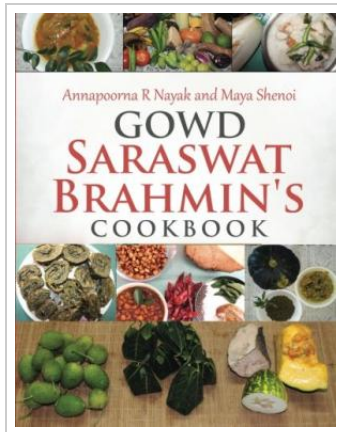




Gowd saraswat brahmins cookbook

By Maya Sheno

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 126 pages. Dimensions: 11.0in. x 8.5in. x 0.3in. If you thought ghashi, sambhar and idlis summed up the cuisine of the Gowd Saraswat Brahmins (GSB), you are quite mistaken. The food cooked in a Brahmin home is essentially sathvic paying special attention to the balance and nutritive value of the dishes prepared. Simple lentil soup, dhali toy, served over the steamed rice and the topping of a dollop of homemade clarified butterghee is a probably the one most loved comfort food for GSBs. There are complex curries like val-val, spicy teeksani ummans and slightly sweet ambe sassam. You would see variety of plain and spicy food in a meal that is balanced with a glass full of thin curds, taak as a final course to set right any imbalance in the food eaten for the day. Even though GSB cuisine comes from spice rich regions of Karnataka and Kerala, we see very limited palette of spices being used, yet, it lacks nothing in terms of taste and deep digestive philosophies relevant to food. The cuisine revolves around mustard seeds, cumin seeds, curry leaves, chillies and turmeric. Ginger as...



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