

by Chef Shankar Krishnamurthy



Recipes

# SOUTH INDIAN BREAKFAST

Vol-2



\$ 9.99



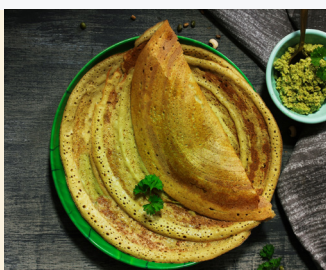
**ASK**  
ACADEMY OF CULINARY ARTS

# WHAT'S INSIDE...



MEET YOUR  
PERSONAL **FOOD COACH**

ALL YOU WANT TO KNOW ABOUT  
**SOUTH INDIAN BREAKFAST**



**PESARATTU  
(WHOLE GREEN LENTIL DOSA)**

**ONION & CARROT RAVA DOSA**



**MEDU VADA**

**OATS UTTAPAM**



**MYSORE BONDA WITH SPINACH**



# MEET YOUR PERSONAL FOOD COACH

**Chef-par-excellence Shankar Krishnamurthy** may have entered the industry by accident but every move he has made after that has endeared him to people who have relished his signature dishes. From Heads of States & Countries to High profile Industrialists, Matinee Idols to Royalty, Socialites to Corporate Giants, Mega Weddings to Pop Concerts, he has the distinction of catering to practically every segment besides the who's who of India. Over a career spanning 3 decades, Chef Shankar has become a brand to reckon with. His expertise includes Indian, Italian, Greek, Thai, Lebanese, Mexican, Chinese, Latin American, Japanese, British, Spanish, American amongst others. What sets him apart, is his ingenious signature twist to every recipe. From a 5-star chef to a serial restaurateur, he has won many hearts through their stomachs and he's here, as your personal Food Coach, to hand-hold you while you whip up his recipes.

Every recipe, every course featured in this Academy, are his indigenous creations with a twist of his own that has evolved over a period of time. He has spent years and years in pursuit of the magic that transforms food into a form of delectable art. ASK is the expression of his love for all things edible. Presenting Shankar Krishnamurthy's signature recipes that have made every foodie in India, sit up and lick their forks off. All these at throw away prices. This is his way of giving back to the foodverse which has given him everything he aspired for. And yeah, don't forget to check out his \$1 meal recipes in his master book. Endearing with a distinct attitude, he is every cooking enthusiast's dream coach. Taste your success with his seasoned ministrations.

Be ready to receive whatever you ASK for...

[Click here to Cook with Shankar](#)

# All you want to know about South Indian Breakfast

Breakfast is often described as the most important meal of the day, providing as it does sustenance and energy (i.e., calories) for whatever activities lay ahead. As nutritionist Adelle Davis famously put it back in the 1960s: “Eat breakfast like a king, lunch like a prince and dinner like a pauper.”

But being healthy should not be boring and a tedious task - because for healthy and fit people, it isn't. They tend to mix the healthy with yummy and spice things up for themselves. It can be a challenge to sort out a healthy, yummy and delicious looking breakfast everyday for yourself, but minor tweaks can make major changes.

Indian food is most popular for its diversity. The variety of foods, spices and dishes that are native to India makes Indian food one of the most wholesome foods in the world. Traditional South Indian breakfast is not only healthy, but is also incredibly tasty with a lot of health benefits. South Indian food supports immunity, inflammation, brain function and several other functions in the human body.

Here are nutritious South Indian breakfasts with the signature ASK twist that health conscious people must put on their table every morning:

**Presenting 5 Signature recipes straight from Chef Shankar's repertoire. Enjoy!**





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