

PREFACE

Human life has undergone a tremendous amount of changes from the stone age to modern times. We have seen some remarkable changes in transportation. Our great grand fathers were travelling in bullock carts. Today we have seen a remarkable range of vehicles including four wheelers, trucks, vans, trains, electric trains, aeroplanes, jet planes, rockets and spaceships. Change has become the inevitable part of life.

Ancient men were eating raw vegetables, fresh fruits & uncooked meat. Gradually people discovered that cooking the food adds to the taste as well as nutrition. A child needs nutritional food to grow into a youth. A balanced diet with proper minerals, calcium, vitamins & other nutrients is an absolute requirement to ensure the full growth of the personality. Man has discovered different food preparation techniques like steaming, cooking & baking. A large variety of state, national, international varieties of cuisine have been created. India has a variety of foods for each state. Tamil Nadu Karnataka, Andhra, Kerala & Maharashtra have their own distinguished foods. In North India mostly people prefer wheat & aloo in their daily routine. Salads, sweets, tiffins & soups appeal to a large segment of the population.

God The Almighty has provided pairs - two eyes, two ears, two nostrils, but only one tongue. The tongue discharges the dual function of speech & tasting the food. Our taste buds are God's great gift and can distinguish even minute differences in taste. Every person develops a taste from their childhood. This taste is influenced by their family upbringing, the place of their birth, the climate where they live and many other factors.

The recipes in this book have been prepared from generations and have our own unique family touch. Our family members, many of them living in other countries still prepare and relish these recipes. This is my maiden attempt to share this rich legacy with others. All our dishes are vegetarian dishes only and can be prepared with minimal fat content. All the recipes are logically organized into sections. The delicious steam cooked idlies & home made dosas are tasty and easily digestible by elders as well as youngsters. There are a variety of vegetable curries and gojjus which go very well with a wide range of dishes. Many sections include some mouth-watering desserts including cakes, chocolates and laddus. Please try these recipes & share your experiences. Thank you.

*****ع*****