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Different Types of Popular Cuisines of Kerala by [Ajay Kumar](#)

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Most commonly, dishes in Kerala are prepared using their traditional ingredients like coconut, rice, chili, mustard seed and asafetida, and undoubtedly very hot and spicy. In short, Kerala dishes are a result of fusing the local products with traditional expertise, and are extremely delicious to taste. Following are some of popular Kerala dishes you can savor on a Kerala tour.

Rasam: It's a kind of mixture, prepared by boiling chilly and pepper powder. Tomatoes, hing, turmeric powder and salt are added to make it more delicious.

Appam: This soft pancake is made of toddy soured rice batter. The dish has a soft spongy center and is laced with crunchy edges. Appam is usually taken with vegetable, chicken or mutton stew.

Dosa & Idli: One of the most consumed dishes in Kerala, Dosas & Idlis form an integral part of Kerala's breakfast cuisine. Dosa is a kind of flaky pancake, while Idli is slightly a sour cake. Both the dishes are made of soured rice and black gram, and are served with sambhar and/or coconut chutney.

Seafood: A variety of seafood is available in Kerala, which is popular among locals and the tourists alike. Sardines, Rays, Mackerel, Karimeen, fried fish and fish curry are some popular dishes, which are passionately enjoyed by the tourists as well as the local people.

Desserts: Desserts have long been an essential part of Kerala meals. Payasami, a sticky dish of brown molasses, coconut milk and spices, is a popular dessert dish in the state that is available in different forms like Adapratham, Palppayasam, Lentil payasam, Jackfruit payasam and Bengal Gram payasam etc.

Besides this, there are snacks, Puttu, Tapioca and Fish Curry, which form an important part of Kerala cuisines. So, next time when you're on a Kerala tour, don't miss to taste some of these wonderful Kerala dishes. When it comes to find suitable dining options in Kerala, Internet is the most convenient and reliable source.

A number of websites provide complete information on Kerala's restaurants, hotels and other local dining avenues, and help visitors find their most suited avenues to get meals on a Kerala tour. These companies also offer a complete Kerala tour package that usually comes with accommodation, meals, transportation and other travel facilities during a Kerala holiday tour.

Considering your budget and requirements, you can choose a suitable Kerala holiday package online. However, it's always recommended to deal with a reputed travel agent while buying your tour package.

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Writer of this article is closely associated with Hungry Bags, a reputed tour agent based in Delhi that provides the best in a [Kerala tour packages](#) to ensure the travelers a hassle free a [honeymoon in Kerala](#). Rates of a [Kerala holiday package](#) are also reasonable.

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