* Home : Kerala

In addition to historical diverseness, cultural powerfulness, particularly the large percentages of Muslims and Christians, have also impart unique dishes and styles to Kerala cuisine, particularly non-vegetarian dishes. The meat eating habits of the people were historically limited by religious taboos. Brahmins avoid non vegetarian items. However, most modern-day Hindus do not observe any dietetic taboos, except a few of those belonging to upper castes who do not take in beef and pork. Most Muslims do not eat pork and other prohibited by Islamic law. Alcohol is available in Kerala in many hotels and over a thousand bars and liquor stores, but state authorities plan to close the vast bulk of these outlets in a ten-year plan, starting in 2014, to combat rinking problem.

One of the traditional Kerala dishes are vegetarian and is known as the Kerala Sadya, which is an elaborate banquet prepared for festivals and ceremonies. A full-course Sadya, which consists of rice with about twenty assorted accompaniments and desserts is the ceremonial occasion meal of Kerala eaten usually on celebratory occasions including marriages, Onam and Vishu. It is served on a plantain banana leaf.

[**Cuisine**](https://keralasightseer.travel.blog/2019/11/14/cuisine/)

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## [**Our festivals**](https://keralasightseer.travel.blog/2019/11/10/thrissur-puram/)

Famous as the festivity of festivals, Thrissur Pooram has a custom of more than 200 years. This outstanding event was outset by Sakthan Thampuran, the former ruler of Kochi. Held on the *Moolam* asterism in the Malayalam month of *Medam* (April-May), celebration related events take place at the Vadakkumnathan temple located in the heart of Thrissur town and the abutting Thekkinkadu ground.

The pooram festival mainly An another main attraction is the *ilanjithara melam*, a highly enchanting performance of traditional instruments which attracts the thousands gathered to a state of high spirits and bliss. Almost 250 odd artistes participate in this traditional orchestra led by *chenda* artistes and the spirit is reflected by the thousands of viewers who wave their hands in accordance to the music generated.

The*chenda*, *kurumkuzhal*, *komb* and *elathalam*(traditional instruments of Kerala). At last but not least the festival marked by a grand fireworks show.

The celebration sports an bewitching line-up of vivacious decked up elephants and is starred by social occasion. Concern fleet and rhythmic changing of brilliantly colorful and sequined parasols, the kudamattom ceremony is one among the high spot and is a incisive watched event.

## [**Places never miss**](https://keralasightseer.travel.blog/2019/11/10/kovalam-and-around/)

## TOURISM IN KERALA

We have to envy the travelers who revealed Kovalam back in the 1970s. Before the visual aspect of the crowds and sunbeds that present spill over the resort’s quartet of beaches, not to remark the warren of hotels, shops and restaurants crammed into the palm groves behind them, this must have been a heavenly location. Four decades of unplanned development, nevertheless, have wrought disturbance on the famous headland and its golden sand bays.

Virtually every imaginable patch of dry ground behind the most impressive of them, Lighthouse Beach, has been buried under concrete, but it’s still a popular destination for Ayurveda and yoga. The proximity of Kovalam to the city means domestic tourism is flourishing; closest to the bus and taxi stand, Howah Beach in particular pull in a lot of day-trippers, who leave behind a trail of rubbish. Visitors should be aware that due to episodic rip currents and a strong undertow, especially during the monsoons, swimming from Kovalam’s beaches is not always safe.