

Dosai



BOOK DETAILS

- Author : Chandra Padmanabhan
- Pages : 156 Pages
- Publisher : westland ltd
- Language : English
- ISBN : 9384030422

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BOOK SYNOPSIS

Dosai features a hundred different recipes from the four South Indian states of Tamil Nadu, Kerala, Andhra Pradesh and Karnataka. This book celebrates the many forms of Dosa, or 'Dosai' as it is originally known. Finding mention in 6th century Tamil Sangam Literature, the Dosai is an ancient recipe, but contemporary in its versatility and its wholesomeness. Though rice is the principal crop in southern India, the Dosai is not limited by this ingredient. Through its recipes, the book illustrates how other constituents like ragi, millet, wheat, black gram, green gram, semolina, ripe jackfruit, yams, okra, potato, ripe banana, fenugreek seeds, among others, could also be an integral part of its creation. The book also presents the recipes' nutritive values, thereby establishing the healthy goodness of the Dosai. Traditional food preparation methods, soaking, grinding and fermentation, make the Dosai nutritionally superior to processed foods. The Dosai packed with carbohydrates, proteins and vitamins is a balanced meal when served with complementing accompaniments, as expertly illustrated in this cookbook. The cooking techniques mentioned in this exhaustive repertoire are lucid and systematically instruct the reader about each recipe's preparation time and cooking time. In her fifth cookbook, Chandra Padmanabhan shares the secret of creating perfect Dosais ranging from the tricky Ravai Dosai, to the popular Mysore Masala Dosai, to the luscious Panasa Dosai, to the succulent Halasu Dosai along with some nerve-tingling accompaniments. This book will be savoured and cherished by all epicureans.

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