Different Food Types of Andhra Cuisine by Prolay Mukherjee

Article published on January 10th 2012 | Food

The tasty and delicious Telugu cuisine is also called Andhra cuisine. This is the cuisine or cooking style followed by the people of the Indian state of Andhra Pradesh. The delicacies of Andhra Pradesh are well known for the heavy use of spices and chilies in the items. A traditional and typical meal in the Andhra cuisine consists of a combination of cooked rice, dal, pickles, curry, yogurt, buttermilk along with a fried papadum. After the meal the guests are served with paan which is a mixture of betel leaf and the areca nut. Both veg and non-veg items are available. There are a number of restaurants serving Andhra food in different parts of India. The different types of food that are a part of the Andhra cuisine which shall be described as the features of this cuisine are discussed in this article.

â€¢ Staple food: Rice is used as the staple food by the people of Andhra Pradesh. This is because rice is the crop that is greatly cultivated in the region. The items made of rice like idli, dosa, vada and uttapam are used very commonly and liked by many in the region. These items are a part of the daily diet along with rice. Great varieties are also available in these called sada dosa, masala dosa, rava dosa, rava idly, masala idly etc. Rice is also cooked and consumed in a variety of methods. They may be cooked plain or with spices or with vegetables or with meat. Tamarind rice is very popular among the vegetarians. Pesarattu is also great tasting which gives the feeling of upma eaten with some chutney.

â€¢ Vegetarian and non-vegetarian: In the coastal areas rice is eaten with fish and fish is used in large quantities and in different forms. All the vegetables are widely used here and brinjal, potatoes and tomatoes are most commonly used.

â€¢ Spicy food: A lot of spices are produced in the southern part of the region and hence Andhra food is very much rich in the spices used. The most commonly used spices are cinnamon and black peppers. The used curries are served hot in many of the restaurants in Mumbai and other regions along with seasonings using a number of herbs.

â€¢ Hyderabadi food: The greatest specialist of Hyderabad is Hyderabadi biryani in which both vegetables and meat are used. Dum method of preparation used in Chicken biryani is famous all over India. A lot of black pepper is used in these dishes. Both the influences from Indian and Mughal cuisines can be found in Andhra food. A great variety of biryanis are available along with items like keema and kebabs used as side items.

â€¢ Chutneys and Pickles: Some of the instant and preserved pickles are available that are very famous. Different chutneys are available of chili, ginger, coconut and also of other vegetables.

â€¢ Desserts: Kheer and Savayeein are very much famous desserts used. These items are most commonly used during the Ramzaan season.

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Article Keywords:
restaurants in delhi, restaurants in mumbai, chicken biriyani, restaurant in delhi, delhi restaurants

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