

HAND BOOK ON **GOD FOOD**

EAT TREAT RECREATE



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Preface

Societies and civilizations round the world are navigating the ship of their thoughts on food through the vast ocean of cuisine cultures to explore and experiment to encompass the various healthy food alternatives that have taken roots from their local soils and environment and developed into locavoristic trends based on the climate and availability of food resources. The onus is on the local healthy yet contemporary food options, which are progressively gaining momentum with each passing day. Nutritional deficiencies and excesses coupled with lifestyle transitions are aggressively redefining the disease characteristics in the human populations. In such a scenario, the traditional and ethnic diversity of food practices are strongly asserting their importance to regain their place as the centres of attention and attraction. Edification is more of a habit formation and this important phenomenon of habituation is steadily moving towards the area of healthy eating. This concise yet informative coffee table book is more relevant in this context of convergence point of all the above elicited aspects of Global Healthy Food Movement.

Good Food book is primarily a cookery recipe book. The recipes in this book reflect the healthy food concepts of AYUSH or Ayurveda, Naturopathy, Sidha and Unani medical systems. The recipes described in this book are a fine blend of macro and micro nutrients that are naturally inherent in the ingredients and augmented during the processing. The recipes in this book are intended to be flexible and easy to be customised formulae churned out by utilising the locally and seasonally available food resources.

The recipes depicted in this book are handpicked neutraceutical promotive preventive and curative culinary delicacies and live up to prove that **HEALTHY FOOD IS THE BEST MEDICINE** The contents of this book is unique in its food diversity in incorporating the different food streams, groups and modes.

The humble attempt of this book is to present the established concept of food as medicine by showcasing the regional diversities in such a way that the recipes gel with the contemporary food and health trends yet never compromise on the traditional values. The International Ayush Conclave is a mission to re-discover the organic and democratic models of Ayush medical systems. In line with the mission this book is a miniature mission manifesto of IAC.

We with conviction present this book before you with a gentle precautionary reminder note to verify the ingredients for preparing the recipes for their genuineness, naturality and safety.

Make each meal count from here onwards by numbering your HEALTH ascent.

“Happy healthy cooking”

Panakam (HEALTHY DRINKS)

Panakas are our traditional health drinks with natural preservatives,. Panaka can be prepared with nutritional fruits or roots and diluted with boiled cooled water when required.

Ingredients for Amalaki Panaka

Indian gooseberry	-	1/2 kg
Crystallised palm sugar	-	1 kg
Finely powdered dry ginger	-	5 g
Finely powdered cardamom	-	5 g
Honey	-	as needed

Method

First of all steam cook the gooseberries.Grind them into a paste after de seeding. Extract juice. After adding a bit more water (300 ml), the pulp can again be squeezed to get more juice. Palm sugar is made into a syrup by boiling in 200 ml water. Mix it with the prepared gooseberry juice.Then add dry ginger powder and cardamom powder and stir well. Honey is to be added after cooling . Stir the solution well and panaka syrup is ready..

Health benefits

It can be used as a healthy soft drink,it act as an immediate energy supplement



Yusha (MEDICATED SOUP)

Best ever healthy drink of Ayurveda

Yusha is the watery portion drained after cooking pulses. Moong /green gram is standard but other types of pulses also can be used. Preparations can be Akruta-without saindhava (rock salt), ghee or other spices, or Kruta-with saindhava ghee or other oils, pepper, cumin seeds, coriander seeds etc.

Mudga(Green gram) yusha

Ingredients

Green gram	-	50 g.
Water	-	200 ml
Salt	-	Sufficient.
Green chilli	-	2 nos
Coconut oil	-	10 ml
Mustard	-	1/2 tsp
Fenugreek seeds	-	1/2 tsp
Curry leaves	-	5 - 10 nos
Lemon juice	-	1 tsp

Method

Cook green gram and take the substrate.Add salt. Roast some green chillies on flame. Crush them and add to the substrate.Boil for 3 minutes. Season with mustard, fenugreek, curry leaves. Add lime juice or dry raw mango powder.

Yusha or delicious soup is ready. Coriander leaves, dill seeds, amaranthus leaves etc can be added.

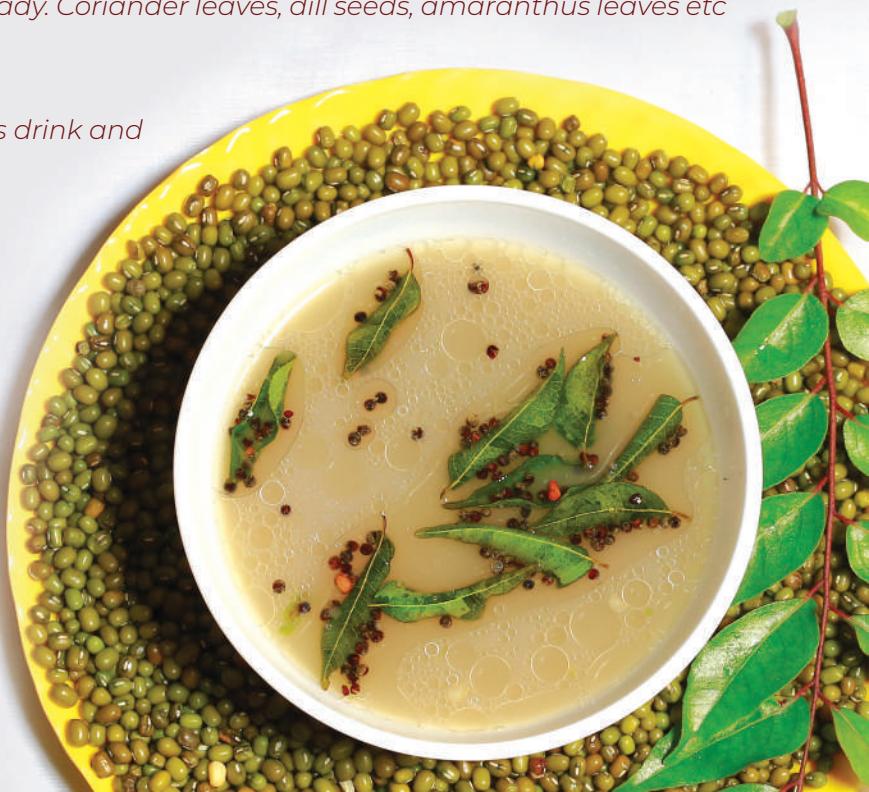
Health benefits

Yusha is used as a nutritious drink and as adjuvant or after drink (anupana) with medicines.

Yusha is light but filling & satisfying too. It can be a great meal replacer and medicine at the same time.

Its an easily digestable protein suppliment.

Same recipe can be tried adding panikoorkka (Karpoora valli / Indian borage) leaves while the substrate is boiled after adding chillies..



Rasala (MEDICATED CURD)

Curd is churned with sugar and spices such as pepper is known as rasaala

Ingredients

Sweet curd	-	1 cup
Pepper powder	-	QS
Jaggery powder/sugar	-	QS
Salt	-	QS
Butter	-	1 tsp
Mustard	-	1 tsp
Fenugreek	-	1/2 tsp
Cumin seeds	-	1/2 tsp
Crushed red chilli	-	1
Curry leaves	-	2 sprigs.

Method

Sweet curd is taken in a bowl to which pepper powder, jaggery and salt is added and blended well using a blender.

Heat butter in a pan, splutter mustard, fenugreek seeds, cumin seeds, red chilli and curry leaves and use it for seasoning the blended curd.

Rasala is ready to serve with roti, chappathi etc.

Health benefits

It is a very good appetizer that increases the digestive power. good tonic for general debility.



Mandha (ENERGY DRINK)

Mandha means mashed or well blended .The drink which is prepared by churning/blending the ingredients well and diluting with cold water is known as mandha.

Kharjuradi mandha

Ingredients

Seedless grapes	-	5nos
Soft Dates	-	2nos
Puffed paddy (Malar)roasted	-	3tsp
Sugar	-	as per taste
Cold water	-	100ml

Method

Blend the ingredients in a mixer grinder, add cold water and stir well. For better effects ingredients can be soaked for an hour in required quantity of water before blending.

Health benefits

It can be used as an instant energy drink, it nourishes quickly, is a body coolant and is good for de-hydration and fatigue.

Good for sports persons and athletes.



Vesavaram

(MEDICATED CUTLET)



The Indian cuisines are full of colors and flavors due to the richness of ingredients like spices used for its preparation. The spices not only enhances the taste but also have immense health benefits. The one such preparation is called Vesavaram (the Flavored Meat dish). For this dish the ideal choice of meat according to Ayurveda is the meat of Goat. There is common misconception that Ayurveda diet means it should be only vegetarian. Meat is widely indicated in different disease as treatment as well as benefits of different of meat is explained according to the region and season.

Ingredients

1. Mutton/ Chicken boneless	-	100gm
2. Ghee	-	150gm
3. Jaggery	-	15gm(powdered)
4. Long Pepper	-	15gm(powdered)
5. Pepper	-	15gm(powdered)
6. Dry-Ginger	-	15gm(powdered)

Another recipe

1. Goats meat with bones	-	500gms
2. Asafoetida	-	1/4tsp
3. Ginger	-	1 inch piece
4. Black pepper corns	-	10-15 nos
5. Cumin seeds	-	1/2tsp
6. Turmeric powder	-	3/4tsp
7. Coriander seeds	-	1tsp
8. Pink Himalayan salt	-	as needed
9. Ghee	-	3 tablespoon

Method

Cook the mutton pieces with salted water. Once the meat cooks and start separating from bones remove from flame and mince the meat into fine paste and keep aside. In an iron pan heat the ghee and add the ingredients from 2 to 6 one by one and sauté for few seconds till they infuses their volatile fragrance. Then add the minced meat and sauté for few minutes till the spices mix uniformly with the meat.

Health benefits

This dish is very ideal for patients in the convalescence period and for people with high protein and energy requirements. The rich spices used in this preparation enhances taste and promotes digestion.

Mamsa Rasam

(MEDICATED MUTTON SOUP)

For preparing mutton soup, the four legs of the goat only are used along with some herbs.

Ingredients

Mutton	-	200gm
Powdered form of		
Pippali (<i>Piper longum</i>)	-	10gm
Barley	-	10gm
Horse gram	-	10gm
Dry ginger	-	10gm

Method

Small pieces of mutton and powder should be boiled in 750ml of water and reduced to 200ml of water. Filter after cooling. 50 ml can be consumed twice daily. The prepared soup will be enough for 4 days.

It shouldn't be stored beyond 4 days after preparation.

Mutton soup, broth etc should be used after considering digestive capacity and only on medical advice.

Health benefits

It gives body nourishment by improving digestion and taste.

Ashtanga hridaya advises, mutton soup processed with Pippali (long pepper) Yava (a type of barley), Kulatha (horse gram), Sunti (Dry ginger), Dadima (Pomegranate), and Amalaki (Indian gooseberry) served along with ghee, which is found to be effective in various stages of TB.



Modaka (HERBAL JAM)

Modaka is a preparation of herbal jam/granular form. It is known in varied names based on the type of cooking (through steam or by frying in oil/ghee)

Sreerathna modaka is a paediatric nutritional recipe

Ingredients

Madhooka flower	-	80gm
Dates	-	80gm
Kadali banana	-	80gm
Green gram	-	80gm
Sugar candy	-	700gm
Bay leaf	-	6gm
Cinnamon	-	6gm
Long pepper	-	2gm
Cardomom	-	2gm
Honey	-	10ml
Ragi/arrow root powder	-	sos

Method

Steam cook seedles dates and kadali banana, then grind it into thick paste, sauté it in Ghee, add sugar candy syrup into it and stirwell. when it become thick, add Cardamom powder etc. into it. Add honey when it becomes cool. It can be dried and powdered with ragi/arrow root powder.

Health benefits

It is a good paediatric food comprised of carbohydrates,easily digestable proteins and minerals.

As it is highly nutritious and easily digestible, it can be given to kids from seventh months onwards. Ensures healthy growth in children.



Lajardraka

(PUFFED PADDY GINGER GRANULES)

Another unique but simple preparation of Ayurveda using simple ingredients which is light easy to digest and refreshing.

Ingredients:

Laja/ puffed paddy	-	1/2 kg.
Sugar candy	-	1/2 kg
Ginger	-	50 g
Ghee	-	50 ml

Method

Fry the finely chopped ginger in ghee.

Prepare sugar candy syrup. (Consistency is unbroken strands between fingers)

Add powdered puffed paddy and ginger to the syrup and stir well.

Health Benefits

It increases appetite and is highly nutritious. It is an effective diet cum medicine in diarrhoea (loose motions) and vomiting(effective in morning sickness).





Khalam

(MEDICATED BUTTERMILK)

Khalam is medicated buttermilk which is light, easy to digest and healing.

Yellow sorrel butter milk

Ingredients

Yellow sorrel Leaves	-	5 g
Grated Coconut	-	1/2 Cup
Cumin Seeds	-	1tsp
Green Chili	-	2nos
Turmeric powder	-	1/2 tsp.
Oil	-	1Tbsp

Method

Sort, wash and clean yellow sorrel leaves

Sauté the leaves in oil.

Using a blender make a paste of grated coconut, turmeric powder, cumin seeds and green chillies.

Add buttermilk and stir well.

Heat on a low flame and remove when the mixture starts to simmer.

Season it with fenugreek seeds, red chillies and curry leaves.

Health Benefits

This recipe helps to stop even severe loose motions. It is a rich source of Vitamin C, it is used in treatment of Scurvy. Improves digestion, relieves indigestion, diarrhoea, dysentery and haemorrhoids.

Caution: As it is also rich in oxalic acid, it is not recommended for frequent daily culinary use.

Peya (MEDICATED RICE GRUEL)

This is a main course dish which is filling & nutritious.

Ingredients

Red rice	-	300g
Water	-	1500ml
Salt	-	to taste
Mustard	-	½ tsp
Cumin seeds	-	1 tsp
Fenugreek seeds	-	¼ tsp.
Dry Ginger	-	¼ inch piece
Cinnamon:	-	¼ inch piece
Cardamom	-	1 No
Cloves	-	2 No
Thick Coconut Milk	-	100ml

Method

Wash the rice and soak for 5 minutes.

Meanwhile roast the ingredients 4 to 10 and powder them coarsely.

Boil water in a pressure cooker, add salt and washed rice. Keep stirring till the rice boils

Add the powder and cover the lid of the cooker. Cook on medium flame till 4-5 whistles

Remove the lid when the steam is off and empty into a serving bowl.

Allow to cool for 5 minutes and add coconut milk.

Serve hot with any stir fried vegetables and chutney.

Health Benefits

Very good supper in monsoons and winter. Light and nutritious.



Apoopam (PANCAKE)

Apoopam is a cake like delicacy which is mentioned in Ayurveda text books which serves as food and medicine at the same time. It is tasty, nutritious and also curative. It acts as a palative way to give medicine in kids
Vidangapoopa False Black Pepper pancake

Ingredients

Palm jaggery	-	20g
Rice flour	-	1/4 cup
False black pepper	-	1/4 tsp.
Cardamom	-	as required.



Method

Roast the rice flour in a flat pan on a low flame. To this roasted rice flour, add powdered false black pepper and cardamom. Mix well.

Heat jaggery in a pan with 100 ml of water and prepare a thin syrup. Add the flour mixture to it and knead well to make soft dough.

Fill the dough in cones made out of Indian bay leaf and steam for 10-15 minutes. Delicious 'apoopam' (cake) is ready.

Health Benefits

The recipe helps to get rid of worm infestation in children and helps to resolve anaemia.



Kollu Rasam

(HORSE GRAM RASAM)

Ingredients:

Cooked Horse Gram	-	2 Cups
Tamarind Extract	-	½ Cup
Tomatoes	-	1 Chopped
Curry Leaves	-	5-6
Garlic paste	-	2tsp
Pepper-Cumin seeds Paste	-	2 tsp.
Mustard Seeds	-	1 tsp.
Salt	-	to taste
Cooking Oil	-	to season

Method

Clean wash and soak horse gram for 6 hours. Steam, cool and drain the substrate
Heat 1 tea spoon of oil in a pan. Add Mustard Seeds, Curry Leaves and Red Chillies
Allow to splutter. Add chopped Tomatoes and sauté till they get mashed up
Add 2 tsp. of garlic paste and sauté till raw smell goes off. Add Tamarind extract and
salt and boil. Add horse gram substrate. When the mixture boils and cooks remove off
the flame and serve hot

Health Benefits

Helps to reduce excess cholesterol and BMI. Add strength to the body. Helps to remove accumulated stone from internal organs.



Panchamutti kanji

(MEDICATED GRUEL)

Ingredients :

Raw rice
Urad dal
Toor dal
Green gram
Chana dal

Method

All the ingredients should be cleaned properly

Take Urad dal, Toor dal, Green gram, and Chana Dal in equal quantities roast and grind into a fine powder. Take 10g of this powder and add equal quantity of raw rice, mix it with 300 ml of water and make a porridge. Add salt or jaggery according to taste and serve.

Health Benefits:

Rich in protein and is a good Immunity booster especially for autistic children.



Gulkhand

(ROSE PETAL JAM)

Rose petals preserved in sugar syrup or honey to form a jam,

Ingredients

Rose Petals
Sugar Syrup/Honey

Method

Fresh desi rose petals are collected in the morning, sorted and cleaned well
The petals are mixed with sugar/honey and stored in an airtight jar
This jar is kept in sunlight for 2-3 weeks
Stir well after each day of sunning with a clean dry spoon

Health Benefits:

Gulkand has been traditionally used as a cooling tonic to fight fatigue, lethargy, muscular aches, biliaryness, itching, and heat-related conditions. It is good for memory and eyesight as well as a good blood purifier. It is also rich in calcium. Gulkand helps to reduce acidity and stomach heat. Thus, it helps in giving a clear complexion and prevents the occurrence of various skin problems like acne, boils, whiteheads etc.



Falooda

(DRY FRUIT DESSERT)

A delicious as well as nutritious dessert, dry fruit and sugar dessert.

Ingredients

Nishasta(All purpose flour)	-	12gms
Cow's milk:	-	250ml
Sugar	-	500gms
Rose water	-	12ml
Dry fruit	-	as required

Method

Nishasta is mixed with milk and boiled with continuous stirring till it attains a thick consistency.

Strain the condensed when it becomes thick.

It is passed through sieve of big holes into a container of cold water.

The falooda forms into rice like small pieces in the water. Water is strained, then added to sugar qiwam slowly. Fresh milk cream and arq gulab are added and the mixture refrigerated & dry fruits before Conception Ice cream can be added for more taste.

Health Benefits

Nutritious, easily digestible, used in chest and respiratory diseases and in those individuals having weakness after istefragh/ detoxification process.



Fresh Tomato Salsa

Salsa is one of the best ways to add more flavour to your food while also delivering essential nutrients.

Salsa serves as a healthy snack option and is low in calorie count. Use it as a healthy dip for chips or vegetable sticks or use it as an alternative to mayo, butter or sour cream on your sandwiches and burgers.

Ingredients

Tomatoes	-	4-5 medium sized (chopped)
Onion	-	1 small (finely chopped)
Garlic	-	4-5 cloves (finely chopped)
Jalapeno/ or green chili	-	1 (finely chopped)
Coriander Leaves (Cilantro)	-	couple of handfuls (finely chopped)
Lime juice	-	1 tbsp
Salt	-	1/2 tsp.

Method

Chop all the ingredients finely by hand or with a food processor.

Deseed the green chilli to reduce the spice level

Deseed the tomatoes before chopping

Mix all the ingredients in a bowl

Refrigerate for at least 15 minutes before serving for the flavours to blend well.

Health Benefits

Low in calories, full of flavour, It can stabilize blood sugar and will help to burn fat. It is hydrating and contains potassium. Healthy for your heart and protects from certain cancers.



Beetroot Pomegranate Juice

This beetroot pomegranate juice is an antioxidant packed juice and the dark redness is really recharging your body and energising you. Try this simple yet healthy drink.

Ingredients

Chopped Beetroot	-	1 cup
Pomegranate seeds	-	1 cup
Lemon juice	-	1 tbsp (or half a big lemon)
Sugar/ Honey	-	2-3 tbsp

Method

Wash the beetroot and peel the skin and chop into small chunks.

Cut the pomegranate and separate the seeds from the skin and the white membrane. Blend the beets and the pomegranate seeds in a blender or a juicer into a smooth puree with 1/2 cup of cold water. Strain it using a big sieve into a large bowl. Mix in the lemon juice, sugar and another cup of cold water with the juice. Taste it and adjust the sweetness.

Serve immediately with or without ice cubes.

Health Benefits

The beetroot and pomegranate adds a great dose of antioxidants and nutrients, and lemon juice adds vitamin C and a good dose of tangy flavour. Beetroot has great health benefits. It can reduce blood pressure levels almost immediately. The red colour comes from betaine which helps reduce inflammation and prevent chronic diseases.



Mixed Millet Drumstick leaves Dosa(pancake) with Guava Leaf Chutney

The all time favourite dosa - chutney combo in a healthy avathar with multiple benefits. Try this unique health boosting recipe .

Ingredients for Dosa (Pan cake)

Different types of Millets

Pearl Millet	-	1 cup
Foxtail Millet	-	1 cup
Barnyard Millet	-	1 cup
Sorghum (Jowar)	-	1 cup
Finger Millet (Ragi)	-	1 cup
Little Millet	-	1 cup
Black Lentil (Urad dal with skin)	-	1 cup.
Fenugreek seeds	-	1/2 cup.
Salt	-	QS
Drumstick leaves:	-	QS



Method

Wash and soak all ingredients for 10 hours except salt and drumstick leaves. Grind the ingredients and allow to ferment for around 8 hours. Spread the batter on a hot pan and sprinkle drumstick leaves over it. Pour half tea spoon ghee, roast it and turn the dosa on the other side. Crispy delicious millet dosa is ready.

Ingredients for Guava leaf Chutney

Chopped Guava leaves	-	1 cup
Grated coconut	-	1 cup
Coriander leaves	-	1/4 cup
Ginger	-	1 cm
Tamarind juice	-	1/2 tsp
Green chilli	-	1
Water	-	1/2 cup
Salt	-	to taste
For seasoning..		
Mustard seeds	-	1/4 tsp
Red chilli broken	-	1
Cooking oil	-	1 tsp

Method

Take tender guava leaves, chop finely. Mix the ingredients together and grind everything to make a fine paste. Do seasoning and add, serve.

Health Benefits:

Health benefits of millets:

Boosts heart health

Millets are a rich source of magnesium which helps reduce high blood pressure and the risk of a heart attack or a stroke.

Improves digestion

Millets are rich in fibre. It helps in cleansing the gastrointestinal system and solves problems like excessive bloating, constipation and cramping.

Helps prevent asthma

The high magnesium content of millets is known to increase the efficiency of insulin and other receptors of glucose in the body. This directly helps in management and prevention of diabetes.

Apart from these health benefits, millets are also great for weight loss.

Health benefits of drumstick leaf:

The leaf of Moringa Oleifera is nature's multivitamin, providing 7 times the vitamin C of orange, 4 times the calcium of milk, 4 times the vitamin A of carrot, 3 times the potassium of banana and 2 times the protein of yoghurt.

Health benefits of guava leaves:

These leaves are a powerhouse of antioxidants like Vitamin C, and Flavonoids such as quercetin. It is useful in the management of Diarrhoea, Diabetes, Obesity, Cough and cold.

Black Gooseberry stir fry

Nellikka Karuppichathu (karinellikka) or the black gooseberry pickle is one of the delicious pickle recipe from the South Indian state of Kerala. It would take about 10 days for the preparation of this pickle recipe. The black colour of the recipe depends on the way of preparation. Apart from other pickle preparations, bird's eye chili or pepper powder is used instead of red chilli powder for a spicy flavour. Asafoetida powder can be used for a unique taste. Karinellikka (Nellikka Karuppichathu) or Black gooseberry pickle is also known for its long shelf life.

Ingredients

Indian gooseberry	-	1/2 Kg.
Gingelly oil	-	200ml
Curry leaves	-	200 g
Black pepper	-	10g
Salt	-	q.s.

Method

Wash the gooseberries well. In an iron pan pour the gingelly oil and stir fry the gooseberries. Add curry leaves, pepper powder and salt to it and mix well.

Health Benefits:

Stimulates taste buds and gets rid of anaemia



Ragi - banana smoothie

A smoothie is a thick, creamy and cold beverage made from pureed raw fruit, vegetables, and sometimes dairy products , typically using a blender. Smoothies may be made using other ingredients too.The healthfulness of a smoothie depends on its ingredients and their proportions. Many smoothies include large or multiple servings of fruits and vegetables, which are recommended in a healthy diet and intended to be a meal replacement.

Ingredients

Ragi flakes	-	3 tbs
Ripe frozen banana	-	1 1/2 nos
Jaggery or palm sugar	-	qs.
Milk/ coconut water/ coconut milk/ plain water	-	250 ml

Method

Soak the ragi flakes for 5 min and drain .

In a blender add the frozen banana, jaggery piece or 1 spoon palm sugar, ragi flakes and blend for few seconds. Then add the liquid of choice and then blend for 1 min till it's smooth and creamy. Pour into a mason jar and serve.

Health Benefits

This ragi flake smoothie is an ideal break fast for all age groups. It is filling , nutrient dense and gives adequate energy for the whole day. Banana is a complete fruit and available throughout the year in Kerala. It is packed with micro nutrients. Jaggery rich in iron and minerals. Ragi is a great source of iron and calcium. Depending on the age group or activity of individual the liquid medium can be chosen. For children milk is the better choice. For gaining weight or in convalescence period coconut milk is ideal. For hydration coconut water and for weight loss plain water can be chosen.



Raw pachadi

Pachadi is one of the easiest and simplest curry that can be prepared in no time. Pachadi is very similar to North Indian Raita except that the vegetable is cooked and coconut is added to it. However, In this recipe, cucumber is not cooked and added raw. Try this simple yet healthy and refreshing curry and enjoy with meals.

Ingredients

Salad Cucumber	-	1
Butter milk (not too sour)	-	200 ml
Holy basil(Tulsi) leaf	-	1
Pepper mint(Pudina) leaf	-	1
Yellow sorrel (Puliyaaarila/ Oxalis corniculata)	-	4
Coconut	-	1/2
Pomegranate	-	1/2
Salt	-	as per taste.
Oil, mustard, curry leaves	-	for seasoning

Method

Cucumber should be finely chopped and marinated in salt water. Grind scraped coconut, a pinch of turmeric, salt, basil leaf, mint leaf, and yellow sorrel leaves into a paste. Transfer the paste to a bowl, add the cucumber pieces after squeezing out excess water, add buttermilk and pomegranate . Heat oil in pan, splutter mustard and curry leaves for seasoning. The green pachadi is ready.

Health Benefits

Cucumbers are high in water and several important vitamins and minerals. The healthy addition of the herbs adds up to the nutritional and medicinal value of the recipe.



Pumpkin and Big Beans Sweet pancake

An evening snack/ 4'O clock snack for you which is highly nutritional and lip smackingly delicious which is simple and easy to prepare with minimum ingredients viz; pumpkin the super food, cow peas the protein storehouse and iron rich Ragi and jaggery.



Ingredients

A ripe pumpkin cut into small pieces	-	1 cup
Red cowpeas/ Brown beans	-	1/2 cup
Ragi flour	-	2 tbsp
Jaggery syrup	-	Q. S.
Scraped coconut	-	Q.S.
Ghee	-	optional

Method

Cook pumpkin pieces and cow peas . Add ragi flour and boil for a few minutes. Add jaggery syrup and stir. Then add scraped coconut and stir well. Add ghee if required.

Health Benefits

Pumpkin is one of the best-known sources of beta-carotene. It also contains fiber, potassium, and vitamin C and supports heart health, prevents anemia and ensures healthy skin.

Indian borage (PANIKOORKKA) Chutney

Chutney is a dry base for a sauce which is an essential part of Indian cuisines. It is known to have a lot of medicinal values. This simple chutney with the leaves tastes good and can be served along with South Indian breakfast recipes like idli or dosa, or even as a condiment with a wholesome meal.

Ingredients

Fresh clean borage leaves	-	10 Nos. (medium sized)
Grated coconut	-	1cup (80g)
Bird eye chili (Kaanthari)	-	8 Nos.
Cumin seeds	-	¼ tsp
Salt	-	to taste
Oil Preferably gingelly oil	-	½ teaspoon
Lime juice	-	½ teaspoon

Method

Wash the leaves without breaking. Drain the water off and chop them into pieces. Heat the oil in a sauce pan; add the leaves, chillies and cumin seeds. Saute for 5-7 mins. Take off the pan from fire, add grated coconut and stir so that the coconut is warmed with the residual heat. Grind the mixture into a coarse paste. Add water if required.

Mix salt and lime juice. Serve with kanji or any other dish.

Health Benefits

It is good to restore taste after an episode of fever. Helps to some extent to relieve cold and cough and aids in digestion.



Vegetable Kichadi

(RICE LENTIL DISH)

Khichdi is an easy one pot rice lentil dish also known as khichadi or khichuri. The simplest way is to just cook rice & mung dal with salt to a mushy texture. Then top with ghee and serve hot.

Ingredients

Ponni / Rice	-	300g
Roasted dehusked split green gram	-	250g
Chopped Beans or long beans	-	1 cup
Chopped Spinach	-	1 cup
Chopped raw banana	-	1 cup
Black Pepper	-	10
Asafoetida	-	1 pinch
Cumin seeds	-	½ tsp
Onion	-	1 big (finely chopped)
Garlic	-	5 (finely chopped)
Ginger:	-	1 inch piece (finely chopped)
Green chillies (Kaanthari)	-	6 Nos chopped
Curry leaves	-	10 leaves
Turmeric	-	½ teaspoon
Ghee:	-	1 ½ teaspoon
Salt	-	to taste
Water	-	1200ml

Method

Wash the roasted lentil and soak for 10 minutes. Heat a pressure cooker or pressure pan, put 1 teaspoon of ghee into it. Add pepper corns, asafoetida, cumin seeds, garlic, ginger, onion, chillies, curry leaves and turmeric. Sauté on low flame till the onion turns golden brown. Add the chopped vegetables and sauté for 3 minutes. Add the roasted lentils and washed rice and sauté again for 2 minutes. Add water and salt. Increase heat and keep stirring till the water boils. Cover the cooker and cook on medium flame till 3 whistles. Empty the contents into a bowl after the steam is off. Top up with ½ teaspoon ghee for flavor.

Health Benefits

Healthy whole meal, easy to digest , easy to prepare. Known generally as a perfect food for babies and the sick as it is supposed to be bland in taste.



Patrode /Colocasia Leaf rolls(CHEMBILA APPAM)

Pathrado is a Konkani cuisine delicacy

Ingredients

<i>Colocasia leaves medium sized</i>	-	16
<i>Dosa rice</i>	-	2 cups
<i>Red chillies</i>	-	8
<i>Coriander seeds</i>	-	4 tsp
<i>Turmeric powder</i>	-	1tsp
<i>Grated coconut</i>	-	1/2 cup
<i>Tamarind</i>	-	lemon sized ball
<i>Jaggery</i>	-	lemon sized ball
<i>Salt</i>	-	as per taste
<i>For tempering</i>		
<i>Grated coconut</i>	-	1/2 cup
<i>Powdered jagerry</i>	-	1/2 cup
<i>Mustard seeds</i>	-	1tsp
<i>Red chilli</i>	-	2
<i>Curry leaves</i>	-	10
<i>Oil</i>	-	4tsp

Method

Soak white rice and boiled rice in equal quantities for 8 hrs. Grind it along with grated coconut, chilli powder, turmeric powder, asafoetida powder and tamarind. Add salt to taste.
Take 12 -16 colocasia leaves. Wash thoroughly and keep in warm water for some time. Drain water, flip them over on the non-shiny side and remove the veins with a knife. On a work surface, take one taro leaf with the non-shiny side facing up and the stem side facing you. Smear the paste evenly on the entire leaf, place another leaf covering 3/4 of the previous leaf and smear the paste. Similarly add leaves and smear the paste till all leaves are done. Fold the sides and roll them over to a cylindrical shape, apply paste on all sides and fold the edges in. Once done, you could tie a string to hold them together, steam cook in a steamer on medium-to-high flame for 30-45 minutes.

Once done and completely cooked, scoop it up cut to circular pieces and serve hot with coconut oil.





Should they remain for next day, roast on a frying pan sprinkling oil or deep fry after coating with bengal gram flour to get Patrodo fritters, dredge them in rava and pan-fry with little oil and you have Patrodo Rava fry. You may prepare tasty spicy Patrodo stir fry by cutting it into small cubes and stir frying along with mustard seeds, red chillies, curry leaves, grated coconut and salt to taste (a little jaggery powder is optional) and use it as a side dish. If you cut into pieces and add it to spicy coconut gravy and cook, Patrodo curry.

Instead of the rice batter, leaf rolls can be prepared using spicy tangy besan batter. In a mixing bowl take coriander powder, red chilli powder, turmeric powder, cumin powder, tamarind water, gram flour, a little jaggery, salt and water and mix to get a thick batter. After preparing leaf rolls by steaming, it can be tempered with sesame seeds, mustard seeds, asafoetida powder, curry leaves, chopped coriander leaves and grated fresh coconut. Instead of tempering, it can be sliced and deep fried also.

Health Benefits

Once cooked, Colocasia leaves are easily digestible. As they are rich in dietary fibers they help in easy bowel movement.

These leaves have zero cholesterol. Iron rich leaves help in improving the red blood cells and thus reducing anemia. Including colocasia leaves delicacies in diet on a regular basis is good for health and immunity.

