



Pulissery

Ingredients:

Pineapple chunks	10 Oz.
Yogurt	4 cups
Turmeric powder	3/4 tsp.
Salt	1 tsp.
Red chili powder	1/4 tsp.
Cumin powder	1 tsp
Water	2 cups
Curry leaves	1 stem
Red chillies	2 no
Mustard seed	1 tsp.
Fenugreek seeds	
Oil	for seasoning

Method:

1. Cook pineapple in water with salt and turmeric powder until tender. Add cumin powder while cooking. Reduce water to about 1 cup. Turn the heat to very low. Add the yogurt to the mixture. Mix well and turn the heat off.
2. Season with oil, mustard seed, red chili, fenugreek seed and curry leaves.

Tomato Rasam

Ingredients:

Red Gram Dal	3-4 tbs
Tomatoes (finely chopped)	4 large
Garlic paste	1/2 tsp
Ginger (finely chopped)	1-inch piece
Water	2 1/2 cups
Garlic grated	1tsp
Green chilies finely chopped	1 or 2
Coriander leaves	finely chopped
Salt	to taste
Chili or pepper powder	to taste
Turmeric powder	1/2tsp
Mustard seeds	1tsp
Cumin seeds	1tsp
Whole dried red chili (halved)	1-2
Asafetida	a pinch
Curry leaves	few
Oil	2tbsp

Method:

1. Pick, wash and pressure cook the dal and keep side.
2. Heat 2 tbsp. oil in a pan and add mustard seeds, cumin seeds, curry leaves, dried chili and asafetida. When mustard seeds start to splutter add garlic, ginger, tomatoes and green chilies. Add salt, chili & turmeric powder and a cup of water. Simmer for 5-6 minutes and add the cooked dal and 1 1/2 cup of water and bring to boil. Serve hot garnished with coriander leaves.

Kaya Varuthathu



Ingredients: (Bananas Fry)

Semi ripe banana	1 no
Coconut oil	150gm
Turmeric powder	1/4tsp
Salt	to taste



Method:

1. Peel banana and slice into thin round pieces or split bananas into 4 thin pieces and slice.
2. Heat oil and fry the banana pieces. When it is 3/4 done, add turmeric powder and salt mixed in 1tsp water. Fry well.

Sarkarapuratty

Ingredients: (Fried Bananas Chips in Molasses)

Semi ripe Banana	1 no
Coconut oil	100 gms
Molasses or Jaggery	75 gms
Dried ginger powder	5 gms
Ghee	1 tsp
Water	1/4 glass



Method:

1. Peel the bananas and split it into two pieces. Cut it into 1/4" thick pieces. Fry it in warm coconut oil.
2. Heat the molasses in 1/4glass of water. Remove from fire when it becomes thick. Add dried ginger powder and fried banana pieces in this molasses solution. Keep stirring till the banana pieces separates.

Mor Kuzhambu

Ingredients:

Buttermilk	5 cups
Green Chilli (slit)	4-5 no
Cumin seeds	1 1/2 tsp
Coriander seeds	2 tsp
Turmeric powder	1 tsp
Coconut (shredded)	2-3 tsp
Salt	to taste
Mustard seeds	1 tsp
Curry leaves	1 sprig
Oil	for seasoning

Method:

1. Add 1/2 tsp of turmeric to the buttermilk and mix well. Add water if the buttermilk is too thick. Add salt and heat on a low flame till the buttermilk reaches room temperature. Take it from the fire and set aside. Roast in a little oil, one by one, the coconut, the remaining turmeric, jeera, coriander and green chillies. Blend to a smooth paste.
2. Add this coconut paste to the warm buttermilk, put it back on the stove and heat for approximately 4-5 minutes.
3. Season it with mustard seeds and curry leaves.

Serve with hot plain rice.
Note: This dish cannot be re-heated on direct fire.

Rice Puttu

Ingredients: (Serves - 5)

Raw Rice	1/2 kg
Coconut	1/2 grated
Water	to sprinkle
Salt	to taste



Method:

1. Soak rice in water for 4 hrs, then drain it and grind it to make fine powder.
2. Heat the powder for 5 mts. While heating stir it. Keep it for cooling.
3. Mix salt with water sprinkle this to the powdered rice just to make the powder wet. For making puttu special utensil is used named puttukutty or micro puttu. Put a handful of grated coconut in the puttukutty and then put rice powder till half then add another handful of grated coconut. This is done till the top. Close the lid steam it for 2 mts in cooker. Serve it with potato curry or ghee.

Coconut Chutney

Ingredients:

Coconut Grated	1 cup
Red Chillies(dry)	2 nos
Mustard seeds	1 tsp
Urad dal	2 tsp
Tamarind (dry)	1 small piece
Salt	to taste
Sugar	1 tsp
Hing	1 tsp
Oil	1 tbsp



Method:

1. Grate the Coconuts.
2. In a pan heat the oil and add 1 tsp of urad dal and chillies. Fry for a minute. Let it cool completely. Add tamarind, sugar, hing and coconut and grind it to a fine past
3. Do the seasoning with the other tsp of urad dal , mustard seeds in a tsp of oil. Enjoy with steaming plain rice.

Mothagam

Ingredients:

Rice	200 ml
Coconut	1 no
Seasame Oil	
Jaggery	200gms.

Method:

1. Wash and soak raw rice for an hour. Drain the water completely and spread the rice on a cloth and allow it to dry. The rice can be allowed to dry in the shade itself. Grind the raw rice to a smooth flour. For 1 measure of rice flour take 2 measures of water. Boil this water in a kadai (a shallow thick bottom vessel). Add a pinch of salt and a teaspoon of sesame oil. Allow the water to boil. When the water starts boiling add the rice flour to this, stirring continuously without allowing any lumps to form. When the mixture has formed into a smooth thick batter, remove from the fire. The batter must be thick enough like chappathi batter.
2. Grate fresh coconut. Add a teaspoon of milk to the grated coconut and grind it in a mixer grinder lightly. Add a little water to the powdered jaggery and keep on low fire and stir for some time. When the jaggery has dissolved completely in water add grated coconut to this and keep stirring for some time. Then remove from fire and add powdered cardamoms to

this.

3. Smear your hands with a little sesame oil. Smoothen the prepared rice flour batter with your hands. Make small balls (the size of a lemon). Fill these cups with the prepared coconut-jaggery filling. Put these filled up cups on an idli-plate and pressure cook them.

Theeyal

Ingredients: (Serves - 4)

Baby onions	1 Cup
Curry leaves	5 no
Mustard seeds	1/2 teaspoon
Tamarind paste	2 tablespoons
Sugar	1/2 teaspoon
Asafoetida	1 Pinch
Grated coconut	1/2 cup
Red chillies	7 no
Coriander seeds	1 tablespoon
Cumin seeds	1/4 teaspoon
Black peppercorns	7
Turmeric powder	1/4 teaspoon
Oil	3 tablespoons
Salt	



Method:

1. Heat 1 tbsp. oil in a small pan and saute coconut till it is light brown. Add 5 red chillies, coriander seeds, cumin seeds, peppercorns and fry till it emits an aroma. Add the turmeric powder. Stir-fry for 2-3 seconds. Keep aside to cool. Grind into a coarse powder.
2. Heat 2 tbsp. oil and add the mustard seeds, curry leaves and remaining red chillies. When the seeds start spluttering, add asafoetida and onions. Saute for 5 minutes on a medium flame. Add

the ground masala powder and cook for a few seconds. Add water, tamarind extract, salt and sugar and bring to a boil. Simmer for 5-7 minutes.

Sambar

Ingredients: (Serves 10)

Bitter gourd (pavakkai)	1/2
Brinjal (egg plant)	1no
Drum Stick	1no
Ladies finger	4nos
Red chillies	4nos (split into2)
Sambar dal (Red gram dal)	1cup
Turmeric powder	1/2tsp
Curry leaves	1sprig
Water	3cup
Dried coriander seeds	2tbs
Tamarind	size of a golf ball
Water	1cup
Red chilli powder	1tsp
Salt	to taste
Curry leaves	1sprig
Asafoetida powder	1/4tsp
Grated molasses	1/4tsp
Coconut oil	2tbs
White gram dal	1/4tsp
Fenugreek	1/4tsp



Dried chilli	4nos
Coconut oil	1/2tsp
Coconut oil	2tsp
Mustard	1tsp
Dried chillies split into 2	2nos
Coriander leaves	few

Method:

1. Clean the vegetables and slice into long pieces.
2. Wash the dal. Boil 3 cups of water and cook dal in it. Add turmeric powder and curry leaves into the dal. Keep it aside.
3. Fry the 4th ingredients in 1/2tsp coconut oil. Grind it to a smooth paste and keep aside.
4. Mash the tamarind in 1 cup water and strain. Boil the tamarind water with red chilli powder, salt, curry leaves, asafoetida and molasses. When it boils, add 2tbs of coconut oil. Add the vegetables except the ladies finger into it. Cook till done and add the prepared dal into it. Bring to a boil and add the ladies finger and the ground masalas. Remove from fire after boiling.
5. Season with mustard seeds and dried chillies. Sprinkle the Sambar with chopped coriander leaves.

Note: Various vegetables like potato, carrot, radish, tomato etc can also be added to the sambar

Injithair

Ingredients:

Nicely chopped ginger	4 spoons
Curd	6 spoons
Salt	to taste

Method:

Mix all the ingredients and stir well. The injithair is ready.

Avial

This is a semi-dry preparation which is a mixture of all sorts of vegetables.



Ingredients: (Serves 10)

Yam sliced thinly into 11/2" length pieces	1cup
Cucumber sliced lengthly into 11/2" thick pieces	1cup
Snake gourd sliced into 11/2" length pieces	1cup
Carrot sliced into into 11/2" length pieces	1/4cup
Long runner-beans sliced into 11/2" length pieces	1/2cup
Drumstick cut into 2" length pieces	2nos
Raw bananas sliced into 11/2" length pieces	1no
Mango pieces	for sour
Turmeric powder	1/2tsp
Salt	to taste
Grated coconut	1/2quantity
Green chillies	5nos
Cumin seeds	1/2tsp
Curry leaves	2sprigs
Coconut oil	3tbs

Method:

1. Coarsely grind the coconut, green chillies and cumin seeds. Keep it aside.
2. Clean the vegetables.
3. Heat 2tbs coconut oil in a thick bottom vessel. Add the vegetables and cook in a low flame. Do not add water. When it is done, add turmeric powder, salt and mix it well. Remove the vegetables from the middle and put sliced bananas and mango pieces and cover it with the other vegetables. When steam comes out, add the coconut paste and stir well. Remove from fire. Mix the remaining coconut oil and curry leaves in the avial.

Parippucurry

Ingredients:

Lentils (green gram dal)	1cup
Water	3cups
Turmeric powder	1/2tsp
Salt	to taste
Ghee	2tsp



Method:

Lightly fry the lentils in a pan. Boil 3 cups water and add the washed lentils and turmeric powder. When it boils, simmer the flame. When the lentil is cooked well, add salt to taste and ghee.
Mix well and remove from fire.

Lady's Finger Kichadi

Ingredients:

Lady's finger pieces	3 1/2cup
Thick Curd from 1/2 litre milk	2cups
Green chillies	2
Dry Red chillies	3
Mustard	1dsp
Grated coconut	1/2cup
Curry leaves	2 springs
Oil	2 tsp
Salt	to taste

Method:

1. Slice the ladies finger in small round pieces. Fry lady's finger in oil till crisp. Ground coarsely grated coconut, green chillies and mustard. Season mustard, red chilli and curry leaves in 2 tsp oil. Lower the flame add curd and the ground ingredients. Keep stirring. Add fried ladies finger and salt. Remove from fire when it boils. **Note:** You can use Pavakkai (Bitter Gourd) instead of Ladies Finger as a variation.

Dosas

Masala Dosa

Ingredients:

For the masala filling

Long grain rice	2 1/2 cups
Uncle Ben's Converted rice	2 1/2 cups
Urad dal whole	1 cup
Methi seeds	1 tsp
Salt	to taste
Potatoes	3 nos boiled, peeled and cubed
Onions	1 no
Mustard, Chana dal	for seasoning
Chillies	2 nos
Besan	1 tsp
Turmeric	1 tsp
Salt	to taste



Method:

1. Soak the long grain rice for 6-7 hrs and urad dal for an hour.
2. Grind the soaked rice and urad along with methi seeds to a fine paste.
3. Mix both of them, add salt and let it ferment atleast for a day.
4. For those of you who prefer to eat a little less sour, dosa can be made after fermenting for 2 hours.

Masala Preparation:

1. In a pan with oil, season with seeds, chilli, add onions. Fry for a couple of minutes, add potato, salt and turmeric.
2. Cook for some time. Mix the besan with water and add the same to the vegetable mixture. Cook for a couple of minutes and garnish with cilantro.
3. In a griddle or a non stick flat pan pour a laddle and make it round shape. Pour some oil around it and flip it after bubbling spots appear.
4. Take a spoonful of Masala filling, fill in the center and close the dosa. Serve hot with chutney or sambhar.

Rava Dosa

Ingredients:

Rice flour	1 cup
Wheat Flour	1 cup
All purpose flour	1 cup
Rasa	1 tbsp
Green chillies	3 nos finely chopped
Mustard seeds	1 tsp
Cumins seeds	1 tsp
Curry leaves	few
Salt	to taste

Method:

- 1. Mix all the flours with salt, green chillies.
- 2. Add enough water to get a semi-liquid consistency.
- 3. Do the seasoning with mustard, cumin and curry leaves and add it to the batter.
- 4. Heat the griddle and proceed as in dosa. Serve hot with chutney or sambhar

Wheat Flour Dosa

Ingredients:

Wheat flour	2 Cups
Rice flour	1/2 Cup
Curds	1/4 Cup
Salt	to taste
Cumin	2 tsp
Green chillies	5 Nos
Water	
Oil	

Method:

- 1. Grind Green Chillies to fine paste.
- 2. Mix Everything and let it rest for 3-4 hours.
- 3. Add water to make a dosa batter.
- 4. Proceed as in dosa and enjoy with chutneys.

Onion Rava Dosa

Ingredients:

Rice flour	1 cup
Wheat flour	1 cup
All purpose flour	1 cup
Rasa	1 tbsp
Green chillies	3 nos finely chopped
Mustard seeds	1 tsp
Cumins seeds	1 tsp
Curry leaves	few
Salt	to taste
Onion	2 nos

Method:

1. Chop onion into fine pieces and reserve.
2. Mix all flours with salt and green chillies.
3. Add enough water to get a semi-liquid consistency.
4. Do the seasoning with mustard, cumin and curry leaves and add it to the batter.
5. Heat the griddle and proceed as in dosa. Sprinkle some onion on top and let it cook.
6. Add some oil on the other side and flip. Allow it to cook on the other side. Serve hot with chutney or sambhar

Spring Dosa

Ingredients:

Long grain rice	4 cups
Uncle Ben's Converted rice	2 cups
Urad dal (whole)	1 cup
Salt	to taste
Capsicum (big)	1 no chopped finely
Onion	1 no chopped finely

Tomatoes	2 nos chopped finely
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Method:

1. Soak the long grain rice for 6-7 hrs and urad dal for an hour.
2. Dry grind the Converted rice.
3. Grind the soaked rice to a coarse paste and urad to a fine paste.
4. Mix all three. Add salt and let it ferment atleast for a day.
5. Heat a griddle and make a round shape with a laddle full batter.
6. 5.Sprinkle all three vegetables and apply little oil around the edges.
7. After a couple of minutes flip them to the other side and let it cook.

Serve hot with chutney or sambhar

Plain Dosa

Ingredients:

Long Grain rice	4 cups
Uncle Ben's Converted rice	2 cups
Urad dal (whole)	1 cup
Salt	to taste

Method:

1. Soak the long grain rice for 6-7 hrs and urad dal for an hour.
2. Dry grind the Converted rice.
3. Grind the soaked rice to a coarse paste and urad to a fine paste.
4. Mix all three, add salt and let it ferment atleast for a day.
5. Steam them and serve hot with chutney or sambhar.

Idli

Ingredients:

Long grain rice	4 cups
Uncle Ben's Converted rice	2 cups
Urad dal whole	1 cup
Salt	to taste



Method:

- 1. Soak the long grain rice for 6-7 hours and urad dal for an hour.
- 2. Dry grind the Converted rice.
- 3. Grind the soaked rice to a coarse paste & urad to a fine paste.
- 4. Mix all three, add salt and let it ferment atleast for a day.
- 5. Steam them and serve hot with Chutney or Sambhar.

Masala Vada

Ingredients:

Channa Dal	1/2 Cup
Toor Dal	1/2 Cup
Urad Dal	1tbsp
Red Chillies	5 Nos
Ginger	1 " inch piece
Salt	to taste
Curry leaves	few
Onions big	1 no (finely chopped)
Oil	for deep frying



Method:

- 1. Soak all dals together for an hour.
- 2. Grind all ingredients except onions to a coarse paste.
- 3. Heat oil for deep frying.
- 4. Add onions to the paste.
- 5. Shape like Vada and deep fry.

Serve hot with ketchup or chutney.

Medu Vada

Ingredients:

Urad Dal	1 cup
Ginger	1 big piece
Green Chilli's	3 nos
Pepper corns	1/2 tsp
Hing	1 tsp
Curry leaves	few
Salt	to taste
Oil	for deep frying



Method:

1. Soak the urad dal in water for an hour.
2. Grind to a paste all the ingredients except oil with as little oil as possible.
3. Refrigerate the batter for an hour.
4. Heat oil in deep pan for deep frying.
5. Shape into Vadas and deep fry on both sides till brown. Serve hot.

Thoran

Ingredients:

Cabbage, long runner-beans /any other vegetable	500gm (cut in to small pieces)
Coconut oil	2tsp
Mustard seeds	1/2tsp
Black gram	1tsp
Dried red Chilly (cut into 2-3 pieces)	4 no.
Salt	to taste
Turmeric powder	1/4tsp



Red chilly powder	1/4tsp
Coconut	1 cup
Cumin Seeds	1/4tsp
Curry leaves	2 sprigs
Garlic cloves	2

Method:

- 1. Crush the coconut, cumin seeds, curry leaves and garlic.
- 2. Put the vegetable in a pan and boil with salt and chillies. Heat the oil in a pan and sauté ingredients. Add the turmeric and chilly powder, boiled vegetables and crushed ingredients. Mix well and serve hot.

Kalan



It is a preparation of buttermilk with thick gravy. Sliced plantains known as nenthra-kaya and yams (chena) are boiled in water with salt and chillies. Buttermilk mixed with ground coconut pulp is poured in proper time and the preparation is flavored by the addition of mustard, fried in coconut oil.

Ingredients: (Serves 10)

Yam sliced into small pieces	100gm
Small raw banana	1no
Green chillies (slit the edge)	3nos
Mashed yogurt (without water)	1/2litre
Grated coconut	1/2quantity
Cumin seeds	1/2tsp
Pepper powder	1tsp

Water	1cup
Turmeric powder	1/4tsp
Salt	to taste
Fried and powdered fenugreek	1/2tsp
Ghee	3tsp
Dried chilli (split into 2)	2nos
Mustard	1tsp
Ghee	1tsp
Curry leaves	1sprig

Method:

1. Remove the skin of the plantain and slice it into small pieces.
2. Grind the coconut and cumin to a smooth paste without adding water. Keep it aside.
3. Dissolve the pepper powder in 1/2cup of water and strain it through a clean cloth. Cook the vegetables in this water. Add the turmeric powder and salt. Stir well. When the water dries, add 1tsp ghee. Pour the yogurt and mix well. Lower the flame. When the curd boils and becomes dry and thick, add the grinded coconut mixture and fenugreek powder into it. Stir well. Brings to a boil and remove from fire. Season with mustard, dried chillies and curry leaves.

Olan

Ingredients: (Serves 10)

Ash gourd	100gm
Pumpkin	100gm
Green chillies	4nos (split the edge)
Red gram dal	1tbs (soaked in the water for about 6 hours)
Grated coconut	1/2quantity (Squeeze out 1/4cup of the milk from the coconut without



	adding water. Take one more cup of milk from the coconut)
Salt	to taste
Coconut oil	1tbs
Curry leaves	1sprig

Method:

1. Remove the covering of the ash gourd and pumpkin and cut it into small pieces.
2. Cook the vegetables and red gram dal in water. Add enough salt and the green chillies. When it is done, add 1cup coconut milk and boil. When it thickens well, add 1/4cup coconut milk. Bring to a boil and remove from fire. Add 1tbs coconut oil and the curry leaves and mix well.

Puliinji

This is a preparation where ginger is the main ingredient.

Ingredients:

Type 1

Ginger	25gm
Green Chilly	4nos.



Type 2

Coconut oil	25gm
Dried red chilly	1no. cut in to 4 pieces
Mustard seeds	1/2tsp

Type 3

Tamarind	size of a lemon
Water	2cups

Type 4

Turmeric powder	1/4tsp
Chilly Powder	1/4tsp
Asafoetida powder	1/4tsp

Jaggery (grated)	25gm
Curry leaves	1 sprigs
Fenugreek seeds	1 pinch

Method:

1. Peel ginger and cut into very small pieces. Cut the green chillies also into small pieces.
2. Heat oil and sauté the 2nd Type ingredients for a minute. Add ginger and green chilly pieces and fry well and keep it aside. Put tamarind in two cups of water, squeeze well and take the liquid. Keep this liquid on fire adding the 4th Type ingredients. Boil till the solution becomes thick. Add the fried ginger and chilly pieces, boil once more and remove from fire.

Pineapple Pachhady

Ingredients:

Ripe pineapple cut into 1/2" square pieces	2cups
Turmeric powder	1/2tsp
Salt	to taste
Grated coconut	1 cup
Dried red chilli	1
Coconut oil	2dsp
Mustard seeds	1/2tsp
Dried red chillies	3 (cut into 6 pieces)
Curry leaves	1sprig
Crushed mustard	1tsp



Method:

1. Boil pineapple, with turmeric and salt in 1/2cup water. Grind coconut with dried chilli to a fine paste.
2. Heat the oil and season with mustard seeds. Saute the coconut paste and add the curry leaves and dried red chillies. When it is done, add the boiled pineapple pieces. The gravy should be thick and the cover the pineapple pieces. Add the crushed mustard just before removing the pachhady from fire.

Erissery

It is made of raw plantains and Yams sliced and boiled in water with salt and chillies or pepper added. The pulp of the coconut is ground with a little cumin seed added to it. When the whole thing is properly boiled, a few mustard seeds along with scraped coconut pulp fried in coconut oil, is added in to it to give it flavour. Erissery is also made with pumpkin and red oriental beans, the recipe is given below.



Erissery With Yam

Ingredients:

Yam cut into small pieces	60gms
Big raw banana	1 no
Pepper powder	1tsp
Turmeric powder	1/4tsp
Water	1cup
Salt	to taste
Grated coconut	1/2coconut
Cumin seeds	a pinch
Ghee	10gm
Coconut oil	1tbs
Mustard seeds	1/4tsp

Method:

1. Split the banana lengthwise into 3 pieces. Do not peel the skin. Cut it into small pieces.
2. Boil yam and banana with pepper powder, turmeric powder and salt in 1 cup of water. Grind one fourth quantity of grated coconut and cumin seeds together and add to it.
3. Grind the remaining coconut and saute in a low flame till brown in colour. Keep it aside.
4. Season mustard seeds in ghee. Add the coconut oil, seasoned mustard seeds and the sauted coconut to the vegetable mixture. Mix well.

Erissery With Pumpkin

Ingredients:

Ripe Pumpkin sliced into pieces	2 cups
Red oriental bean	1/2 cup
Oil	2 dsp
Squeezed coconut milk	1 dsp

Dried chilli		2 nos
Mustard		1 tsp
Curry leaves		2 springs
Salt		to taste
Water		
Grated Coconut	1 cup	
Small onions	1 or 2 nos	
Garlic	2 nos	
Cumin	1/2 tsp	
Turmeric powder	1/2 tsp	
Green chilli	2 or 3 nos	

Method:

- 1. Cook pumpkin after adding enough water and salt.
- 2. Cook red oriental beans separately and mix it along with the pumpkin.
- 3. Grind the ingredients to be ground coarsely. Add it to the pumpkin, boil for sometime and keep aside. Heat oil in a pan, season mustard, curry leaves and dry chillies and add the thick coconut milk. Pour it to the cooked pumpkin curry & mix well. Tasty erissery is ready to be served.

Koottucurry

In this curry, a miscellaneous variety of vegetables and some Bengal gram are used. The difference between this and 'Aviyal' is that no tamarind is added.

Ingredients:

Bengal gram dal	1/2cup
Pumpkin, snake gourd, Long runner beans, yam, Cucumber	1/4kg (all together)
Inner flesh of drum stick	1/2 cup
Grated coconut	1/2 cup
Turmeric powder	1/4 tsp



Green chillies	3 (split into 2)
Salt	to taste
Coconut oil	1/4cup
Mustard	1tsp
White gram dal	2dsp
Dried red chillies	3 (each sliced into 3)
Curry leaves	2 sprigs
Ghee	1 dsp
Grated coconut	1/4 cup

Method:

1. Cook the bengal gram dal with salt and water to a thick gravy.
2. Clean and cut the vegetables into small pieces. Par boil the vegetables by steaming.
3. Grind 1/2cup grated coconut and mix it with turmeric powder and green chillies.
4. Heat oil and season mustard, white gram dal, dried red chillies and curry leaves. Add the ground coconut mixture. Saute for sometime, till the water dries. Add the cooked vegetables, salt and bengal gram dal. Saute well.
5. Heat 1dsp ghee and fry the 1/4cup grated coconut in it till golden brown. Add this to the koottucurry and mix well.

Kootukari

In this curry, a miscellaneous variety of vegetables and some Bengal gram are used. The difference between this and 'Aviyal' is that no tamarind is added.

Ingredients:

200 gm: Kadala Parippu (Chena dal)
Vegetables - 200 gm each: Chena, Banana (Pacha Nendrakaya), Mathan, Carrot (all cut into small pieces)
Spices: Mulakupodi, Manjalpodi, Kurumulakupodi, Jeerakam, Kaduke (mustard seed), Vattal Mulaku & Karuveppila,Cocunut



Method:

1. Cook Chena Dal and then add vegetables along with Manjalpodi, Mulakupodi and Kurumulakupodi as per requirement.
2. Cook for 15 minutes.
3. Grate and grind the coconut with jeera and add to the curry and cook well. Add salt.
4. For tadka - put mustard seeds, vattal mulaku and Kariveppila in two spoon coconut oil and pour this into the curry. Delicious Kootukari is ready.
5. Kootukari can be served with rice or roti /chappathi.

Payasam

There are several varieties of 'payasams'. One is in which rice, wheat or vermicelli is boiled with milk and sweetened with sugar. It goes by the name of 'pal payasam'. Another, is made of boiled rice or dal or wheat, to which is added jaggery and coconut milk. Both are flavoured with spices.



Pal Payasam

Ingredients:

Milk	3ltrs
Dried red rice	180gm
Sugar	700gm

Method:

1. Boil the milk. Add sugar and mix well. When it boils again, add the washed rice in it. Simmer in medium flame. Cook till the rice is done. Serve hot.

Semiya Payasam

Ingredients:

Vermicelli	1 cup
Cashew nuts	handful
Raisins	handful
Water	3/4cup
Sugar	a cup
Saffron	a pinch
Milk	a cup
Cardamom	two or three pods

Method:

1. Heat the ghee and fry the vermicelli till light brown.
2. In the meanwhile, boil the water. Add the vermicelli to the boiling water and cover it. Keep stirring occasionally. Once the vermicelli becomes soft , add the sugar and continue to stir. Put the saffron in the milk and dissolve it, add this milk to the vermicelli. Powder the cardamom and add it to the mixture. Then fry the cashew nuts and almonds in ghee and add these. Mix well and boil for about two minutes. Your payasam is ready and can be served hot or cold.

Wheat Payasam

Ingredients:

Broken Wheat	250g
Coconut	2 no
Jaggery	500g
Raisins	10g
Cashew Nuts	10g
Ghee	3tbs
Cardamom	5g
Dry ginger powder	10g
Cumin Powder	10g

Method:

1. Grate the coconut. Add 1/2 glass warm water to the grated coconut. Extract the first milk. Extract the second milk by adding 1 1/2 glass warm water. Again repeat the process to extract the third milk.
2. IFry broken wheat lightly in one teaspoon ghee. Cook the wheat well in 1 1/2 liters of water.
3. When it is done add the third milk and the second milk to the wheat and bring to a boil. When it thickens to a semi solid consistency, add powdered jaggery. Add the first milk, fried nut, raisins, powdered cardamom, ginger and cumin. Mix well and remove from fire immediately. Serve hot.

Parippu Payasam

Ingredients:

Parippu (Green gram dal)	250gm
Sarkara (Jaggery)	250gm
Coconut milk	from 2 coconuts
Ghee	2 tbs
Cashew nuts, Raisins	for seasoning

Method:

1. Fry dal till light brown. Clean and boil the fried dal well.
2. Heat jaggery with some water and make a thick solution. Take milk from the coconut thrice. Keep the thick milk taken 1st, aside. Add the 2nd and 3rd milk and the jaggery solution to the boiled dal. Simmer on medium flame till thick. Fry the cashew nuts and raisins in ghee. Add these and the 1st milk to the payasam . Mix well and remove from fire.

Prathamam

There are various kinds of Prathamans such as Ada, pazham, parippu and palada prathamans.

In '**Ada prathamam**', rice flour mixed with molasses is formed into a paste, cut into small pieces and boiled in water. To these, coconut milk and molasses are added in proportion. It is then flavored with ghee.



In '**Pazham prathamam**', plantain fruits of a special kind known as 'Nentra Pazham' are well boiled in water till the whole water is dried and the whole thing is reduced to a pulp by constant pressing. Then it is tempered with ghee. Coconut milk is added and the thing sweet in itself, is further sweetened with molasses. The kernel of a dried coconut, cut into small slices is boiled in ghee, and added to it.

The main ingredient used in '**Parippu prathamam**' is pulse. Many more kinds of prathamans are made of other articles as with Bengal gram, pumpkins etc.

Palada Prathamam

In palada prathamam pieces of flour paste (ada) are boiled in milk and sweetened with sugar. No ghee or spices are added except some cardamoms.

Ingredients:

Thick milk	3ltrs
Par boiled rice (dried red rice)	250gm
Water to mix flour Coconut oil	1tbs
Sugar	2tbs
Plantain leaf pieces	as required
Sugar	625gm
Cardamom powder	optional

Method:

1. Wash rice and drain the water. Dry grind the rice well. Add enough water to make a semi thick batter. Add 1tbs coconut oil and 1/2tbs sugar in it.
2. Clean and wipe the plantain leaf pieces and pour the batter in a thin layer evenly and roll the leaf pieces tightly. Boil water in a big vessel and steam the flour batter. Take the steam batter from the leaf and cut into small pieces. Wash the pieces and strain.
3. Boil milk well and add sugar. Continue boiling till its colour changes to pale pink. Add the ada pieces to it. Boil again and remove from fire.

Note: 'Ada' is now available in the market. You can boil 'ada' with milk and sugar and make Palada in no time.

Tomato Thokku

Ingredients:

Ripe Tomatoes	1 kg
Ginger	2" Piece (chopped finely)
Green Chillies	2-3 no (chopped finely or as per taste)
Curry Leaves	A few
Mustard Seeds	1 Tsp
Udid Dal	1 Tsp
Asafoetida (Hing)	1/2 Tsp
Turmeric Powder	1 Tsp
Rassam Or Chilli Powder	1 Tsp
Gingelly (Sesame) Oil	To pour and temper
Salt	1 Tsp or as per taste
Jaggery	1/2 Cup or as per taste



Method:

1. Take tomatoes and chop finely, keep aside.
2. Take a wok, add gingelly oil to it and let it heat. Add slowly mustard seeds, udid dal, ginger, chillies, curry leaves, hing and allow oil to smoke. Stir the ingredients slowly until sauteed.
3. Add the tomatoes slowly and keep stirring. To it add turmeric powder, salt, chilli or rassam powder. Keep adding little gingelly oil, jaggery and stir until the juices evaporate completely, and the tomatoes resemble a paste form.
4. Now the Tomato Thokku is ready.
5. Keep to cool and store it in a sterilized glass jar. Store away from sunlight, or preferably in the fridge. Keep outside 10 minutes before using.
6. You can relish its taste along with chappathies, idlis, dosas, even curd rice.

Palada Pradhaman

Ingredients:

Milk	4 cup
Water	2 cup
Condensed milk	1 cup
Butter	2 tbsp
Ada	1/4 cup
Sugar	1/2 cup



Method:

1. Boil ada by putting it in 2 to 3 cup boiling water. Keep it covered for 30 minutes. Drain water completely.
2. Heat butter in a pan and fry ada to a light pink colour. Keep it aside.
3. Boil milk and water in a thick bottom pan. Add boiled ada and reduce heat to low medium while stirring all the time. Keep stirring till milk is reduced by 2/3rd. It takes about 1-½ hours to prepare the dish and now, the color of pradaman should be of pink color. Add condensed milk and cook for 5-10 minutes more. Add sugar and mix it well. Remove from flame.

Kheer

Ingredients Required

Milk	1 ltr
Sugar	200 gram
Rice	2 handful
Saffron	
Peesta	
Kismis	

Method:

1. Boil the milk till it becomes 600gm.
2. Wash the rice and make grind it to make powder.
3. Mix rice powder with 50 ml cold water in a bowl.
4. Mix it with milk and stir it till it becomes a thick paste.
5. Now put it into a serving dish and garnish with saffron/peesta and kismis.

Your delicious kheer is ready to serve.

Masala Pesarattu

Ingredients:

Moong dal	1/2 kg
Green chillies	5 or 6
Coriander	
Curry leaves	
Cumin seeds	
Salt	
Finely chopped onion	
Vegetable oil	
Ginger	2 inch long

Method:

1. Soak the moong dal in water for about 4 to 5 hours.
2. Drain the water from the dal and add: ginger pieces coriander, curry leaves, cumin seeds salt.
3. Make a paste of these ingredients, but let it be coarse but not fine.
4. Heat the tava and spread little the paste on it just as you do it for a dosa.
5. Sprinkle a few drops of oil over it and also sprinkle the chopped onions over it . After it turns golden brown remove it from the tava. Serve hot with a pickle.

Dry Fruit Kesari

Ingredients:

Dry fruits (chopped dates, raisins, cranberries and other nuts)	1/2 cup
Rava	1/2 cup
Sugar	3 tbsp
Ghee	2 tsp
Cardamom powder	1 pinch
Almonds	6 no



Water	1 cup
Food color optional (yellow, orange or red)	3-4 drops

Method:

1. Stir-fry rava with 1 tsp ghee on low flame till the smell of raw grain goes. Set it aside for later use.
2. Saute dry fruits for 5-10 seconds in a pan with 1 tbsp ghee on low flame. Add water, sugar, cardamom powder and food color to them and increase heat to high flame. Add roasted rava to boiling water slowly and smoothen out any lumps and mix well. Reduce heat and keep stirring continuously till the mixture is cooked. One can know that the mixture is cooked when it starts coming off the pan easily.
3. Grease a plate and pour 'kesari' into it. Let it cool and get set. Cut it into smaller pieces and garnish it with an almond. Kesari is now ready to be served.

Banana Halwa

Ingredients:

Nutmeg ground	1/2 tsp
Pure Ghee	1 tablespoon
Bananas (ripe, peeled and mashed)	3 (medium)
Sugar	1 cup



Method:

1. Heat ghee in a heavy pan. Add bananas and cook over low heat, stirring to prevent the mixture from sticking. Cook for 10 minutes, or until bananas have browned and resemble soft toffee. Add more ghee as necessary.
2. Add sugar and continue stirring until dissolved.
3. Add nutmeg and cardamom; remove from heat.

Spread halwa into a deep, large plate. Allow it to cool and cut into squares.

Pesarattu

Ingredients:

Whole Green Gram	2 cups
Cumin seeds	1 Tsp
Ginger	1/4"
Thai green pepper	2-4
Salt	
Onion (chopped finely)	1 no



Method:

1. Soak Moong Dal for 3-4 hrs.
2. Grind the soaked moong Dal with cumin seeds, ginger, salt and green peppers for 10-12 mts.
3. Make dosas like pancake sprinkling few chopped onions on top with little oil. Serve hot with coconut chutney.

Dudhi (Chorekka) Pradhaman

Ingredients:

Dudhi	1 and 1/2 Kg
Milk 1lt or Milk powder	3 ladles
Ghee	1/4 cup
Sugar	2-3 cups
Elaichi powder	1tsp
Green food colour	few drops
Mixed Dry Fruits	Cashew, Badam and Kishmish

Method:

1. Wash and peel the Dudhi, grate, after discarding the seeds. Keep aside.
2. In a pan fry lightly the mixed nuts in a 2 tsps ghee. Keep aside.
3. Heat the milk and when hot add the grated dudhi to it, allow the dudhi to become tender and keep stirring the milk.
4. Now add the sugar, ghee and keep stirring until the milk boils and the sugar melts. It should resemble a semi-solid mixture, finally add the elaichi powder, and the mix of nuts which was fried in a little ghee.
5. Dudhi pradhanam is ready to eat or slurp like a syrup. Serve hot or chilled after cooling under room temperature.



Lime Pickle

Ingredients :

- | | | | |
|------------------------|----------|-------------------|-------------------------|
| 1. Big size ripe lemon | - 12nos | 4. Green chillies | - 18nos (split the end) |
| Salt | - 2dsp | Chopped ginger | - 1/2dsp |
| 2. Gingelly oil | - 2dsp | Garlic flakes | - 1dsp |
| 3. Mustard | - 1/4tsp | 5. Water | - 1/2cup |
| Fenugreek | - 1/4tsp | Vinegar | - 2dsp |
| | | Sugar | - 1tsp |

Method :

Steam the lemon. When it is half cooked, wipe out the water from it. Heat some gingelly oil and sauté the lemon in a low flame and allow to cool. Wipe out the excess oil from the lemon. Cut each lemon into 8 pieces. Mix well with 1/4cup of salt and keep aside.

Season mustard and fenugreek in 2dsp of gingelly oil. Saute the 4th ingredients and add water, vinegar and sugar into it. When it boils, remove from fire and add the lemon pieces. Mix well. Pickle is ready.

Mango Curry (I)

Ingredients:

- | | | | |
|--------------------|-----------|----------------|------------|
| • Raw mango (sour) | -1 | • Asafoetida | - 1 pinch |
| • Turmeric Powder | - 1 pinch | • Gingelly oil | - 1tbs |
| • Chilly Powder | - 1 tsp | • Salt | - to taste |
| • Fenugreek | - 1 pinch | | |

Method of Preparation:

Cut the mango into small pieces. Mix turmeric powder and salt and keep aside for 1 hour. Fry and grind Asafoetida.

Heat gingelly oil, add chilly powder, Asafoetida, fenugreek and mix with the mango pieces.

Mango Curry (II)

Ingredients:

- Ripe Mango - 1 or 2
- Green chilli - 2 or 3
- Mustard - 1tsp
- Turmeric powder - 1/2 tsp
- Chilli powder - 1tsp
- Coconut milk- 2 cups

Method of Preparation:

Chop mango and green chillies into very small pieces. Grind mustard, turmeric powder and chilli powder and apply this paste to the chopped mango, keep it for some time. Season mustard and curry leaves, sauté mango, salt and green chilli, add coconut milk and boil. when it thickens remove from fire.

Parippu vada (Daal Vada)

Manju Sanjay

Ingredients:

Daal	100gm
Onion	4
Chilli	2
Curry leaves	
Salt	to taste
Oil	for fry

Method:

Take 100gms of daal & soak in water for 1 hour . Then mix in [mixer](#) 4 onions, 2 chillies ,curry leaves , salt (to taste).Remove the contents from mixer & shape it on your palm & fry it in hot oil .

Serve hot with coconut chutney to add taste .

Masala Dosa

Radha , Chennai , India

Ingredients :

For Dosa :

Boiled Rice. (Soak for minimum 8 hours.)	3 cups
Black Gram (Urad Dal) (Soak for 1 hour.)	One and half cup
Oil	making dosas.
Salt	to taste.

For Masala :

Potatoes- boiled and peeled and smashed.	3 to 4
Onions cut and keep (slice or small pieces)	2
Green chilly	3 to 4
Ginger	small piece
Garlic	3 to 4 piece
Curry leaves	6 to 8
Cummin leaves	
Oil	3 to 4 tsp
Mustard seeds	1 tsp
Turmeric powder	1/2 tsp
Salt	to taste.
Water.	little

First prepare Masala :

Heat the oil in heavy based pan and put the mustard [seeds](#) and let them crack after awards put the chopped ginger,garlic and chilly. Let them fry, then onions [curry](#) leaves, turmeric powder and let them fry. Put salt according to the smashed potatoes and add water or sparkle.Mix well cook for 2 to 3 minutes.You can put the cumin leaves and mix well. So Masala is ready.

For making Dosa :

Grind the Rice and Daal together to a very smoothly.(Water should be added while grinding). Add salt to the liquid dough. Leave them for ferment for about 5 to 6 hours. If the dough is too thick, then add little water to thin a bit. Heat tawa and brush the oil over it. when really hot, splash little water over it immediately pour the dough on it , spread it thin, with a circular motion. This will have to be very swift and will need a bit practice. After spreading the batter/dough , lower the heat and put oil around the edges so that it seeps under the dosa. When edges come up slightly put the desired masala filling in the centre and fold the one edge after another. Serve the tasty Masala Dosa with sambhar and chutney.

If you put Ghee instead of oil then it .Ghee Masala Dosa.

Thakkali Chutney Besh, Pkd.

Ingredients :

Tomatoes	3 medium sized
Channa dal	2 tbs
Coconut scraped	1 cup
Green chillies	5
Salt	as per taste
Sugar	1 tsp

Method :

Fry channa dal using little oil, then fry tomatoes cut in to pieces. Now grind all the indredients together. For seasoning use mustard [seeds](#) and udid dal.

It tastes best for dosa, idli, etc.

Thenga Chutney (Coconut Chutney) Devika Veerappa

Ingredients:

Thenga	2 Cup
Chillies (Green)	4
Coriander Leaves	required
Green Mango	¹ / ₂

Method :

Mix it well by using mixie. Pour a little coconut oil

Kolhapuri Fish Deepa

Fish filleted and cubed	¹ / ₂ kg
Yoghurt	¹ / ₂ cup
Chopped tomato	¹ / ₂ to 1 cup
Chopped onions	1 cup
Garlic paste	1 tsp
Grated coconut	small quantity
Chilly powder	2 tsp

Turmeric powder	1 tsp
Black pepper (powder or cruhed)	1 tsp
Broken cinnamon	1 tsp
Bay leaves	2
Cloves	4 pcs
Oil	2 tbsp
Lemon juice	¹ / ₂ tsp
Coriander leaves	for garnish
Salt	needed

Method :

Take a bowel or vessel put turmeric, chilli powder, garlic paste, salt and lemon juice into the yoghurt and marinate the fish in it for 10 mintues. Heat oil, add bay leaf, cinnamon, clovers, black pepper and oinions. Saute till the onions are becoming soft. Then add coconut and saute till light brown. Add tomatoes and cook till the excess water access will get dry. Then Blend the whole mixture in a [blender](#). Heat the rest of the oil and add the fish . Stir fry over high heat till opaque. add the ground paste and simmer the flames. Let the fish cook in that mixture wholely. Put the coriander leaves up sides and serve it.

Potato Bhajias Parvathi

Ingredients :

Besan (Gram flour or kadala powder)	2 to 3 cup
Chili powder	2 tsp
Salt	needed
Potatoes	2 or 3 (Wash them if you want peel you can)
Baking soda	¹ / ₂ tsp
Asfedosia	¹ / ₂ tsp
Water	needed
Oil	deep-frying

Method of preparing :

Take a bowel Put besan add water little,little mix the dough to a thick batter. In that add chilly powder,asfedotia powder, baking soda, salt mix well. Keep the oil in the pan and heat it (For frying).Cut the potatoes slice thinly added in the mixture. Coat the potatoes thoroughly both sides. Put them in the hot oil and fry a few at a time, turning them over, until light brown color.Drain on the tissue paper/paper towel. Serve hot with coffe or [tea](#) with your favourite chutney. (White chutney)

Prawn Varuwal Syed

Ingredients :

Prawn
Corn flour
Flour
Ginger garlicpaste
Salt
Turmeric powder
Chilli powder
Pepper powder
Lime juice

Method :

All ingredients added leave it 2hours and deep fry the tasty prawn varuwal

Kosu(brinjal curry) Amrutha

Ingredients:

Brinjal	2
Green chilly	2
Small onion	4-5

Mustard [seeds](#)

Asafoetida

Tamrind powder

Oil

Method :

Apply oil on the brinjals and cook in a pressure cooker. Add the ingredients other than mustard seeds and beat it well. Add salt.. heat a kadai .add some oil. Pour the mix. Remove when bubbles come. Other flavors like pudina leaves, garam masala etc. can be added

Green Chilli Pickle

Ingredients :

- Green chillies - 1kg
- Salt - $\frac{1}{2}$ cup
- Tamarind - $\frac{1}{4}$ kg
- Gingelly [seeds](#) (ellu) sesame - 100gm
- Fenugreek powder - 4tbs
- Mustard - 4tbs
- Vinegar - 2tbs
- Gingelly oil - 2cups (ellenna)

Method :

Clean the chillies and split it into two halves. Squeeze the [tamarind](#) in some water. Sieve and boil it. Keep it aside. Heat 2tbs mustard and grind.

Heat oil and season the remaining mustard. Add gingelly seeds and green chillies. Sauté until the colour of the chillies changes to light brown. Remove from fire and add fenugreek powder, mustard powder, tamarind water and vinegar. Stir well and store in a bottle.

Note : $\frac{1}{4}$ tsp sodium benzoate can be added to store the pickle for a long time.

Mango Pickle

Ingredients :

- Mango - 12kg
- Chilli powder - 8cups
- Ground mustard - 4cups
- Salt - 2kg
- Fenugreek heated and powdered - $\frac{1}{2}$ cup
- Asafoetida sauted in gingelly oil and powdered - 4dsp
- Gingelly oil (boiled and cooled) - 16cups
- Sodium benzoate - $\frac{1}{4}$ tsp

Method :

Clean the mangoes and cut each into 8 pieces without the removing the skin. Keep it in sunlight for one day. Mix all the ingredients except sodium benzoate. Keep for sometime and take $\frac{1}{2}$ cup gravy oozing from the mixed ingredients. Add sodium benzoate in it and mix with the pickle. Store the pickle in mud vessels.

Note : The oil should be seen on top. This pickle can be stored for a year.

Salt Mango Pickle

Ingredients :

- Medium size salt mango - 100nos
- Gingelly oil - 1cup
- Mustard - $\frac{1}{4}$ cup
- Fenugreek - 2dsp
- Turmeric powder - 1dsp
- Dry chilli split into 2 pieces - 25nos (without [seeds](#))
- Red chilli powder - $\frac{3}{4}$ cup
- Asafoetida sauted in gingelly oil and powdered - 3dsp
- Salt - $\frac{1}{2}$ kg

Method :

Heat 1cup gingelly oil and season the mustard and fenugreek. Add turmeric powder and dry chillies and saute in a low flame. Remove from fire and add all the other ingredients, except mango. When cool, apply the masala on the mangoes and store them one above the other in a dry mud vessel. Pour boiled and cooled water. The water level should be above the mangoes. This pickle can be used after 4 or 5 days.

Lime Pickle

Ingredients:

- Lime - 6nos (quartered)
- Mustard [seeds](#) - 1tbs
- Fenugreek - 1tsp
- Green Chillies - 6nos (chopped)
- Sugar - $\frac{1}{4}$ tsp
- Ground Ginger - 1tbs
- Water - 4tbs
- Salt - $\frac{1}{2}$ cup
- Star Anise - 2nos (thakkolam)

Method:

Put the cut lime into a bowl and add the salt, mix it well, keep it for a day. Next day add mustard seeds, fenugreek, star anise seeds and chillies into a sauce pan, cover it and heat it well until the spices get roasted and mustard seeds start to pop. Remove the pan from heat. Drain the liquid from the lime into a small pan. Add sugar, ginger and water, boil it for 2 minutes until the sugar gets dissolved.

Mix the lime and spices and put into a clean dry preserving jar. Cover the lime with sugar solution. Let it cool, when it is cooled place the lid tightly. Keep it in a cool place for about 4 weeks. Mix it well before using.

Puttu (Steam Cake)

The most popular breakfast of Kerala



Ingredients:

- | | |
|----------------|-------------------|
| Rice flour | 2 cups |
| Grated coconut | 1 cup |
| Water | $\frac{1}{2}$ cup |
| Salt to taste | |

Method:

Add salt and approximately 3 table [spoons](#) of grated coconut into the flour and mix well. Add water little by little to the rice flour and mix it. The flour should be wet enough for steaming, but we have to be careful when you add water to the flour. The consistency

has got to be right. It should not become too watery. Puttu has to be made in a Puttu maker. Layer the Puttu maker with some grated coconut first, then the rice mixture and then the grated coconut again. Steam for 2-3 minutes, take out and serve hot.

You can have Puttu with either [Kadala Curry](#)/steamed plantains or bananas.

Vellayappam

Method 1

Ingredients:

Raw rice (Ponny Rice)	2 cups
Cooked white rice	1 cup
Coconut Milk	1cup
Pinch of Yeast	
Salt	to taste
Cooked Cream of Wheat or "Semolena (Rava)"	1 Tsp



'Vellayappam', a [delicacy](#) from the Kerala cuisine is a laced pancake made of rice and coconut milk.

Preparation

Soak Rice for 1-4 hours. Grind a portion of the raw rice and some of the coconut milk and blend till batter has the consistence of grains of sand. Set this first batch aside in large mixing bowl -the larger the better to allow the batter to ferment to double in volume. With the second portion of uncooked rice and coconut milk, add the cooked white rice, yeast mixture, cream of wheat and salt. Blend this very well and add to the large mixing bowl already containing the blended batter. Set aside this large bowl containing the batter in a warm dry spot. Let batter ferment for 2- hours or until the batter has doubled in volume.

Heat the non stick Appa Chatty, which is fully round on the bottom, on medium flame. Pour one large serving [spoon](#) full of batter in the pan. Twirl around the pan and cover for 1-2 min.Once the center is cooked remove. Repeat.

Appam can be served with sugar on top, with coconut milk, Meat / vegetable Stew, [Fish Mollee](#) or [Mutton Kuruma](#).

Method II



Ingredients:

Raw rice	2 cups
Grated coconut	1cup
Pinch of Yeast	
Salt	to taste
Sugar	3 tbs

Preparation:

Soak the rice in plenty of water in the morning. Grind the coconut and rice with some water in the evening in to a fine paste. Add yeast and mix well. Keep it overnight.

In the morning grease the thick curved pan specially meant for vellayappam (nowadays nonstick pan is also used). Pour 4-5 spoons of batter and spread it by rotating the pan once and cook the vellayappam by closing the pan with the lid.

Idiyappam



Ingredients:

Rice flour	1 cup
Water	1 cup
Ghee or Butter (Optional)	1 tsp
Salt	to taste
Grated Coconut	1/2 a cup

Method of Preparation:

Idiappams are a typical Keralite breakfast. Since they are steamed, they are a healthy breakfast.

Keep a vessel on the stove, add one cup of water and bring it to boil. Add salt to taste and the ghee/butter. Once the water starts boiling, add the rice flour. Switch off the stove and stir it to make it into a smooth or soft dough. Fill it in an idiappam mould and close it. Take an idly tray and lightly grease them. Now into the tray, allow the dough to pass through the idiappam mould. Make a thin layer first and then add the freshly grated coconut and then make another layer of idiappam. Pour some water into the cooker/steamer and make sure that the water is boiling before you place the idly trays. Steam in a cooker for about five minutes.

You could serve idiappams with thick coconut milk, flavored with cardamom powder and sugar. Idiappams taste great with Egg [curry](#) or any spicy curry too.

Kappa Puzhuku

The ordinary tapioca root or 'Kappa' is a main [course](#) when boiled and sautéed with coconut and spices (puzhuku) and served with spicy Fish [Curry](#) or Chutney. Boiled Tapioca is also sautéed with meat; either beef or mutton and potato to make 'Kappa Kozhachathu'. Tapioca is also sliced into big pieces and boiled and served by itself with chutney or curds or it is sliced fine, salted and fried as chips or as a sweet dish when steamed with coconut and jaggery.

Ingredients:

- Kappa (Tapioca) - 1 Kg
- Turmeric Powder - $\frac{1}{2}$ tsp
- Garlic - 5 nos
- Grated coconut - $\frac{1}{2}$ cup
- Salt to taste

To Season:

- Coconut oil - 2 tsp
- Dried red chilly - 2 no. make small pieces
- Curry leaves- 1 flake
- Mustard [seeds](#)- $\frac{1}{4}$ tsp
- Small onion -5-10 pieces

Method of Preparation:

Peel the Kappa and cut into small pieces. Add salt with this and boil till soft, in sufficient water. Strain the water when it becomes soft. Crush together grated coconut, garlic and turmeric. Pour the crushed ingredients over cooked kappa and mix well. Mash the kappa with a [spoon](#). Set this aside. Heat coconut oil in a frying pan. Season mustard seeds, dry red chillies and curry leaves and sauté with onion. Now pour the seasoning into kappa previously prepared and mix well. Serve hot with fish curry or chutney.

Unniappam

Method 1

A sweet made with rice flour, plantain and molasses, fried in special [containers](#) just for the purpose. It is one of consecrated food stuff in some of the temples of Kerala.

Ingredients:

Rice	1 Cup
Grated Coconut	1 cup
Molasis (jaggery) grated	1 cup
Cardamom Powder	1 tsp
Ghee	4tbsp
Plantain (Palayankodan)	1 cup chopped
Sesame seed	50gm
Coconut oil as required	
Coconut pieces (optional)	1/4 cup
fried in ghee	
Dried ginger	a pinch
Cumin	a pinch



Method of Preparation:

Soak the rice for 1 hour. Drain well. Grind to fine flour. Grind the chopped plantain, grated coconut, jaggery (molasses) cardamom powder, and rice flour finely without adding water. Blend until it had the consistency of fritter batter. Add powdered dried ginger, sesame, coconut pieces to the mixture. If the batter is too thick add a little water. Fill each Unniappam cup three quarters full with the coconut oil or ghee. When the oil is hot pour the batter into the cups filling each three quarters full. Cook until dark golden brown.

Note: Unniappams are usually made in a special container used for frying. For softer unniappam you can keep the batter aside for 3-4 hours before frying.

Kozhukatta


Ingredients:

Rice Flou	1 cup
Salt	1 tsp
Water	2 cup
Ghee or Dalda	1tsp

For the filling

Grated Coconut	1 cup
Sugar or Molasses	1/4 cup
Cardamom Powder	one pinch



[Watch Video](#) 

Method of Preparation:

Boil water and add salt to it. Mix flour, salt and ghee well by adding water little by little. Continue until a smooth dough is formed. Make small flat rounds with the dough.

Filling : (a) Mix grated coconut, cardamom, sugar by itself or heat the mixture together slightly before filling.

(b) Boil molasis or jaggery well with a little water. Strain. Keep on the fire again, mix coconut and sauté for sometime. Add the cardamom powder before removing from fire. Take the flat dough rounds and place a little of one of the above filling in the middle, close and cover with the dough to make balls. You can make several balls as required and steam in a cooker till done.

[Festival Special](#) [Onam Recipes](#)



Lime Pickle

Ingredients :

- | | | | |
|------------------------|----------|-------------------|-------------------------|
| 1. Big size ripe lemon | - 12nos | 4. Green chillies | - 18nos (split the end) |
| Salt | - 2dsp | Chopped ginger | - 1/2dsp |
| 2. Gingelly oil | - 2dsp | Garlic flakes | - 1dsp |
| 3. Mustard | - 1/4tsp | 5. Water | - 1/2cup |
| Fenugreek | - 1/4tsp | Vinegar | - 2dsp |
| | | Sugar | - 1tsp |

Method :

Steam the lemon. When it is half cooked, wipe out the water from it. Heat some gingelly oil and sauté the lemon in a low flame and allow to cool. Wipe out the excess oil from the lemon. Cut each lemon into 8 pieces. Mix well with 1/4cup of salt and keep aside.

Season mustard and fenugreek in 2dsp of gingelly oil. Saute the 4th ingredients and add water, vinegar and sugar into it. When it boils, remove from fire and add the lemon pieces. Mix well. Pickle is ready.

Mango Curry (I)

Ingredients:

- | | | | |
|--------------------|-----------|----------------|------------|
| • Raw mango (sour) | - 1 | • Asafoetida | - 1 pinch |
| • Turmeric Powder | - 1 pinch | • Gingelly oil | - 1tbs |
| • Chilly Powder | - 1 tsp | • Salt | - to taste |
| • Fenugreek | - 1 pinch | | |

Method of Preparation:

Cut the mango into small pieces. Mix turmeric powder and salt and keep aside for 1 hour. Fry and grind Asafoetida.

Heat gingelly oil, add chilly powder, Asafoetida, fenugreek and mix with the mango pieces.

Mango Curry (II)

Ingredients:

- Ripe Mango - 1 or 2
- Green chilli - 2 or 3
- Mustard - 1tsp
- Turmeric powder - 1/2 tsp
- Chilli powder - 1tsp
- Coconut milk- 2 cups

Method of Preparation:

Chop mango and green chillies into very small pieces. Grind mustard, turmeric powder and chilli powder and apply this paste to the chopped mango, keep it for some time. Season mustard and curry leaves, sauté mango, salt and green chilli, add coconut milk and boil. when it thickens remove from fire.



Fish Peera Pattichathu

This is a semi dry dish made with fish, coconut and cocum. Usually whole small fishes like kozhuva and small sardines are used to make this preparation. This is a delicious dish if made with the right amount of ingredients.

Ingredients:

- Fish - 1kg
- Ginger - 1medium piece
- Turmeric powder - $\frac{1}{2}$ tsp
- Salt - to taste
- Garlic flakes -2
- Green Chilli- 1dsp
- Grated coconut - 1 cup
- [Tamarind](#) -Cocum (Kodampuli) - 4-5 pieces
- Coconut Oil -2dsp
- Onion - cup
- [Curry](#) leaves

Method of Preparation:



Crush the grated coconut, ginger, turmeric, garlic, salt and Green chillies. Clean the fish well and mix it with the crushed ingredients in mud pot. Add tamarind and a little water and cook until done with most of the water evaporated. Season curry leaves and chopped onions in oil. Then add this mixture to the fish preparation and mix well.

Variation:

Small prawns can also be used to make this dish with the same ingredients. Here prawns are first cooked with 1-2 small pieces of cocum, salt and water. After seasoning, ([mustard seeds](#) are also seasoned), add the crushed ingredients to it and sauté for some time. Then add the cooked prawns kept aside to this mixture and keep on fire for some time. Serve hot.

Dry Prawn Chutney (Chemmeen Chammanthi)

Ingredients:

- Dried Prawns - $\frac{1}{4}$ cup
- Grated Coconut- 1 cup
- Small Onion- 4
- Dry Red Chilly- 4-5 pieces
- [Curry](#) Leaves- 5

Method of Preparation:

Heat a pan and fry dried prawns over medium fire, add red chillies and small onions and sauté until its colour varies. Then grind or crush well the coconut, curry leaves, salt, with this mixture. Your mouthwatering chutney is ready.

Fish Patichathu



Ingredients:

Fish pieces	500 gms
Ginger	1" piece
Small onions	4 no's
Oil	2 tbs
Turmeric powder	$\frac{1}{2}$ tsp
Chillie powder	2 tbs
Red dry chillies	2 no's
Garlic	6 no's
Pieces of cocum (soaked)	3 pieces
Curry leaves	few

Water	2 cups
Salt to taste	

Method:

Clean the fish and cut into pieces. Crush the garlic, onions and ginger together. Heat the oil and saute the crushed ingredients, then add chillie powder, turmeric powder, [curry](#) leaves, cocum, water and salt. When the water boils add the fish. When the gravy thickens remove from the stove.

Another method: Mix the crushed ingredients, chillie powder, turmeric powder, cocum, water and salt. When the water boils add the fish. Reduce heat and let it simmer. Before removing add fresh coconut oil and curry leaves. Prawns and tiny fish also can be used for both the dishes. For prawns, more water is needed.

Meat Ularthu

Ingredients:

Beaf	1 kg
Onions slices	4 dsp
Oil	5 dsp
Cinnamon 1"	1 piece
Salt	
Vinegar	3 dsp
Ginger minced	2 tsp
Curry leaves	2 sprigs
Turmeric powder	1 tsp
Cloves	10

To be ground:

Coriander seeds	4 dsp
Turmeric	1" piece
Cummin seeds	1 tsp
Garlic	1 tsp
Chilly powder	1½ dsp
Pepper	1 tsp
Sounf	1 tsp
Shallots	2 tsp

Method:

Fry coriander, turmeric, spices, pepper, cummin and the sounf together and before removing, stir in the chilly powder. Grind it along with the garlic and shallots.

Pour the oil, saute the ginger, [curry](#) leaves and the onions for 3 minutes, add the ground masala. Fry well adding the meat pieces. Pour 3 or 4 cups of water, vinegar and salt and cook. When the meat is cooked soft and gravy thick, remove from fire.

Meen Tilappichathu (Boiled Fish)

This is a simple and easy to make dish made by boiling fish and masala in water. Fish like [Pearl](#) Spot (Karimeen), Mullet (Kanambu), Mackarel (Aila) or small fishes like kozhuva, mullan etc. are best suited for this preparation.

Ingredients:

- Fish - ½kg
- Small Onions - 20-25
- Ginger- 1 piece
- Green Chillies - 3-4
- Garlic- 2 flakes
- [Curry](#) leaves- 2 sprigs
- Red Chilly Powder- 2tbsp
- Tumeric Powder- ½ tsp



- Oil- 2dsp
- Salt to taste
- Water- 2 cups
- Vinegar (optional)- 1tsp

Preparation:

Crush small onions, ginger and garlic. Heat oil in a mud pot and saute the crushed ingredients with green chillies. Add Turmeric, Red chilly powder and saute well. Pour water and bring to a boil. Add the cleaned fish, curry leaves and salt to taste. Boil well on medium heat till done.

Add vinegar when the fish is almost done.

Fish Curry

It is ideal when served with rice, bread or boiled tapioca.

Serves 4-6

Ingredients:

- Fish - $\frac{1}{2}$ Kg
- Coconut - Grated $\frac{1}{2}$ cup or for straining milk -1
- Red Chilli Powder- 2tbsp
- Turmeric- $\frac{1}{2}$ tsp
- Cocum- 5-6 pieces
- Salt to taste
- Oil- 2tbsp
- Curry Leaves- 1 sprig
- Onion- 3-4 pieces

Method of Preparation:

Clean the fish well . Grind coconut well with red chilli powder and turmeric. Mix the fish with the ground masala, cocum, salt and sufficient water. Cook well in medium heat. When the gravy thickens add oil and crushed onions and curry leaves. Remove from fire and serve hot.

Variation:

The same can be made with coconut milk instead of ground coconut. Strain first milk ($\frac{1}{2}$ cup) and second milk (2 cups) from the grated coconut by adding water. Saute crushed onions, ginger (1 small piece), turmeric, red chilly powder in oil (or you can mix all the ingredients in the second milk and bring to a boil) Add the second milk, fish, salt and cocum. Boil on medium heat. When the fish is almost done and the gravy thickens add the first milk and remove from fire.

Tips:

Instead of cocum raw mango pieces are used.

Fish Mollee



Ingredients:

Fish	1kg
Green chillies	6 no's
Sliced garlic	3 no's
Tomatoes	2 no's
Flour (optional)	1 dsp
Onions	5 no's
Sliced ginger	1 piece
Oil	3 tbs
Coconut	$1\frac{1}{2}$
Turmeric Powder	1 tsp
Salt	

Method:

Grind the coconut. Add a little water and then squeeze out the milk, keep it aside as first milk. Add more water and squeeze out the milk again this can be used as the second milk.

Saute ginger, garlic and onions and turmeric powder. Add the second milk and salt. Put the fish. when it is almost done add the tomato pieces. Add the first milk, before removing the [curry](#) from the stove.

[Pearl](#) Spot or Karimeen Pollichathu

Method 1



For Grinding	
Fresh Green Chillies-diced	2 no
Ginger-paste	1/2 tsp
Garlic-paste	1/2 tsp
Vinegar	1-2 tsp
Salt	To taste

Ingredients:

Fish (Pearl Spot or Pomfret)	500 gms
Curry Leaves	5-6
Oil	as needed

For the Masala :

For Frying:	
Chilly Powder	1/2 tbs
Grated Coconut	1/4 cup
Black Pepper	1/4 tsp
Turmeric Powder	1/4 tsp
Coriander Powder	2 tbs

Method

Clean the fish make close slits on both sides and set aside.

In medium sized skillet, fry together chilly powder, grated coconut, black pepper, turmeric powder and coriander powder. No need to add oil or water while frying these ingredients. Stir continuously on a medium heat until the masala gets a light brown colour. Let the masala cool for a little while. Blend the masala with green chillies, ginger and garlic along with a little bit of water (about 1 tbs) and vinegar. Blend well to get a fine paste and set aside. Add salt to taste.

Apply the coconut masala on both sides of all the fish pieces. Wrap each masala covered fish separately in a banana leaf. Heat some oil in a pan and place the fish along with the banana leaf. Fry both sides well.

Garnish with lemon slices, cucumber and [curry](#) leaves if you like. Serve with Cucumber-Onion Rita.

Method II



Ingredients:

Karimeen (Pearl spot)	750gms
Oil	2 tbs
Curry leaves	1 sprig
Salt	about 1 1/2 tsp
Onions chopped	1 cup
Tomato pieces	1/2 cup
Grated coconut	1 cup

For the Masala :

Vinegar	1 dsp
Skin of dry chillies	12
Pepper	1/2 dsp
Ginger pieces	1/2 dsp
Turmeric powder	1 tsp
Garlic	1/2 dsp
Small onions (shallots)	5

Preparation

Grind the ingredients of the masala to a smooth paste with vinegar. Saute the masala first and then the onions, in 2 dsp of oil. Season with salt after adding tomatoes. When it thickness to a paste, remove from fire.

Clean and dry the fish on a paper towel and make close gashes on both sides. In a big frying pan, spread 2 layers of banana leaves, pour 2 dsp of oil in it. Smear the fish with the masala on both sides and arrange it on the leaves. Take all the masala sticking on to the vessel and put it over the fish. Put 2 more leaves over it and cover the vessel with a heavy lid. Put it on a very low fire. Leave it for sometime, then open the lid and turn the fish carefully and put on the lid back again and cook.

Squeeze milk from the coconut using $\frac{1}{2}$ cup of water. Pour it over the fish. Let it simmer for sometime without the lid on. Adding coconut milk gives a certain flavour to the dish. You can avoid the coconut milk if so desired.

TAMILNADU SPL

Pepper Rasam

Ingredients:

- Black pepper corns - 2 tsp
- Cumin [Seeds](#) - 2 tsp
- Lentils - 1 tbsp
- Red Chillies - 1 or 2
- Asafoetida - 1 pinch
- [Tamarind](#) - size of a lemon
- Mustard Seeds - 1 tsp
- [Curry](#) Leaves - 4 or 5 leaves
- Cooking oil - 1 tbsp

Method of Preparation:

Toast the pepper, lentil, chillies, together in a pan till they become golden brown. Add cumin seeds and grind them together to a powder.

In a separate bowl, soak the tamarind in 4 cups of warm water for 15 minutes and draw the pulp and strain. Add salt and Asafoetida, boil the water for a few minutes. Add powdered spices and boil for about 5 minutes.

Season mustard seeds in little oil and add curry leaves. Transfer this to the rasam. Serve hot with steamed rice or as a [soup](#).

Rice Upma

Ingredients :

- Long grain rice - 2 cups
- Tuvar [dal](#) (lentils) - 2 tsp
- Black pepper - 1 tsp
- Cumin [seeds](#)- 1 tsp
- Vegetable oil- $\frac{1}{4}$ cup
- Mustard seeds - 1 tsp
- Black Gram (Urad dal)- 2 tsp
- Chana dhal- 2 tsps
- Red chillies- 2 chillies
- Salt- 1 tsp
- [Curry](#) leaves- 4-5
- Asafoetida- 1 pinch

Method of Preparation:

Grind the rice, black pepper and cumin seeds into a [course](#) mixture.

Season mustard seeds in a pan add tuvar dal, chana dal and urad dal. When they turn golden brown, add three cups of water. When the water boils add salt, asafoetida and curry leaves. To this, add the ground mixture of rice, cumin seeds and black pepper. Stir continuously until the mixture thickens and the rice is cooked. Simmer for sometime keeping the pan closed. If using a pressure cooker, allow the mixture to cook until the first whistle.

Sambar

Ingredients:

- Thuvar [Dal](#) - $\frac{1}{2}$ kg
- Onion (small) - $\frac{1}{4}$ kg
- Tomato - 4 nos
- Chilly powder - 2 tsp
- Coriander powder - 2 tsp
- Mustard - 1 tsp
- [Tamarind](#)

- size of a lemon

- Green chillies - 4 nos
- Asafoetida - a pinch

Method of Preparation:

Pressure cook or cook dal with enough water and a pinch of turmeric in a pan. Mash the cooked dal well. Soak tamarind in water for 10 minutes and extract the pulp and strain.

Add the tamarind pulp to the dal with salt to taste. Allow to simmer on a low flame for sometime.

Heat 1tsp oil and season mustard. Add chopped onions, green chillies, tomato, turmeric powder, chilli powder, coriander powder, asafoetida and fry it for 2 seconds. Then mix the ingredients to the sambar and allow it to boil for 10 minutes. Remove from fire and serve hot. Garnish with chopped coriander leaves and [curry](#) leaves.

Note : Vegetables like drumstick, brinjal, potato etc can be added to sambar. [Sambar powder or masala](#) can be prepared earlier, stored and used whenever needed. 1 to 2 tsp can be used to make a curry.

Vendaikkai [Curry](#)

Ingredients :

- Ladies finger (vendadakkai)
- Black Gram (Urad Dal) - $\frac{1}{2}$ tsp
- Mustard [Seeds](#) - $\frac{1}{4}$ tsp
- Chilly Powder - $\frac{1}{2}$ tsp
- Salt - $\frac{1}{2}$ tsp
- Asafoetida - a pinch
- Cooking Oil - 2 tbs
- [Tamarind](#) - Size of a lemon $\frac{1}{3}$ cup

Method of Preparation:

Soak the tamarind in one cup of water for 15 minutes and draw the pulp and strain. Cut the vegetable into small pieces.

Mix vegetables 1/2 tbsp oil and steam for 5 minutes. Heat 1 tbsp oil in a pan and season with Urad dhal and mustard. After the seeds have cracked, add the okra and stir. Sprinkle some tamarind water all over and cover and simmer for some time. Stir once in a while and keep adding the tamarind water in between. Cook until the color changes from green to a slight golden color. Add salt and chilly powder and simmer for 2 more minutes.

Potato Koottu

Ingredients :

- Potato - 2, medium
- Black gram (Urad dal) - $\frac{1}{2}$ tsp
- Mustard [seeds](#) - $\frac{1}{2}$ tsp
- Cumin seeds (Jeeragam) - $\frac{1}{4}$ tsp
- Salt - 1 tsp
- [Sambar Powder](#) 1 tsp
- Oil - 2 tbsp

Method of Preparation :

Cut potatoes into small cubes. Heat oil in a pan. Season mustards and urad dhal. Add potatoes mix well. Add 1 1/2 cups water and the jeeragam. Cover and simmer for sometime. When the potato is half cooked, add salt and sambar powder and mix well. Simmer for some more time, or until the potato is done.

Curd Rice (Thayir sadam)

Ingredients:

- Raw rice - 1 cup
- Milk - 250ml
- Fresh curd - $\frac{1}{2}$ cup
- Salt - to taste
- Finely cut ginger - 1 tsp
- Asafoetida - 1 tsp
- Green chillies - 8
- Finely cut coriander leaves - 1tbs

For seasoning:

- Mustard [seeds](#) - $\frac{1}{2}$ tsp
- Black gram dhal - 1 tsp
- Bengal gram dhal - 1 tin

Method of Preparation:

Cook rice till it becomes soft. Drain water and allow it to cool. Mash with hand and add thick milk. Heat oil, add the seasonings and fry till golden brown. Add slit green chillies and ginger, sauté for a minute and pour over the rice. Add curd, salt, asafoetida and mix well. Serve soon after mixing with curd. Keeping it for a long time will turn the rice rice sour. Garnish with coriander leaves.

Note: You can also make curd rice without milk. Instead more curd can be added to make a thick consistency. Rest of the preparation is the same. If desired, some butter, grated carrots, cucumbers, raw mango, green sweet grapes can be added according to taste.

Chettinad Chicken

Ingredients:

- Chicken - 1 kg
- Big Onion - 4nos
- Tomato - 4nos
- Garlic - 20 pieces
- Ginger - 1 big piece
- Pepper - 2 tsp
- Cumin [seeds](#) - 2 tsp
- Fennel (Jeeraham)- 2 tsp
- Oil - 5 tsp
- Chilli Powder - $\frac{1}{2}$ small cup
- Coriander Powder - $\frac{1}{4}$ cup
- Cloves (lavangam) as required
- [Tamarind](#) as required
- Salt to taste

Method of Preparation:

Wash the chicken and cut to pieces. Mince garlic and ginger. Powder pepper, cumin seeds and fennel together. Fry the powders lightly and keep aside.

Season cloves in oil in a frying pan, add onion and tomato. Sauté well adding minced garlic and ginger. Add chicken with little turmeric powder and cook for 10 minutes. Add chilli /coriander powders, salt and mix well. Pour 4 cups of water and boil. When chicken is half boiled, add the half fried Pepper, cumin seed and fennel powder and mix well. When the gravy thickens to a paste, remove from fire. Serve hot.

Lemon Rice (Elumicham Sadam)

Ingredients:

- Raw rice - 1 cup
- Lemon - 2 medium sized
- Salt - to taste
- Turmeric powder - $\frac{1}{2}$ tsp
- Red chillies - 2
- Oil - $1\frac{1}{2}$ tbsp
- Chopped ginger - 1 tsp
- Asafoetida - 1 tsp
- Finely cut [curry](#) leaves - 1 tbsp

For Seasoning:

- Mustard [seeds](#) - $\frac{1}{2}$ tsp
- Black gram dal - 1 tsp
- Bengal gram [dal](#) - 1 tsp
- Broken cashew nuts - 2 tsps

Method of Preparation:

Cook rice and allow it to cool. Spread out the rice and sprinkle turmeric powder evenly on top, while the rice is still hot. Heat oil and fry the seasonings, add cut red chillies and fry for a minute. Pour over cooled rice with enough salt. Squeeze lemon juice and mix well by adding ginger and asafoetida. Garnish with curry leaves.

Sweet Pongal

Ingredients :

- Rice- 1½ cups
- Condensed milk- ½ tin
- Jaggery- 50-75 gm
- Cloves (powdered)- 3
- Cardamoms (powdered)-3
- Ghee or butter- 2 tbs
- Cashew nuts (chopped)-1 tbs
- Almonds (chopped)-1 tbs
- Raisins (chopped)-1 tbs

Method of Preparation :

Fry cashew, almonds and raisins in ghee till light brown. Keep aside. Cook rice in water till the rice turns soft and strain the excess water. Add jaggery and condensed milk to the cooked rice, and keep on a low flame. Cook until it turns dry with constant stirring. Add cardamom and clove powder and mix well. Sprinkle fried nuts and raisins.

Rice (Puli Sadam)

Ingredients:

- Tamarind - 1 oz
- Rice - 1½ cups
- Dry chillies - 4
- Gingely oil - 1 dsp
- Ghee - 2 dsp
- Black gram [dal](#) - 1½ tsp
- Bengal gram dal- 1½ tsp
- Mustard [seeds](#) - 1 tsp
- Fenugreek - ¼ tsp
- Cashewnuts - 16
- Asafoetida powder - a pinch
- Turmeric powder - ¼ tsp
- Salt to taste

Method of preparation:

Soak the tamarind in one cup of water for 15 minutes and draw the pulp and strain. Cook the rice in boiled water and drain it. Fry and powder, black gram dal and fenugreek and mix them with turmeric powder and asafoetida.

Season mustard, pieces of dry chillies, bengal gram and cashew nuts in gingely oil, add tamarind water, the powdered turmeric and asafoetida and boil till thick. Add enough salt and mix in the rice and the ghee.

Ven Pongal

Ingredients :

- Raw rice - 1 cup
- Green gram [dal](#) - ⅓ cup
- Ghee - 2 tbs
- Black pepper - 1½ tsp
- Cumin [seeds](#) - 1 tsp
- Salt - as required
- Water - 5 cups
- Broken cashew nuts - 1 tbs
- Finely cut ginger- 1 tbs (optional)
- [Curry](#) leaves - few
- Milk - ½cup

Method of Preparation:

Wash rice and dal and cook them together in five cups of water for 10 minutes. Add salt, curry leaves and ginger with half a cup of milk. Simmer for a minute and remove from fire.

Fry cashew nuts, pepper and cumin seeds in ghee. Pour this over the rice- dal mixture, mix well and serve steaming hot with ghee on top.

Parippu Urundai Kozhambu

Ingredients:

- Chana [dal](#)- 500 gm
- Saunf (aniseeds)- 15 gm
- Dry red chillies- 12
- Curry leaves- 1 sprig
- Mustard [seeds](#)- 8 gm
- Cumin seeds (Jeera) - 5 gm
- Fenugreek seeds (Methi)- 3 gm
- Dry red chillies- 4 nos
- Onions (medium size)- 3
- Tomatoes- 500 gm
- Ginger-garlic paste- 10 gm
- [Tamarind](#) extract- size of a lemon
- Coconut - 1/2 coconut
- Chilli powder- 15 gm
- Coriander powder- 30 gm
- Turmeric powder- 3 gm
- Salt to taste

Method of Preparation :

Cut tomatoes into small pieces and puree them. Soak the tamarind in one cup of water for 15 minutes, draw the pulp and strain. Grate coconut and grind in a [mixer](#). Soak chana dal, saunf, dry red chillies and [curry](#) leaves for two hours. Drain and grind to a coarse paste. Divide the paste into equal portions and roll them into balls and steam them.

Heat oil in a pan, season mustard, cumin (jeera), fenugreek (methi) and dry red chillies. When they crackle, add sliced onions. When onions turn golden brown, add ginger-garlic paste and saute for some seconds. Add fresh tomato puree and coconut paste and cook for some time, adding little water if required. Add chilli powder, coriander powder, turmeric powder and tamarind extract and boil the gravy till the oil separates. Put the lentil dumplings into the gravy and allow the dumplings to get soaked in the gravy.

Jeera Kuzhambu

Ingredients:

- Cumin [seeds](#) (Jeera) - 2 teaspoons
- Tamarind -size of a lemon
- Red chillies - 2
- Pepper - 10
- Garlic - 7 flakes
- Turmeric - 1/4 teaspoon
- Oil - 2 teaspoon
- Ghee - 1/2 [spoon](#)
- Mustard - 1/2 spoon
- Salt to taste

Method of Preparation :

Soak [tamarind](#) in warm water (60ml) for half an hour and strain the juice. Fry jeera and pepper in ghee and powder them.

Heat oil in a pan, season mustard. When it splutters, add chopped garlic, fry for 2 minutes, add tamarind juice, turmeric powder and salt. Boil for 10-15 minutes until the gravy thickens. Add the powdered cumin and pepper just before removing the dish from fire. Garnish with [curry](#) leaves and coriander leaves.

Vatral Kuzhambu

Ingredients:

Vatral (any vegetable)	³ / ₄ cup
Gingelly oil	1tbs
Tamarind extract	¹ / ₄ cup
Sambar powder	2 tsp
Salt	as required
Jaggery	little

For seasoning:

Mustard seeds	¹ / ₄ tsp
Asafoetida powder	little
Fenugreek	¹ / ₂ tsp
Broken Red Chillies	2
Thuvar dhal	1 ¹ / ₂ tsps

Method of Preparation :

Heat oil, add seasonings. When they crackle, add vatral and fry well. Mix in sambhar powder. Pour [tamarind](#) extract, salt and boil. For thickening the gravy add a little rice flour mixed in water. Allow to boil till the gravy thickens. Add a little jaggery before removing from fire. Garnish with [curry](#) leaves. Instead of vatral fresh vegetables can be used to make this curry. Instead of Sambar powder, red chilli powder (1 tsp), coriander powder (2 tsp) and fenugreek powder (1/2 tsp) can be sautéed in oil and used.

Parappu Usili

Ingredients:

- Cluster Beans-¹/₄ kg
- Tuvar [Dal](#)-¹/₂ Cup
- Red Chillies - 4
- Mustard [Seeds](#)-1tsp
- Asafoetida-a small piece
- Oil for frying
- Salt to taste

Method of Preparation:

Cook dal well with salt and asafoetida and mash it. Cook cluster beans with enough salt.

Heat oil in a frying pan add mustard seeds and red chillies. When they crackle, add cooked cluster beans along with the tuvar dal paste and fry well. Keep on a low fire and fry until the mixture becomes dry and crumbles. Serve hot.

Sweet Pumpkin [Curry](#)

Ingredients :

- A thin slice of Pumpkin
- Jaggery (Powdered) - $\frac{1}{4}$ cup
- Grated Coconut - 2 tsp
- Mustard [Seeds](#) - $\frac{1}{4}$ tsp
- Channa Dal - $\frac{1}{4}$ tsp
- Black Gram (Urad [Dal](#)) - $\frac{1}{4}$ tsp
- Dry Red Chilly - 1
- Rice Flour - $\frac{1}{2}$ tsp
- Salt - a pinch

Method of Preparation:

Cut the pumpkin into large pieces and cook in some water with salt. Drain off the excess water. Heat oil in a pan and season mustard, chilly and the dals. Add jaggery and let it melt. Then add the cooked pumpkin and mix well. Increase the heat and after about 4 - 5 minutes, add the coconut and the rice flour and remove after 2 minutes.

Goan Fish [Curry](#)

Serves 6

Ingredients :

- Pomfret cut into pieces - 1kg
- Grated Coconut - 1no
- Turmeric powder - $\frac{1}{2}$ tsp
- Kashmiri Chillies - 12nos
- Coriander [seeds](#) - 1tbs
- Vinegar - to make paste
- Ginger - 1"piece
- Cumin seeds - 1tbs
- Groundnut oil - 1tbs
- Sliced Onions (medium) - 2nos
- Split Green chillies - 4nos
- Thick [Tamarind](#) extract - 2tbs or Raw mango - 3slices
- Salt - to taste

Method of Preparation :

Grind the coconut, turmeric, kashmiri chillies and coriander seeds with little vinegar. When the paste is almost ready, add the ginger and cumin seeds and grind to a smooth paste. Keep aside.

Heat oil in a pan and saute onions till soft (not brown). Add green chillies, ground masala and the tamarind extract or mango slice. Stir over medium heat. Add 3 cups of water and cook till the gravy thickens a little. Add the fish pieces and salt. Cook till the gravy reaches the desired consistency and the fish is done.

Goan Egg Curry

Serves 8

Ingredients :

- Hardboiled eggs - 8nos
- Onions - 4nos
- Garlic - 12flakes
- Ginger - 2"piece
- Kashmiri Chillies - 10nos
- Cumin - $\frac{3}{4}$ tsp
- Peppercorns - 1tsp
- Groundnut oil - $\frac{1}{3}$ cup
- Split Green chillies - 4nos
- Sugar - 1tbs
- Salt - to taste
- Thick [tamarind](#) pulp - 1tbs
- Vinegar

Method of Preparation :

Grind half quantity of onion, garlic and ginger together with a little vinegar. Keep aside.

Grind the remaining onions, garlic, ginger with kashmiri chillies, cumin and peppercorn with a little vinegar separately.

Heat oil and add onion, ginger garlic paste. Sauté till light brown colour. Add the second lot of ground masala and saute well till the the gravy stops sticking to the pan.

Add 1 cup water and cook on a low heat. While the water reduces to half, add green chilli, sugar, tamarind and eggs. Simmer till the gravy thickens.

Hyderabad Chicken Korma

Ingredients :

- Chicken pieces - 2 kg
- Turmeric powder - 1tsp
- Garam masala - 2 tsp
- Ginger-garlic paste - 100gms
- Green chilli paste - 50gms
- Coriander powder - 2 tsp
- Finely sliced onions - 1 kg
- Yogurt - 500gms
- Water - 1 cup
- Desiccated coconut - 100gms
- Pepper powder - $\frac{1}{2}$ tsp
- Oil - 300gms
- Chopped coriander leaves - 1 sprig
- Chopped mint leaves - 1 sprig
- Salt to taste

Method:

Marinate chicken pieces in turmeric powder, garam masala, ginger-garlic and green chilli paste, coriander powder and salt for 10 minutes.

Heat oil and fry onions till golden brown. Add marinated chicken pieces and mix well. Stir well by adding yogurt and water. Add coconut pieces, pepper powder, chopped coriander and mint leaves. Cover and cook till done. Serve hot.

Hyderabad Rice Pilao

Ingredients :

- [Basmati Rice](#) - 2cups
- Sunflower oil - 3tbs
- Finely sliced onion - 1no
- Finely chopped shallots - 3nos
- Crushed garlic - 1 clove
- Grated ginger - 1tsp
- [Cayenne](#) - 1/2tsp
- Trimmed okra (ladies finger) - 2cups
- Chicken [stock](#) - 4cups
- Lightly crushed saffron - 1tsp
- Golden raisins - 1/3cup
- Lemon juice - 1tbs

To Garnish :

- Toasted Almonds
- Chopped mint - 1tsp
- Chopped coriander - 1tsp

Method of Preparation :

Heat oil in a pan and fry onions till golden brown. Remove and drain on paper towels. Reduce heat and cook shallots in the remaining oil until soft. Add garlic and ginger and sauté well. Stir in the rice, cayenne and okra.

Pour in the chicken stock and add saffron. Bring to a boil and simmer over moderate heat for 15 minutes. Add raisins and stir in the lemon juice. Transfer to a serving dish and garnish with fried onion, toasted almonds, mint and coriander.

Andhra Fish Curry

Chepalu (Cat fish)	2pounds	Turmeric	1tsp
Mustard seeds	1tsp	Coriander powder	1tbs
Cumin seeds	1tsp	Fenugreek powder	1/4tsp
Curry leaves	2stalk	Oil	3 or 4 tbs
Chopped Onion	2no	Thick tamarind pulp	4tbs
Chopped Tomato	1no	Water	2cup
Slit Green chillies	3nos	Salt	to taste
Red chili powder	2 tbs		

Method of Preparation :

Clean and slice fish into desired pieces.

Heat oil in big flat vessel and put mustard and cumin [seeds](#). When they start spluttering, add curry leaves, onions and fry till onions become soft. Put tomatoes and sauté well till oil separates. Add red chilli powder, turmeric powder, fenugreek powder and salt to taste. Sauté well for few seconds and add tamarind pulp and water.

Check seasoning and add fish pieces. Cook in medium heat till fish pieces are soft and the gravy thickens.

Vegetable Biryani

Basmati Rice	2cups	Cardamom	4nos
Beans	100gm	Andhra moggu	
Carrot	100gm	Bay leaves	1
Turnip	100gm	Salt	¹ / ₂ tsp
Green peas	¹ / ₄ cup	Oil	50gm
Onion	250gm	Ghee	100gm
Garlic	2flakes	Chopped Cilantro leaves	¹ / ₄ cup
Ginger	¹ / ₄ " piece	Chopped Mint leaves	¹ / ₄ cup
Green chillies	2nos	Cashew nuts	20gms
Cinnamon	2"piece	Salt bread	¹ / ₂ cup (optional)
Cloves	4nos		

Method of Preparation :

Wash rice and drain. Slice beans, carrots and turnip into thin long pieces. Cook these vegetables with green peas and keep aside.

Slice ¹/₃ of the onions and keep aside. Grind the remaining onions, ginger, garlic and green chillies into a fine paste. Dry roast andhra moggu and coarsely grind it along with half quantity of cinnamon, clove and cardamom.

Heat oil and ghee in a vessel and roast bay leaves and the remaining cinnamon, clove and cardamom. (Reserve some ghee for frying cashew nuts and salt [bread](#)) Add sliced onion and sauté till golden brown. Add ground paste kept aside and fry.

When it's done, sauté well with ground cinnamon and add rice, fry for a while. Add salt to taste along with 4cups of water and mix well. Close the vessel and cook the rice on a low heat. When it is done add the cooked vegetables and boil for some time. Finally add chopped cilantro and mint leaves.

Cut the salt bread into fine pieces and deep fry in ghee or oil until they become crisp and brown. Fry cashew nuts in the same ghee.

Before serving the biriyani, garnish it with fried cashew nuts and salt bread.

Chicken [Curry](#)

For the Paste

Chicken	800gms (sliced into 8 medium sized pieces)	Poppy seeds (khus khus)	2tsp
Chopped onions	2nos	Whole red chillies	6 nos
Curry leaves	2flakes	Grated coconut	6tbs (optional)
Red chilli powder	1tsp	Coriander seeds	1tsp
Turmeric powder	1tsp	Cumin seeds	1tsp
Chopped tomatoes	2nos	Fennel	1tsp
Lemon juice	2tsp	Cinnamon	1" piece
Oil	2tbs	Cloves	2nos
Water	2cups	Green cardamoms	2nos
Salt	to taste	Chopped ginger	2tsp
Chopped garlic	- 2tsp		
		Oil	to roast

Method of Preparation :

Heat some oil and roast all the ingredients for the paste except chopped ginger and garlic. Allow to cool and grind to a paste along with ginger and garlic. Keep aside.

Heat 2tbs oil in a heavy bottom pan and fry onions till golden brown. Add curry leaves, chilly powder, turmeric powder and ground paste. Sauté well. Add chopped tomatoes and fry till oil separates. Put chicken pieces and sauté for a while. Mix well by adding lemon

juice, water and salt to taste. Cover and cook on a slow flame till the chicken is fully tender. Garnish with chopped coriander leaves.

Mysore Masala Dosa

Mysore Dosa has a filling made of potato, tomatoes and onions and is served topped with small mounts of butter and coconut chutney.

Ingredients :

- Boiled rice -1cup
- Raw rice -1cup
- Black gram (urad dhal) - $\frac{1}{4}$ cup
- Thoor dhal - 3tbs
- Semolina (rava) -3tbs
- Menthium -1tsp
- Salt - to taste

For masala

- Potatoes - 3nos
- Finely sliced Onion - 1cup
- Garlic - 4flakes
- Ginger - a small piece
- Coriander leaves - few
- Green chillies - 7nos
- Garam masala powder - 2tsp
- Salt - to taste
- Oil - as required
- Cummin [seeds](#)
- Sliced tomatoes -1cup
- Curry leaves - few

Method of Preparation :

Soak all the ingredients except semolina for 4 hours and grind well with some water until it some a fine paste. To the batter add semolina and salt to taste and mix well. Keep it for fermentation.

Preparing Masala :

Boil potatoes, peel the skin and slice into small pieces. Grind garlic, ginger, coriander leaves, green chillies and little onion to make a paste.

Heat some oil in a pan and fry cumin seeds. Saute the remaining onions. When it is done, add the prepared paste and fry. Add tomato pieces, potatoes, salt to taste and [curry](#) leaves. Finally add the garam masla and mix well.

Preparing Dosa :

Heat a pan and spread the batter into thin round. Pour oil to these in a round manner. After one side is done, there is no need to turn to the other side. The masalas can be put on this side. Fold the dosa and serve with chutney.

Kashmiri Pulao

Serves 6

Ingredients :

- Mutton - 1kg
- [Basmati rice](#) - $\frac{1}{2}$ kg
- Aniseeds - 1tbs
- Coriander [seeds](#) - 1tbs
- Pepper corns - 10nos
- Dry ginger powder - 2tsp

- Almonds - 10nos
- Walnuts - 5nos
- Cashew nuts - 10nos
- Raisins- 20nos
- Milk - 750ml
- Bay leaves - 4nos
- Groundnut oil - 6tbs
- Green cardamom - 4nos
- Cloves - 4nos
- Cinnamon - 2"pieces
- [Garam masala](#) - 1tsp
- Salt - to taste

To garnish :

- Sliced and fried onions - 4tbs
- Chopped mint leaves - 1tsp
- Chopped coriander leaves - 2tbs

Method of Preparation :

Slice mutton into large pieces. Clean rice and drain the water completely. [Tie](#) aniseeds, coriander seeds, pepper corns and the ginger powder in a clean white cloth.

Remove skin of almonds and slice the walnuts into halves. Lightly fry these and cashew nuts and raisins in ghee and keep aside.

Pressure cook the mutton along with the milk, bay leaves and the tied up spices for 7 minutes. Strain the [stock](#). Squeeze the cloth to extract maximum flavour. Discard the bag and the bay leaves. The quantity of stock must be 750ml. If it is less, add water and if more, boil excess water.

Heat oil in the pressure cooker. Sauté clove, cinnamon and green cardamom. Fry meat pieces a few at a time. Remove when brown.

Put the rice in the same oil. Fry well. Add [hot stock](#), garam masala, salt and dry fruits. Pressure cook on a low heat for 5 minutes and allow to cool without removing the lid.

Serve garnished with fried onions, chopped mint and coriander leaves.

Curds and Salted Mango (Uppu Manga) Pachady

Ingredients:

Salted Mango pieces	$\frac{3}{4}$ cup
Grated coconut	1 cup
Green chillies	7
Red chillies	8
Coriander powder	2 tsp
Cummin seed	1 pinch
Coconut oil	1 oz
Curds	$1\frac{1}{2}$ cups
Curry leaves	6 sprigs
Salt to taste	
Mustard	1 tsp

Method:

Grind together coriander powder, cummin seed, coconut and the salted mangoes to a fine paste. Crush four red chillies, green chillies and four sprigs of [curry](#) leaves. Mix all the ingredients in $1\frac{1}{2}$ cups curds and add salt to taste. Heat oil in a pan and add mustard, four red chillies and two sprigs of curry leaves and season. Pour it into the curd mixture. Stir and use.²

Vada



Ingredients:

White gram dal	3 cups
Salt	1 1/2 tsp
Chopped green chillies	6
Chopped ginger	1 tsp
Coriander leaves	chopped 2 tbs
Black pepper	1/4tsp
Oil to fry	

Method:

Wash the dal and grind the dal with some water. Add salt, chopped green chillies, ginger, coriander leaves and pepper. Shape into flat round balls with a small hole in the middle and deep fry in hot oil. The flour should be thick paste and while making into shape one can dip the hand in water in order to get the proper shape. You can have it along with sambar, curd (should be seasoned) or chutney.

Dosa



Ingredients:

Black gram (Urad dal)	2 cups
Par boiled rice	4 cups
Salt	to taste
Fenugreek	1 tsp

Method:

Soak the black gram and rice separately in two different vessels, for approximately four/five hours prior to grinding it into a paste. Grind the black gram and rice separately by adding some water occasionally, as and when required, until it becomes a fine paste. Add salt to the batter by blending it well and then the batter has to be kept overnight for fermentation. The batter for making Dosa should be more dilute than the Idli batter.

On a flat frying pan/skillet, the batter has to be poured and spread as a thin round. Add a teaspoon of cooking oil/ghee/butter to both the sides of the Dosa. When it turns golden brown, its ready to be taken off the frying pan and ready to serve too. Different types of Dosas can be made. The thinner and crispier the dosa, the better it tastes! Masala Dosa is another option. The [recipe](#) for the potato masala is as follows:

Potato Masala:

Ingredients:

Potato : 3 (Boiled/peeled)

Green chilly: 2/3(chopped round)

Onion: 1(diced)

Cashew nuts: (approximately 50 grams) break into small pieces - Optional.

Turmeric powder: 1/2 teaspoon

Salt: to taste

Method:

Boil 3 potatoes. Take a tbsp of oil in a pan and heat it. Add cashew nuts and then add the chopped onions and green chilly. Fry until the onions start turning brown. Now add the turmeric powder(1/2 tsp), salt and a [spoon](#) of lemon juice (optional). Finally, add the boiled and peeled and roughly chopped potato and mix well.

This can be used as the filling for the Masala Dosa.

Dosa can also be had with [Coconut Chutney/Sambar](#).

Chappathi/Roti



Ingredients:

Whole wheat flour	2 cups
Salt	1/2 teaspoon

Method:

Measure and sieve whole wheat flour and salt into a vessel. Slowly add three-fourths cup of water. Mix well. Knead into medium soft dough. Add more water if required. Cover the vessel and leave it for fifteen minutes. Divide into 14 equal portions. Make them into balls. Roll them out into six-inch rounds on a board by adding flour occasionally (So that they do not stick to the board). Cook on a griddle or a non - stick pan for about half a minute. Turn and cook on the other side for fifteen seconds. Cook till puffed and cooked on both sides. Turn over and press gently with a spatula or a cloth to puff up the chappathi/roti. Serve hot, topped with cooking oil or ghee (optional).

Chappathi's/roti's taste best with [Potato Curry](#).

Potato Curry

Ingredients:

Potato	4 no's
Big onion	2 tbs
Turmeric powder	1/4 tsp
Curry leaves	few
Green chillies	4 no's
Coriander leaves chopped	1 tbs
Mustard	1tsp
Salt to taste	

Method:

Boil the potatoes and mash it. Heat oil and season mustard. Saute onions, chillies and curry leaves, add turmeric powder and water. When the water boils add the mashed potatoes and salt. Heat the curry for few minutes and add coriander leaves when ready to serve.

Poori



Ingredients

Wheat flour	2 cups
Vegetable oil/clarified butter	1 teaspoon (optional)
Salt	to taste

Method:

Take a vessel/basin and add the two cups of flour into it. Add salt and the clarified butter into the flour. Oil or clarified butter (ghee) is added to soften the dough. Then add about 3/4 cup of water slowly into the wheat flour, just enough to form a firm dough, and knead till smooth. Keep the dough covered and allow it to rest for at least half an hour. Knead again briefly before you divide the dough.

Divide into small balls about golf-ball size, and roll out into 6" rounds with a roller, on an oiled board. Heat vegetable oil in a wok or saucepan. Add a little salt to the oil to keep it from smoking. Fry the puri one at a time, holding them under the oil on the first side until they puff. Turn and fry till light brown; drain.

Serve as soon as possible; this [bread](#) is best had when its hot and is not as good, later.

Puris are traditionally served with Potato [curry](#).

Idiyappam



Ingredients:

Rice flour	- 1 cup
Water	- 1 cup
Ghee or Butter (Optional)	- 1 tsp
Salt	- to taste
Grated Coconut	- $\frac{1}{2}$ a cup

Method of Preparation:

Idiappams are a typical Keralite breakfast. Since they are steamed, they are a healthy breakfast.

Keep a vessel on the stove, add one cup of water and bring it to boil. Add salt to taste and the ghee/butter. Once the water starts boiling, add the rice flour. Switch off the stove and stir it to make it into a smooth or soft dough. Fill it in an idiappam mould and close it. Take an idly tray and lightly grease them. Now into the tray, allow the dough to pass through the idiappam mould. Make a thin layer first and then add the freshly grated coconut and then make another layer of idiappam. Pour some water into the cooker/steamer and make sure that the water is boiling before you place the idly trays. Steam in a cooker for about five minutes.

You could serve idiappams with thick coconut milk, flavored with cardamom powder and sugar. Idiappams taste great with Egg [curry](#) or any spicy curry too.

Rasam Masala

Method 1

Ingredients :

- Dried Chilli - 6
- Dried Coriander - $\frac{1}{2}$ cup
- Pepper - 1tsp
- Cumin [Seeds](#) - 1tsp



Method :

Dry all the ingredients in the sun for sometime and grind it coarsely and store it in an airtight [container](#). This powder can be used to make rasam 5-6 times.

Method 2

Ingredients :

- Dried Chilli - 50gm
- Coriander - 75gm
- White gram - 50gm
- Besan [Dal](#) - 50gm
- Tuvar Dal - 50gm
- Fenugreek - 50gm
- Turmeric powder - 25gm
- Pepper - 1tsp
- Cumin Seeds - 2 tsp



Method :

Roast all the ingredients except turmeric powder. Make a fine powder of the roasted ingredients with the turmeric powder. Store the masala in an airtight container.

Fish Masala

Ingredients :

- Chilly Powder - 3tsp heaped
- Turmeric Powder - 1tsp
- Salt - to taste
- Small Onions - 3nos
- Garlic - 2big
- Ginger - 1 piece
- Lime juice - 1

Method :

Grind all the above ingredients together except lime juice. Mix it with the lime juice. Marinate the fish with the masala and keep aside for half an hour. Deep fry in oil.

Note : This masala cannot be stored for long.

Meat Masala

Ingredients :

- Dried Chilli - 50gm
- Coriander - 100gm
- Cumin [Seeds](#) - 1tsp
- Pepper - 2tbs
- Mustard - 1tsp
- Turmeric - 2 pieces
- Cinnamon - 2 pieces
- Clove - 12
- Cardamom - ¹/₄tsp

Method :

Roast the ingredients except turmeric, cinnamon, clove and cardamom. Grind all the ingredients to a fine powder and store in an air tight [container](#).

Mughlai Garam Masala

Ingredients :

- Cinnamon - 15gm
- Black Cardamom - 15gm
- Black Pepper - 15gm
- Cloves - 10g
- Oil - 2tsp

Method :

Roast all the above ingredients in the oil very lightly. Grind it all together and store in an airtight [container](#).



Kasmiri Garam Masala

Ingredients :

- Fennel [Seeds](#) - 125gms
- Green Cardamoms - 15gm
- Bay leaves - 15
- Mace - 10 petals
- Whole Nutmeg - 2
- Black Cardamoms - 125gms
- Cinnamon - 10gm
- Cloves - 15gm
- Fenugreek Seeds - 125gms
- Aniseeds - 125gms

Method :

Dry the aniseeds, green cardamoms, bay leaves, mace and nutmeg in the sun for a day. Roast the seeds of the black cardamom, cinnamon, cloves, fenugreek seeds and cumin seeds over a medium heat until they change their colour and emit a fried aroma.

Grind all the spices together to a fine powder. Store in an airtight [container](#) when cool. This can be stored for at least 6 to 8 months.

Garam Masala

Ingredients :

- Cumin [seeds](#) - 1 cup
- Black Cardamoms seeds - 1 cup
- Cloves - 1tbs
- Cinnamon sticks - 2tbs
- Nutmeg - 1
- Mace - 5 blades

Method :

Roast all the above ingredients very lightly and grind it to a fine powder. Cool it and store in a clean airtight [container](#). It can be store for at least 6 months.

Curry Masala

Ingredients :

- Dried Coriander - 250gms
- Dried Chilli - 100gms
- Pepper - 1dsp
- Turmeric (1¹/₂inch long piece)- 10gm
- Cumin Seeds - ³/₄dsp
- Cinnamon (1 inch long) - 12 'pieces
- Clove - 45
- Cardamom - 12
- Oil - 1 tsp to roast

Method :

Heat the oil in a thick pan and roast the chilly well. Remove the chilly from the oil and roast dried coriander and cumin seeds. Remove the pan from fire. Put pepper into the pan and when it becomes slightly heated, take it out from the pan and mix all the heated ingredients and turmeric, clove, cinnamon and cardamom. Grind all the ingredients together while it is still hot .Sieve and keep in an air tight container.

Note : Always use a dry [spoon](#) when taking out the masala.



Sambar Masala

Method 1

Ingredients :

- Dried Coriander - 50gms
- Dried Chilli - 15gm or 25 numbers
- Fenugreek - $\frac{1}{2}$ dsp
- [Curry](#) Leaves - 2 blades
- Turmeric (2inch long) - 1
- Gingili Oil - $\frac{1}{2}$ dsp

Method :

Heat the oil in a thick bottomed pan. Roast all the ingredients except turmeric one by one slowly and stirring often. First roast Curry leaves and chillies and keep aside. Coriander should be roasted lightly. Grind the ingredients immediately and sieve the powder and store in a clean airtight [container](#).

Method 2

Ingredients :

- Dried Chilli - 50gm
- Coriander - 100gm
- White Gram [Dal](#) - 50gm
- Besan Dal - 75gm
- Tuvar Dal - 75gm
- Fenugreek - 50gm
- Turmeric powder - 25gm
- Pepper - 1tbs
- Gingili Oil - 1dsp

Method :

Heat the oil in a pan and roast the chilli. Remove the chilli from the oil and roast all the other ingredients except turmeric. After that grind all the roasted ingredients and turmeric to a fine powder. Store it in a clean airtight container.

Tandoori Masala

Ingredients :

- Coriander [Seeds](#) - 50gms
- Cumin Seeds - 50gms
- Black Peppercorns - 50gms
- Kasuri Methi - 20gms
- Green Cardamoms - 30
- Cloves - 15
- Sticks Cinnamon (2.5cm long) - 5
- Ajwain - 1tsp
- Mace - 1tsp
- Salt - to taste
- Ginger Powder - 20gm
- Chilli Powder - 20gm

Method :

All the ingredients used should be dry. Put them out in the sun for a day. Then blend in a [mixer](#). Sieve and powder the residue again.

Store in a clean, airtight [container](#). It will last for at least 6 months.

Tandoori Chat Masala

Ingredients :

- Cummin Seeds - 50gm
- Peppercorns - 50gm
- Black Salt - 50gm
- Dried Mint Leaves - 30gm
- Kasuri Methi - 2tbs
- Green Cardamoms - 30
- Cloves - 15
- Ajwain - 1tsp
- Asafoetida - 1tsp
- Tartaric Powder - 1tsp
- Mace Powder - a large pinch
- Amchur - 125gm
- Dry Ginger Powder - 1 1/2tbs
- Chilly Powder - 1tbs

Method :

Grind all the above ingredients to a fine powder. Sieve and grind the residue again, if needed. Store in a dry airtight container. Keep well indefinitely.

Red Chilly Chutney

Ingredients:

- Red Chilly - 10nos
- Small Onions - 1/4 cup
- [Tamarind](#) - a small ball
- Salt to taste
- Oil - 1tbs

Method:

Heat the pan, add the oil, red chilly, small onions and heat it for 3 minutes. Grind it into a thick paste by adding tamarind and salt. To add the taste, add one teaspoon fresh coconut oil.

Chilly Chutney

Ingredients:

- Chopped Red Chillies - 4nos
- Chopped Green Chillies - 4nos
- White Vinegar - 1tbs
- Lime juice - 1tbs
- Sugar - 1/2tsp
- Lime : very thinly sliced - 1no
- Finely chopped shallots - 2nos
- Oil - 1tbs
- Salt to taste

Method:

Mix the lime and salt well and keep it aside for half an hour. Mix the chopped chillies with vinegar, stir it for few seconds and drain. Now mix the chillies, lemon juice, sugar, chopped shallots and oil. Add the salted lime slices to the mixture and mix it thoroughly. Serve the chutney in a non staining dish. This chutney can be had with mild or rich dishes.

Coconut Chutney

Ingredients:

Coconut	1 cup grated
Green chilly	4
Shallots	3
Ginger	small piece

For tempering

Red chilly	1
Curry leaves	2 sprigs
Coconut oil	1 tbsp
Mustard seeds	1/2 tsp
Shallots	3
Water	
Salt to taste	



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Method of Preparation :

Grind grated coconut, onions, ginger green chillies, and salt in a mixie to make a fine paste by adding water. Heat oil in a pan. Add the mustard seeds. Then add sliced shallots, red chilly and [curry](#) leaves respectively. Then pour grinded mixture into it and heat it in a low flame. Don't let it boil.

Coconut Chutney

Grated Coconut	2 cups
Small onion	5 nos
Ginger	one small piece
Curry leaf	5 nos
Tamarind	one small piece
Green Chillies	4 nos
Salt	To taste

Grind the above ingredients with some water . Season it with mustard seeds, one or two dry chillies and curry leaves. If chutney is ground with little water into the thick paste it can be used without Leaf Chutney

Curry Leaves Chutney

Ingredients :

1. Curry Leaves - 2cups
2. Grated Coconut - 2cups
3. Dry Chillies - 50gm
4. White Gram [Dal](#), Raw Rice - 2tsp each
5. Coriander - 2tsp
6. Fenugreek - 1/8tsp
7. Salt, [Tamarind](#) - to taste

Method of Preparation :

Fry all the ingredients except salt and tamarind in coconut oil and dry grind each one separately. Mix well all the ground ingredients with salt and tamarind. Curry leaf chutney is ready and it can be stored for a long period.

Mango Coconut Chutney

Ingredients:

Grated coconu	1 cup
Shallots	3
Ginger	1/4 cm
Raw mango	1/4 cup without the skin
Green chillies	5

Curry leaves	few
Salt	½ teaspoon

Method of Preparation :

Grind all the ingredients together until all the ingredients are just coarsely ground. Shape into a ball and is eaten with rice, idly, dosa.

Coriander - Mint Chutney

Ingredients :

1. Dry ground Coriander leaves - 1cup
Dry ground Mint leaves - ½cup
2. Refined Oil - ¾cup
[Curry](#) Leaves - ¼cup
3. Asafoetida, Fried and powdered in oil - 1tsp
4. Mustard - 2tsp
Fenugreek - ¼tsp
5. White gram [dal](#) - 1dsp
6. Dry chillies with [seeds](#)
removed - 4nos (split each into 3pieces)
7. Red Chilly powder - 1dsp
8. Tamarind - to taste
9. Sugar - a pinch
Salt - to taste



Method of Preparation :

Heat oil in a pan and season mustard, fenugreek and white gram dal. Put curry leaves and dry chillies. Sauté adding chilly powder. Stir in the ground leaves and sauté on a low fire till oil separates.

Squeeze [tamarind](#) in little water. Add salt, asafoetida powder and tamarind water to the chutney. Mix well and remove from fire. Add a pinch of sugar and when cool, store in a dry [container](#)

. This chutney can be stored for a long period without decay.

Dry Coconut Chutney (Chammanthi Podi)

Ingredients:

Grated coconut, roasted	1 Cup
Sliced shallots	5 no
Sliced ginger	¼ inch piece (1tsp)
Tamarind	a small ball
Red chillies	3-4 no (cut into half's)
Curry leaves	one sprig
Salt	to taste



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Method of Preparation :

Grate roast evenly in a [mixer](#). Make sure that that the Coconut is fresh. Roast coconut, red chillies, ginger, [curry](#) leaves and shallots in a non stick pan until golden brown. Keep on stirring so that it is evenly roasted. It will take around 3-4 minutes. Towards the end add a little bit of [tamarind](#). Add required salt, grind all the above ingredients to a powder. If oil come outs add some shallot so that oil is absorbed. The chutney will stay for around 3-4 weeks. It can served with rice, iddly or Dosa.

Dry Prawn Chutney (Chemmeen Chammanthi)

Ingredients:

Dried Prawns	1/2 cup
Grated Coconut	1 cup
Shallots	3-4
Dry chilies broken	6
Curry leaves	few
Tamarind	a small piece

Method of Preparation :

- In a shallow pan ,pour 1 tsp oil and roast prawns. Once it is done take the prawns out and roast red chillies and shallots
- Then grind it together it with coconut ,salt, tamarind and [curry](#) leaves .

Papaya Chutney

Ingredients :

1. Semi ripe Papaya - 1kg
2. Small Garlic flakes - 1cup
Thinly sliced Ginger - $\frac{1}{2}$ cup
3. Sugar - 3cups
Citric Acid - 1tsp
Water - 1cup
4. Red Chilly powder - 1dsp
Salt - $\frac{1}{2}$ tsp
5. Vinegar - $\frac{1}{2}$ cup
Lime juice - 2dsp
6. Dry Chillies with [seeds](#) removed - 6nos




Method of Preparation :

Peel the skin of papaya, grate or slice into thin long pieces. Steam for 1 minute. Steam garlic and ginger separately. Remove immediately from the steaming vessel so that it doesn't become soggy.

Heat the 3rd ingredients in a vessel and stir till the sugar melts. When the mixture thickens, add papaya, garlic, ginger, chilly powder, salt and mix well. Stir in vinegar and lime juice. Split each dry chillies into 3 pieces and add it to the chutney. Remove from fire. Chutney is ready to use after one day. This chutney can be stored for a long period without decay

Sweet Mango Chutney

Ingredients :

1. Semi Ripe Mango - 1cup
2. Ground Ginger - 1tsp
Ground Garlic - $\frac{1}{2}$ tsp
Ground Mustard - $\frac{1}{2}$ tsp
Red Chilly Powder - $\frac{1}{2}$ tsp
Sugar - 1tsp
Salt - to taste
3. Vinegar - 2dsp
4. Lime Juice - 1dsp

Method of Preparation :

Slice mangoes into small pieces. Mix well by adding the 2nd ingredients, limejuice and vinegar. This chutney is a good combination with biryani, fried rice etc.

Tomato Sweet Chutney

Ingredients :

1. Ripe Tomato - 1kg
2. Crushed Clove - 18nos
1" long Cinnamon - 9pieces
3. Sugar - $\frac{3}{4}$ kg
4. Ground Garlic - 1dsp
Ground Ginger - 2tsp
Red Chilly powder - 1tsp
Mustard, ground in White Vinegar - $\frac{1}{2}$ tsp
White Vinegar - $1\frac{1}{2}$ cup
Salt - to taste
5. Steamed Garlic - 2cups
6. Sodium Benzoate - 3pinch

Method of Preparation :

Slice tomatoes into small pieces. Grind tomato pieces well, squeeze and strain the contents.

Boil well crushed clove and cinnamon in 1 cup water and filter the water. Add this water, sugar and 4th ingredients to the tomato puree. Boil the contents well. When $\frac{1}{2}$ of its quantity reduces, add steamed garlic and mix with a [ladle](#), without crushing the garlic. Bring to a boil and remove from fire. Allow to cool.

Mix 3 pinch sodium benzoate in $\frac{1}{4}$ cup of chutney. Pour this to the remaining chutney and mix well.

Raw mango squash

Ingredients :

- Raw Mangoes - 1kg
- Water - 1cup
- Sugar - $1\frac{1}{2}$ kg
- Water - 2cup
- Citric Acid - 2tsp
- Potassium Meta bisulphate - $\frac{1}{2}$ tsp

Method :

Peel the skin of the mango and cut into small pieces. Cook the mango pieces with 1cup of water. When it is done, remove from the fire and allow to cool. After that either grind it in an electric liquidiser or squeeze the mango pieces with a [ladle](#). Sieve the solution through a cloth and keep aside.

Heat $1\frac{1}{2}$ kg sugar, 2 cups water and citric acid in a vessel. Stir continuously. When the sugar dissolves in the water, add the mango juice into it. When the squash boils, remove it from the fire and allow to cool. When the solution cools, take $\frac{1}{4}$ cup of juice from it and dissolve potassium meta bisulphate in it. Pour this to the remaining squash and stir well. Store the squash in an airtight bottle.