

The Hindu : Cuisine, Karen style

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Cuisine, Karen style

"Food is all about sharing, caring and healthy living," says Karen Anand, whose book on international cooking was released in the city. CHITRA MAHESH writes...



- Archives
- Dateline
- Classified
- Lead
- Life Style
- Fashion
- Music
- Personality
- Eating Out
- Madras Miscellany
- Issues
- Arts & Crafts
- Information Technology
- Shopping
- Heritage
- Miscellany
- News
- News Update
- Front Page
- National
- Regional:
 - Southern States
 - Other States
- International
- Opinion
- Business
- Sport
- Miscellaneous
- Index

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The Hindu : Cuisine, Karen ...

DELICIOUS AROMAS wafted across the hall — sizzling aubergines, melting cheese and so many other mixed flavours that good cooking invariably bring about! Standing over the well done-up makeshift kitchen was a cheerful woman who spoke little, but allowed her preparations to talk volumes. And how they did!

The aubergines topped with Parmesan cheese and breadcrumbs with herbs, feted the land from which they originated; while the noodles with a mix of homemade sauces sautéed on the wok, almost brought Singapore to the table. The rice salad with nuts, crunchy and laced with wholegrain mustard, blew the Mediterranean breeze across, just for a minute.

You might wonder how cooking contributes to self-development? As it happens, quite a lot. Good food makes for equanimity — and it is part of the art of living, said Karen Anand who was being hosted by the Duchess Club on July 1. Food, she said, is all about sharing, caring and healthy living.

And it would seem so, considering she has put down some good recipes from all over the world, incorporating meat, seafood, vegetables and nuts in her book, "Karen Anand's International Cooking". The occasion also marked the release of the book in Chennai. The cover, layout and the presentation of dishes (designed by Simrit Brar, and photographed by Sheena Sippy) would make you head for the nearest bookshop to pick up your copy.



Karen's cooking has been described as "good red wine. Fermented