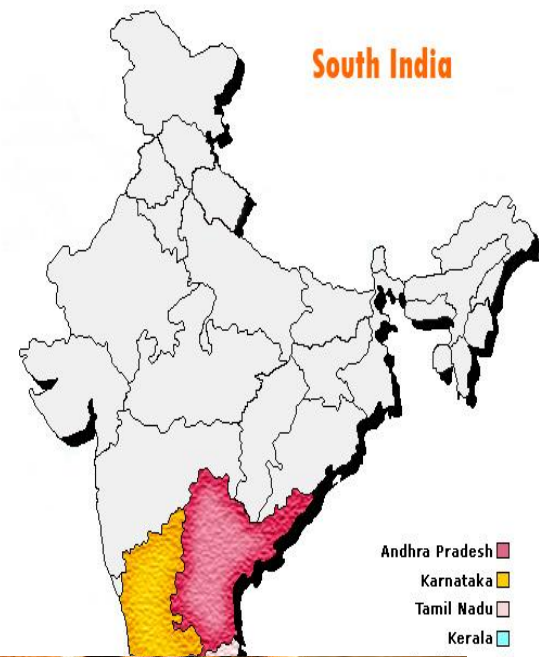


# SOUTH INDIA



## FOOD

## Avantika



# South india

**South India** is the area encompassing India's states of Andhra Pradesh Karnataka Kerala and Tamil Nadu as well as the union territories of Lakshadweep and Pondicherry occupying 19.31% of India's area (635780 km<sup>2</sup> or 245476.030 mi<sup>2</sup>). The region is also known as **Dravida** as is used in the National anthem.

South India lies in the peninsular Deccan Plateau and is bounded by the Arabian Sea in the west, the Indian Ocean in the south and the Bay of Bengal in the east. The geography of the region is diverse, encompassing two mountain ranges, the Western and Eastern Ghats and a plateau heartland. The Godavari Krishna Tungabhadra Kaveri and Vaigai rivers are important non-perennial sources of water. A majority of Indians from the southern region speak one of the languages: Kannada Malayalam Tamil Telugu Tulu and Kodava



# Andhra food

Described as the spiciest of these four states' cuisines as well as Indian cuisines, there is a generous use of chilli powder and tamarind making the dishes tangy and hot (Spicy). The cuisine has a diverse variety of dishes, with the majority being vegetable or lentil based.



## Popular Andhra dishes

### Vegetarian

Pesarattu (mung bean pancake), pulihora or pulihaara (tamarind rice), gongura (cut raw mango) pickle, (toor dal) tamarind soup, thotakura pappu (amaranth - pigeon pea stew), dosakaya pappu (yellow cucumber - pigeon pea stew),

### Chutney and pickles

Raw pachadi-vankaya pachadi, dosakaya vanakaya pachadi, tomato pachadi, cabbage pachadi. Pickles of Avakaya(Mango), Lime, Citroen, Gongura, Tomato and Garlic.

### Non-vegetarian

Hyderabadi biriyani and various Hyderabadi meat dishes makes the part of Hyderabadi cuisine .While rest of Andhra cuisine has a varied versions of Lamb and Chicken meat and the Coastal region has extensive varieties of sea

# Andhra food



<http://aahaaram.wordpress.com>  
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# Karnataka

- Karnataka cuisine is very diverse.
- Described as the mildest in terms of spice content of these four states' cuisines, there is a generous use of Jaggery palm sugar and little use of chilli powder. Since the percentage of vegetarians in Karnataka is higher than other southern states, vegetarian food enjoys widespread popularity.
- Udupi cuisine forms an integral part of Karnataka cuisine



# TAMIL CUISINE

- A typical Tamil meal consists of many spicy and non-spicy dishes. Except Brahmins and a couple of non-Brahmin castes, tamils eat more non-vegetarian.
- The dishes are ; Kootu, Kari Poriyal, Pickles, Papads fall into this category. Third are the short snacks and their accompaniments; vadai, bonda bajji soups, various chutneys thayir pachadi and the likes belong to this category.
- The fourth category is usually the rich, sweet dishes that serve as desserts; Payasam Kheer Kesari and a plethora of Indian sweets belong to this category. The fifth category includes "tiffin", or light meals. This include various types of idlis various types of dosai, poori types of pongal types of uppma idiyappam aappam adai parotta paniyaram etc.





# Food from tamil



# Chettinad

- Chettinad cuisine is famous for its use of a variety of spices used in preparing mainly non-vegetarian food.
- The dishes are hot and pungent with fresh ground masalas, and topped with a boiled egg that is usually considered an essential part of a meal.
- They also use a variety of sun-dried meats and salted vegetables, reflecting the dry environment of the region.
- The meat is restricted to fish, prawn, lobster, crab, chicken and mutton. Chettiars do not eat beef and pork.
- Most of the dishes are eaten with rice and rice based accompaniments such as dosais, appams, idiyappams, adais and idlis.
- The Chettinad people through their mercantile contacts with Burma, learnt to prepare a type of rice pudding made with sticky red rice.



# Taste of south

Rasam is one of the important dishes in South Indian cuisine. Rasam is a soup-like dish which is eaten with rice or drunk as a soup. Rasam is also known as Saaru in some parts of South India.

Biryani is a popular rice dish in the state of Andhra Pradesh. It may be vegetarian or non-vegetarian which is more popular. The dish is prepared using rice and a number of spices like cinnamon, bay leaf, cardamom, etc. Chitranna (Lemon rice) and Mosaranna (Curd rice) are rice dishes popular in the state of Karnataka.

Mysore Pak is a popular sweet dish in South India. It originated in the palace city of Mysore as a sweet dish prepared for the King. It is prepared using flour, ghee and jaggery. Rasagulla, Sandesh and Rabri are popular sweets of the Eastern part of India (mainly Bengal).

Rasayana is a fruit salad, famous in south india which is usually made using banana, apple, mango, grapes, milk and coconut. It is eaten after a meal. Rasayana is also prepared in many temples/during festivals as a prasada (offering to God).



# Food from south



Chettinad Cuisine

