

Title:

The Cooking of Kerala

Word Count:

678

Summary:

An introduction to Keralan cuisine.

Keywords:

curry, Indian food, India, Kerala

Article Body:

Kerala is situated on the South West coast of India right beside Tamil Nadu. The capital is C

Much of the architecture has been influenced by the Chinese who traded along the coast leaving

Black pepper is prolific in Kerala and makes a major contribution to India's input of one third

Kerala is famous for its inland waterways including lakes, lagoons, canals and rivers, collect

Kerala means ^land of the coconuts~ and no part of the coconut is wasted - the oil is used for

Fish is big business here - a lot of prawns are exported to Japan and USA, having first been p

There are many methods of fishing - Chinese fishing nets attached to upright wooden poles catc

On some beaches you can buy fresh caught pomfret, tiger prawns, red snapper, crabs and mullet,

The fishermen eat what they call Boatman's Curry. It uses meaty fish steaks such as cod, swor

Apart from fish, a popular celebration meal is ^stew~ for especially for Christians at the end

Another favourite lamb dish is shoulder meat stewed with fennel, spices, vinegar and toasted c

Duck and chicken are readily available and vegetable dishes are common as many Hindus are vege

Local boiled red rice is eaten with every meal and sometimes appams which are rice pancakes wi

Favourite snacks are paper-thin slices of plantain or banana deep fried in coconut oil - the K

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