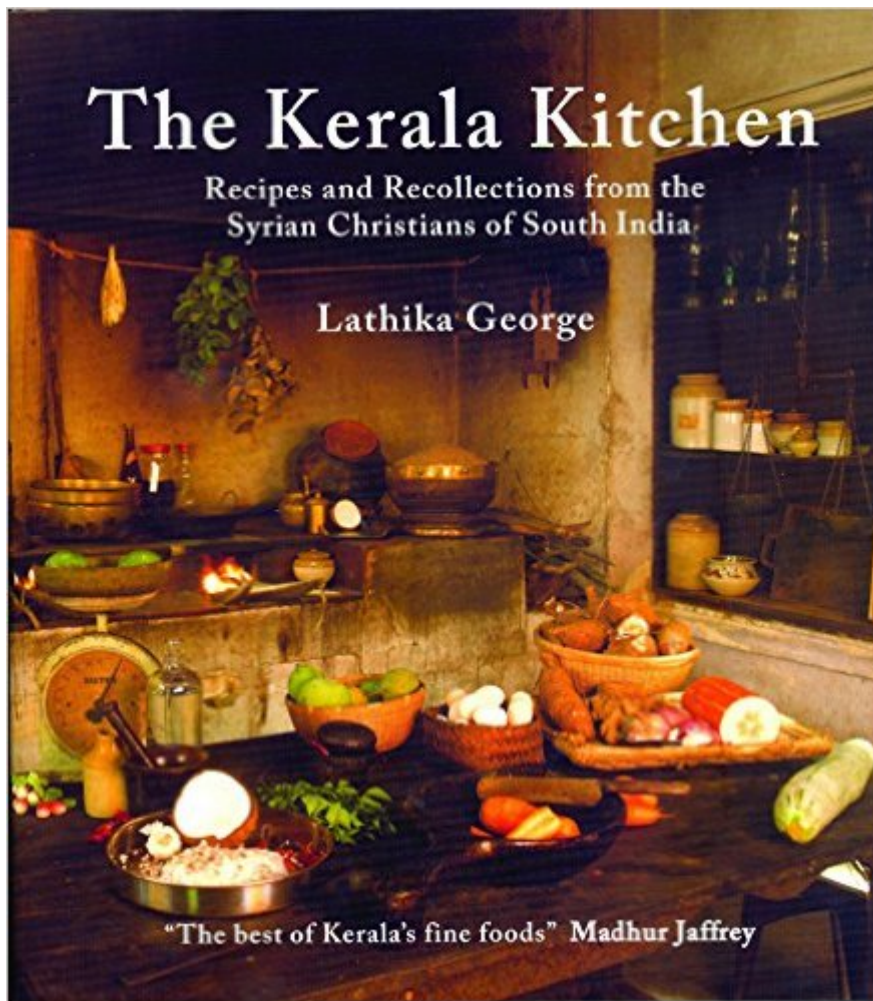


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# The Kerala Kitchen: Recipes And Recollections From The Syrian Christians Of South India (Hippocrene Cookbook Library)



## Synopsis

Since ancient times, seafarers and traders have been drawn by the lure of spices to Kerala, a verdant, tropical state on the Malabar Coast of South India. Saint Thomas also traveled this spice route, converting several local clans who later intermarried with Syrian traders who had settled here; thus was born the vibrant Syrian Christian community of Kerala. Today, ayurvedic massage resorts and backwater cruises make this scenic land a top tourist destination, and spices still draw both travelers and gourmands to its rich culinary heritage. It is this legacy that The Kerala Kitchen brings us, through 150 delectable recipes and the unforgettable stories that accompany them. Authentic and easy to prepare, these recipes are adapted for the North American kitchen, and accompanied by a guide to spices, herbs, and equipment, as well as a glossary of food terms.

## Book Information

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## Customer Reviews

The Kerala Kitchen: Recipes and Recollections from the Syrian Christians of South India (Hippocrene Cookbook Library) Any self proclaimed Indian cooking expert should and MUST have this cookbook on his/her shelf. Chock full of traditional mouth watering recipes, this slim volume of delectable Kerala SYRIAN CHRISTIAN (and there is a difference!) dishes will leave you salivating and ravenous. As a second generation displaced Keralite growing up in Africa and Europe, I never appreciated such meals as Fish Roasted in Banana Leaves (see page 80) or Toddy Pancakes (see page 43). My siblings and I preferred canned sausages and mashed potatoes over Yesterday's Fish Curry (Page 86) or Fried Bitter Gourd (page 150). Indifferent to our finicky palates, my parents

insisted (force fed, I should say!) on a daily diet of rice accompanied by a meat or fish dish and some form of coconut based vegetable. We groaned and moaned, but nevertheless ate what was put in front of us. My mother, known for her superb culinary skills, had tried to impart her knowledge of making a scrumptious Chicken Stew (page 127) or lip smacking Duck Roast (page 135) but I resolutely stuck to my versions of insipid shepherd pies and tomatoey spaghetti bolognese. It was only after going away to University that I began to develop a liking for our regional food. Baked Beans on Toast was fast losing its bland appeal! Moving to the United States and discovering an incompetent cook in my husband left me longing for my mother's (once deplored!) cooking and a desire to mimic her.

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