



Cooking at Home with Pedatha: Vegetarian Recipes from a Traditional Andhra Kitchen

Pratibha Jain, Jigyasa Giri

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Awarded "Best Vegetarian Book in the World 2006 by the prestigious Gourmand awards, this cookbook features more than 60 traditional vegetarian recipes. It is a tribute to an illustrious Indian Grandmother, Mrs Subhadra Rau Parigi (aka Pedatha). She was the daughter of India's former President Bharat Ratna Dr. V V Giri. Her recipes, much sought after by friends and relatives, retain the regional flavours of Andhra Pradesh, a state of India known for its delicious chilli-hot food. Intrigued by her passion which had not diminished with age, Jigyasa and Pratibha took the initiative to record this culinary legacy for posterity. Some special features of this book are: Traditional recipes with interesting variations, Guidelines for tempering or tadka, Vegetarian meal plans, Photo glossary of spices, lentils and vegetables, Exquisite food photography, and Special tips by Pedatha throughout the book. Recipe sections are divided into Chutneys (Pachchadi), Powders (Podi), Rice (Annam), Vegetables (Kooru), Dals (Pappu, Chaaru), Yogurt (Perugu), Sweets (Theepi), and Crispies (Vadiyalu). With attention to detail and an easy-to-follow format, the book is a treat to the novice as well as the veteran. The excellent photography & layout add to the aesthetic appeal of this tribute coffee table book.

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