



Tamil cuisine

Tamil cuisine is a culinary style of Tamil people originating in the southern Indian state of Tamil Nadu and neighboring Sri Lanka.^[1] Meats, along with rice, legumes, and lentils, are popular. Dairy products and tamarind are used to provide sour flavors. On special occasions, traditional Tamil dishes are served in a traditional manner, using banana leaves in place of utensils. After eating, the banana leaves are then used as a secondary food for cattle. A typical breakfast meal consists of idli or dosa with chutney. Lunch includes rice, sambar, curd, kuzhambu, and rasam.

Typical meals

Saappadu (typical meal), along with other Tamil dishes are served on a banana leaf *vaazhai illai*, which adds flavor. Coffee and tea are the staple drinks.^[2] *Payasam*, a popular dessert, is usually eaten at the end of the meal.

"*Virundhu*" refers to the core elements of Tamil cuisine offered to the guests on special occasions such as festivals and marriage ceremony. Rice staples, tomato rice, Paruppu, sambar, rasam, kuzhambu, poriyal and koottu are added with buttermilk or curd to prepare pachadi. Dry and fresh fruits or vegetables are also used to prepare traditional cuisine. They serve salt, pickles, vada, payasam and appalam. After the meal, a banana and a betel leaf (paan) with areca nuts and limestone paste are served to promote digestion. Before eating traditional cuisine, people clean the banana leaf with water. It is used as a large dining table sheet to serve food for guests and family members on which the food items are placed. Rice is served on one part of the banana leaf (towards the eater), whereas *poriyal*, *appalam* and other items are served on the other part of the leaf.



A vegetarian meal in Tamil Nadu

Types of main dish gravies & curries that is mixed with cooked rice or eaten with Idli, dosa, Vadai, Chapathi, Idiyappam, etc:

1. **Kuzhambu (கூழம்பு)** = any stew that is thick & pourable or slurry in consistency. "Sambar" pronounced as "Saambaar" comes under the Kuzhambu category. Other Kuzhambu types are PuLi kuzhambu, Mor kuzhambu (or Karnataka's ThambuLi-தம்புளி meaning cool/cold sour dish), Poondu kuzhambu, Milagu kuzhambu, Thakkali Kuzhambu, Kongunadu Selavu Kuzhambu (Selavu-செலவு means spices like cloves, bay leaves, cinnamon, blackpepper,etc), Chettinad Mandi (Mandi-மண்டி means to sediment. It uses rice sediment water for thickening in the dish), Kerala Kadalai curry, etc. North Indian gravies like Paneer butter Masala, Aloo gobi masala, peas masala, etc will come under this Kuzhambu category. It can have meat dishes too.

2. **Kadaiyal (கடையல்)** = any green leaf veggies like spinach, etc with/or lentils are cooked, churned and made into a (semi) puree like consistency. Kadai-கடை means to churn using kadaikkol (கடைக்கோல்) or Maththu (மத்து) or using electric hand blender. This is also thick and pourable consistency. If we need to categorise, this will come under the Kuzhmbu category. Keerai kadaiyal, Pachaipayir kadaiyal, Thattaipayir kadaiyal, etc are some examples. Only green leaf veggies and/or lentils. No meat.

3. **Othukkam (ஒதுக்கம்)** = dish made from the “Moringa leaves Stock”. ஒதுக்கு-Odhukku literally means to discard, set-aside, reserve, etc i.e a broth or stock. Its consistency is slightly slurry in between the Kuzhambu and Rasam.

4. **Thuvaiyal (துவையல்)** = a pounded and mashed paste like chutney made with vegetables, lentils, etc that is of thick or mushy consistency which is then seasoned or tempered. Thuvai-துவை means to pound & mashed and then temper or season. Only vegetables & lentils; it contains no meat. It is also called as Thogaiyal (தொகையல்) in which "Thogai (தொகை)" literally means "collection, flock, combine, etc" this giving a rebused meaning to make a paste. Coconut chutney, Tomato chutney, Pudina chutney, Paruppu Thuvaiyal, Pirandai Thuvaiyal, etc will come under this category. This is eaten with rice and also with other dishes like idli, dosai, appam, Idiyappam, Uthaappam, adai, paniyaram, etc. In Hindi they call it Chutney and in Malayalam they call it Chammanthi.

5. **Saaru (சாறு)** = சாறு-SaaRu in Tamil language or रसम्-rasam in Sanskrit language is any spiced soup that is of watery or running consistency. சாறு-SaaRu literally means juice. The famous Madras "Mulligatawny Soup", which itself as mispronunciation of மிளகுதண்ணீர் ரசம் (MiLaguthanneer rasam) meaning Blackpepper soup, comes under this Saaru or Rasam category. It can have meat dishes.

6. **Thayir (தயிர்)** and **Mor (மோர்)** = Thayir-தயிர் is just simple curd and Mor-மோர் is the buttermilk which is made by mixing water & curd with chopped ginger, green chillies, curry leaves & salt.

Types of side dishes that is usually eaten with cooked rice (can also be or eaten with Idli, dosa, Vadai, Chapathi, Idiyappam, etc):

1. **Koottu (கூட்டு)** = any vegetable(s) or green leafy veggies with Paruppu i.e. lentils made into a stew having slightly thick consistency with spices. Koottu-கூட்டு literally means to combine or add.

2. **Poriyal (புரியல்)** = usually it means a dry stir-fried vegetable(s) with spices & grated coconut. The word 'Pori-புரி' means “to fry (deep or shallow or stir or pan) with oil or any fat”. Because of the sputtering sound that we can hear while frying something, the word "pori" also got a rebused meaning "to sputter". Thus, the “Puffed rice” is called as “Pori-புரி” & “Popcorn” is called as “ChoLappori-சோளப்பொரி”.

3. **Varuval (வறுவல்)**= usually it means dry or oil roasted vegetables or any meat or fish with spices. Varu-வறு means to roast. Also, Vattral-வற்றல் means dried or dehydrated. Usually, for chips like plantain chips, tapioca chips, etc it is called Varuthathu-வறுத்தது because the end product is dry and without any moisture content.

4. **Masiyal (மசியல்)** = boiled & mashed tubers or root vegetables like potato, yam, sweetpotato, Tapioca or cassava, etc or any vegetables and seasoned or tempered with spices. Masi-மசி means to mash. Maharashtra’s pavbhaji gravy is a Masiyal.

5. **Pirattal (பிரத்தல்)** = separately cooked vegetable(s) that is tossed with spices on pan or wok. Pirattu-பிரத்து means 'to toss or to coat or to turn a thing over.

6. **Aviyal (அவியல்)** = slightly stir fried & then steamed mixed vegetables with spices. Avi-அவி means to steam.

7. **Sundal (சுண்டல்)** = usually a dry sautéed boiled legumes or pulses with spices & grated coconut. Sundu (சுண்டு) means to dry up, to boil, etc.

8. **Thuvattal (துவட்டல்)** = usually it means dry pan-fried vegetables until the veggies shrink. Thuvall-துவள் means to be flexible or pliable, bend or Shrink.

9. **Vathakkal (வதக்கல்)** = usually a dish in which vegetable(s) is sautéed with spices on pan or wok becomes soft but still retains moisture; has a thick & wet consistency. Vathakku-வதக்கு means dispirited or fatigued.

10. **Vanakkal (வணக்கல்)** = a sautéed vegetable(s) dish with spices on pan or wok. It can be either dry like Thuvattal (துவட்டல்) or wet like Vathakkal (வதக்கல்). So, it is used as a blanket or umbrella term for both the aforesaid dishes. Vanakku (வணக்கு) means to bend.

11. **Vaattal (வாத்தல்)** = scorched vegetables or meat in fire. Vaattu-வாத்து means to scorch.

Other condiments that are eaten with rice or Dosai or Chapathi:

1. **Pachchadi (பச்சடி)** = in Tamil cuisine, it usually means a Curd based dish made with freshly grated veggies like carrot, cucumber, chillies, onions, etc mixed with curd. In Tamil cuisine, it is like the North Indian Raita. Pachadi-பச்சடி means to pound. But, Pachchadi-பச்சடி can also mean a chilli based dish that is slightly cooked (like Mangai pachadi). It has lesser oil.. It is eaten only as a side dish. Its shelf life is one day.

2. **Thokku (தொக்கு)** = it is a robustly-spiced condiment that normally has one ingredient as the foundation (read: tomatoes, raw mango), which is grated and undergoes a slow-cooking process, until it changes form and deepens in colour. This can be eaten with rice. Thokku-தொக்கு means to pound or grind. It is eaten either as a side dish or eaten mixed with rice. Ex: Mangai Thokku, Maainji Thokku, Thakkali Thokku, etc. It has more oil. Its shelf life is from three days to seven days.

3. **Oorukaai (ஊறுகாய்)** = It has more oil for preservation. It is called “Pickle” in English & “Achaar” in Hindi. Its shelf life is more than a month; usually six months to twelve months.

Fritters & fried items:

1. **Vatral (வற்றல்)** = dehydrated or usually sun dried vegetable(s) like Brinjal, cluster beans, Chillies, onion, Tomatoes, etc. In Vatral-வற்றல் there shouldn't be any moisture content. Consumed after deep frying in oil.

2. **Vadagam (வடகம்)** = it is more or less equivalent to the Punjabi, Marathi or Gujarati “Vadi” dish. It comes under the Vatral-வற்றல் category.

3. **Appalam (அப்பளம்)** = it is a (sun)dried thin circular shaped item made of lentils like Urad dal or grains like rice. It comes under the Vatral-வற்றல் category. Consumed after deep frying in oil.

4. Vadai (வடை)

5. Bajji (பஜ்ஜி)

6. Bonda (பாண்டா)

Regional cuisine

Each area where Tamils have lived has developed its own distinct variant of the common dishes. The four divisions of ancient Tamilakam prepare their unique Tamil cuisine.

Chola Nadu

The cuisine of the Chola Nadu region specializes in several dishes such as sevai and other varieties associated with different sauces like chutney. The most common dishes are from Chidambaram. Kumbakonam is famous for its filter coffee.^[3] The Thanjavur region is one of the prominent producers of rice-based dishes like puliyodharai, sambar sadham, vegetable rice and podu sadham. Millet dishes like kutharai vali dosai are also prepared. Freshwater fish from the area of Thiruchirapalli are famous for their unique taste.

Pandiya Nadu

The Chettinad region and its adjoining areas such as Karaikudi are famous for its typical spicy cuisine also known as chettinad cuisine.^[4] Dishes like idiyappam, uthappam, paniyaram as well as meat dishes are common in this region. The Madurai region has its own unique dishes such as Muttaiparotta, Paruthipal, Karidosai, Jasmine Idli, Irameen Kuzhambu and it is the place of origin of the milk dessert Jigarthanda. Non vegetarian dishes from Thirunelveli, Madurai and its adjoining areas are one of the most renowned among the South Indians. The Virudhunagar region is famous for the Coin Parotta. Unlike the traditional way of preparation, Coin Parotta is generally deep fried in oil and served with mutton gravy.

Kongu Nadu

Kongu Nadu cuisine was originally prepared in rural areas. Oputtu, Sandahai and Kola urundai are few among the main dishes. Many dishes in Kongu Nadu are coconut- and onion-based, as the region has an abundant supply of coconut, onions and groundnuts.^[5] Thengai paal jaggery, Ulundu Kali, Kachayam, Arisimparupu sadam, Kelvaragu Puttumavu, Arisi Puttumavu, Paniyaram, Kelvaragu Pakoda, Thengai barbi, Kadalai urundai, Ellu urundai and Pori urundai are among other dishes prepared by Tamil people. Most people living in the region usually consume mutton, chicken, freshwater fishes and quail as the region is landlocked. Arisimparupu sadam is a unique dish. Most common oils are sesame and groundnut oil. Coconut oil is used for main cooking and as well as seasoning in certain Kongu Nadu dishes.^[6]

Tondaimandalam

The cuisine of this regions shares similarities with Telugu cuisine due to geographic proximity. Hot and spicy vegetarian and non-vegetarian dishes are prepared. Idli, dosai, bhajji, koottu, murukku, vada curry and chicken 65 are common dishes in this region.

Tamil culinary words in English

- "Curry" comes from the Tamil word *kari*.^[7]

Curry is from the Tamil word கறி-kaRi which in Sangam literature means to refer to the "Black pepper". But the word கறி (kaRi) seems to be derived from the Tamil verb கற-kaRa meaning "to extort, to milk cows, (fig.) to appropriate another's property". Thus, we can see the Tamil usages of கறி-kaRi in the words "KaayKaRi (vegetables), AattukkaRi (goat meat), KozhikkaRi (chicken meat), etc". In Tamilnadu, they have a special spice blend, that varies from region to region, called "kaRi Masala ThooL (Curry masala powder)" mainly used for non-veg gravies.

Even the Hindi word "Tarkaari" has "kaRi" in it.

Britishers started using this word "Curry" to refer to all "gravy" like dishes using any kind of Spice blend.

- The Tamil phrase *milagu thanneer* refers to "pepper soup", literally pepper water or mulligatawny.^[8]
- "Congee" is derived from the Tamil word *kanji*.^[9]
- "Mango" came to English via Portuguese, which got it from the Tamil *maankai*.

Dishes

Rice is the staple food of most Tamil people. It is generally eaten during lunch and sometimes dinner. *Soru* (Tamil word for 'rice') is served along with other food items such as sambar, poriyal, rasam, kootu, Keerai and curd.

Breakfast dishes

Main dishes

- Idli is a steamed rice-cake prepared with fermented batter or rice and black gram. It is usually served with different kinds of traditional dishes such as chutney, sambhar or vadacurry.
- Dosa is prepared from a fermented batter and black gram with a small quantity of sambar or chutney. Several varieties like saada dosai, kal dosai, muttai dosai, neer dosai, rava dosai, raagi dosai and paasi paruppu dosai are prominently available in Tamil Nadu.
- Vadai is a crispy donut shaped spicy dish usually served along with idlis.
- Pongal is a traditional cuisine where rice is cooked in a *paagai* with water and milk. The word (*pongai*) directly translates to the action of boiling over the container due to the starch.



Idly and Medu Vada (Ulundhu Vadai) with tomato chutney, Sambhar and coconut chutney served on banana leaf

- Upma or Uppumavu is a dish of thick porridge from dry-roasted semolina or coarse rice flour. The different names for the dish derive from the combinations of the word uppu, meaning salt in Tamil and mavu meaning ground grain meal in Tamil.
- Paniyaram is a dumpling shaped dish made using dosa batter.
- Appam is prepared with a fermented batter of rice and black gram mixture. Appam generally has thin corners with a soft and thick center. It is soaked in coconut milk before serving.
- Uthappam is a dosa-based dish that is slightly thick, fluffy, and soft. It can be made from regular idli/dosai batter.
- Puttu is a steamed, layered, cylindrical cake made from flour or rice.
- Kozhakkattai is a steamed sweet dumpling made with rice flour.
- Sevai or idiyappam are rice noodles usually in steamed rice cakes. It is sometimes served soaked in coconut milk.
- Adai is prepared with a mixture of lentils like *raagi*. It contains fiber and calcium. It is used as a recipe by the Tamil people.



Ven Pongal



Dosai made at home



Idiyappam



Kuzhi Paniyaram

Side dishes

- Sambar is a lentil-based vegetable stew or chowder made with tamarind, broth, freshly grounded spices, vegetables and lentils.
- Chutney varieties consumed by the people are coconut chutney, onion chutney, tomato chutney, coriander chutney, kara chutney, garlic chutney, malaatai chutney puli chutney.
- Vada curry is a classic dish that is also famous among Chennai people.
- Thovaiyal is a wet ground paste that contains several ingredients.
- Sambal is condiment mostly accompanied for rice, string hoppers and hoppers in Tamil parts of Sri Lanka.
- Sodhi is a coconut milk based dish best made for hoppers and string hoppers in Tamil parts of Sri Lanka and Tirunelveli of Tamil Nadu.^[10]

Drinks

- Kaapi is the most popular beverage. Its preparation is generally done with gourmet coffee beans. The preparation of filter coffee is a ritual. Sometimes chicory is added to enhance the aroma. Hot milk with sugar and a small quantity of decoction is then served in a tumbler set, a traditional coffee cup.
- Koozh is also known as Conjee or (rice conjee) is made with different lentils like *raagi*.
- Sharbat is a drink made from fruits or petal flowers.

- Paanakam is a drink made from lemon juice or tamarind water, jaggery, dried ginger and cardamom.

Lunch and dinner dishes

Main dishes

- Plain rice

Rice varieties

- *Thakkali choru* – Tomato rice, Tomato coconut milk rice
- *Sambar choru* – Rice cooked with lentils, vegetables with a glaze of tamarind juice
- *Thengai choru* – Coconut rice
- *Milagu choru* – Pepper rice
- *Paruppu choru* – Lentil rice
- *Karuvepillai choru* – Curry leaves rice
- *Thayir choru* – Curd rice
- *Nei choru* – Ghee rice
- *Urulai choru* – Potato rice
- *Muttaikos choru* – Cabbage rice
- *Kudaimilagai choru* – Capsicum rice
- *Kootanchoru* – Mixed vegetable rice
- *Kothamalli Pudina choru* – Coriander and mint rice
- *Manga choru* – Mango rice
- *Thatta payaru arisi paruppu choru* – Cow pea and lentil rice
- *Vetrilai poondu choru* – Betel leaves rice with garlic
- *Vaṛutta arici* – Fried rice
- *Brinji Choru*
- *Elumichai Choru* (lemon rice) – A seasoning of onions, tomatoes, curry leaf, red chilly, salt and lemon juice made with rice
- Ghee pongal
- Sweet pongal
- Kalkandu pongal
- Puli pongal – *Tamarind pongal*
- Thinai pongal – *Foxtail millet pongal* recipes
- *Puliyodarai*,^[11] is a popular Tamil dish that is a mixture of fried tamarind paste and cooked rice. Fried tamarind paste with *sesame oil*, asofoetida, fenugreek powder, chilly, groundnuts, chickpea, black gram, mustard seeds, coriander seeds, cumin seeds, 'curry leaves, turmeric powder, jaggery and salt.
- *Biryani* such as mutton, chicken and veg briyani^{[12][13]}

Sambar varieties

- Ventaikkāi sambar
- Potato, tomato and carrot sambar

- Carrot and beans sambar
- Arachuvitta sambar
- Sambar for idly/dosa/pongal
- Mango Sambar
- Mixed Vegetable Sambar
- Vendhaya Keerai sambar
- Brinjal Sambar
- Onion Arachu vitta Sambar
- Drumstick Sambar Iyer style (without onions)
- Pasi Paruppu Sambar (tiffin sambar)
- No Onion No garlic Carrot Sambar
- Keerai Thandu Sambar
- Mor Sambar/Curd Sambar

Rasam Varieties

- Lemon rasam
- Paruppu rasam (tomato rasam)
- Cumin rasam
- Garlic rasam
- Kollu Rasam (horse gram rasam)
- Pepper rasam
- Pineapple rasam
- Tomato rasam
- Neem flower (Veppam Poo) rasam
- Kandathippili (long Pepper (plant)) rasam
- Mint rasam
- Beetroot tomato rasam
- Mutton elumbu rasam/Mutton bone rasam

Kuzhambu (Curry) varieties

- Thatta payiru kathirikkai kozhambu/Cow beans Brinjal curry
- Murunga keerai kozhambu/Drumstick leaves curry
- Pidukkam paruppu kozhambu/Shelled field beans curry
- Kaalan kozhambu/Mushroom curry
- Vendhaya kozhambu/Fenugreek seeds curry
- Mochai kozhambu/Field beans curry
- Pattani kuzhambu/Dry peas curry
- Ennai kathirikkai kozhambu/Oily eggplant spicy curry
- Vendaikkaai kaara kozhambu/Ladies finger spicy curry
- Kathirikkai kaara kozhambu/Brinjal spicy curry
- Mulai payaru kozhambu/Moong sprouts curry
- Ulli theeyal/Onion theeyal curry
- Kadalai theeyal/Channa theeyal curry
- Murungakkai theeyal/Drumstick theeyal curry

- Mochai theeyal/Field beans theeyal curry
- Poondu theeyal/Garlic theeyal curry
- Peerkangaai paal kozhambu/Ridgegourd curry
- Kollu kozhambu/Horse gram curry
- Keera kadaisal/Spinach smash curry
- Avarakkai paruppu kuzhambu/Broad beans lentil curry
- Milagai mandi/Green chilli curry
- Kaaramani puli kozhambu/Black eyed tamarind curry
- Urundai kozhambu/Lentil dumplings curry
- Murungakkai puli kozhambu/Drumstick tamarind curry
- Poondu kozhambu/Garlic tamarind curry
- Poosani paruppu kootu/Pumpkin lentil curry
- Vatha kozhambu/Turkey berry, black night shade curry
- Soya kozhambu/Soya curry
- Sakkarai valli kizhangu kozhambu/Sweet potato curry
- Pavakkaai pitla/Bittergourd curry
- Pavakkaai puli kozhambu/Bitter gourd tamarind curry
- Jeeraga kozhambu/Jeera seeds curry
- Milagu kozhambu/Pepper corns curry
- Karunai kizhangu kozhambu/Yam curry

Poriyal/stir-fry varieties

- Parangikkaai ellu poriyal/Pumpkin fry curry with sesame seeds
- Arasanikaai poriyal/Yellow pumpkin fry
- Sorakkaai verkaadalai poriyal/Calabash peanuts fry
- Kizhangu pottalam/Madurai potato fry masala
- Senai kizhangu poriyal/Yam roast in banana leaves
- Urulai milagu varuval/Potato pepper fry
- Senai chops/Yam chops
- Vengaaya thalai poriyal/Spring onion fry
- Murungakeerai poriyal/Drumstick leaves fry
- Urulai podimaas/Potato podimas
- Ennai kathrikkaai masala/Stuffed small eggplant oily masala
- Chinna vengayam poriyal/Shallots fry
- Kaaramani poriyal/Yard long beans fry
- Carrot beans thovaran/Carrot beans in coconut masala fry
- Vendhaya keerai kadalai poriyal/Methi leaves channa fry
- Cheppankizhangu varuval/Arbi fry
- Chettinad urulai poriyal/Chettinad spicy potato fry
- Chettinad urulai pattani poriyal/Chettinad spicy potato peas fry
- Agathi keerai poriyal/Agathi keerai fry
- Avarakkai poriyal/Broad beans coconut fry
- Kovakkai poriyal/Ivy gourd fry
- Carrot kose poriyal/Carrot cabbage fry
- Kaalan milagu varuval/Mushroom pepper fry

- Vendakkaai poriyal/Ladiesfinger fry
- Beetroot poriyal/Beetroot coconut fry
- Chow chow poriyal/Chayote squash fry
- Vaazhakkai podimas/Raw banana fry
- Peerkangaai poriyal/Ridgegourd fry
- Mullangi poriyal/Raddish fry
- Maravalli kizhangu poriyal/Tapioca stir fry
- Thanneer muttaan kizhangu poriyal/Asparagus fry
- Pudalangaai poriyal/Snake gourd fry
- Payaru thovaran/Green gram fry
- Pappaalikkai poriyal/Raw papaya fry
- Vendhaya keeraai poriyal/Fenugreek leaves fry
- Kudaimilagaai milagu poriyal/Capsicum pepper fry
- Cauliflower milagu pirattal/Cauliflower pepper fry

Kootu/stew varieties

- Vaazhaipoo kootu/Plantain flower stew
- Vendakkai kootu/Ladiesfinger stew
- Murungakeeraai paruppu usili/Drumstick leaves lentil stew
- Paruppu beans usili/Beans and lentils stew
- Kootaviyal/Aviyal cooked with all country veggies
- Keeraai mandi/Chettinad spinach stew
- Sorakkaai kootu/Bottle gourd stew
- Vaazhai thandu kootu/Plantain stem curd stew
- Keeraai paruppu poondu kootu/Spinach lentil garlic stew
- Mulakeeraai kootu/Amarnath leaves lentil stew
- Pudalangai kootu/Snake gourd stew
- Kothavarangaai kootu/Cluster beans stew
- Poosanikkai kootu/Yellow pumpkin lentil stew
- Manathakkaali keera kootu/Black night shade leaves lentil stew
- Chow chow kootu/Chayote squash stew
- Thakkali kaai kootu/Green tomato lentil stew
- Kathrikkai rasavaangi/Eggplant lentil stew
- Mor keeraai kootu/Buttermilk spinach stew
- Muttaikose kootu/Cabbage lentil stew
- Pachai payaru kootu/Moong bean stew
- Poosanikaai mor kootu/Ash gourd curd stew
- senai kizhangu kootu/Elephant yam stew
- Kadamba kootu/Mixed vegetable stew
- Noolkol kootu/Kohlrabi stew
- Tirunelveli Sodhi
- Murungakkai kootu/Drumstick lentil stew
- Avarakkaai kootu/Broadbeans lentil stew
- Kathrikka kootu/Brinjal stew
- Sutta kathirikkai Gotsu/Burnt Brinjal stew

- Parangikkaai paal kootu/Pumpkin stew in coconut milk
- Pappaalikkaai kootu/Raw pappaya stew
- Palakkaai kootu/Raw Jackfruit stew
- Vallaarai keeraai kootu/Brahmi booti stew

Chicken varieties

- Arachivitta kozhi curry/Chicken in spicy thick coconut gravy
- Varuthu aracha kozhi curry/Chicken in spicy fried and ground coconut gravy
- Kozhi milagu varuval/Chicken pepper fry
- Kozhi vellai kuruma/Chicken in white gravy
- Chicken 65
- Chicken pakora
- Chicken sukka
- Chicken ghee roast
- Kozhi milagu masala/Chicken pepper masala
- Naatu Kozhi kuzhambu/Country chicken curry
- Naatu kozhi rasam/Chicken soup
- Chicken Chinthamani
- Kozhi pachai curry/Chicken coriander and mint curry
- Pallipaalayam chicken fry
- Chicken Kola urundai kozhambu/Chicken dumplings curry
- Madras kozhi kozhambu/Madras chicken curry
- Chicken Chettinad
- Seeraga samba chicken biryani/Chicken biryani cooked with Seeraga samba rice
- Ambur chicken biryani
- Thalapakatti chicken biryani
- Chicken 65 biryani
- Kovai biriyani



Chicken Curry for Rice

Mutton varieties

- Aatukkal paaya/Mutton trotters stew
- Nenju elumbu soup/Mutton rib bones soup
- Mutton kuzhambu/curry
- Mutton korma in thick coconut gravy
- Mutton in fried ground coconut gravy
- Mutton elumbu rasam/Mutton bone soup
- Nalli elumbu masala/Goat Bone marrow masala
- Mutton curry dosa
- Ratha poriyal/Goat blood fry
- Mutton Sukka
- Mutton milagu varuval/Mutton pepper fry

- Mutton Kola urundai kozhambu/Mutton dumplings curry
- Kongunaadu vella mutton biryani/Kongunaad White mutton biryani
- Seeraga samba mutton biryani/Mutton biryani cooked with Seeraga samba rice
- Ambur Mutton biryani
- Thalapakatti Mutton biryani

Seafood varieties

- Meen puli muzham/Fish in thick coconut tamarind gravy
- Meen karutha curry/Fish black curry[in fried coconut, shallots, garlic, dried ginger, peppercorns, coriander seeds, red chillies, oregano and other spices]
- Thengai paal meen curry/Fish in spicy coconut milk gravy.
- Sura puttu/Fishpittu
- Iraal masala/Prawn spicy masala
- Iraal milagu varuval/ Spicy prawn pepper fry
- Coconut fish fry
- Nethili meen curry/White bait/anchovies curry
- Nethili meen varuval/Spicy deep fried anchovies
- Prawn ghee roast
- Fish briyani
- Prawn briyani
- Meen maanga curry/ Fish mango curry
- Spicy chettinad prawn masala
- Fish curry in ginger and coconut milk
- Spicy Vanjaram fry/Spicy salmon fry
- Chettinad fish curry
- Nandu masala/Crab curry
- Nandu omelette/Crab omelette
- Nandu rasam/Crab soup
- Chippi appam – an appetizer made with curried rice flour and oysters. This is a favorite among the Muslim population in the Kanyakumari District.

Egg varieties

- Muttai thokku/Egg masala
- Muttai aviayal/Egg aviyaal
- Muttai milagu varuval/Egg pepper fry
- Chettinad spicy egg curry
- Muttai paniyaaram/Egg Paniyaaram
- Odachi oothina muttai curry/ Egg poached curry
- Muttai kalakki/Egg Kalakki
- Muttai korma
- Egg in thick coconut milk gravy
- Egg in spicy coconut and tamarind gravy
- Udachu vitta Mutta Kaara Kuzhambu
- Mutta kuzhambu



Chicken & Egg Curry for Rice

Sweet dishes

- Arisi thengai payasam/Rice coconut pudding
- Pasiparuppu paaysam/Moong dhal pudding
- Kadalai paruppu paayasam/channa dhal pudding
- Aval paayasam/Puffed rice pudding
- Khasa khasa paayasam/Poppy seeds pudding
- Vazhai pazha paayasam/Banana pudding
- Adai Paayasam/Cooked rice flakes pudding
- Paal Paayasam/Milk pudding
- Thengai Paayasam/Coconut pudding
- Pala pazha Paayasam/Jackfruit pudding
- Mampazha paayasam/Mango pudding
- Javvarisi paaysam/Tapioca sago pudding
- Samba godhumai paayasam/Cracked wheat pudding
- Semiya paayasam/Vermicelli pudding
- Thinai paaysam/Foxtail millet pudding
- Carrot paayasam/Carrot pudding
- Badam paayasam/Badam pudding
- Rice paayasam/Rice pudding
- Sorakkai paayasam/Calabash pudding
- Elaneer paaysam/Tender coconut pudding
- Brown rice kheer
- Sweet potato kheer
- Apple kheer
- Thengai bholi/Coconut bholi
- Paasi paruppu bholi
- Then mittai/Honey comb sweet
- Ingi marappa/Ginger fudge
- Pori urundai/Puffed rice jaggery balls
- Kadalai mittai/Peanut jaggery balls
- Maalaadu
- Paasi paruppu laddu
- Ravalaadu/Rava sweet balls
- Thinai laddu/Fox millet sweet balls
- Godhumai laddu/Wheat sweet balls
- Kezhvaragu nilakadalai laddu
- Ellurundai/Black sesame seeds sweet balls
- Vella elluruandai/White sesame seeds sweet balls
- Coconut laddu/Coconut sweet balls
- Aval laddu/Poha sweet balls
- Sweet somas
- Suyyam
- Kadharppam
- Mangaadi/Sweet mango in jaggery stew
- Sakkapalathirattu/Jack fruit in jaggery stew

- Thirattu paal/Paalguva
- Palambali/Kongunaadu style rice pudding
- Appam
- Nei appam
- Unni appam
- Ammini appam
- Adhirasam
- Aravanai
- Paal kozhukattai
- Pazham Paniyaram
- Sakkarai kozhukattai
- Sakkarai Pongal/Sweet pongal
- Aval pongal
- Kalkandu pongal/Sugar candy pongal
- Sweet seedai
- Puttamudhu
- Mundhiri Kothu
- Akkaravadisal
- Jangiri
- Rava Kesari
- Pineapple kesari
- Mango kesari
- Aval kesari
- Halwa varieties – thirunelveli halwa, ashoka halwa, jackfruit halwa, wheat halwa, pineapple Halwa.

Traditional snacks

- Murukku
- Seedai
- Bajji
- varieties of Mixture
- Kara Sev
- Pakoda
- bonda
- types of vadai (ulundhu, Kara, aamai)
- Thattu vadai/nippetu'
- Boondhi
- .Kara pori
- aval pori

Pickles

- Elumichanga oorkaai/Lemon pickle
- Poondur oorkaai/Garlic pickle
- Ingi oorkaai/Ginger pickle

- Thakkali oorkaai/Tomato pickle
- Vengaaya oorkaai/Onion pickle
- Mangaa oorkaai/Mango pickle
- Nellikaai oorkaai/Gooseberry pickle
- Naarthangaai oorkaai/Citron pickle
- Carrot oorkaai
- Milaga oorkaai – Green Chilly pickle
- Red Chilli pickle
- Sun dried tomato pickle
- Maavadu
- Mor Milgai/Sun dried big chillies
- Puli ingi/ Ginger tamarind pickle

Podi varieties/chutney powder

These are the dry chutney powder varieties to be mixed with cooked plain rice and ghee.

- Paruppu podi/Lentil chutney powder
- Poondupodi/Garlic chutney powder
- Idly milagu podi/ Idly chutney powder as a side dish for idly and dosas
- karuveppilai podi/Curry leaves chutney powder
- Milagu podi/Pepper chutney powder
- Ellu podi/Sesame seeds chutney powder
- Kollu podi/Horse gram chutney powder
- Nilakadalai podi/Groundnut chutney powder
- Kothamalli podi/Coriander chutney powder
- Mint chutney powder
- Raw banana chutney powder for infants and toddlers

See also

- Tamil
- Cuisine of India
- Cuisine of Pondicherry

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External links

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