



# My Two Souths: Blending the Flavors of India into a Southern Kitchen

*Asha Gomez, Martha Hall Foose*

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**My Two Souths: Blending the Flavors of India into a Southern Kitchen** Asha Gomez, Martha Hall Foose

*My Two Souths* takes you on a culinary journey with Chef Asha Gomez, from her small village in the Kerala region of southern India to her celebrated restaurants in Atlanta, and on into your kitchen. Her singular recipes are rooted in her love of Deep-South cooking, as well as the Southern Indian flavors of her childhood home. These “Two Souths” that are close to her heart are thousands of miles apart, yet share similarities in traditions, seasonings, and most importantly, an abiding appreciation of food as both celebration and comfort. Here she shares more than 125 recipes, including: Black Cardamom Smothered Pork Chop, Vivid Tomato and Cheese Pie, Kerala Fried Chicken and Waffles, Three Spice Carrot Cake.

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