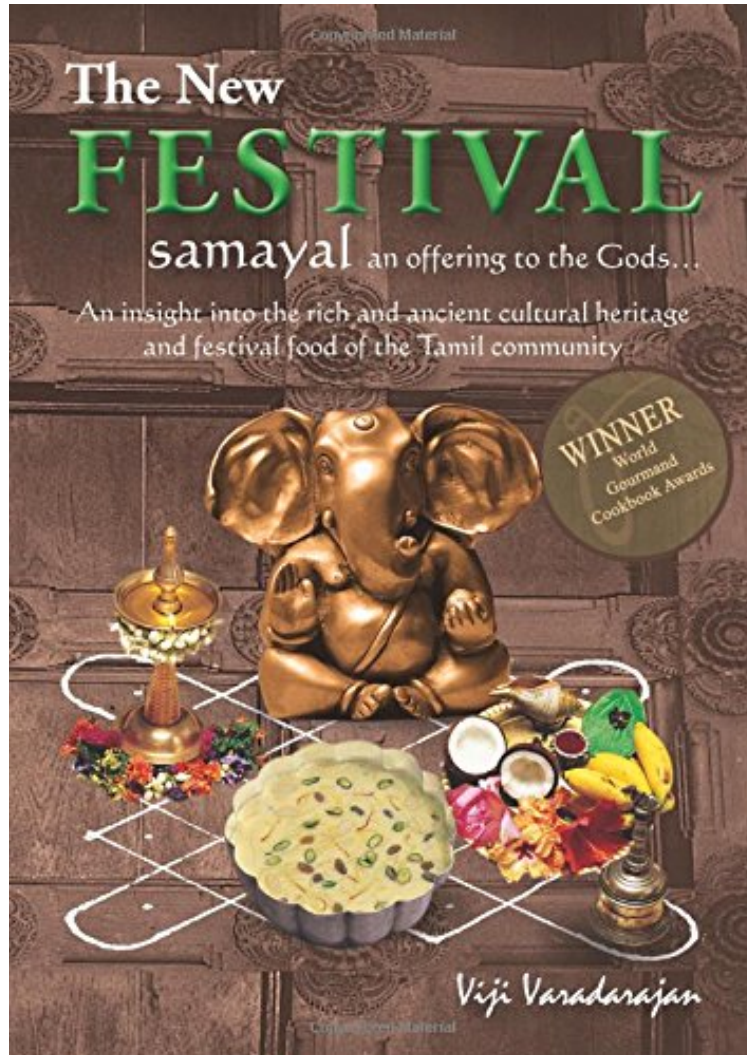


(Free read ebook) Festival Samayal (Winner Gourmand World Cookbook Award)

Festival Samayal (Winner Gourmand World Cookbook Award)

Viji Varadarajan

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Viji Varadarajan : Festival Samayal (Winner Gourmand World Cookbook Award) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Festival Samayal (Winner Gourmand World Cookbook Award):

0 of 0 people found the following review helpful. Pricey Culture Read.By Poorva Nayak Very informative, but appears more like a booklet. For the price a hardbound version would be preferred. 3 of 3 people found the following review helpful. As expected By CMH For a non-native Indian, it explains adequately. A good book for those who need more cultural information about Indian food and customs. 13 of 13 people found the following review helpful. Excellent, Unique, Authentic By Sriram Natarajan Festivals and food are core ingredients of culture. And this book is worth its

weight in and is arguably one of a kind. My wife recently got this book (with the other book by the same author.. do not buy the more expensive and outdated hardcover editions) and finds it to be very helpful. The cooking (and I am one of the prime beneficiaries) had improved perceptibly and has a lot of added variety. The author is very approachable by email, clarifies doubts (e.g., "cup" is equivalent to American teacup, types of onions, tomatoes to use) and offers suggestions for new recipes. It doesn't get better than that. My wife also *highly* recommends the book on South Indian Veg Cuisine by the same author.

This new and revolutionary book that won the Gourmand award for 'The Best Local Cookery Book' in 2007, gives a new insight into the rich cultural food heritage of the Tamil Community. The significance of a Hindu marriage, the greatness of the lotus flower, the story of the holy basil, the gesture of a 'namaste,' the methodology of food served in a plantain leaf are all inculcated in the Tamil life that go beyond the realms of modern imagination. Food is for the Gods. It is sustenance and incredible energy. Without a doubt the best moments of our life is associated with food. To live life meaningfully, to have a state of mind which is creative for the larger benefit of mankind, to find success without compromising on the values and quality of life, let us seek and accept sathvic food - 'the food of the Gods' - the food 'Blessed by the Gods'. Love is joy and food is love. Enjoy preparing every dish in this book with lots of love and care. Let us never forget for a minute that the Almighty has gifted us prosperity for our gratitude.

The author talks about how festivals were celebrated in her childhood - an account that will be a nostalgic trip to most Tambrams over the age of 35. --The Hindu Newspaper Viji's fervent desire to record and retain traditional food is palpable. The pictures shot by VK beautifully combine the element of the divine with appropriate icons and tastefully presented food. --The Eve's Touch Magazine Viji's fervent desire to record and retain traditional food is palpable. The pictures shot by VK beautifully combine the element of the divine with appropriate icons and tastefully presented food. --The Eve's Touch Magazine About the Author Viji was trained to cook by her mother and mother-in-law. The dishes perfectly balanced - low in fats and cholesterol and high in proteins and vitamins. She is passionately fond of languages, a dedicated fitness enthusiast, practices yoga, and knows classical dancing.