

Thursday, June 21, 2007

From grandma's kitchen

It was a nostalgic trip for many as Viji Varadarajan brought back memories of grandma's sumptuous cooking at her cookery book launch in Tag Centre on Tuesday. The cook books titled *Samayal- The Pleasures of South Indian Vegetarian Cooking*, *Festival Samayal- An Offering to the Gods* and *A Healthy Taste of Indian Culture- Cooking with Yogurt* were released by Dr MS Swaminathan. M Saravanan, managing partner, AVM Studios received the first copy.

The books contain tips on how to simplify cooking and about the nutritional value of various vegetables and ingredients. MS Swaminathan appreciated the way in which science, combined with spirituality, had been brought out in the books.

Nanditha Krishna, founder, CP Arts Centre, also participated in the function and pointed out that Viji was doing a service to vegetarianism through various recipes.

Said Viji, "I want to keep alive the tradition that has been passed from generation to generation through these cook books."

She also added that she would certainly work on the cuisine of the North of Arcot, as suggested by Nanditha Krishna.