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Popular South Indian Recipes by [Peter Nicolson](#)

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Indian foods have evolved over time from foods that were eaten in the country alone, to foods that make the international cuisine all over the world. In fact, today you can be able to get Indian food all over the world, and even international five star hotels normally sell the food as special dishes, that more often than not are usually very costly, an example being the green chutney.

Recipes from South India are well known for their spiciness like the tomato chutney meal, and most of the recipes in use are usually gotten from a number of states like Tamil Nadu, Karnataka, Andhra Pradesh and Kerala.

Recipes from South India will usually have a lot of rice, since it is the staple food of the region, and the use of spices, chillies, coconut, pulses, is usually liberal over the foods. However, other foods that are preferred in the recipes include tomatoes, garlic, onion, bitter gourd, ginger, bananas, and tamarind and so on.

Recipes from South India are classified in to six areas, and include bitter, sweet, sour, salt, astringent and pungent. Food experts in the South cuisine advise that in order for a person to experience the full flavors of the south, then, foods from the six groups need to be present.

Food from Kerala state is the most diverse. However, due to the prevalence of coconut most dishes in the state will have coconuts in them. This can be the oil, or shavings gotten from it. In addition, seafood is also quite common and is eaten by most homes everyday. However, the Idli is one food that you will not miss in most homes in the state.

Foods from Tamil are also grouped according to various categories. The first are foods that are mixed with rice and include Rasam, Kadaiyals, Paruppu, Sambhar and Thayir. The next foods are the foods that are eaten together with this mixture; these are Pickles, Kootu, Papads, Poriyal and Kari. The last group is snacks, and what may be used to eat the snacks. These include foods such as bajji, vadai, thayir pachadi and the green chutney.

In the Karnataka region, foods are cooked with the use of jaggery, and even palm sugar. The foods in this southern region are diverse and vegetarian foods found here, are more than in any other place. It is this vegetarianism that seems to have made foods from the region diverse, and tomato chutney is a favorite accompaniment to many meals.

Foods from the south of India are highly valued not only in India, but the world over. The reason for this is that these are foods that are highly nutritious and they are also good to the taste. Some foods from the region are also believed to have a lot of medicinal value and vegetarian dishes are the best example.

However, foods such as Dosa and Idli are not only well known in the south of India, they are known all India, and they have also been welcomed in to the world's cuisines, and are a favorite food for most people.

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