

[PDF] Savoring The Spice Coast Of India: Fresh Flavors From Kerala

Maya Kaimal - pdf download free book

Books Details:

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Author: Maya Kaimal

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Description:

This comprehensive introduction to the use of many rich and flavorful spices--including cardamom, black pepper, ginger, and cinnamon--takes readers beyond usual notions of Indian cooking. When combined with meats, fruits, and vegetables--especially in dry curries and rice dishes--such spices will leave anyone who has enjoyed Indian cuisine with a new appreciation for the unique southern style of cooking. A must-read preface provides a colorful description of the region and a historical overview of the state of Kerala, a center for the spice trade located on the southwest coast. More winning, the chapter features compelling background and autobiographical information about the author, her family, and her roots in Kerala. While the recipes, collected from many trips to the region and time spent in the kitchens of Indian relatives and friends, are full of exotic spices and

vegetables, Kaimal offers alternatives to some of the unusual ingredients that may be difficult to find in the typical grocery store. Sourdough Crêpes with Potato Masala, Sweet Green Mango Chutney, Spicy Beef Curry, and even Christmas Cake are just a few samples of the variety. For those interested in traditional Indian cooking, this is both a rich source of history and a thorough introduction to the southern Indian palate. --*Teresa Simanton*

From Publishers Weekly With northern India's Moghul cuisine now a culinary mainstay in the U.S., Kaimal (Curried Favors) returns to her ancestral homeland on the southwestern edge of the country, where a greater emphasis is placed on ingredients such as coconut, tamarind, brown mustard seeds and curry leaves. (These last are so important that Kaimal even provides a source for curry leaf plants.) Bold flavors are relished in Kerala, even at breakfast, which usually includes Sourdough Crepes or Sourdough Dumplings made with a slightly fermented batter. The primary meal of the day, explains Kaimal, consists of rice, a dry vegetable curry, a wet vegetable curry, a dhal, as well as a dish of fish, poultry or meat, and she provides intriguing examples of each. Beets with Coconut assembles a unique combination of flavors, while Fried Bitter Gourd in Yogurt Sauce celebrates the strong taste of this unusual produce. Eight different dhals are offered, and entrées are as varied and inviting as Stuffed Fish with Sweet and Spicy Masala (masala is simply a spice mixture), Peppery Chicken Curry, Shrimp Biryani (a casserole with rice) and the ever-popular Lamb Vindaloo, this original version tempered with minced golden raisins. Rice, breads and chutneys also add welcome infusions of taste. This is an immensely appealing book for anyone wishing to expand an Indian repertoire.

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