

# Not 'cookery fiction'. An appreciation of Charmaine Solomon's body of work on South Asian cuisines

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For years I've been giving recipes to friends... "Why don't you put them in a book, they say. Well at last, it seems I have done so. It makes me happy to know that through my book many more people will be able to explore the delights of Eastern food."<sup>1</sup>

So wrote Charmaine Solomon in 1972 in the Preface to her *South East Asian Cookbook*<sup>2</sup>. This was her first published cookbook. In it she gave recipes for dishes in Indian and Ceylonese<sup>3</sup> cuisines. These two, together with Pakistani and Bangladeshi cuisines are called South Asian cuisines in this article. Over the next 21 years she published seven cookbooks which wholly or in part dealt with South Asian cuisines.

- South East Asian Cookbook (1972)<sup>4</sup>
- The Complete Asian Cookbook (1976)<sup>5</sup>
- Indian Cooking for Pleasure (1978)<sup>6</sup>
- The Complete Curry Cookbook (1980)<sup>7</sup>
- Hot and Spicy (1991)<sup>8</sup>
- Oriental Banquets (1993)<sup>9</sup>
- Curried and Spiced (1993)<sup>10</sup>
- Cooking for Two (1993)<sup>11</sup>

While all but one of these - *Indian Cooking For Pleasure* (called *Pleasure* from hereon)- dealt also with other cuisines from South East Asia, I am only concerned here with the South Asian cuisines within them. I want to look at this material as a comprehensive body of work which brings South Asian cuisines to the multiculinary Australian table (the Table from hereon).

## Precursors

There were two precursors to Solomon.

- In 1968 the *Australian Women's Weekly* published a 16 page supplement the 'Indian Curry and Rice Book' from a book written by Mrs. Jane Nutta Singh.<sup>12</sup>
- In 1968 Doris Ady published *Curries from the Sultan's Table*.<sup>13</sup>

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<sup>1</sup> Solomon, Charmaine, *South East Asian Cookbook* Summit 1972 p.9

<sup>2</sup> Solomon ... 1972

<sup>3</sup> Solomons uses both Ceylon and Sri Lanka in her works. I use them as she used them where she used them.

<sup>4</sup> Solomon ... 1972

<sup>5</sup> Solomon, Charmaine, *The Complete Asian Cookbook* 1976

<sup>6</sup> Solomon, Charmaine, *Indian Cooking for Pleasure* Ure Smith 1978

<sup>7</sup> Solomon, Charmaine, and Solomon, Reuben *The Curry Cookbook* Lansdowne Press 1980

<sup>8</sup> Solomon, Charmaine, *Hot and Spicy* Family Circle 1991

<sup>9</sup> Solomon, Charmaine, *Oriental Banquets* Hamlyn 1993

<sup>10</sup> Solomon, Charmaine, *Curried and Spiced* Hamlyn 1993.

<sup>11</sup> Solomon, Charmaine, *Cooking for Two* Hamlyn 1993

<sup>12</sup> Nutta Singh, Jane, 'Indian Curry and Rice Book', *The Australian Women's Weekly* 1 May 1968 p1 – 16. I am yet to find a copy of Nutta Singh's cookery book.

<sup>13</sup> Ady, Doris, *Curries from the Sultan's Kitchen. Recipes from India, Pakistan, Burma & Sri Lanka*, A.A. & A. W. Reid, 1968

Both began changing the profile of South Asian cuisine: introducing vegetable dishes and accompaniments in particular. Ady's body of work takes these further and adds desserts and sweets

### **A brief culinary biography of Charmaine Solomon**

Prior to coming to Australia Solomon lived in Ceylon. There Solomon worked at the *Ceylon Daily News*, an English-language newspaper. At 19 years old she was a reporter for the paper, covering social events and interviewing royalty, film stars, movie directors and authors. She wrote a cookery column, too, called *Oceans of Notions*. She also edited a new version of the most famous of Sri Lankan cookery books, Hilda Deutrom's *Daily News Cookbook*.

She arrived in Australia in 1959 with husband Reuben and two young children. In Australia she wrote in *Love and a Wooden Spoon* her memoir with poems and recipes:

'The hardest thing I had to come to terms with was being alone (at night) ... so I started the hobby that was to become a very important part of my life. Cooking. I would lock every door, turn on all the lights and the radio and cook furiously until Reuben returned. ... The fringe benefits were tremendous. My husband had exciting suppers to come home to. I became quite a good cook, and actually looked forward to the long night hours ...'<sup>14</sup>

She entered the 1964 'Butter White Wings Bake Off' competition run by *Woman's Day* and won a prize. Margaret Fulton, the doyen of cooking in Australia, and *Woman's Day's* food editor at the time heard of Solomon secretarial skills as well as seeing that she had cooking skills asked Solomon to join the magazine. Solomon and asked her to join the magazine.<sup>15</sup> 'Solomon was responsible for taking the recipes developed in the *Woman's Day* test kitchen and writing them so they were clear and easy to understand: "[It] was the kitchen staff's responsibility to make sure the recipes worked and it was my job to write them so that people could follow them."<sup>16</sup>

'This led to a position as a cookery journalist on the magazine, and so it went on, until a few years later I found myself working as a full-time author of cookery books.'<sup>17</sup>

### **A profile of South Asian cuisines**

In her introduction to Indian cuisine in the *South East Asian Cook Book* (called *South Asian* from hereon) Solomon does a little myth busting.

Most Westerners asked what food they associate with the Indian subcontinent, will say "curry", but not every spiced dish is a curry and curry is not just one dish. It embraces a whole range of dishes, each distinctly different according to the spices and herbs used in varying combinations.<sup>18</sup>

Most of the dishes across the books don't use the word 'curry' in their titles. They may be called barthas, bhajis, pilaus, molees or tikkas, for example. It's a simple practice through which to extend the home cooks knowledge of South Asian cuisines.

The exception here is *The Complete Curry Cookbook* which as its name says is all about curries.

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<sup>14</sup> Solomon, Charmaine, *Love and a Wooden Spoon*, Child & Associates 1981 p. 24

<sup>15</sup> Solomon ... 1981 p.24

<sup>16</sup> Solomon, personal interview 2014 with Helen Greenwood

<sup>17</sup> Solomon ... 1981 p.24

<sup>18</sup> Solomon ... 1972 p.10

Another myth crashes as she says of rice ‘ (it) is the staple food in some provinces, (but) in others the daily bread is the chapati, made from whole wheat flour.’<sup>19</sup> She gives recipes for making this and other ‘daily breads’ – parathas, puris, naan, bathuri, and rotis.

She describes different ways of cooking – tandoor, kebab, pilau, bhaji, dum, mallung. She introduces whole new categories of dishes – chatnis, raitas, sambals, pachchadis, achars, and sweetmeats.

With these the home cook’s understanding of South Asian cuisine broadens.

She identifies regionality as characteristic of Indian and Ceylonese cuisines (I will update the name to Sri Lanka from hereon).<sup>20</sup> For example:

The culinary offerings of Southern India are different again. The coconut plays a commanding role, rice largely replaces wheat; mustard seeds are widely used as a spice; , and chillies come into their own as anyone who has tackled a Madras or Mysore curry will readily acknowledge<sup>21</sup>

Kandyan Sinhalese cooking, with its emphasis on hill country vegetables and fruits; coastal cooking making the best of the abundant seafood with which the land is blessed. Tamil cooking closely linked to that of Southern India.<sup>22</sup>

She writes in *Pleasure* of the breadth of Indian dishes:

Some of the food is exotic and some are very simple. Some styles of cooking are based on meat and are very rich, while others are pure vegetarian and quite spartan. While certain dishes are pungent and hot others are extremely delicate.<sup>23</sup>

She doesn’t say but a look at Sri Lankan recipes she published show these characteristics.

She says of Sri Lankan food:

While the island has a rich heritage of indigenous dishes, some of those brought there by other races are now considered Ceylonese too. It does not matter that years ago, this or that kind of style of eating was introduced by foreigners who came and stayed – among them Indians, Arabs, Malays, Moors, Portuguese, Dutch and British.<sup>24</sup>

She touches on the Moghul influenced aspects of Indian cuisine. But she doesn’t speak of other foreign influences on Indian cuisine, even though one of the dishes now considered Indian - Vindaloo - was an adaptation of the Portuguese dish vinha d’alhos. Also chutney in the Western

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<sup>19</sup> Solomon ... 1972 p.10

<sup>20</sup> Solomon makes this caveat: ‘For reasons of convenience and not through political ignorance or bias, I have grouped the foods of India, Pakistan, Bangladesh, and Kashmir within one chapter.’

<sup>21</sup> Solomon ... p.20

<sup>21</sup> India and Pakistan *The Complete Asian Cookbook* Books For Pleasure 1976 p.20

<sup>22</sup> Sri Lanka, ... 1976 p.116

<sup>23</sup> Solomon ... 1978 p.9

<sup>24</sup> Solomon ... 1972 p. 31

form was a response to the British Raj employees wanting something spicy that could be carried while travelling and be long standing. The influencing went the other way as well in the Anglo-Indian cuisine for example with the creation of kedgeree based on the Indian dish kitchri, and mulligatawny a totally new Anglo Indian soup.

She extols Indian vegetarian cooking as

... in a class by itself. It includes superb curries; barthas (purees); and bhajis (fried vegetables); and vadais (crisp rissoles of lentils and peas); home-made bread with spiced vegetables fillings; rich sweetmeats made from vegetables and fruits; others made with lentil flour and still others based on milk and clarified butter. All are flavoured with spices and are rich with almonds and pistachio nuts.<sup>25</sup>

In *Indian Cooking for Pleasure* (*Pleasure* from hereon) she wrote:

It may be surprising to the 'plain food' brigade that Indian food is very healthy food. The spices and herbs used are credited with preventive and curative properties and the latest findings in medicine confirm that garlic and onions, almost universally used in Indian food, are useful in lowering cholesterol in the blood and controlling blood pressure.<sup>26</sup>

In the *Complete Asian* and *Pleasure* Solomon uses the vernacular/local name for a dish as its main title and then its English language equivalent. For example, Sukhe Alu (Dry Potato Curry)<sup>27</sup>. This is tantamount to decolonising the dishes. She drops the practice in the other books.

So, what she has done over the course of 20 years is develop an alternative profile for South Asian cuisines at the Table. They are not all about curry, have regional differences within them, are not all centred on rice, cover a broad spectrum of styles of dishes, have different ways of cooking, have been influenced by the cuisines of European countries and the Moghul empire which traded or administered/governed them at one time and have influenced those cuisines also, are richly vegetarian, and have proven health benefits.

## Spice profiles

Welcome to the world of spice cooking. Using spices and gracing food with exotic flavours makes the whole business of cooking and serving food an adventure. It's rather like taking a trip to faraway places each time you step into your kitchen.<sup>28</sup>

Spices are at the core of the cuisines. In almost every dish across them individual spices are used whole or ground. In each of the cook books Solomon gives profiles of the spices used in the recipes – Glossaries. Even when they are at their most perfunctory for example in *South Asian* they offer more than the general descriptions found in other cook books. Take cinnamon for example, in the *South Asian*.

Cinnamon (Bot. *Cinnamomum Zelanicum*).

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<sup>25</sup> Solomon ... 1972 p.10

<sup>26</sup> Solomon, Charmaine, *Indian Cooking for Pleasure* Ure Smith 1978 p.9

<sup>27</sup> Solomon ... 1972 p.1165

<sup>28</sup> Solomon, Charmaine, *Hot and Spicy Cookbook* Anne Wilson 1991 p.7

The true cinnamon is native to Ceylon. Buy cinnamon sticks or quills rather than the ground spice which loses its flavour when stored too long. It is used in both sweet and savoury dishes.<sup>29</sup>

In the *Complete* she wrote a larger profile drawing on those that went before. Her listing the names of the cuisines in which the spice is used and is innovative.

Cinnamon  
Bot: *Cinnamomum Zelanicum*  
Fam: *Lauraceae*  
Hindi: *darchini*  
Sinhalese: *kurundu*  
Thai: *op chery*  
Burmese: *thot-ja-bob-gauk*  
Malay: *kayu manis*  
Indonesian: *kayu manis*

True cinnamon is native to Sri Lanka. Buy cinnamon sticks or quills rather than the ground spice, which loses its flavour when stored too long.

Cassia, which is grown in India, Indonesian and Burma, is similar. It is much stronger in flavour, and cheaper, but it lacks the delicacy of cinnamon. The leaves and buds of the cassia tree have a flavour similar to the bark and are also used for flavouring food.

For sweet dishes especially it is best to use true cinnamon. Look for the thin pale bark, sun-dried to form quills that are packed inside each other. Cassia bark is much thicker because the corky layer is left on.<sup>30</sup>

In *Hot and Spicy* (*Hot* from hereon) she goes a step further with illustrations of the spices in the Glossary and throughout the text also. So not only can the home cook read about the spice they now know what it looks like.

These spice profiles are a substantial body of work. They flesh out Solomon's intention expressed in *Pleasure* to 'make it possible for keen cooks everywhere to explore the cooking of (South) Asia'.<sup>31</sup>

### **Spice Mixes and Pastes**

Of commercial curry powder Solomon wrote:

While commercial curry powder is made up of a number of different spices, it is made to a formula that remains inflexible and the dishes made from it will vary only slightly, depending on the other ingredients.

On the other hand, working with individual spices, herbs, and aromatic seeds it is possible to produce a wonderful variety of dishes, each with its own distinct character ...<sup>32</sup>

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<sup>29</sup> Solomon ... 1972 p.22

<sup>30</sup> Solomon ... 1976 p.489 & Solomon ... 1980 p.115

<sup>31</sup> Solomon ... 1976 p.5

<sup>32</sup> Solomon ... 1991 p.9

They ... are the key to producing meals in very little time. Every couple of months go shopping for fresh ingredients, make and store the pastes.<sup>33</sup>

But also having a good commercial curry powder on your shelf can be handy.

She brings to the Table recipes for making spice and paste mixes at home:

– Garam Masala Paste, Fragrant Spice, Kashmiri Garam Masala, Panch Phora, Tandoori Mix and Madras Masala, Ceylon Curry Powder.

The home cook might balk at the thought of grinding spices by hand. Solomon wrote:

If you are serious about cooking curries, and you don't possess an electric blender, think seriously about getting one. My blender is in constant use.<sup>34</sup>

### Spice shelves

Solomon brought more to the Table. The home cook when confronted with the plethora of spices may be dismayed at the prospect of knowing which are the most necessary spices to have at hand. In *Complete* Solomon developed lists to guide them.

Your Sri Lankan Shelf  
aromatic ginger, ground  
coriander, ground  
cummin, ground  
fennel, ground  
fenugreek, seeds  
cinnamon sticks  
cardamom pods and ground  
chilli powder and whole dried chillies  
peppercorns, whole  
turmeric, ground  
creamed coconut (optional)  
desiccated coconut  
paprika  
dried *rampe* (pandanus) leaf  
dried lemongrass, optional  
black mustard seeds  
dried tamarind pulp  
ghee  
vegetable oil (coconut oil if available)<sup>35</sup>

'These ingredients,' Solomon tells the cook, 'will put the whole range of spice dishes at your fingertips. Fresh ingredients are not included, only those that have a good shelf life. Buy in small quantities and store in air tight jars away from heat and direct sunlight.'<sup>36</sup>

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<sup>33</sup> Solomon ... 1993 p.77

<sup>34</sup> Solomon ... 1972 p.8

<sup>35</sup> Solomon ... 1976 p. 118 Your Sri Lankan Shelf & Solomon 1978 p.15

<sup>36</sup> Solomon ... 1978 p. 15.

## Other ingredients

Solomon profiles two other ingredients common to South Asian cuisines.

### *Coconut Milk*

‘Coconut milk is an important ingredient in the cookery of nearly all Asian countries,’ Solomon wrote in the *Complete Asian*.<sup>37</sup> She first disavows the common belief that the milky liquid in a freshly opened coconut is the milk. She then describes the methods for making it from desiccated coconut – with and without a blender - and fresh grated coconut.

### *Chillies*

As with coconut milk, chillies ‘are used in most Asian food.’<sup>38</sup> Solomon describes in the *Complete Asian* ways fresh chillies can be prepared to serve as mild to ‘authentic fiery quality’. ‘The seeds are the hottest part of the chilli. If you wish to make some of the fiery hot sambals the chillies are used seeds and all’. She then describes how to use dried chillies. She doesn’t discuss different types of chillies.

## Rice

Rice is profiled in *Complete Asian* and *Pleasure*. In both brief histories of rice are given. The focus is on long grain rice which is preferred in India and Sri Lanka for its ‘fluffiness’. Solomon brings to the Table different cooking styles for long grained versus short or medium grain rice. She discusses whether or not to wash the rice depending on its provenance. If locally grown there is no need to wash the rice, if imported in bulk however, it is likely to ‘pick up lots of dust and dirt and need thorough washing. Along with that simple profile, Solomon brings recipes for uses of rice: pilau, namkin chawal, festive recipes, in coconut milk, mixed with lentils, biriani, with yoghurt, and others. She gives a recipe for Yellow Rice in *Cooking for Two*.<sup>39</sup>

## Availability of the spices

She wrote in the *Complete Asian*:

The introduction to each country will give you a good idea of what to expect in the way of out-of-the-ordinary ingredients (spices in particular). Almost without exception, those that are called for are now readily available in the West; in the rare cases when they are not, or are out of stock, there are generally available substitutes.<sup>40</sup>

She is correct in this. Appendix 2 of this article is a *List of ingredients for South Asian cuisines and their first appearance in Australian records* most of which are much much earlier than their use in her cookbooks.

In *South Asian*, *Complete Asian*, and *Pleasure* she lists suppliers of South East Asian ingredients. These are likely to be redundant now in 2025 though Chinese grocery shops in Sydney still cluster in Chinatown around Dixon St and Campbell Street. However, the home cook living in the major cities in Australia in those years would undoubtedly have felt reassured.

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<sup>37</sup> Solomon ... 1976 p.11 - 12

<sup>38</sup> Solomon ... 1976 p.12 - 13

<sup>39</sup> Solomon ... 1993 /3 p.53

<sup>40</sup> Solomon ... 1976 p.9

By the time these cookbooks were published the range of spices she lists was available in health food stores<sup>41</sup> as well Asian groceries.

## Recipes

These are the bulk of what Solomon brings to the Table. Across all the cook books Solomon published over 350 Indian recipes and 120 Sri Lankan recipes, including desserts/sweets and drinks.

She completely overturned the South Asian content at the Table.

Solomon addressed the question of the authenticity of her recipes:

The recipes are authentic, but the methods used are those I have perfected in my kitchen in Australia without the benefit of those wonderfully willing servants we are blessed with in the East, who chop and grind and prepare ingredients for the mistress who decides to do a little cooking.<sup>42</sup>

Solomon is critical of some recipe writers:

'There's a term that's been coined to describe cookbooks that don't deliver the results, and that's "cooking fiction"... There is nothing more irritating; it is a waste of good time and ingredients and there is no excuse for it. As a user and author of cookbooks, I know there is nothing more important than coming up with recipes that will work, regardless of the level of expertise of the person doing the cooking. For that reason, all my recipes have been tested many times over, always looking for the simplest way to achieve a result, without sacrificing authenticity.'<sup>43</sup>

This meticulousness is rewarded:

Written with the home cook in mind, Charmaine's recipes are straightforward, simple to follow and work every time<sup>44</sup>

Solomon's work on writing and editing recipes with *Woman's Day* stood her in good stead.

As an example of her style this is her recipe for Bhendi Bhaji.

Bhendi Bhaji  
Fried Okra (Utter Pradesh)

Okra (bhendi) is a type of bean that has been known in Asia for a long time. It originated in Africa from whence it made its way to America and it is widely used in Creole cookery. Recognise okra by the slightly furry, striated pods shaped like a furred umbrella. To test for

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<sup>41</sup> In 1960 Alison (PDF) Health Foods wrote in *Tharunka*, the magazine of the University of New South Wales, acknowledging the influx of students from 'India, Pakistan Burma etc.' and that they were shaping Australian's eating habits and assuring the students that they could find the herbs and spices they needed for their cuisines at the store.

<sup>42</sup> Solomon ... 1972 p.9

<sup>43</sup> Charmaine's Kitchen online

<sup>44</sup> BigW



tenderness, bend the tip of the bean – if fresh and tender it will snap clean off, if old and tough it will bend.

*Serves 4:*

500 g (1 lb) okra  
2 tablespoons ghee or oil  
½ teaspoon of panch phora  
1 large onion, finely chopped  
1 teaspoon ground coriander  
½ teaspoon ground turmeric  
½ teaspoon chilli powder  
½ teaspoon salt, or to taste  
1 teaspoon amchur (dried green mango)  
or 1 tablespoon lemon juice  
½ teaspoon garam masala

Wash the okra, cut off and discard stem end and slice into four bite-size pieces.

Heat ghee or oil and fry the panch phora for a minute. Add onion and fry, stirring, until onion is soft. Add coriander, turmeric, chilli and salt. Add okra, stir, cover and cook on low heat, stirring now and then, until the okra is tender. Sprinkle with the amchur or lemon juice and the garam masala. Toss to mix and serve with rice or chapatis.<sup>45</sup>

She's writing for home cooks most of whom would not have eaten okra before. Her note on choosing okra are simple (if perhaps a little risky should the proprietor catch you snapping the heads of okra). The ingredients list isn't too daunting and the home cook may already have had them on hand in their Sri Lankan Shelf, if not they would all be easy to source, apart perhaps for the amchur but there is an alternative given for it, and her instructions are simple and clear.

### **Accompaniments**

From a handful for which recipes are given in *South East* she has been building up recipes for accompaniments to the meal. Here as elsewhere across the cook books the home cook will find dishes that they didn't know existed or had a Western version of – among them fresh chatnis - not the sweet thick chutneys the home cook will be familiar with, sambals, raitas - dishes with yoghurt – more than sliced banana, dried sprats, pachchadis, and rasam.

### **Desserts and Sweets**

This also is an area where the home cook will uncover a whole slew of treats. They may have tried gulab jamun at a local Indian restaurant, but again in *Complete* for example Solomon entices with koulfi, rabri, halwa, ras gulas, bardi and yes, gulab jamun. The recipes are no more complicated than making a rice pudding or coconut ice. The home cook can imagine the surprise and kudos when they hand barfi around as a sweet at a barbecue.

### **Utensils**

Solomon brings to the Table the basic utensils for making dishes in the two cuisines together with an alternative western utensil.

The brass *degchi* used throughout India is like a saucepan with handles. ...Saucepans with well-fitting lids are just as suitable as a *degchi*, and a casserole in the oven is the answer to

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<sup>45</sup> Pleasure ... 1978 p. 55

*dum* cooking. ... a griddle or heavy iron plate replaces the *tawa* on which chapati or paratha are cooked. The ever-present grinding stone for spices, and the coconut grater, are replaced by the versatile electric blender; failing that, use a mortar and pestle.<sup>46</sup>

### **Serving the meal**

Here again Solomon upturns the Table. It is characteristic of Western cultures to take large amounts of the meat, fish or vegetable and a small amount of rice. Solomon describes the *thali* on which rice is piled in the centre as the main part of the meal, while meat etc is served in *katori* - small bowls - in a ring around it. She advocates for this form of serving South Asia cuisine with or without the thali and katori. 'There is wisdom in this too, because when food is spiced it needs the bland background of rice to delight the palate and placate the digestion'.<sup>47</sup>

### **Appreciating Charmaine Solomon**

There is nothing bland about Solomon's cookbooks. They are a singular body of work on South Asian cuisines – Indian and Sri Lankan – brought to the multiculinary Australian table. She gave the home cook a new perspective on the cuisines. She continued moving those cuisines from just being curries and more curries to cuisines with a whole menu of kinds of dishes, flavours and ingredients. She upturned curry being based on a commercial curry powder giving whole spices as ingredients. She upturned the way South Asian food was presented to the diner. She wrote the recipes so the home cook would 'be able to explore the delights of Eastern food.' With her *Complete Asian Cookbook* selling in the millions, being translated into many languages, and still in print nearly fifty years from publication I would say she achieved that.

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<sup>46</sup> Solomon ... 1976 p.21

<sup>47</sup> Solomon ... 1976 p.21

## **Appendix 1. Charmaine Solomon's Books**

- South East Asian Cookbook (1972)
- The Complete Asian Cookbook (1976)
- Indian Cooking for Pleasure (1978)
- The Chinese Diet Cookbook (1979)
- The Curry Cookbook (1980)
- Mastering the Art of Chinese Cooking (1984)
- Charmaine Solomon's Thai Cookbook (1989)
- The Wok Book (1990)
- Hot and Spicy Cookbook (1991)
- The Rice and Noodle Book (1993)
- Curried and Spiced (1993)
- Oriental Banquets (1993)
- Charmaine Solomon's Encyclopedia of Asian Food (1995)
- The Complete Vegetarian
- The Best of Belle International Cookbook (?)
- Love and a Wooden Spoon (a memoir) (1981)
- Best Loved Recipes From Charmain Solomon (?)
- Gourmet Barbecue Cookbook (?)
- Chinese Cooking For Pleasure (?)
- The Asian Cooking Library (?)

## **Appendix 2. List of ingredients for South Asian cuisines and their first appearance in Australian records**

Pepper – 1803  
Cloves – 1806  
Chilli – 1806  
Chilli powder – at least by 1960  
Tamarind – 1808  
Nutmeg - 1808  
Mace - 1813  
Ginger – 1816  
Cinnamon - 1816  
Coriander - 1821  
Cayenne – 1822  
Saffron - 1822  
Mustard seed – 1823  
Garlic – 1823  
Turmeric – 1824  
Fenugreek - 1824  
Cardamom - 1825  
Cumin - 1826  
Fennel – 1832  
Coconut - 1837  
Chillies dried - 1838  
Paprika – 1882  
Amchur - 1883  
Desiccated coconut – 1876  
Tamarind - 1887  
Rosewater – 1890  
Asafoetida - 1890  
Fenugreek - 1894  
Besan/Lentil flour – 1920  
Creamed coconut - 1940  
Atta flour - 1948  
Curry leaves – 1964  
Garam Masala - 1964