

An
Indian
in
Exile

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Illustrations

The illustrations and drawings used in this book have been contributed by the grandchildren of Mrs. Mathew

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Preface

The title of this book was chosen to illustrate the real predicament that my mother faced some 36 years ago after the sudden death of my father Mr. K. V. Mathew, in a road accident. When my father was taken from us in the prime of life my mother was faced with a very difficult decision; should she return to India, land of her birth and the home of all her friends, relations and family and take advantage of the family support that would be offered to her or should she stay in Malaysia, a new emerging country but one which was the center of her childrens lives, the place where they had been born.

She chose to stay in Malaysia where, although times were often difficult she provided us all with a memorable childhood and wonderful upbringing.

Note :- This Acrobat .pdf file is intended to give interested readers details of the recipes available in the book. The book is available from us direct [via www.AnIndianInExile.com] or through Amazon.co.uk and we hope that we will soon be able to offer the entire recipe collection on CD Rom. This document contains the index and contents only.

for further information please contact info@anindianinexile.com

Thank you.

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Foreword

Different styles of cooking are becoming increasingly more popular at home these days as people experience different cultures on holiday and in the numerous restaurants opening up [even the smallest town or village has its Chinese take-away] and the necessary spices and herbs become more easily available from supermarkets, with even the most obscure being available from specialist Indian grocers and other ethnic shops around the country. This type of cuisine has developed very interestingly over the years as people have travelled from country to country taking their favourite recipes with them and adapting them to use the local herbs and spices. The recipes in this book are mainly of South Indian origin which have been adapted over many years in Malaysia for use with South East Asian herbs and spices together with the original Indian herbs and spices. There are also additional recipes adopted by my family on our arrival in Malaysia; these others having Malay, Chinese and even British origins. The science of cooking with spices will keep you slim and healthy and also produce aromatic and tasty meals.

The recipes in this book were written down for me by my mother, Kunjamma Mathew who has lived all of her married life in Malaysia after marrying my father in India in 1946. All are family recipes tried and tested on myself, my sister and my six brothers over a period of more than forty years. My mother came to stay with my family in the UK one cold winter and wrote down the recipes for me then to avoid venturing out of doors. I shall treasure these recipes always as they enable me to recreate my childhood memories and to pass on a small part of my culture to my children and perhaps the following generations. Just reading through the recipes helps me to recall those wonderful years spent in Malaysia and now I can also actually savour them!

Mary Kennedy,
Cwmllynfell,
West Glamorgan
June, 2001

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My mother, Kunjamma Mathew, was born and brought up in Kerala in southern India. After her marriage to my father, Mr. Kovoor Mathen Mathew in 1946, they moved to Malaya [as it then was] where my father had taken a position as plantation supervisor. This entailed travelling around the country visiting the different plantations, making sure that there were no problems, that schedules were kept and targets met.

My mother divided her time between running the home and bringing up a family of 8, six boys and two girls. Prior to her marriage and the move from India she taught Domestic Science, specializing in Cookery and Home Economics. And, as you can see from this book, the two experiences were not forgotten.

As we children grew and married we scattered around the World, England, Australia, Wales, Penang, Kuala Lumpur in fact, all over. It was during one of my mothers visits to see her family here in the UK that she came to write these recipes down and, it has proved to be a treasure chest for us all. Just reading the pages makes my mouth water and whenever we entertain friends we always make a point of featuring one of the recipes. So successfully were they received that we decided to publish them on the internet and see what other people thought. Without exception every single comment has been favourable. The web site [www.AnIndianInExile.com] has now featured a different recipe each month since just before Christmas 1999. They have also featured in various newspapers as recipe features. And now, finally, here is the book - thank you Amache !