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The Udupi Kitchen

By Malati Srinivasan & Geetha Rao (Authors)

Westland Limited, New Delhi, India. Softcover. Book Condition: New. Globally, Udupi is best known for hotels which churn out south Indian food, are super efficient and easy on the pocket! Little do people know that Udupi cuisine has a vast variety and is not limited to tiffins or snacks. Laying out the geographical expanse and scientific logic to the regions Madhwa Brahmins vegetarian food habits, Malati Srinivasan and Geetha Rao showcase the hitherto unknown recipes from Udupi, a coastal town in Karnataka where the Krishna temple acts as a pivot in peoples lives. Even as Malati learnt to cook secretly by observing her aunt who rustled up elaborate meals everyday, for Geetha cooking became a necessity to satisfy her yearning for Udupi food away from home. The authors therefore brilliantly straddle the traditional and modern and list what was once easily cooked in Udupi households spice powders, salads and chutneys, savoury snacks, desserts and painstakingly elaborate on several recipes which are all-time favorites like, bisi bele hulianna, saaru, masal dosa, modaka etc. Split into 12 sections, the Udupi Kitchen celebrates vegetarian food with aplomb from a town where food is religion as well as a complete mouth-watering experience.



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