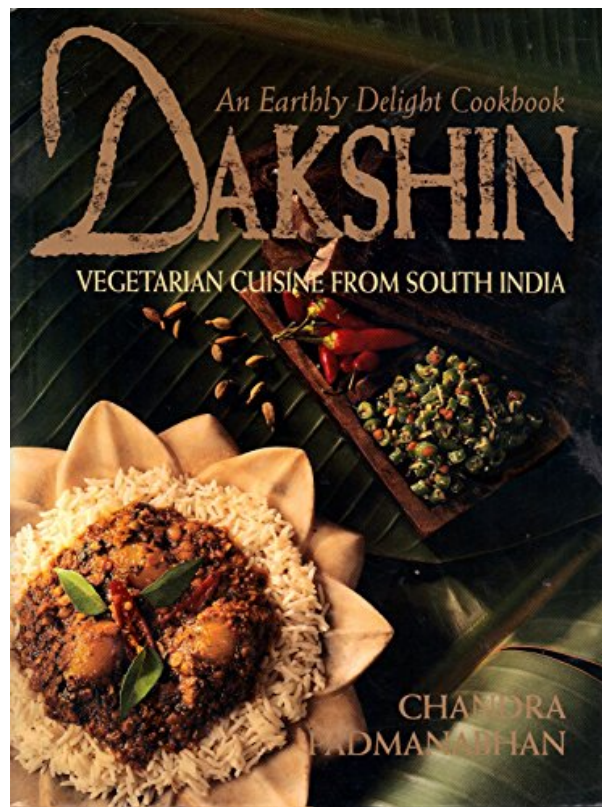
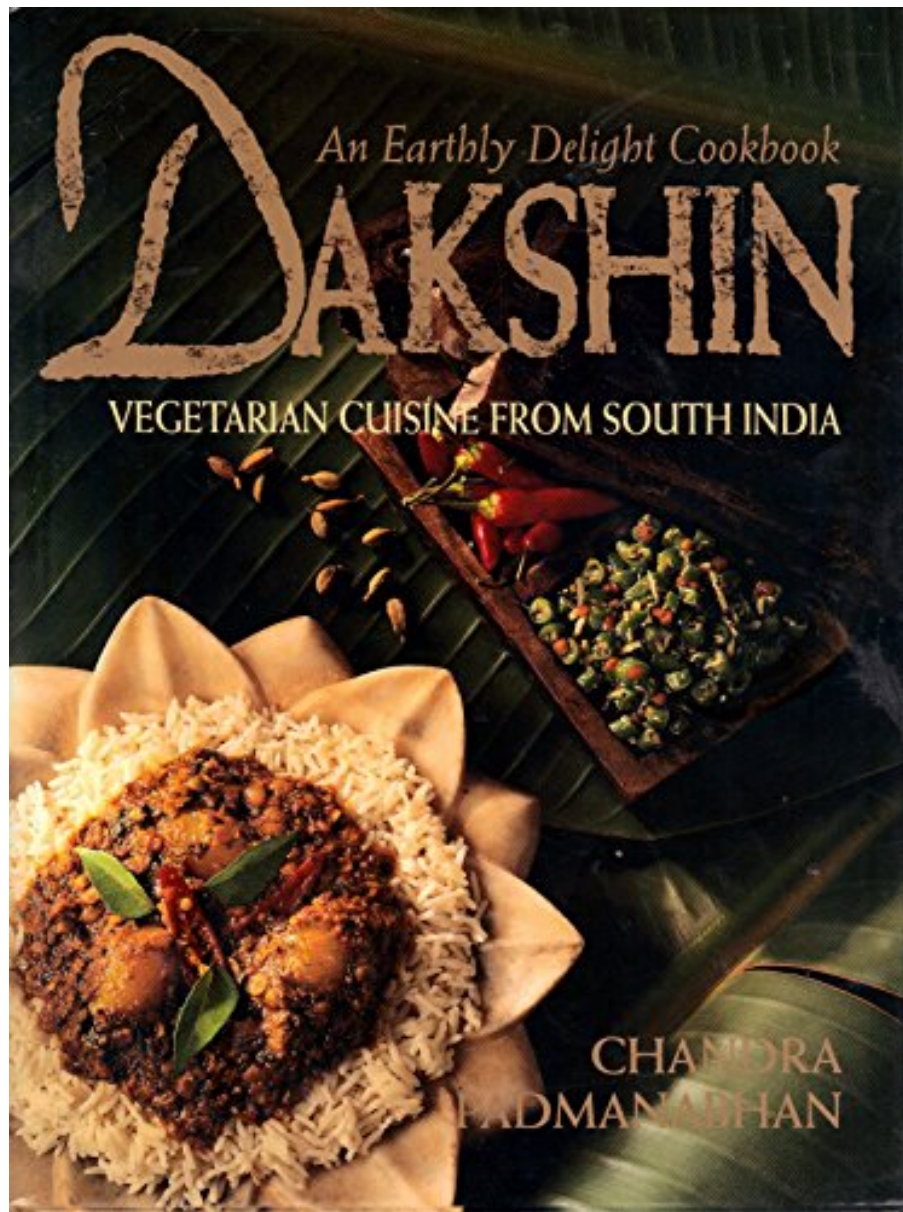


**DAKSHIN: VEGETARIAN CUISINE FROM
SOUTH INDIA : AN EARTHLY DELIGHT
COOKBOOK BY CHANDRA PADMANABHAN**



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From Publishers Weekly

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--sambar, 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.

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her recipes are very accessible to Western cooks. Both titles are highly recommended.
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Review

"An uncommon primer on the distinctive vegetarian table from the four states of South India." -- The Atlanta Journal
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DAKSHIN: VEGETARIAN CUISINE FROM SOUTH INDIA : AN EARTHLY DELIGHT COOKBOOK BY CHANDRA PADMANABHAN PDF

First in a new series of lavishly photographed gourmet cookbooks for vegetarian epicures--the Earthly Delights cookbook series debuts with the exquisite, unique cuisine of South India. Over 140 vegetarian recipes for snacks, salads, sambars, rice, rasams, and desserts. 100 color photos.

- Sales Rank: #586265 in Books
- Published on: 1994-04
- Original language: English
- Number of items: 1
- Dimensions: 11.50" h x 8.75" w x 1.00" l,
- Binding: Hardcover
- 176 pages

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Most helpful customer reviews

2 of 2 people found the following review helpful.

Excellent cookbook, not so excellent binding

By H. Bird

So far, I'm really liking this cookbook. We enjoy Indian food, but most of the cookbooks we have are more for northern or central Indian cuisine. I've made a couple recipes so far, and they've been delicious. The instructions seem reasonably clear, and I love the photographs.

The only reason I'm giving this 4 stars instead of 5 is the quality of the bookbinding. I've had it for only a few weeks, and I've used it just once so far, but already the book is falling apart. I haven't been at all rough on it, it's just badly made. The signatures were glued or otherwise attached to a plastic strip down the center of the spine. They have all detached, and the plastic strip has broken into 2 pieces. All that holds it together now is the stitching and the thin line of glue attaching the end pages to the cover. I don't expect any of that to hold together for long.

If you can find another edition of this cookbook, one printed by another publishing company (this was by Periplus), I would highly recommend it. If the Periplus edition is the only one you can find, you might want to take steps to secure the binding, or else be prepared to having pages start to fall out soon after you begin using it.

3 of 3 people found the following review helpful.

Detailed where it counts

By A. Lee

If you thought there was one "master" recipe for sambar or rasam, this book will quickly set you straight. Some recipes for sambar/rasam use a pre-prepared powder mix (recipes in the book or she says to purchase a high-quality mix) and some do not so that every variation has different spices, spiciness and prep time. Lots of dosa batters and other pancakes (although I'll probably still purchase the already-fermented refrigerated dosa batter).

After reading through, I'm unclear on a few things but trial and error should get me through:

- Tamarind pulp "lemon sized" is used frequently with different amounts of water. A ratio difference when using tamarind paste would be really nice to have. I guess the sourness is up to personal preference, but some clue would help for the first time running through the recipes.
- Bay leaf: The spice appendix states that she is talking about the Mediterranean *Laurus nobilis* bay laurel, but Indian bay leaf / tejpat (*Cinnamomum tamala*) is probably the traditional leaf used in all the dishes where she uses Mediterranean bay.
- "Bunch" of curry leaves. Depending on where I purchase the leaves has a huge variance on the size and amount of leaves on a stem (if they're still on a central stem). "Bunch" leaves too much up to interpretation (pun intended).
- Copra. I'm sure I can find it around here, but equivalent dried unsweetened shredded coconut would be more useful.

Having a small blender than can deal with grinding spices with some oil or water is highly recommended. In many recipes you create a paste of spices with oil/water and/or coconut.

Nice to have would be:

- Tagged dairy vs no dairy
- Tagged garlic/onion vs no garlic/onion
- Consistent picture descriptions. I'm pretty sure a few of them were wrong, and on some I don't think I found the description. No consistency there.
- I'm still on the search for a cookbook that doesn't simplify spices just because they think the reader wouldn't be able to find them. Mark them as optional, but keep them in!

The two page sambar chapter intro picture made my mouth water.

14 of 14 people found the following review helpful.

I wish I could give this book more than 5 stars!!

By Lawschool108

I am a Tamil woman born and raised in the United States, married to a Tamil man born and raised in India. My mom is an exceptional cook whose dishes are known throughout the SF Bay Area and beyond. Unfortunately, I wasn't wise enough to learn from her before I got married and moved away from home!

This book is a godsend. Last night I made vatral kozhambu, sambar, potato curry, and dal kootu for several members of my family who are older and very picky about their food. They all raved about the food and confirmed that it was indeed authentic. My husband is also amazed by how consistently well my food turns out to be when I use the recipes in this book.

The pictures in the book are beautiful and definitely encourage you to try out the recipes. I have probably tried about 20 recipes in the book and all of them have turned out wonderfully. Some people complain about the heavy use of red chili in this book -- my husband and I like our food very spicy so that is not an issue with us, but you can certainly adjust the amount of spice and the food will still be excellent.

I do agree with other readers that some of the recipes are on the elaborate side and may use more ingredients than necessary. This isn't necessarily the best book for a total beginner. However, if you have cooked south Indian food before or you are willing to roll up your sleeves and try it out, you are in for a treat.

I also want to comment on some readers who say that the recipes in the book are not that healthy. Here is what I do to optimize health without compromising the taste of the food: I only cook with olive oil, I use a lot more dal in the sambars and the kootuhs than what the author calls for, I use very little to almost no coconut in the poriyals, and use very little coconut in the kootuhs, maybe about a quarter of what the author recommends. With these small changes, the food is very healthy but still delicious!

The other point about this book is that many of the recipes can be adjusted for a certain vegetable -- for example, the cabbage poriyal can also be made with beans or brussel sprouts.

I can't recommend this book highly enough, and have even begun purchasing them for my friends/family members.

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