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|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Lunch | Restaurant | Quinoa, sambar | Omlette | Omlette  Seed | Vegetable  seed  Dal makni | Omlette  vegetable | Upma  Avalakki  Mandakki  Dosa  Idly |
| Dinner | Sambar, idly, dosa, Qunioa | Leaf  Sambar oats | Qunioa  Masala oats | Qunioa  Dal makni | Dal makni  Vegetable | Qunioa | Upma  Avalakki  Mandakki  Dosa  Idly |

# Breakfast

## Uppit

Fry 1.25 cup **rava** in 0.5 tbsp **oil**, keep aside. Heat oil – put **mustard seeds, onion, 3-4 green chilli, curry leaves, kadle bele**. Add water. Add **turmeric powder, salt** and bring to boil – TASTE NOW! Keep off hot stove and add rava by stirring. Keep aside for 5 mins

## Mandakki / Avalakki

Soak Mandakki or avalakki. add oil in kadai, add mustard, curry leaves, diced onion, green chillis, groundnuts and fry. Add soaked mandakki/avalakki, turmeric and fry on medium flame

## Shavige uppit –

Dry fry shavige for 3 minutes and keep aside. Add oil to pan. Add groundnut, urad dal, kadlebele and fry. Add mustard, jeera, -fry. Add curry leaves, onion, carrot, beans, peas, greenchilli – fry. Add ginger garlic paste, turmeric and fry. Add salt, water,turmeric and boil. Add shavige, lemon juice and mix and make rest for 2-3 mins on low flame

## Lemon rice / tamarind rice

Cook rice. Add oil to kadai, add mustard, curry leaves, diced onion, kadlebele and fry. Add diced tomatoes and turmeric powder. Add rice. Finally add [lemon juice / tamarind water] and salt to taste

## Rava dosa

## Tomato dosa

## Rava Idli

## Puliogere

Fry poliyogere powder in oil, add cooked rice and salt

## MASALA DOSA

**Ingredients:**

Rice – 2 cups

Urad dhal – 3/4th cup

Kadle bele – 1/4th cup

Methi seeds – 1tsp

Sabudhana – 1tbsp

**Preparation:**

Soak all these for 4 to 5hrs and grind them and ferment it overnight. Then add salt and pinch of soda and prepare dosas.

## IDLY

**Ingredients:**

Urad dhal – ½ cup

Idly rava – 1cup

**Preparation:**

Soak Urad and idly rava separately. Grind them separately and then mix properly and ferment it overnight. Add salt and pinch of soda if required and apply oil for the idly plates for the first time and pour the batter. Keep this in cooker until the steam comes out and then switch it off, remove it after 2 to 3mins.

## CHUNTEY:

**Ingredients:**

Grated Coconut – 1cup

Fried grams – 1/4th cup

Green chilly – 2nos

Coarinder and pudina – ½ handful chopped

Tamarind – 1” piece

Salt as required

**Preparation:**

Grind all the above ingredients and season it with oil mustard and curry leaves.

## Garlic chutney

Put oil in kadai. Add red dry chilli [10], fry for 30 seconds on medium flame. Remove it. Add garlic and turmeric and jeera. Fry until jeera splitters only – not more. Put all into mixi jar and leftover oil-add salt also.

# Lunch / Dinner

## Khichdi

Add **oil** and **ghee** – 0.5 spoon each. Once hot, add 2-3 cups**cut vegetables and 4 green chillis**. Add washed **foxtail** [1/2] and **small dal** [1/2] and **salt [0.75 tbsp], pepper[0.5],** and **jeera powder [1tbsp]** and 3 glass water and 0.5 tbsp salt – TASTE NOW! Whistle cooker for 3 times and remove from heat

## Bisibelebath

Add **oil** and **ghee** – 1 spoon each. Once hot, add mustard and curry leaves, Add 1 big onion and roast. 1tbsp ginger garlic paste and roast. Add 1 tomatoe. Add **cut vegetables [beans, carrot, potatoe, cauliflower] and fry. Add 2 tbsp bisi bele bath powder, 0.5tbsp chilli powder, turmeric and 0.5 tbsp salt and tamarind water**. Add washed toor and **small dal** [1cup together] and 0.75 cup broken wheat– TASTE NOW! Whistle cooker for 2 times and switch off and wait until pressure goes off

## Masala Oats

Fry 50g onion in 1/2tbsp olive oil. Add cut vegetables and fry. Add kitchen king masala[1/3 tbsp], salt and little pepper [1/4 tbsp], oats [1/4 cup] and boil

## Dal methi

Boil dal and turmeric in cooker – 3 whistle. Make paste of green chilli[2] and garlic[6]. In a pan, put oil, add jeera, add chilli garlic paste – fry. Add methi leaves and fry until they are soft and small-until leaves leave water and that water is evaporated. Add dal now, mix and add salt. Boil the mixture

## Dal makhni

Soak urad dal and rajma overnight. Boil with salt and ginger – 5 whistle and make paste. Put butter and oil half spoon each in kadai, add jeera, add diced tomatoe[2], ginger garlic paste – make paste [no onion]. Add dal to kadai. Add chilli powder[1/2 tbsp], garam masala[1/2 tbsp]. Mix and boil on medium heat for 15 mins

## Dal palak - keerthi

## dal palak

## dal tadka

## MUDDE:

**Ingredients:**

Jowar flour , water and salt

**Preparation:**

Keep ½ cup of water to boil with a 1tsp of salt in it. Take 1tbsp flour in a bowl and mix it with water to make a medium paste (not too thick or not too thin). Once water starts boiling reduce the flame and add the flour paste by continuously stirring until it mixes with the water and starts to boil. Boil it for a minute and then add then add 2 tbsp. of flour and stir till the flour mixes completely. Keep it on low flame with the lid closed for a min and then serve.

# LEAF SAMBAR:

**Ingredients:**

Palak – ½ bunch

Dhal – ½ cup

Tomato – 1 medium size

Onion – 1 medium size

Garlic – 2 cloves

Coriander – 1/4th of handful

Jeera – 1tsp

Green chilly – 3

Mustard – ½ tsp

Curry leaves – 4 to 5 leaves

Turmeric – 1/2tsp

Tamarind juice – 1/4th cup

**Preparation:**

Add dhal, washed and cut leaves and tomato to boil in a cooker.

Parallel grind Chilly, jeera, garlic, coriander and turmeric into paste.

Add oil in a vessel and when heated, add mustard, curry leaves, onion. Once onion is roasted add the paste and little water and boil. Then add the mixture cooked in cooker and stir. Lastly add tamarind juice and salt.

## Sambars

### N Karnataka sambar

Add oil to kadai. Add mustard, jeera, smashed ginger [5-6], curry leaves[10], turmeric, add tomatoe[4]/ tamarind. Make it soft – cover vessel for 2 mins. Smash if required. Add groundnut powder. 1 powder=1.5glass water. Don’t make too thick or too thin. Add masala chilli powder or [chilli powder+garam masala]. Cover 80% and boil.

### Drumstick / cabbage

Boil dal, drumstic and potatoe and turmeric. Add oil to kadai, add mustard, curry leaves, diced onion. Add dal, salt, chillipowder, sambar powder and boil

### Okra - princelin

Cut okra into small pieces and fry in oil until stickness goes away. Keep it aside. Put oil in a pan, add cut onion, tomatoe, okra, turmeric, coriander powder, salt, chilli powder – mix. Add tamarind juice and water and boil.

### Black chickpea sambar - mom

Add oil i

# BAAJIS

## METHI/DILL LEAF BAJI:

**Ingredients:**

Methi leaves – 1bunch

Dhal –1/4th cup

Chilly -3

Garlic cloves – 3 grated

salt

**Preparation:**

Boil the dhal in an open vessel, when it is 3/4th cooked add washed and cut leaves and boil it till the water is drained, don’t drain it too much less it will become dry. In a separate vessel add oil, grated garlic and green chilies. Once the garlic is roasted, add the boiled dhal, methi leaves and add salt as required and stir it properly. Heat it for a min or 2 and serve.

## Tomato curry - rishi

Fry oil. Add mustard seeds and jeera, put finely sliced 1 onion, coriander powder, little kadlebele. Add 3 tomato at last and 3 small cups of water.

## Tomatoe thokku – keerthi whatsapp

## Panneer burji

Add oil in a pan, add jeera, finely chopped onions and fry. Add ginger garlic paste, chopped green chillies and fry. Add turmeric, red chilli powder, cumin powder and coriander powder and fry. Add tomatoes, fresh coriander and salt. Cook until tomatoes are soft by covering. Add panneer, fry and serve

## Mutter Panneer

Make tomatoe[3] puree. Add oil in a pan, add diced onion[1/2]. Fry till they become soft. Add chilli powder, turmeric, coriander powder, fry. Add ginger garlic paste. Add tomatoe puree, cook until oil comes out. Add panneer and peas. Add garam masala, salt, oriander leaves and cover for a min and serve

## Cabbage

## Bittergourd – keerthi whatsapp

## Cauliflower

## Brinjal

## Beans

## Alu mutter

## Palak panneer

## Alu gobi

## Beetroot

Cur beetroot into small pieces. Add oil in a pan, add mustard, green chilli and curry leaves. Add diced beetroot and salt

## Rajma / blackpeas masala

Soak rajma overnight and boil for 15 mins. Add oil to pan, add diced onion and fry until soft. Add tomatoes and fry until soft. Add salt and rajma masala to form paste. Boil for 15 mins on simmer to form paste

## Seed Baji

Add oil in a pan, add soaked seeds, masala chilli powder and boil until seeds are soft and masala is mixed

Masala groundnut = heat oil, fry curry leaves, add groundnut and fry. Finally mix chilli powder

kosumbari = hea

veg palav

fried rice

## Masala chapathi

2 cup wheat flour, 0.75 cup gram flour, MIX.

salt, 0.5 turmeric, 0.75 chilli powder, 1 tbsp coriander, 1 tbsp cumin powder, 0.5 mango powder –

2 green chilli, oil and make dove