



The Bangala Table - Flavors and Recipes from Chettinad

Sumeet Nair, Meenakshi Meyyappan, Jill Donenfeld

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The Bangala Table - Flavors and Recipes from Chettinad is a real feast for the senses. This beautiful volume, consisting of a must-have collection of 150 vegetarian and non-vegetarian recipes and sumptuous photographs, is a necessary addition to the discerning home chef's library and a pleasure to behold. Try your hand at the subtle traditions of South Indian Chettinad cuisine and nostalgic 'butler' cuisine, learn, experiment with the help of this visually stunning book.

The Bangala Table is based on recipes from The Bangala, a boutique luxury hotel in the heart of Chettinad, South India, and a favorite culinary destination for chefs and gourmands from across the world. You'll find classic treats such as Chettinad Mutton Fry, Chettinad Chicken Pepper Masala and Quail 65; Crab Rasam to Anglo-Indian Mutton Cutlets; a Chettiar version of the vegetarian Tamil staple Vatha Kozhambu to Brussels Sprouts Masala Poriyal; Pineapple Curry to Prawn Biryani; as well as the Chettiar vegetarian specialty Mandis to more familiar Pachadis; and the list goes on.

The Bangala Table is a painstakingly compiled volume that celebrates the rich culture, history, and the incomparable flavors of Chettinad cuisine.

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