

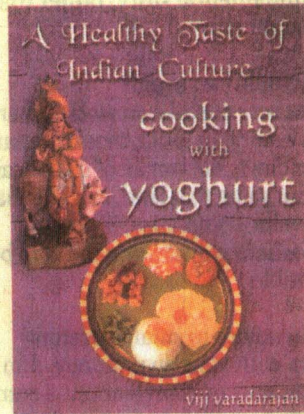
# BOOKS

## fresh print

### A HEALTHY TASTE OF INDIAN CULTURE: COOKING WITH YOGHURT

By Viji Varadarajan  
Orient Enterprises, Rs 195

**T**HE most important food in most Indian kitchens is yoghurt. It's high in nutritional value. It has sufficient calcium and protein to be a meal in itself. Viji Varadarajan's cookbook gives a whole lot of yoghurt-based recipes from the Tamil Brahmin kitchen. There are starters, side dishes, main dishes, snacks and desserts. The



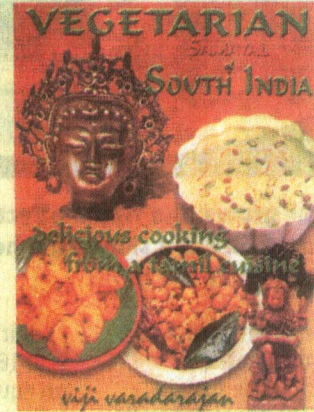
recipes are simple and can be prepared in any modern kitchen. Many of these items have been rediscovered by Varadarajan and are meant for families migrated and adapted to

new lifestyles and tastes.

### VEGETARIAN SAMAYAL OF SOUTH INDIA

By Viji Varadarajan  
Orient Enterprises, Rs 270

**T**HESE are South Indian recipes, which are low in fat and cholesterol and strike a balance between nutrition, health and taste. The spices, herbs, lentils and vegetables used in the book have adequate protein content to ensure good health. These are recipes handed down for several generations and perfected in temples in Tamil Nadu and Kerala. Most of these dishes are not served in restaurants or made at



homes. Varadarajan has put together the making of these dishes in an easy and practical format.

— Usha Ravi