

The background of the cover is a dark, moody photograph. In the upper half, a brass teapot with a curved spout is visible, its surface reflecting light. In the lower half, a dark plate holds several golden-brown, fried dumplings, likely momos, which are the focal point of the foreground.

# THE BANGALA TABLE

Flavors and Recipes from

# CHETTINAD

SUMÉET NAIR, MEENAKSHI MEYYAPPAN  
WITH JILL DONENFELD  
PHOTOGRAPHY BY ROHIT CHAWLA

# The Bangala Table Flavors And Recipes From Chettinad

**Vairavan, Alamelu**



## **The Bangala Table Flavors And Recipes From Chettinad:**

**The Bangala Table** Sumeet Nair, Meenakshi Meyyappan, Jill Donenfeld, 2014 *Lonely Planet South India & Kerala* Lonely Planet, **Lonely Planet India** Lonely Planet, Lonely Planet South India & Kerala Lonely Planet, Isabella Noble, Paul Harding, Kevin Raub, Sarina Singh, Iain Stewart, 2017-10-01 Lonely Planet The world's leading travel guide publisher Lonely Planet South India all with your trusted travel companion Get to the heart of South India and Kerala and begin your journey now Inside Lonely Planet South India Kerala Travel Guide Colour maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local avoiding crowds and trouble spots Essential info at your fingertips hours of operation phone numbers websites transit tips prices Honest reviews for all budgets eating sleeping sight seeing going out shopping hidden gems that most guidebooks miss Cultural insights give you a richer more rewarding travel experience history cuisine religion architecture wildlife environment bazaars dance music painting cinema literature festivals Over 75 maps Covers Mumbai Bombay Maharashtra Goa Karnataka Bengaluru Bangalore Telangana Andhra Pradesh Kerala Tamil Nadu Chennai Andaman Islands and more eBook Features Best viewed on tablet devices and smartphones Downloadable PDF and offline maps prevent roaming and data charges Effortlessly navigate and jump between maps and reviews Add notes to personalise your guidebook experience Seamlessly flip between pages Bookmarks and speedy search capabilities get you to key pages in a flash Embedded links to recommendations websites Zoom in maps and images Inbuilt dictionary for quick referencing The Perfect Choice Lonely Planet South India Kerala our most comprehensive guide to South India and Kerala is perfect for both exploring top sights and taking roads less travelled About Lonely Planet Lonely Planet is a leading travel media company and the world's number one travel guidebook brand providing both inspiring and trustworthy information for every kind of traveler since 1973 Over the past four decades we've printed over 145 million guidebooks and grown a dedicated passionate global community of travelers You'll also find our content online and in mobile apps video 14 languages nine international magazines armchair and lifestyle books ebooks and more Important Notice The digital edition of this book may not contain all of the images found in the physical edition *India* Lonely Planet, AA.VV., 2025-02-28T00:00:00+01:00 In India ogni pasto un banchetto ogni esperienza un evento denso di significato e la destinazione sempre il viaggio stesso Per pianificare un viaggio da ricordare godetevi il panorama regale dei palazzi di Jaipur esplorate i magnifici paesaggi del Ladakh fate un magico viaggio in barca attraverso le backwaters del Kerala avvistate un grosso felino nella Banhavgarh Tiger Reserve

**Chettinad kitchen** Vairavan, Alamelu, 2010 Authentic recipes from one of the most popular cuisines in India in an easy step by step format ideal for modern day cook *The Chettinad Cookbook* Meyyammai Murugappan, Visalakshi Ramaswamy, 2014

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