



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

By Asha Gomez, Martha Hall Foose

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**2017 The Gourmand Awards National Winner: BEST INDIAN CUISINE**

**2017 James Beard Award Nominee**

**2017 Winner, Food 52's The Piglet Award**

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

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### Editorial Review

#### Review

"Certainly worthy of all the buzz... I love taking something familiar and switching it up and creating a dish that is new and exciting... a must have."

**-EatYourBooks.com blog**

"Asha Gomez bridges the gulf between the two regions' food cultures with ease, all the while pushing the border-blurring recipes way beyond fusion-a kind of F word to many in the food world...But credit to the authors for simplifying, explaining, and telling you how to make dinner in one page or less."

**-Tastebook.com blog**

"It is her command of the Indian spice box that emboldens her to kick up the heat in ways that Emeril never will. Hers is Southern cooking, through and through."?-*The New York Times*

"The author's sure hand and Kerala roots make for a stunning fusion of culinary traditions."?-*The Washington Post*

"Food that remaps the geography of home and heart."?-*Atlanta Journal Constitution*

"Gomez is all about storytelling: Diners at Spice to Table get the histories behind the dishes...That same depth of history and personal connection appears on the pages of *My Two Souths*."?-*Eater.com*

"It's Asha's real life that makes the food in her book so pleasant. It's food that hugs you back."?-*Food52*

"A South Indian cook moves to the American South and deliciousness ensues."?-*thekitchn.com*

"Blends her two culinary worlds of India and Southern food with delicious results."?-*Shelf Awareness for Readers*

#### About the Author

**Asha Gomez** was born in the Kerala region of Southern India, and came to settle in Atlanta when she married. In 2010 she started the "Spice Route Supper Club," where she hosted monthly dinners in her home, and soon became a sensation in the Atlanta culinary scene. She opened Cardamom Hill in 2012, which was given a "Best New Restaurant" award from *Bon Appetit*, *Southern Living*, and the James Beard foundation. Asha was named one of *Food & Wine* magazine's Best New Chef for both 2013 and 2014. She has now expanded her restaurants to include two other venues, The Third Space and Spice to Table. She lives in Atlanta.

**Martha Hall Foose** wrote the James Beard Award-winning southern cookbook, *Screen Doors and Sweet Tea* and *A Southerly Course: Recipes & Stories from Close to Home*. She lives in Oxford, Mississippi.

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**James Goldman:**

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