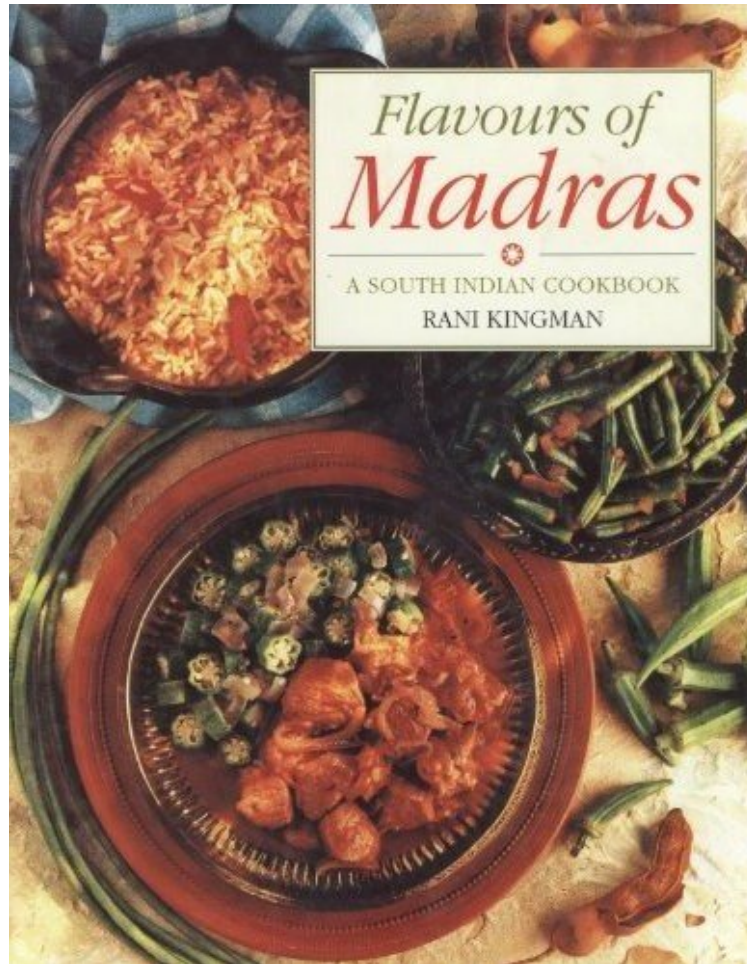


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Flavours of Madras: A South Indian Cookbook

Rani Kingman

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Rani Kingman : Flavours of Madras: A South Indian Cookbook before purchasing it in order to gage whether or not it would be worth my time, and all praised Flavours of Madras: A South Indian Cookbook:

Rani Kingman has gathered together her favourite recipes from Madras in the tropical south of India, where she grew up. They reflect the distinctive ingredients of this part of India ndash; a land of coconut and tamarind, turmeric and chilli, washed by seas with a wealth of fish and other seafood. The author shares with us recipes which have been handed down from generation to generation ndash; delicious food, as prepared and eaten at home. Over 100 recipes are presented in this book, and throughout, the author combines a little of the history and culture of the region with the food. All enthusiasts of Indian cookery will enjoy the variety of vegetable, fish, savoury and sweet dishes illustrated here in mouth watering colour photographs.

About the Author RANI KINGMAN was born and brought up in Madras, South India. After her college studies in English literature, she moved with her family to southeast Asia, where she met her English husband. Ms. Kingman now gives adult education classes and demonstrations in Indian cooking in Northumberland, England, where she lives now with her husband and two children.