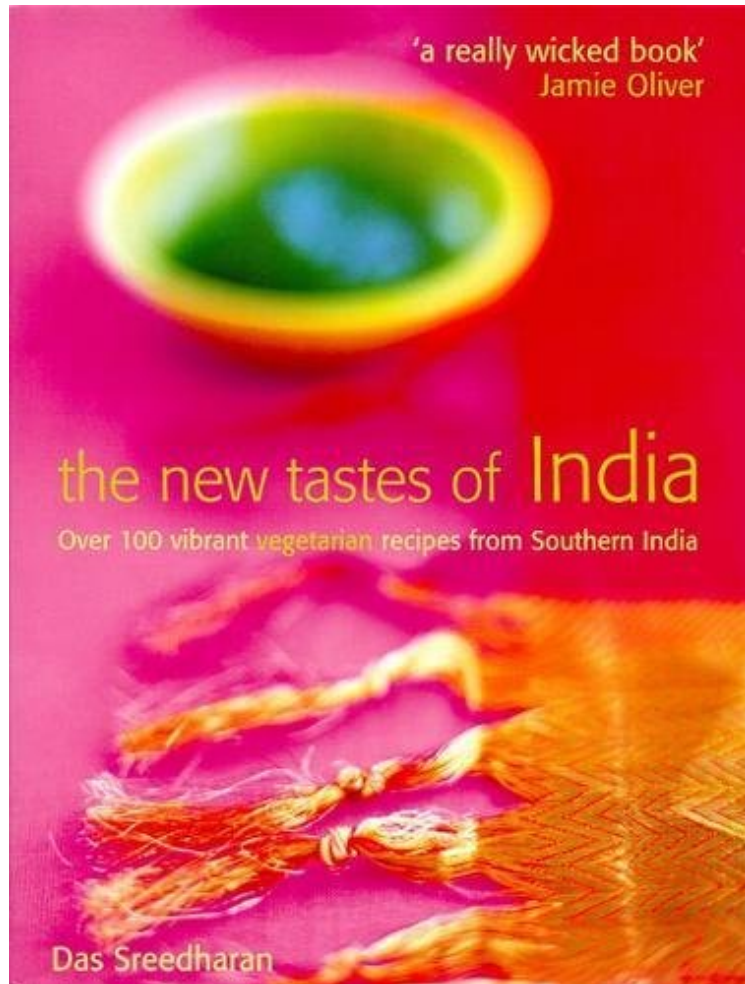


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New Tastes of India: Over 100 Vibrant Vegetarian Recipes from Southern India

Das Sreedharan

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Das Sreedharan : New Tastes of India: Over 100 Vibrant Vegetarian Recipes from Southern India before purchasing it in order to gage whether or not it would be worth my time, and all praised New Tastes of India: Over 100 Vibrant Vegetarian Recipes from Southern India:

7 of 9 people found the following review helpful. Vegetarians seeking something different need look no furtherBy Midwest Book ReviewVegetarians seeking something different need look no further than this collection of vegetarian dishes from Southern India: Sreedharan hosts a title which covers a variety of foods, from a Cabbage Curry and an unusual Tomato Rasam to Spinach with Baby Potatoes. The dishes are spicy, authentic, and tailored to American tastes while retaining authenticity. Advanced Indian cooks will find it particularly appealing.

This title is a collection of vegetarian recipes from Kerala in Southern India. Das Sreedharan, owner of the award-winning Rasa restaurants, grew up in a small village in Kerala, and his memories of the simplicity, lightness and variety of the local food inform his recipes. Simple dishes such as ginger and chilli pickle, lemon rice, cheera spinach curry and tarka dal demonstrate that the exotic need not be intimidating or difficult. The title places its emphasis on home cooking with fresh and aromatic ingredients for healthy cooking.

“The food is nothing short of celestial.” -- THE SUNDAY TIMES
From the Publisher: Some of the most exciting vegetarian food in the world comes from Kerala in southern India, with its rich melting pot of influences, imaginative combinations of ingredients, and its emphasis on fresh, aromatic flavors. Das Sreedharan, founding chef of London’s award-winning Rasa restaurants, was raised in Kerala, and his memories of the lightness and vibrancy of the local food has fully informed his own style of cooking. In this superb collection, he brings together his best recipes, including breads, curries, rice dishes, snacks, and pickles and chutneys. From Lemon Rice and Yam in Yogurt Sauce to Cheera Spinach Curry and Tarka Dal, this is Indian food at its absolute finest.
About the Author: Das Sreedharan was born in Kerala, southern India, a place that inspired his love of colourful, bold flavours. He opened the first of the acclaimed Rasa chain of restaurants in north London in 1994, and can regularly be seen in the media talking about Indian cookery.