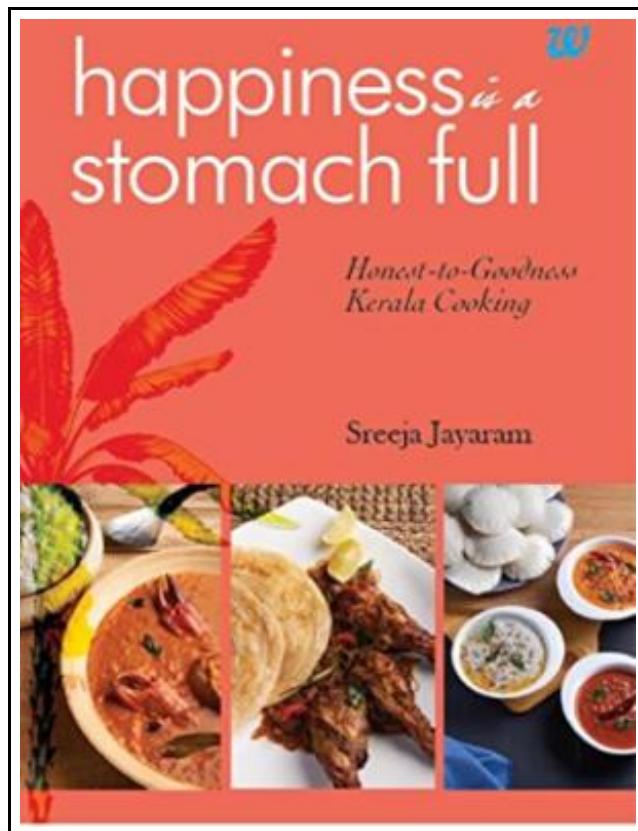


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(Isai Bradtke)

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Westland Limited, New Delhi, India. Softcover. Book Condition: New. Happiness is a Stomach Full is a collection of delicious recipes from Kerala. Forgotten gems like the murungapoovu thoran (Drumstick flower thoran) and pachha parangaandi thoran (Tender cashew nut thoran) are revealed along with the famous appam and puttu. There is a great variety of vegetarian preparations as well as recipes from the fabulous coastal Kerala cuisine. Apart from desserts and snacks (including paal payasam and plantain chips), pickles, chutneys and spice powders the pride of Kerala cuisine are explained in a detailed yet easy-to-follow manner. Amidst all this are stories drawing upon the rich folklore from Gods own country, about fishy lunches, a buffalo that becomes pumpkin curry, and a grandmother with a giant sweet tooth. This book signifies everything that good food should be fresh, healthy and unforgettable. Happiness is a Stomach Full presents this very thought for every gourmet, chef, mother and explorer of cuisines.

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