

# CELEBRITY OF THE MONTH

Kamala, a house-proud homemaker who lives on the scenic ECR in Chennai, has opened her doors to guests from across the world. She has, as a Travelling Spoon host of over 3 years, met and hosted guests from Australia, the USA, Germany, UK, Japan, Vietnam, Spain and counting. Her TS (Travelling Spoon) Guests prefer her home cooked Chettinad cuisine- mostly non-vegetarian. They love her carefully balanced spice levels - hot, but not teary or fiery!



Most of her guests are keen learners. Some of them are students of culinary schools. Some are tourists who enjoy eating at Indian restaurants in their country and wish to learn to make Indian curries themselves. Few have had family with connections in India and have enjoyed the Privilege of eating Indian dishes in their younger days and are now looking to learn and make it themselves.



KAMALA VISWANATHAN  
TravellingSpoon Host

#4  
Chettinad Series

*Athithi Devo Bhava  
Come home to  
incredible India!*

[https://youtu.be/lS\\_-CEsEjac](https://youtu.be/lS_-CEsEjac)

Kamala says " I have acquired my skills through learning from experienced cooks of our region & fine tuned it with guidance from older family members. Traveling to many countries has helped me understand their living style . I teach them to adapt my recipes with what is available for them. Eg.many of them like crispy dosas but never knew the batter was readily available in their Indian grocery stores. My experience as a TS Host continues to be a delightful journey. Sharing my home and heritage is a pleasure."

Kamala has shared her signature Chicken recipe, a favourite of her global guests.

Chettinad chicken

Ingredients:

Chicken-500 gms, Cut into small pieces,

Onion- 250 gms, Finely chopped

Tomatoes- 2 , Finely chopped, Garlic- 7 flakes, chopped

Red chilly- 10-15, Remove seeds and tear skin into large pieces

Fennel- ½ tsp, Cinnamon-1/2 inch

Cloves-2, Curry Leaves- a few

Oil-4 tbl spn

Step 1: Heat tbspn oil. Add cinnamon , cloves & fennel seeds.

Step 2: Once fennel turns brown add red chilly skin, finely chopped onions, 7 garlic and curry leaves

Step 3: Once onion turns brown add chopped tomatoes.

Step 4: Once tomato softens add chicken

Step 5. Saute till aroma is good. Add 1 cup water , salt to taste & a pinch of tumeric

Step 6: Cook well until dry



## Tips for young learners

Freshly made curry pastes are best- powders are an mere substitute. Do not use frozen meat, poultry or sea food- much of the flavor is lost . Use bones also in curries- boneless meats , fillet cut seafood are not the best for chettinad recipes.