Maamis®

masala & spices

Product Catalog

Mini

Junior

50g

100g

500g

Turmeric and its powerful ingredient, curcumin have the potential to prevent heart disease, eye Conditions and alzheimer's Anti-Inflammatory Properties can help people with arthritis.Turmeric may even reduce the risk or spread of cancer, Antioxidants in turmeric may also reduce the risk of cataracts, glaucoma and macular degeneration

Junior

50g 100g 500g

Coriander powder is widely used in south Indian preparations, especially rasam, kara kuzhambu, vegetable preparations, etc. It is an essential ingredient of many curries and gravies as it has a mild aroma that instigates the appetite. Adding ground coriander to pancake and waffle mixes imparts a pleasing taste to it.

Mini

Junior

50g

100g

500g

Fresh red and green chilli are rich in vitamin C ,which helps in protecting from scurvy, develop theimmune system and works against free radicals. Chille is having varied minerals pottassium, Manganese, iron, Magnesium etc.. Pottasium is good for heart rate and blood pressure.chilli is Loaded with vitamins like niacin, pyridoxine, riboflavin and thiamine.

Junior

50g

500g

Cumin can be used ground or as whole seeds. It imparts an earthy, warming and aromatic character to food, making it a staple in certain stews and soups, as well as spiced gravies such as curry and chilli. It is also used as an ingredient in some pickles and pastries.

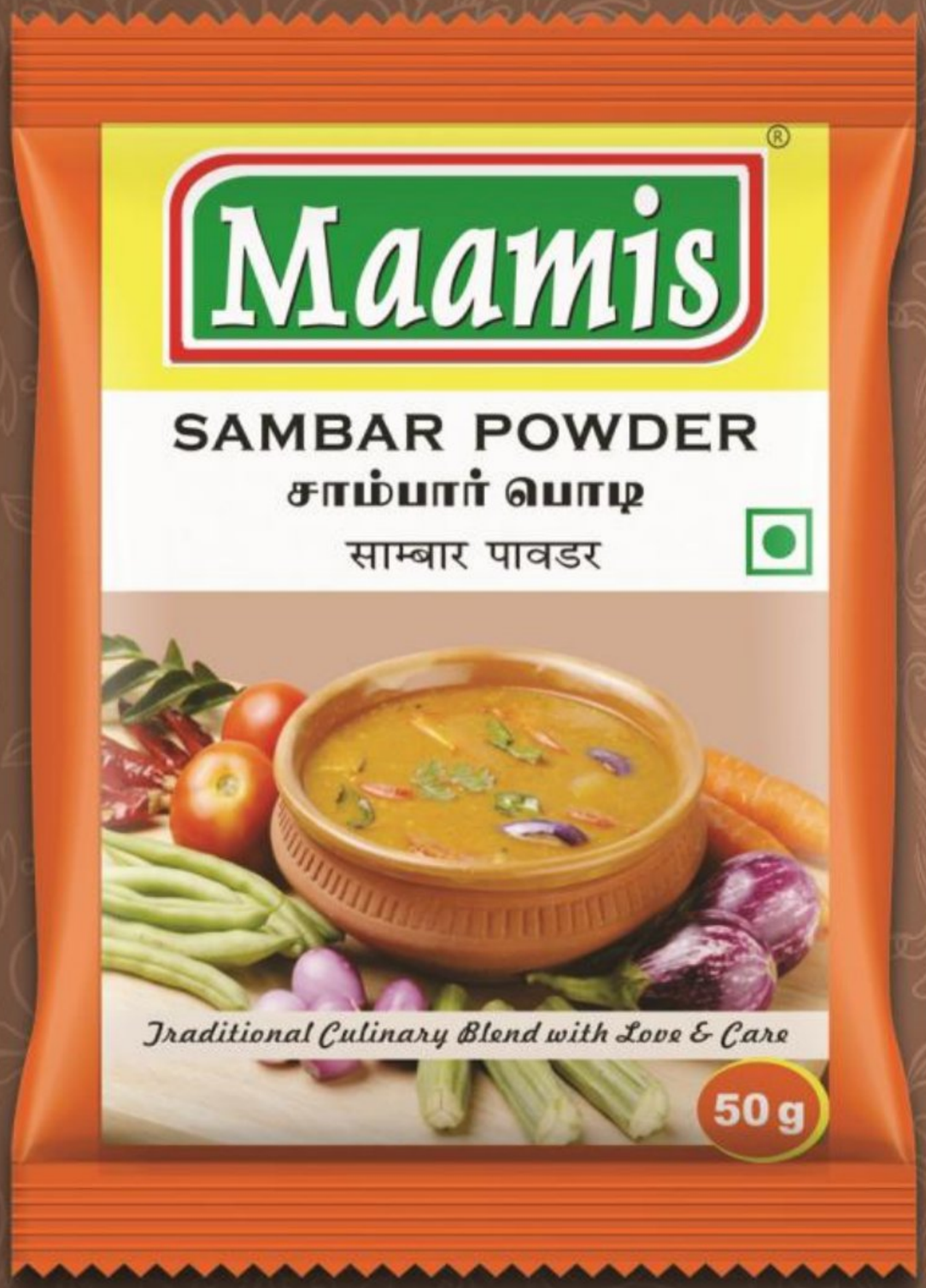
Mini

Junior

50g

500g

Black Pepper is a very common herb. It is traditionally considered to be a hot, pungent herb that stimulates agni, or digestive fire, by supporting the secretion of fluids and circulation of blood in the GI tract.



Mini Junior

50g 100g 500g

Boil 200 gms of toor dhall with a spoon of turmeric powder. Fry few mustard, Fenugreek, 2 green chillies and curry leaves in 2spoons of edible oil. Mix them all with 100 gms of favourite vegetables, 2 tomatoes, little tamarind juice, salt and 2 spoons of Maamis Sambar Powder. Cook this mixture for 15 minutes. Finally spread some coriander leaves on it. The tasty Sambar is ready to serve.

Mini

Junior

50g

200g

500g

Maamis Kulambu Chilli Masala can be used for preparing all kindls of curry viz, Egg Curry, FIsh Curry, Dry Fish Curry, Tamarind Kulambu, Mushroom Curry, Fenugreek Kulambu, Chilli Kulambu, etc.,

Mini

Junior

50g

500g

Add spoon of this rasam powder, Garlic, tomato, salt to taste of tamarind juice. Fry mustard, chilli, curry leaves in spoon of edible oil and add the tamarind mixture and let it boil. Garnish it with coriander leaves. Now the tasty Maamis Rasam is ready.

Mini

Junior

50g

500g

Fry few mustard and onions in spoon of edible oil. Add favorite vegetables, coconut paste, salt and add Maamis Curry Powder. Cook this mixture in water for 10 minutes. Then spread some coriander leaves on it. Now the tasty vegetable curry is ready to serve. Mutton curry can also be prepared in the same manner.

Junior

50g

500g

Add little Maamis Garam Masala in all food curry preparations to enhance taste and aroma.

Junior 50g 500g

Fry Chopped onion and add Maamis Briyani Masala with required water and coconut milk. Let it boil for few minutes. Then add rice alongwith favourite vegetables or half boiled mutton or chicken and cook this mixture. Finally add ghee or vanaspathi to taste.

Mini

Junior

50g

500g

Add hot gingelly oil and "Maamis Lemon Rice powder" with cooked rice and mix thoroughly. Now the tasty Maamis Lemon Rice is Ready.

Junior

500g

Fry Mustard, Orid Dhal, Curry Leaves along with "Maamis Tamarind Rice Powder" in Gingelly oil and mix thoroughly with cooked rice. Now the tasty Maamis Tamarind rice is ready.

Junior

500g

Fry onion,Mustrard curry leaves etc..in gingelly oil and mix this powder apply this mixture thoroughly with cooked rice. Now the tasty Maamis Tomato rice is ready.

Mini

Junior

50g

500g

Add Sesame Oil or Ghee with the Maamis Idly Chutney Powder and serve for Idly or Dosa.

200g 500g

Add Chopped onion ,green chilli, curry leaves ,coriander leaves to this Maamis Bajji Bonda Mix and mix in little water.Make this into small balls and fry in edible oil.Now the tasty Maamis Bonda is ready.

200g

Add 200gm Maamis Venpongal Mix with 600ml of water and mix thoroughly. Cook this mixture to 10 to 15 minutes in a pressure cooker. Now your tasty Maamis Venpongal is ready to eat. Serve hot Maamis Venpongal with sambar and coconut chutney.

Junior

50g

500g

Fry chopped onion in oil along with Masala Powder. Add tomatoes, cup of water, cleaned chicken and little salt and boil the mixture. If chicken kuruma is intented, add coconut paste instead of tomatoes.

Junior

50g

500g

Apply Master Chilli Chicken (65) Masala in cleaned chicken pieces and let it soak for 1 hour in curd. Add salt to taste. Fry the soaked pieces in low flame and get tasty chicken (65). Similarly veg items can also be prepared.

Junior

50g

500g

Fry chopped onion, tomatoes, etc., in oil along with masala powder. Add required water, salt to taste and cleaned mutton pieces and boil the mixture to prepare mutton curry. If mutton Kuruma is intended, add coconut paste instead of tomatoes. Vegetable curry can also be prepared in the same manner

50g 500g

Add Fried onion, Tomotoes etc., 50g masala, 1 Kg fish pieces, salt to taste and coconut paste to one litre boiling tamarind mixture and cook for 10 minutes. This masala can also be used for preparing Fish Fry.

Junior

500g

Apply Fish Fry masala, salt to taste, cleaned fish pieces and let it soak for one hour. Fry the soaked fish pieces in edible oil.

Junior 500g

Fry Egg Curry masala with onion, tomato, etc., and add salt to taste, cup of coconut milk and half-sliced boiled eggs and cook the mixture for 10 minutes. This masala can also be used for preparing Mushroom Curry, Meal maker(Soya) Curry, etc.

Mini 25g

50g 100g 200g

The piperine in black pepper can be credited with the prevention of cancer, and becomes twice as potent when combined with turmeric. The spice also has Vitamin C, Vitamin A, flavonoids, carotenes and other anti-oxidants that help remove harmful free radicals and protect the body from cancers and diseases. The best way to eat pepper to harness maximum benefits is to eat freshly ground pepper.

Mini

25g

50g

100g

200g

Cumin seeds in Indian cuisine are often chewed as a digestive aid in India and may be offered at Indian restaurants at the completion of a meal for this purpose. Cumin is also high in iron and contains plant compounds that are antioxidants.

Mini

50g 100g 200g

Fennel seeds helped increased the nitrite content in saliva, making it a great natural way to keep a check on blood pressure levels. Apart from this, fennel seeds are also a very rich source of potassium and since potassium is an essential component of cells and body fluids, it helps control your heart rate and blood pressure.

Mini

50g 100g 200g

Fenugreek is taken by mouth for digestive problems such as loss of appetite, upset stomach, constipation, inflammation of the stomach (gastritis). Fenugreek is also used for diabetes, painful menstruation, polycystic ovary syndrome, and obesity.

50g 100g 200g

Mustard seeds are a very good source of omega-3 fatty acids, which boost heart health and lower triglycerides. Mustard seeds also contain calcium, dietary fiber, iron, manganese, magnesium, niacin, phosphorus, protein, zinc, and selenium - a trace mineral that is an antioxidant that may offer protection against asthma, heart attacks, and some cancers.

Mini

50g 100g 200g

Mustard is used as a food flavoring, for forage, as an emetic, and diuretic, as well as a topical treatment for inflammatory conditions such as arthritis and rheumatism. Mustard also has potential pharmacological effects in cardiovascular disease, cancer, and diabetes; however, there are limited clinical trials to support its use for any indication.

50g

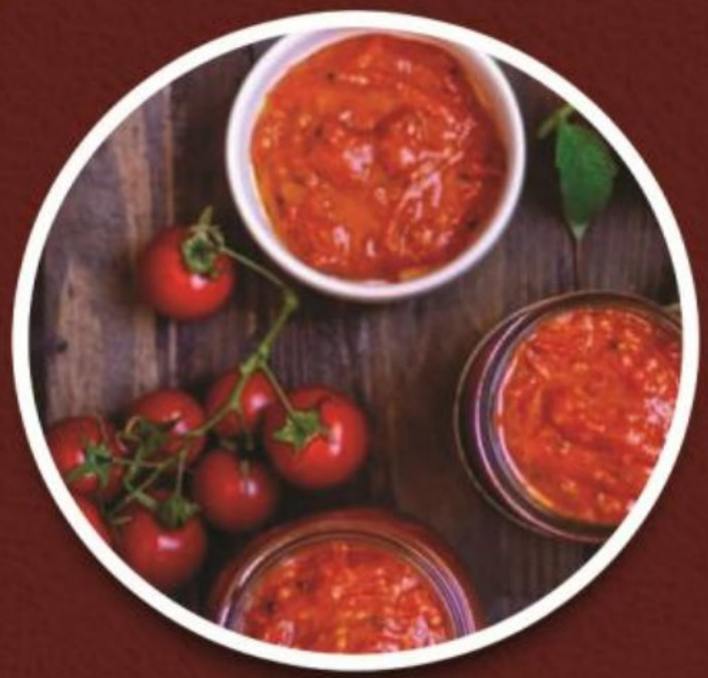
100g 150g 200g

Papads are low calorie, gluten free ,high fibre, high protein accompaniment or snack, are an appetizer for a healthy and complete meal. They promote the growth of good bacteria in the gut, i.e. act as a probiotic that supports digestion and assimilation of the macro and micronutrients from your food. Papad enhance the secretion of digestive enzymes and juices which are essential for metabolism and hence act as a digestive

Our Upcoming Products...

Pickles

Soya



Thokku