

Kerala's fabulous food

Kerala is known as the *Land of Spices*. Its cuisine is influenced by different cultures. Every region in Kerala has its own flavours and cuisine. Keralans use a variety of ingredients; their sauces can be made with ginger, cloves and garlic. Keralan cuisine has a lot of seafood like fish and shrimps, but also has a lot of vegetarian dishes made with only vegetables. Food is traditionally served on plates made of banana leaves. Get ready to enjoy every bite you have while in Kerala!

Don't leave Kerala without trying ... !

Appam with stew

Appam is a dish made from rice flour and coconut milk. It's similar to a thin pancake with crispy edges. *Ishtu* or *stew* is like European stew and consists of coconut milk, cinnamon, cloves and shallots, eaten with appams. The stew may also have mango pieces, vegetables and chicken.

Raandhal serves this dish only after 7.00 pm, price range luxury.

Puttu and kadala curry

This is a main breakfast dish eaten all over Kerala. Puttu is a cylindrical steamed rice cake cooked with small pieces of coconut. It's usually served with Kadala curry, a dish of black chickpeas made with green onions, spices and coconut milk that can also be served with bananas.

Dal Rotti serves this dish all day, price range average.



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Unit 8 Lessons 5-6

Food at home and around the world

Pumpkin and lentil curry

This is a popular dish in Kerala, made of sliced sweet potatoes. It also usually includes sweet pumpkin that has been boiled in water with salt, pepper, coconut, cumin seeds and garlic, served on rice. It appears on most menus during festivals.

Chifonets serves this dish all day, price range fast food.

Banana fritters (dessert)

Ethakka appam are made of juicy fried banana and are a traditional snack. They're available throughout Kerala and are simply ripe bananas covered with plain flour and deep-fried in oil.

- **Reading**
- **1** Skim-read the brochure. Which topics (a-e) are mentioned?
- **a** descriptions of different dishes
- **b** general information about food in Kerala
- **c** recipes of dishes
- **d** names of recommended restaurants
- **e** health benefits of dishes

2 Read the text again and match a dish or restaurant with the descriptions.

- a A dish made from fruit, found in all restaurants, not a main dish.
- b Not a vegetarian dish, contains coconut milk, eaten with crispy bread.
- c Only serves certain dishes in the evening.
- d An Indian fast food restaurant.
- e Contains coconut, sweet potatoes, eaten with rice.
- f Can be eaten with bananas, contains coconuts, people eat it for breakfast.