

## South Indian Cuisine

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A basic preview into the characteristic manner of preparing food in the southern regions of India is given here. South Indian cuisine includes those found in Andhra Pradesh, Karnataka, Kerala and Tamil Nadu, the four southern states of India.

There are certain similarities among the four states' cuisines which has the presence of rice as a staple food. The usage of the following items also is integral to the cooking style in these regions:

- lentils and spices
- dried red chillies and fresh green chillies
- coconut
- native fruits and vegetables(tamarind, plantain, snake gourd, garlic, and ginger)
- curry leaves, mustard, asafoetida, pepper and peppercorns, tamarind, chillies and fenugreek seeds.

Kerala, Tamil Nadu, south and coastal Karnataka and most parts of Andhra Pradesh use more rice. North Karnataka, on the other hand, consumes more jowar while the Telangana region uses more jowar and bajra. The cuisine of each region differs primarily in the spice level of the food. Dhals (lentils) are also a part of most meals.



In a typical South Indian meal, rice is combined with lentil dishes tempered with whole spices and chillies, dry and curried vegetables or/and sea food or/and meat dishes, pickle and fried or roasted thin, crisp disc-shaped dishes made from the dough of rice, lentils etc. Rice batter is used to make steamed food & pancakes. Filter coffee is the most loved beverage of



South Indians. Rainfall is normally abundant and so is the supply of fresh fruit, vegetables and rice. All states being coastal, there is a repertoire of tasty seafood dishes.

Sesame, Vegetable & Coconut oils are used as cooking oils commonly. Butter & Ghee are consumed with meals and sweets.

On the whole, rich and flavorful cuisine with tastes ranging from spicy to sour to sweet, which in some instances includes nuts, dried fruits and exotic, expensive spices like Saffron is indicative of South Indian Cuisine.



### References:

- [http://en.wikipedia.org/wiki/South\\_Indian\\_cuisine](http://en.wikipedia.org/wiki/South_Indian_cuisine)
- The Cuisine of South India by Petrina Verma Sarkar (<http://indianfood.about.com/od/thebasics/p/southindia.htm>)

### Image Courtesy:

- [www.buzzintown.com](http://www.buzzintown.com) ; [www.123rf.com](http://www.123rf.com) & [www.rakskitchen.net](http://www.rakskitchen.net)