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South Indian food - Highly admired by [Billy Johan](#)

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The food of India has been extensively cherished for its wonderful use of herbs and seasonings. Indian cuisine is identified for its huge variety of dishes. The food preparation method differs from state to state. The country is pretty renowned for its assorted multi cuisine accessible in a large number of restaurants and hotel resorts, which are reminiscent of unanimity in variety. The staple food here consists of wheat, rice and pulses. South Indian cuisine is highly admired and to be more familiar with this fare, read on

### South Indian food

The cuisine of South India is acknowledged for its light, low calorie delicious dishes. The traditional food of this part is mostly rice based. The cuisine is well-known for its superb amalgamation of rice and lentils, to prepare tasty lip smacking dosas, vadas, idlis and uttapams. The dishes are not just mouth-watering, however also very easily digestible. The excellent part is that South Indians do not utilize a large amount of oil for the food preparation

Sambar is a must in the main course. It is usually a companion to the majority of the food items, be it idli sambar, vada or plain dosa. Nearly all the South Indian dishes contain sambar, rasam, vegetable curry and pachadi (yogurt). When it comes to rice arrangements, people are real specialists here. Their lemon rice is relished and loved by almost all the people. Additional preparations consist of coconut, carrot and fried rice, prepared by using coconut, curry leaves, urad dal, tamarind, peanuts, chilies, and fenugreek seeds.

South Indian chutneys are also popular amongst people. In fact, chutney, particularly the one made from coconut, is the main attraction for lots of people to visit a south Indian vegetarian food restaurant that focuses on this cuisine. The major constituents for preparing diverse chutneys are coconut, peanuts, dal, tamarind, fenugreek seeds, and cilantro. Dals cooked in the South Indian way are moreover pretty different from that of North Indian preparation. They are soupier in comparison to the ones prepared in the North Indian way.

For the food of South India, it can be said that it is an ideal mix of taste, color and flavor and also looks after the nutritional balance. Even, the visual appeal of the dishes here is pretty tempting. People generally favor drinking coffee after having their meal and south Indian desserts. Well, coffee has turned out to be a well-liked drink in the whole nation. Coconut milk is also pretty common here.

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