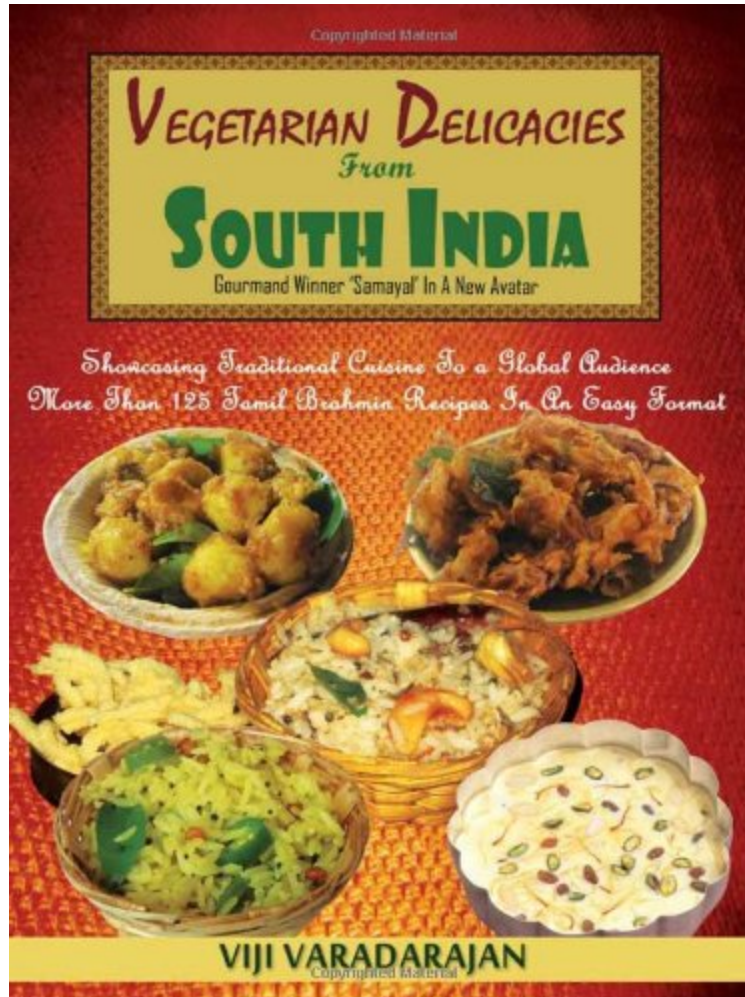


[Ebook free] Vegetarian Delicacies From South India (English Edition)

## Vegetarian Delicacies From South India (English Edition)

Viji Varadarajan

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**Viji Varadarajan : Vegetarian Delicacies From South India (English Edition)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Vegetarian Delicacies From South India (English Edition):

0 of 0 people found the following review helpful. Good material but fonts are uneven By Sundararaj Not a good read in kindle app Chapters may be included so that a recipe is easily found out otherwise a good vegetarian book 8 of 8 people found the following review helpful. My Kitchen Bible! By Chitrini I'm from Japan but I cook South Indian food everyday because my husband is a Tamilian. This morning I cooked Vendaikkai Puli Kootu from this book and it was awesome! Thanks so much, Viji!! This book will be my new Kitchen Bible! 3 of 3 people found the following review helpful. A must have! By BHANU REKHA RAJARAMI grew up in a traditional south indian home where my grandmother ran the kitchen. After having migrated to the US, I have craved those same dishes that I grew up eating as

a child. This book is easy to follow for a novice like me with easy to follow recipes, beautiful pictures of the end product and exact measurements. I like the subtle nuances that other cookbooks don't offer including specifics on portions, what the dish is traditionally served with and exact measurements. I'm a big fan of this author and a recently converted vegetarian and I firmly believe it is a must have in every vegetarian's kitchen.

'WINNER OF THE BEST VEGETARIAN COOKBOOK 2014 (THIRD PLACE) FROM THE WORLD GOURMAND COOKBOOK ORGANISATION.' CAMERON STAUCH - RENOWNED CHEF AND TRAVELLER says: "On a visit to Chennai, I was fortunate enough to meet a fantastic cook and author Viji Varadarajan. She spent the afternoon with me explaining the subtle nuances of a pure vegetarian Brahmin kitchen and household. For lunch she presented a sumptuous feast of close to 20 different dishes served on a large banana leaf. There were so many standout bites but one in particular summarized her style of cooking. A simple long bean kari, accented with curry leaves, grated coconut and a few spices. It was vibrant, full of life, understated yet complex much like Viji herself."

If you had a fan club, I might have been a member in it. With healthy freaks in the family I find your selection of recipes almost tailor made combining the advantages of quick preparation and low fat. ---Meena Vangala  
The more than 120 recipes in this book conjure up memories of sitting on the floor, mixing sambar sadham with my hands, and slurping curd rice from high rimmed steel plates. As I open the book, all the food items tempt my tastebuds...There are so many choices and so little time. ---By Jennifer Kumar as written in The AsiaConnections Newspaper, Canada  
If you like the fragrant stews, rich curries, and nourishing dals of the Indian cuisine familiar to most Americans, then you will love the lesser-known dishes perfected by cooks in southern India. ---The Vegetarian Times - March 2009  
About the Author  
This latest and comprehensive book sets a new path to a sathvic way of cooking. Gourmand winner Viji Varadarajan has been spreading her knowledge on the Tamil Brahmin cuisine to expats far and wide. Her Japanese students, ardent devotees of this cuisine have gone on to start restaurants in Tokyo and elsewhere in Japan. With a simple and lucid explanation this authentic book is a treasure trove for the young and old alike. Many people who have moved out and whose roots are still entrenched in the cultural ethos of their native land would love to use this book as a true recollection of their grandmother's recipes. Try them in the warmth of your own kitchens. Please visit the author's facebook page - 'Satvic Brahmin Cuisine'. This is an accurate picture of how a traditional lifestyle can be adapted in the current scenario.