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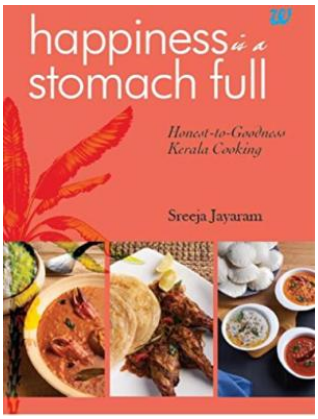
HAPPINESS IS A STOMACH FULL: HONEST-TO-GOODNESS KERALA COOKING



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...

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- Authored by Sreeja Jayaram
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