



Paachakam **Heritage Cuisine of Kerala** **Sabita Radhakrishna**

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- A beautifully-illustrated cookbook that offers authentic insights into Kerala's most popular recipes

Sabita Radhakrishna, author of the best-selling and award-winning *Annapurni: Heritage Cuisine from Tamil Nadu* (2015), now turns her expertise towards Kerala, the green jewel of South India. Step into God's own country with **Paachakam**, a beautifully-illustrated cookbook that offers authentic insights into Kerala's most popular recipes by drawing attention to the communities that cherish them – Syrian Christians, Namboodris, Cochin Jews, Nairs, and Maplas, to name but a few. In exploring their diverse foods and customs, interviewing community elders, and researching preferred spices and flavours, Radhakrishna uncovers special commonalities between them that serve to define Kerala cuisine as a whole. With easy-to-follow recipes, Paachakam invites you to enjoy the many tastes of Kerala from the comfort of your own kitchen. The next time you're in the mood for a rich Thalassery Biryani, or a refreshing glass of Pacha Maanga, you know where to look!

Sabita Radhakrishna is a food columnist, freelance writer, and textile designer. She is the author of several books, including the best-selling *Annapurni: Heritage Cuisine from Tamil Nadu* ISBN 9789351941309, which was shortlisted for the prestigious Gourmand World Cookbook Awards