



Table: Food Frangipanis And Flair

TRIPAT NARAYANAN

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Tripat Narayanan's TABLE is part legacy, part food narrative, and part lifestyle guide. Tripat recounts how her first kitchen interlude began with unleavened dough, a rolling pin, her grandmother's hand and an eventual chapatti. She has evolved since then to include Italian luncheons, seminal Malaysian dishes, Mughalai decadence, Ayurvedic restraint and soul-satisfying TV dinners in her repertoire. Some of this evolution was inherent, some came with marriage and children, and some by osmosis. Her book exudes understatement whilst suggesting stylish ways of entertaining, cooking, eating and, ultimately, living. She details the intricacies of her thematic sit-down, buffet, family and solo meals, giving suggestions for complementary wine, music and aesthetic ideas that combine food, frangipanis and flair. Tripat takes the dining experience beyond the table.

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