



The New Tastes of India: Over 100 Vibrant Vegetarian Recipes from Southern India

Das Sreedharan

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Some of the most exciting vegetarian food in the world comes from Kerala in southern India, with its rich melting pot of influences, imaginative combinations of ingredients, and its emphasis on fresh, aromatic flavors. Das Sreedharan, founding chef of London's award-winning Rasa restaurants, was raised in Kerala, and his memories of the lightness and vibrancy of the local food has fully informed his own style of cooking. In this superb collection, he brings together his best recipes, including breads, curries, rice dishes, snacks, and chutneys. From Lemon Rice and Yam in Yogurt Sauce to Cheera Spinach Curry and Tarka Dal, this is Indian food at its finest.

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