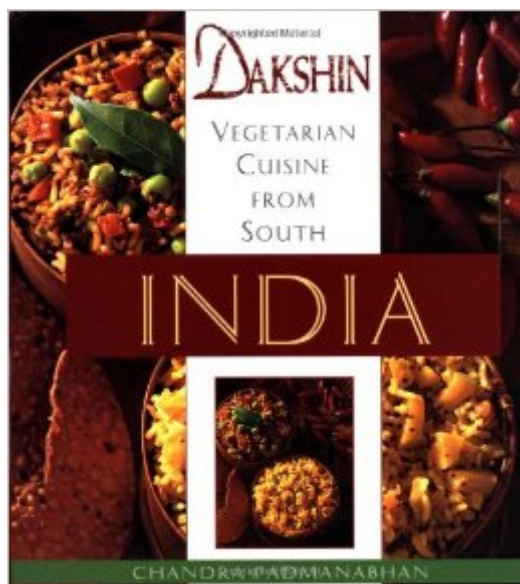


The book was found

Dakshin: Vegetarian Cuisine From South India



Synopsis

"Dakshin" in an ancient Sanskrit word meaning "south." It symbolizes what this Indian cookbook is all about – the best and most delicious of South Indian vegetarian cuisine. Filled with tempting recipes and beautiful photographs, *Dakshin: Vegetarian Cooking from South India* presents the finest cooking from the region. Drawn from the states of Kerala, Karnataka, Tamil Nadu, and Andhra Pradesh, and the union territory of Pondicherry, the recipes in this vegetarian cookbook bring traditional South Indian cooking within the reach of any cook in any kitchen. From sambars and rasams, to cooling desserts and sweet treats, *Dakshin* takes you through the elements of South Indian meals, including chutneys and pickles, rice dishes, pakoras, payasams, poriyals, kootus, bondas, and vadais. With its use of fresh produce and a healthy and balanced approach to eating, *Dakshin* is an ideal Indian cookbook for today's lifestyle – for vegetarians and non-vegetarians alike – and the perfect introduction to South Indian Cuisine.

Book Information

Paperback: 176 pages

Publisher: Periplus Editions (HK) Ltd.; New edition edition (September 15, 1999)

Language: English

ISBN-10: 9625935274

ISBN-13: 978-9625935270

Product Dimensions: 8 x 0.6 x 8.8 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars – See all reviews (114 customer reviews)

Best Sellers Rank: #453,117 in Books (See Top 100 in Books) #148 in Books > Cookbooks, Food & Wine > Asian Cooking > Indian #497 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables #636 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

Customer Reviews

Indian-born and -raised Padmanabhan is a veteran cook and writes on culinary matters for *Madras Musings*, a South Indian newspaper. Here she muses for Americans on meatless meals and snacks originating in the Southern part of her native country; "dakshin" means "south" in Sanskrit. The author directs us on basics: there are recipes for curry powder, chili powder, rasam powder. She also defines what may be unfamiliar menu staples--sambars, or first courses, distinguished by tamarind, dal, or buttermilk foundations; poriyals, or sauceless curries, made with stir-fried (or

occasionally deep-fried) vegetables. Her recipes are varied, authoritative and imaginative, especially those in the chapter on snacks, where breads vie with each other for primacy. Not everyone will find it possible to cultivate a taste for the often creamy, overly sweet desserts. But the chutney section comes as a refresher. Padmanabhan also provides recommendations for menus, a glossary of Indian terminology and a list of specialty Indian food shops in this country. Color photographs on nearly every other page are even more than usually tempting. Copyright 1994 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

The Indian food that most Americans are familiar with is from North India. Here are two new books to expand their horizons. Dakshin, the first in a new series, is a lavishly illustrated introduction to the cuisine of South India, where most of the population is Hindu and vegetarian. The author, an Indian food writer, presents dozens of recipes for the various courses of a South Indian vegetarian meal, most accompanied by inviting full-page color photographs. American cooks may recognize a few dishes from Indian restaurants, but most will be new. Although some of the ingredients may be somewhat difficult to find, Padmanabhan's recipes should be worth the effort. Law, a cooking teacher and author of the excellent Southeast Asia Cookbook (LJ 8/ 90), has traveled frequently to India over the last decade. She has collected recipes from both home cooks and chefs throughout the country, but here she emphasizes the lighter dishes of the South, usually but not always vegetarian. She has adopted a few dishes, cutting back on the fat, but most are authentic versions. Law's text is both informative about Indian cuisine and culture and a pleasure to read, and her recipes are very accessible to Western cooks. Both titles are highly recommended. Copyright 1994 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

[Download to continue reading...](#)

Dakshin: Vegetarian Cuisine from South India Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) Vegetarian: Vegetarian Diet For Beginners: 100 Delicious Recipes And 8 Weeks Of Diet Plans (Vegetarian Diet, Vegetarian Diet For Beginners, Vegetarian ... Cookbook, Vegan, Clean Eating, Raw Diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) South Beach Diet: The SOUTH BEACH DIET Beginners Guide - How To Lose Weight And Feel Awesome With The South Beach Diet!: (south beach diet, south ... diet recipes, south beach diet cookbook) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES

FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ...
RECIPES ASIAN VEGAN SERIES Book 1) Vegetarian: 4-Week Vegetarian Nutrition Cookbook for
Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb
Vegetarian Recipes for Diet and Lifestyle) South Beach Diet: The South Beach Diet Beginners
Guide to Losing Weight and Feeling Great! (south beach diet, south beach diet beginners guide,
south beach diet recipes) South Beach Diet: A Beginners Guide For Using The South Beach Diet
For Quick, Easy and Healthy Weight Loss (Dieting, Weight Loss, South Beach Diet, South ... Diet
Cookbook, South Beach Diet Kindle) Vegetarian Quick & Easy - Under 15 Minutes: (100 Simple
Natural Food Recipes) (Weight Maintenance & Low Fat Lifestyle) (Vegetarian Weight Loss) (Special
... & Vegetarian Recipes Collection Book 2) Vegetarian: The Beginners Guide to a Vegetarian
LifestyleÂ© with The Top 170+ Healthy Recipes (Includes 8 FULL Weeks FULL Month Meal Plan,
Vegetarian Diet Weight Loss Cookbook) Vegetarian: 50 The Best Vegetarian Slow Cooker
Recipes-Great, Healthy, Delicious Place To Start With Vegetarian Slow Cooker The South Beach
Diet: A Guide for Faster Weight Loss and Healthy Lifestyle with Easy Meal Plan Recipes (South
Beach Diet Meal Plan, South Beach Diet Gluten Solution, South Beach Diet Recipes) South Beach
Diet: South Beach Diet Book for Beginners - South Beach Diet Cookbook with Easy Recipes (Low
carbohydrate Living - Low Carbohydrate Diet - Modified Atkins Diet 1) South Beach Diet: The South
Beach Diet Guide For Beginners: How To Feel Great And Healthy With The South Beach Diet
South Beach Diet: The Beginner's Guide on How to Quickly and Effectively Lose Weight with the
South Beach Diet Cookbook, Recipes, and Meal Plan! (South ... Low Carbohydrate Diet,
Gluten-Free) South Africa (The Cape Colony, Natal, Orange Free State, South African Republic,
Rhodesia, and all other territories south of the Zambesi) RECIPES:THAI FOOD: VEGE-THAI-RIAN:
MOUTHWATERING THAI VEGETARIAN RECIPES (Vegan, Vegetarian Quick Easy Reference):
Child Approved Simple Recipes, Fusion ... Special Diet Special Occasions) Vegetarian: Vegetarian
Quinoa Cookbook-Gluten Free Plant Based Superfood Recipes (forks over knives,raw till 4,whole
30,Slow cooker,crockpot,Cast Iron) 132+ Delicious Salads, Dressings And Dips: Healthy Salad
Recipes For Weight Loss, Great For Vegetarian And Raw Vegan Diets (Gabrielle's FUSS-FREE
Healthy Eating Cookbooks And Vegetarian Recipes)

[Dmca](#)