



# Enjoy the taste of Chennai



International<sup>®</sup>  
**Spice** Conference  
Ingredients Flavours & Seasonings

ITC GRAND CHOLA, CHENNAI, INDIA  
JANUARY 19 - 22, 2023



The aroma of freshly brewed filter coffee welcomes you to Chennai, Arabica and Robusta coffee beans grown in the country's hill stations are combined in this blend. If you need a quick boost of energy, a cup of invigorating Madras Filter Coffee will do the trick. Filter coffee is distinguished not only by its flavour and aroma, but also by its perfectly frothy texture. The filter coffee making process is

also an interesting one - you need to watch how the coffee is made and what makes it so frothy while serving.



A typical Tamil breakfast meal consists of idli (steamed rice-cake) or dosa (crispy pancake) with chutney. Lunch includes Rice, sambar (mixed vegetable curry), curd, kuzhambu (tamarind-based dish), and rasam (spicy south Indian soup).

There are several Biryani recipes in India, but Ambur Biryani is a cut above the rest. It originated in the town of Ambur, which is about two hours from Chennai, and is made with locally available spices, rice, and meat.

Pongal is a traditional cuisine where rice is cooked in a matki (an earthen pot) with water and milk. Pongal is a typical Tamil cuisine made during special occasions.

Paniyaram, a dumpling shaped dish made using dosa batter, is also very popular in Tamil Nadu.





Another special cuisine variety is the Chettinad Cuisine, which is the cuisine of the Chettinad region of Tamil Nadu. Cuisine of Chettinad uses a variety of freshly ground spices including cumin, fenugreek, fennel, clove, bay leaf, turmeric and tamarind. The cuisine is well known for the complexity of flavours. The Chettinad cuisine uses dried flower pods, and kalpasi (black stone flower). Chettinad cuisine is loaded with distinct aromas and flavours.



Puliodarai is a very common dish in Tamil Nadu which is prepared using tamarind, coconut and rice. It is a special dish and is generally made during festivals and special occasions.

Jigarthanda literally means "Cool Heart", is a cooling drink, which has ingredients such as milk, Badam Pisin (edible almond gum), root syrup, sugar syrup and ice-cream.

### Best Places to try the Chennai special cuisines

Chennai is all about street food. A trip to the city is incomplete without visiting the streets of Sowcarpet, Marina Beach, Anna Nagar, Burma Bazaar, T Nagar, Pondy Bazaar etc.

Sarvana Bhavan for dosas, Ambur Briyani saidapet for Ambur biryani, Murugan Idli for breakfast, Dindigul Thalappakatti Restaurant for the sumptuous Thalapakkkatty variety of biryani, Madras Coffee House for Paniyaram, Jigarthanda Factory for the Cool Heart drink, Dakshin - Crowne Plaza Chennai or Paatti Veedu for Puli-





odarai, Sangeetha Chettinadu Mess or Sri Muniyandy Vilas for Chettinad special dishes, and Vishranthi Besant Nagar, Vivekananda Coffee House at Adyar, Vijayaram's Coffee Company at South Usman Road in T Nagar (don't forget to try their Madurai bun-sugar-jam) and Madras Coffee House outlets across the city for Filter Coffee.



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