

The Traditional Dishes Of Kerala

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My Favorite Keralian Food Is...

■ *Karimeen pollichathu (fish)*

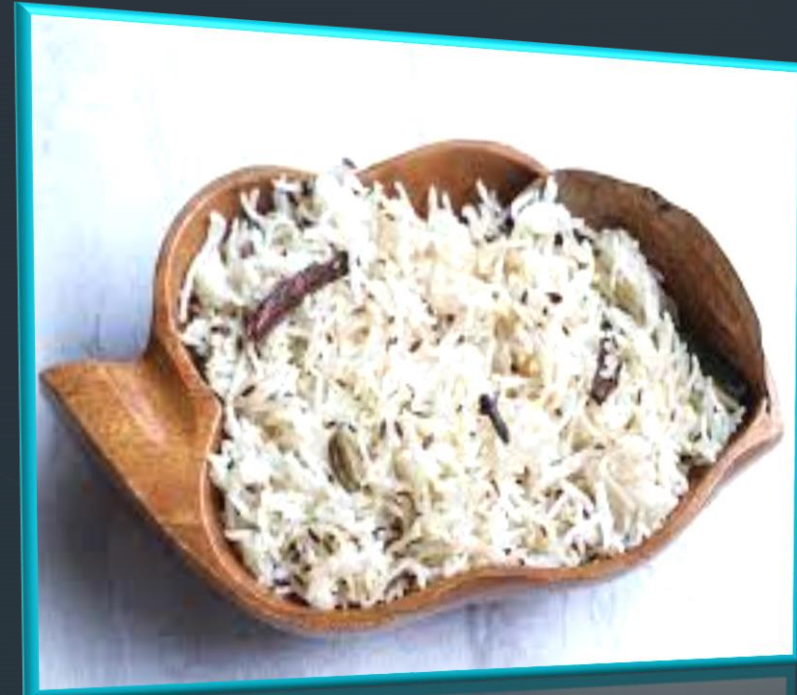
■ *This is one of Kerala's traditional delicacies. Karimeen or pearl spot fish is a speckled fish commonly found in the backwaters of this state. This is traditionally a Syrian Christian delicacy but has become part of Kerala's rich cuisine. Pearl spot fish is marinated in a mixture of lemon juice, red chillies, and other ingredients, wrapped and baked in plantain leaves, giving it a unique flavour.*



Two Main Staple Food Of Kerala...

 *Rice with Spices*

 *Seafood*



A Famous Dessert Of Kerala...

- Palada Payasam is a sweet and rich delicacy prepared during Onam in all Keralian households.
- It is made with very basic ingredients such as rice, milk, sugar and ghee.



Why Do Keralians Use Banana Leaves As Plates...



- Using banana leaves as plates is considered quite sacred and it is often used for offering prasad to the deity.
- Food served on the banana leaves absorbs the polyphenols which are said to prevent many lifestyle diseases.



Bibliography

[/search?q=why+do+keralians+use+banana+leaves+as+plates&source=lmns&bih=722&biw=1536&hl=en&sa=X&ved=2ahUKEwj-2_Xyr4PxAbUssksFHZVLBHQQAAl0AttoECAEQAA](https://www.google.com/search?q=why+do+keralians+use+banana+leaves+as+plates&source=lmns&bih=722&biw=1536&hl=en&sa=X&ved=2ahUKEwj-2_Xyr4PxAbUssksFHZVLBHQQAAl0AttoECAEQAA)

<https://www.bbcgoodfood.com/howto/guide/top-10-foods-try-kerala>



Thank You

I hope you have enjoyed watching this Power-Point Presentation as much as I have enjoyed compiling it.