



## Flavours of Avadh

**Journey from the Royal Banquet to the Corner Kitchen**

**Salma Husain**

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- Offers an exclusive regional food history celebrated over centuries
- Old photographs from royal family albums and archives
- 64 exclusive recipes with metric and American measures
- Detailed glossary of terms
- First-hand pictorial reporting from the famous food alleys of Lucknow
- Recipes from the personal collections of Avadh royalty
- Recipes and culinary history spiced up with personal anecdotes

*Flavours of Avadh: Journey from the Royal Banquet to the Corner Kitchen* is the story of food and cooking from the palaces to the pavement of the Avadh region in Uttar Pradesh. The book charts out a unique socio-cultural route down the decades, sketching out the exclusive regional food history of Lucknow and its neighborhood, richly colored with family anecdotes, local festivities, regional culture and dining traditions. More than sixty recipes on offer from the elite homes and kitchens, where this unique and traditional cuisine thrived, taking shape between the mid-14th and the early 18th centuries. Vibrant photographs add to the luster of the book. Contents: Foreword, Legends of Culture and Cuisine, The Avadh Spread of Sixty-Four, Dastarkhwan of Riyasat Mahmudabad, Dastarkhwan of Riyasat Kotwara, Dastarkhwan of Riyasat Tirwa, Dastarkhwan of Riyasat Sheesh Mahal, Riyasati Dastarkhwan of Sitapur, Flavours of the Residency, Dastarkhwan of the Faridi Family of Lucknow, Dastarkhwan of the Zaheer Family of Lucknow, Holi Ke Pakwaan, Eid Ki Ziyafat, Nawabi Chandni, Pickles, Murabbas and Chutneys, Table of Measurements, Glossary, Bibliography, Acknowledgements, Index.

