



## Spice Up Your Vegetables

Part-time Valley resident and cooking teacher Alamelu Vairavan brings us *Vegetarian Flavors with Alamelu: Wholesome, Indian Inspired, Plant-Based Recipes* (2020, Hippocrene Books). Filled with South Indian– and Indian-inspired dishes, the cookbook ensures your in-season vegetables are never boring.

We especially enjoyed the soups, rice dishes and vegetable seasoning suggestions. (The dishes make flavorful sides even if you're not vegetarian.) If you are not familiar with South Indian cuisine, Vairavan provides guidance for purchasing the necessary spices, flavorings and other ingredients at grocery stores and Indian markets.

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