



DELICIOUS RECIPES

FROM ANDHRA

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Presented to my loving
wife Latha

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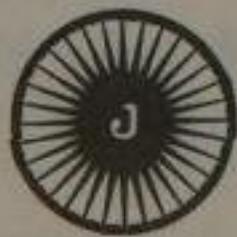
DELICIOUS RECIPES

FROM

ANDHRA

by

KARUNA



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DELICIOUS RECIPES
FROM ANDHRA

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GLOSSARY

VEGETABLES, FRUITS AND HERBS

English	Hindi	Telugu
Andhra Cucumber	<i>Peeli kakidi</i>	<i>Dosakai</i>
Ashgourd	<i>Petha</i>	<i>Gummadikaya</i>
Banana	<i>Kela</i>	<i>Aratikaya</i>
Bittergourd	<i>Karela</i>	<i>Kakarkaya</i>
Brinjal	<i>Baingan</i>	<i>Vankaya</i>
Broad beans	<i>Papidi</i>	<i>Chikkudikai</i>
Cabbage	<i>Pattha gobi</i>	<i>Khosu Koora</i>
Cluster beans	<i>Gawar</i>	<i>Gorichikkudukaya</i>
Coconut	<i>Nariyal</i>	<i>Kobbarikaya</i>
Colocassia	<i>Arbi</i>	<i>Chamadumpa</i>
Coriander leaves	<i>Hara dhaniya</i>	<i>Kothimeera</i>
Curry leaves	<i>Kadi patha</i>	<i>Karivepaku</i>
Drumstick	<i>Saijan</i>	<i>Mullakkada</i>
Fenugreek leaves	<i>Methi bhaji</i>	<i>Mentiaku</i>
French beans	<i>Faras beans</i>	<i>French beans</i>
Ginger	<i>Adrak</i>	<i>Allamu</i>
Green Berry	<i>Ber</i>	<i>Vagkkai</i>
Green chillies	<i>Hari mirchi</i>	<i>Pacchi mirapakai</i>
Indian gooseberry	<i>Amla</i>	<i>Usirikaya</i>
Jackfruit	<i>Kathal</i>	<i>Panasakaya</i>
Ladyfinger	<i>Bhendi</i>	<i>Bendakaya</i>
Lemon	<i>Nimbu</i>	<i>Nimmakai</i>
Lime	<i>Bada nimbu</i>	<i>Dabbakai</i>
Mango	<i>Aam</i>	<i>Mamidikaya</i>
Mango ginger	<i>Am Adrak</i>	<i>Mamidiallam</i>

Mint leaves	<i>Pudina</i>	<i>Pudinaku</i>
Onion	<i>Pyaaz</i>	<i>Ullippaya</i>
Pumpkin	<i>Lowki</i>	<i>Aanapakaya</i>
Purslane	<i>Mayalu</i>	<i>Bacchalakoora</i>
Red chillies	<i>Lal mirchi</i>	<i>Yerra mirapakai</i>
Ribbed gourd	<i>Toori</i>	<i>Beerakaya</i>
Short gourd	<i>Tondli</i>	<i>Dondakaya</i>
Snake gourd	<i>Parval</i>	<i>Potlakaya</i>
Sorrel leaves	<i>Ambadi</i>	<i>Gongura</i>
Spinach	<i>Palak</i>	<i>Palakoora</i>
Spring onion	<i>Pyaaz</i>	<i>Ullikada</i>
Tomato	<i>Tamatar</i>	<i>Tomato</i>
Woodapple	<i>Kaithbel</i>	<i>Velakkaya</i>

PULSES, FLOURS AND GRAINS

Black gram	<i>Urad dal</i>	<i>Minappatu</i>
Bengal gram	<i>Channa dal</i>	<i>Senaga pappu</i>
Chick peas	<i>Kabuli channa</i>	<i>Kabuli channa</i>
Flat rice	<i>Poha</i>	<i>Atukulu</i>
Gram flour	<i>Besan</i>	<i>Senagapindi</i>
Green gram	<i>Moong dal</i>	<i>Pesara pappu</i>
Rice	<i>Chaval</i>	<i>Biyyam</i>
Rice flour	<i>Chaval ka ata</i>	<i>Biyyapindi</i>
Refined flour (or baking flour)	<i>Maida</i>	<i>Maida</i>
Sago	<i>Sabudana</i>	<i>Saggubiyyam</i>
Semolina	<i>Rava</i>	<i>Rava</i>
Tur gram	<i>Toovar dal</i>	<i>Kandi pappu</i>
Vermicelli	<i>Semiya</i>	<i>Semiya</i>
Wheat flour	<i>Gehun ka ata</i>	<i>Goduma pindi</i>

SPICES AND DRY FRUITS

Almonds	<i>Badam</i>	<i>Bedampappu</i>
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Aniseed	<i>Saunf</i>	<i>Erinjeerakam</i>
Asafoetida	<i>Hing</i>	<i>Ingua</i>
Cashewnuts	<i>Kaju</i>	<i>Kaju</i>
Coriander seeds	<i>Dhaniya</i>	<i>Dhaniya</i>
Chilli powder	<i>Lal mirchi</i>	<i>Mirapapodi</i>
Cardamom	<i>Elaichi</i>	<i>Ellakaya</i>
Cinnamon	<i>Dalchini</i>	<i>Lavangapatta</i>
Cloves	<i>Lavang</i>	<i>Lavang</i>
Cumin seeds	<i>Jeera</i>	<i>Jeelakarra</i>
Dry coconut	<i>Kopra</i>	<i>Endu Kobbari</i>
Dry dates	<i>Sukha khajoor</i>	<i>Endu karjooram</i>
Dry ginger	<i>Saunth</i>	<i>Sonti podi</i>
Fenugreek seeds	<i>Methi</i>	<i>Menthulu</i>
Groundnuts (peanuts)	<i>Moongfali</i>	<i>Veerusenagakayulu</i>
Mustard seeds	<i>Rai</i>	<i>Aavalu</i>
Nutmeg	<i>Jaiphal</i>	<i>Jajikaya</i>
Peppercorns	<i>Kali mirch</i>	<i>Miriyalu</i>
Poppy seeds	<i>Khus khus</i>	<i>Gasagasalu</i>
Raisins	<i>Kishmish</i>	<i>Endudraksha</i>
Salt	<i>Namak</i>	<i>Uppu</i>
Sesame seeds	<i>Til</i>	<i>Nuvvulu</i>
Turmeric	<i>Haldi</i>	<i>Pasupu</i>
Tamarind	<i>Imli</i>	<i>Chintakaya</i>
Saffron	<i>Kesar</i>	<i>Kumkumpuvvu</i>

OILS

Refined oil	<i>Refined oil</i>	<i>Refined oil</i>
Groundnut oil	<i>Moongfali tel</i>	<i>Verusenaga nune</i>
Sesame oil	<i>Til ka tel</i>	<i>Pappu nune</i>
Vegetable oil	<i>Vanaspati</i>	<i>Vanaspati</i>
Ghee	<i>Ghee</i>	<i>Neyyi</i>
Oil cake		<i>Telagapindi</i>
Mustard Oil	<i>Sarson ke tel</i>	<i>Avanune</i>

A TRADITIONAL ANDHRA MEAL

A traditional Andhra meal is well choreographed.

People sit on floor mats or raised wooden seats. Banana leaves are placed before them, and with a few drops of water sprinkled on the leaves, the ‘plates’ are ready for the elaborate next steps.

Rice, of course, is the main dish. Purists will pour a spot of ghee on it. Interestingly, unlike northern parts of India where rice is only eaten alongwith gravy dishes, here, even a dry curry is a perfect combination with rice.

There are at least five kinds of dishes, or courses.

A meal begins with a chutney, **powder** or pickle and goes on to a cereal and then a curry and then a ‘pulusu’. Almost as if thought up by a dietician, the last course, yoghurt, is an ideal coolant after all the exciting flavours before it.

Whether the tangy, sour **pulusu** or the flaming hot chutneys and pickles, whether the subtle taste of mustard or the mouthwatering hint of sorrel, the flavours of Andhra whip up your appetite, again and again.

PICKLES, CHUTNEYS, POWDERS

It is said that an Andhraite gets his hot temper from his food!

Enough stories abound on this 'hot' nature of Andhra cuisine.

According to one, there was a severe famine in the area centuries ago. What grew most easily then, was the chilli plant.

The inventive locals created several recipes where chillies were used as the main ingredient. This was when an unimaginable variety of chutneys and pickles entered the Andhra palate.

Several kinds of mango pickles, for instance, each one with a totally different taste.

And where else in the world, do you find a red chilli pickle, a green chilli pickle, even a dry chilli pickle?

TUR GRAM POWDER (KANDI PODI)

INGREDIENTS

Tur gram — 4 tbsp

Red chillies — 4

Cumin seeds — 1 tsp

Salt to taste

METHOD

1. Heat the frying pan for half a minute.
2. Roast tur gram and chillies in it, lightly. Remove. Cool.
3. Roast cumin seeds in the pan, stir, and remove at once. Cool.
4. Grind all the ingredients along with salt to make a soft, fine powder.

Serve with idli or rice, and ghee.

SPICE AND CORIANDER POWDER (KHARA PODI)

INGREDIENTS

For masala

Coriander seeds — 4 tbsp

Dry bengal gram — 3 tbsp

- Mustard — 1 tsp**
Fenugreek seeds — 1 tsp
Peeled broken black gram — 1 tsp
Red chillies — 10
Peeled garlic — 10
Tamarind, the size of a small lemon
Curry leaves — 4 sprigs
Oil — 4 tbsp
Salt to taste
- METHOD**
1. Clean and dry the curry leaves.
 2. Fry the masala. Cool. Grind.
 3. Add curry leaves. Add tamarind and salt and grind again.

This is used as an accompaniment for idli and other snacks.

SORREL CHUTNEY (GONGURA PACCHADI)

INGREDIENTS

- Sorrel leaves — a medium sized bunch**
Red chillies — 15
Green chillies — 2
Fenugreek seeds — $\frac{1}{2}$ tsp
Oil — 2 tbsp
Black gram (peeled, broken) — 1tbsp
Mustard — 1 tsp

Asafoetida — a pinch

Turmeric — a pinch

Salt to taste

METHOD

1. Pluck sorrel leaves. Wash. Spread in a cool place to dry. Roast in a frying pan until it turns into a lump. Cool. Add salt and turmeric.
2. Fry red chillies, fenugreek, mustard seeds and black gram. Grind.
3. Add sorrel and green chillies to this mixture and grind again.
4. Fry asafoetida in oil and add to the sorrel chutney. Mix.

MINT CHUTNEY

(PUDINAKU PACCHADDI)

INGREDIENTS

Mint leaves — 1 bunch

Red chillies — 4

Mustard — 1 tsp

Black gram (peeled and broken) — 1 tsp

Oil — 1 tbsp

Tamarind, the size of a small lemon

Salt to taste

METHOD

1. Wet tamarind in a little water.

2. Pluck and clean mint leaves. Dry.
3. Fry red chillies, mustard seeds, black gram. Remove from the frying pan for masala.
4. Fry mint leaves until the colour turns dark. Cook well. Grind the masala with tamarind and salt. Add mint leaves and grind.

RAW TOMATO CHUTNEY (PACCHI TOMATO PACCHADI)

INGREDIENTS

Raw tomatoes — 5

Red chillies — 4

Peeled broken black gram — 1 tbsp

Oil — $2\frac{1}{2}$ tbsp

Tamarind — the size of $\frac{1}{4}$ th lemon

Mustard seeds — 1 tsp

Asafoetida — a pinch

Salt to taste

METHOD

1. Cut tomatoes into quarters.
2. Pour $1\frac{1}{2}$ tbsp. oil in the frying pan.
Cook tomatoes on low heat. Remove when soft.
Cool.
3. Fry red chillies, mustard, black gram and asafoetida in 1 tbsp. oil. Grind.
4. Soak tamarind in a little water for 2 minutes until soft.

5. Add tomatoes and tamarind to the masala. Grind again. Add salt.

COCONUT CHUTNEY (KOBBAARI PACCHADI)

INGREDIENTS

- Coconut — $\frac{1}{2}$
 Tamarind — the size of half a lemon
 Red chillies — 2
 Green chillies — 2
 Peeled broken black gram — 1 tsp
 Cumin seeds — 1 tsp
 Asafoetida — $\frac{1}{2}$ tsp
 Refined oil — $1\frac{1}{2}$ tbsp
 Turmeric — a pinch
 Jaggery — the size of half a lemon
 Salt to taste

METHOD

1. Grind the coconut.
2. Soak tamarind in a little water for a few minutes until it is soft.
3. Fry red chillies, black gram, asafoetida, cumin seeds. Cool.
4. Grind this masala along with tamarind and salt. Add coconut, green chillies, turmeric and jaggery. Grind again.

GINGER CHUTNEY (ALLA PACCHADI)

INGREDIENTS

Tamarind — the size of a big lemon

Red chillies — 4

Green chillies — 3

Ginger — 2-3 pieces

Sugar or jaggery — 1 tbsp

Peeled broken black gram — 1 tsp

Mustard seeds — 1 tsp

Refined oil — $1\frac{1}{2}$ tsp

Salt to taste

Fenugreek seeds $\frac{1}{2}$ tsp

METHOD

1. Soak tamarind in water for 5 minutes.
2. Fry red chilies, black gram, mustard seeds and fenu greek seeds. Grind.
3. Add tamarind, green chillies, ginger, and sugar/jaggery. Grind again.

Add salt to taste.

FRIED GREEN CHILLIES CHUTNEY (PACCHIMIRAPAKAI KHARAM)

INGREDIENTS

Green chillies — 200 gms

Tamarind — the size of a lemon

Peeled black gram — 1 tbsp

Fenugreek seeds — 1 tsp

Mustard seeds — 1 tsp

Asafoetida — a pinch

Turmeric — a pinch

Salt to taste

Oil 4 tbsp

METHOD

1. Clean the green chillies. Dry well.
2. Pour 2 tbsp. oil in the frying pan and fry the green chillies for two minutes. Remove and cool.
3. Pour 2 more tbsp. oil in the pan and fry the mustard, fenugreek, black gram, asafoetida and turmeric. Remove and cool. (Keep the strained oil aside).
4. Grind with green chillies, tamarind and salt. Top with the strained oil.

WOODAPPLE CHUTNEY (VELAKKAI PACCHADI)

INGREDIENTS

Ripe woodapple — 1

Red chillies — 4

Green chillies — 4

Oil — 1 tbsp

Jaggery — the size of half a lemon

Peeled, broken, black gram — 1tbsp

Mustard seeds — 1 tsp

Coriander leaves — 2 sprigs

Asafoetida — a pinch

Salt to taste

METHOD

1. Pour oil in the frying pan. Fry black gram, mustard seeds, red chillies, asafoetida. Strain out the oil and grind to make masala.
2. Break the woodapple. Remove the flesh.
3. Grind the masala alongwith green chillies, salt and jaggery.
4. Add woodapple to this and grind very lightly, without crushing the seeds.
5. Remove. Garnish with coriander leaves.

You can also add this chutney to fresh yoghurt, with finely chopped onions, to make a delicious raita.

MANGO GREEN GRAM CHUTNEY (MAMIDI PESARA PACCHADI)

INGREDIENTS

Green gram, broken — $\frac{1}{2}$ cup

Sour mango — $\frac{1}{2}$

Oil — 1 tbsp

Red chillies — 2

Peeled, broken, black gram — $\frac{1}{2}$ tsp

Mustard — $\frac{1}{2}$ tsp

Asafoetida — a pinch

Salt to taste

METHOD

1. Soak green gram in water for 30 minutes. Strain out the water.
2. Peel mango, cut into medium sized pieces. Fry red chillies, black gram, mustard seeds, and asafoetida. Grind.
3. Add salt, mango pieces, and green gram. Grind again.

GRAM FLOUR CHUTNEY (SENAGA PACCHADI)

INGREDIENTS

Gram flour — 2 tbsp
 Chilli powder — 1 tsp
 Tamarind juice — 1 tbsp
 Green chilli — 1
 Sour yoghurt — $\frac{1}{4}$ cup
 Oil — 1 tbsp
 Mustard — $\frac{1}{2}$ tsp
 Cumin seeds — $\frac{1}{2}$ tsp
 Asafoetida — a pinch
 Salt — $\frac{1}{2}$ tsp

METHOD

1. Mix gram flour in a quarter cup of water. Add chilli powder, salt, yoghurt, tamarind juice and cook. Stir until slightly thick.
 2. Chop green chilli finely. Add. Stir.
 3. Fry mustard, cumin seeds and asafoetida. Add as seasoning.
- This chutney is a tasty accompaniment to idlis, dosas, chapati, etc.

RAW TAMARIND CHUTNEY (CHINTAKAI PACCHADI)

INGREDIENTS

Raw tamarind pieces — 10

Turmeric — a pinch

Asafoetida — a pinch

Red chillies — 10

Oil — 3 tbsp

Peeled, broken, black gram — 1 tsp

Mustard — 1 tsp

Fenugreek seeds — 1 tsp

Green chillies — 4

Salt to taste

METHOD

1. Add turmeric and salt to tamarind. Grind. Remove strands and any bits of seed.
2. Fry red chillies, black gram, mustard and fenugreek. Strain.
3. Add this and green chillies to the tamarind. Grind.
4. In the remaining oil, add asafoetida, and warm. Cool. Mix chutney in this oil.

TAMARIND LEAF CHUTNEY (CHINTA CHIGURU PACCHADI)

INGREDIENTS

Tamarind leaves, small and tender — $\frac{1}{4}$ kg.

Red chillies — 10

Black gram — 1 tsp

Oil — 4 tbsp

Turmeric — a pinch

Asafoetida — a pinch

Mustard — 1 tsp

Fenugreek seeds — $\frac{1}{2}$ tsp

Salt to taste

METHOD

1. Clean the tamarind leaves and dry. Fry in 2 tbsp oil lightly (i.e. not until they turn brown). Cool.
2. Fry red chillies, black gram, turmeric, mustard, fenugreek seeds and asafoetida. Remove. Grind.
3. Add the leaves to the masala. Grind again. Add salt.

CHILLI COCONUT POWDER (KOBBAJI KHARA PODI)

INGREDIENTS

Red chillies — 10

Bengal gram — 1 tbsp

Black gram broken, white — 1 tbsp

Dry coconut — $\frac{1}{4}$

Oil — 2 tbsps

METHOD

Fry masala. Cool. Strain and grind along with coconut to make a fine powder.

GREEN BERRY CHUTNEY (VAGKKAI PACCHADI)

A vagkkai is small, green, sour and has a small seed inside.

INGREDIENTS

Vagkkai — 100 gms

Oil — 2 tbsp

Tamarind — a small piece

FOR MASALA

Black gram white, broken — $\frac{1}{2}$ tsp

Mustard — $\frac{1}{2}$ tsp

Fenugreek seeds — 10

A pinch of asafoetida

Red chillies — 6

METHOD

1. Clean, cut vagkkai to remove seeds. Fry in oil on low heat and with a covered lid till soft.
2. Fry masala, cool and grind with tamarind.
3. Add vagkkai and salt and grind.

BENGAL GRAM CHUTNEY (PACCHI SENAGA PAPPU PACCHADI)

INGREDIENTS

Fried bengal gram — 100 gms

A small coconut (sweet) — $\frac{1}{2}$

Green chillies — 2

A small piece of tamarind

Mustard — $\frac{1}{2}$ tsp

Cumin seeds — $\frac{1}{2}$ tsp

Curry leaves — 1 stem

Oil — 1 tbsp

Salt to taste

METHOD

1. Break the coconut into small pieces. Grind.
2. Add $\frac{1}{4}$ cup water, fried bengal gram, green chillies and tamarind. Grind.
3. Fry mustard, cumin seeds and curry leaves. Add to bengal gram chutney. Add salt.

GROUNDNUT CHUTNEY (VERUSENAGA PAPPU PACCHADI)

INGREDIENTS

Fried groundnuts saltless
and without skin — 200 gms.

Red chillies — 3

Peeled black gram — $\frac{1}{2}$ tsp

Mustard — $\frac{1}{2}$ tsp

A small piece (a single rind) of tamarind

Curry leaves — 1 stem

Oil — 2 tbsp

Salt to taste

METHOD

1. Wet the tamarind in water for a minute.
2. Fry red chillies.
3. Grind the groundnuts, tamarind, red chillies and salt. Use a cup of water to make the paste soft.
4. Fry black gram, mustard and curry leaves.

Add to the groundnut chutney.

CURRY LEAVES CHUTNEY (KARIVEPAKU KHARAM)

INGREDIENTS

Curry leaves (neither too tender nor too mature, aromatic) — 6 stems

Tamarind — the size of a small lemon

Jaggery the size of half a lemon

Red chillies — 10

Salt to taste

METHOD

1. Soak tamarind in 4 tbsp. of water for 5 minutes. Remove.
2. Soak red chillies in a small bowl of water for 5 minutes. Remove.
3. Clean and pluck curry leaves.
4. Grind tamarind, red chillies, and curry leaves with salt and jaggery.
5. Add tamarind water and whip.

QUICK MANGO PICKLE (AVAKKAI)

INGREDIENTS

Raw, hard, fleshy and sour mango — 1 medium size

Oil — 12 tbsp

Mustard powder — 2 tbsp

Chilli Powder — 2 tbsp

Garlic — $\frac{1}{2}$ (peeled)

Turmeric — a pinch

METHOD

1. Clean the mango. Dry well. Chop into small pieces.
2. Heat the oil slightly, and cool.
3. Take a dry vessel. Mix the mustard powder, chilli powder, salt and turmeric. Add oil and mix well.
4. Add mango and peeled garlic. Mix again.
5. Bottle for 6 days.

SEASONAL MANGO PICKLE (AVAKKAI)

INGREDIENTS

Mangoes hard, fleshy, sour, the size of an orange — 100

Sesame oil — $4\frac{1}{2}$ kgs.

Chilli powder (fresh) — 4 kgs.

Mustard powder (fresh, made from lean red mustard seeds — $4\frac{1}{2}$

Turmeric — $\frac{1}{4}$ tsp

Raw chickpeas — 200 gms

Salt — $4\frac{1}{2}$ kgs.

Fenugreek seeds — $\frac{1}{2}$

METHOD

1. Clean mangoes. Wipe dry. Dry well in shade. Cut into halves, and cut each half into 4 pieces. Remove white skin and seed from every piece, but keep shell intact. Take a dry cloth and wipe the pieces to remove dirt.
2. Take a bog bowl. Mix chilli powder, salt, mustard powder, chickpeas, turmeric and fenugreek seeds.
3. Make a hollow in the centre. Pour oil little by little. Add mango pieces each time, and keep covering mango pieces with the chilli powder.
4. Dry the jar in the sun. Pour 2 tbsp oil in the bottom. Put pickle until half full. Pour some more oil. Fill jar with pickle. Top with oil. Stir on day 3. Store for 3 weeks.

PEELED MANGO PICKLE (MAGAI)

INGREDIENTS

Mangoes (sour, hard, fleshy) — 100

Salt — 2 Kgs

Turmeric — 4 tsp

Fresh chilli powder — 2 kgs.

Fenugreek seeds — 100 gms

Sesame oil — 3 kgs.

Mustard seeds — 50 gms

Red chillies — 50 gms

Asafoetida — 10 gms

METHOD

1. Clean mangoes. Wipe dry. Dry well in sun. peel. Cut into 1 inch long pieces (like finger chips). Don't throw away the shells.
2. Add salt and turmeric. Pickle for 3 days in a ceramic jar. On day 4, squeeze out the salt water and dry mango on a flat surface in the heat of the sun.
Place a net on the jar with salt water in it-and keep in the sun so that traces of water can evaporate.
The pieces are ready when they turn brownish and bend easily.
3. Roast fenugreek until black. Remove. Cool. Grind.
4. Mix fenugreek powder, chilli powder and mango. Add salt water. Mix. Store in a jar.
5. Heat oil. Fry 50 gms mustard, red chillies and asafoetida. Cool. Add to pickle. Stir. Keep for a month.

BEATEN MANGO PICKLE (THOKKUDU PACHADI)

INGREDIENTS

Raw mangoes — 25

Mustard powder — $\frac{1}{4}$ kgs

Refined oil or til oil — 750 gms

Chilli powder — $\frac{1}{4}$ kg

Asafoetida — $\frac{1}{2}$ tsp

Turmeric — 1 tsp

Salt to taste — $\frac{1}{2}$ kg.

METHOD

- Clean and dry mangoes, chop into long pieces like finger chips along with the skin.

Add salt and turmeric. Store overnight.

- Mix mustard powder and chilli powder with the mango pieces, and grind lightly. Add asafoetida.

- Heat oil to evaporate traces of water. Cool. Pour onto the pickle. Mix. Pickle for a week.

This pickle can be preserved for one year.

LEMON PICKLE

(NIMMAKAI AVAKKAI)

INGREDIENTS

Lemons — 100 (medium sized)

Fine, deep red chilli powder — 1 kg

Salt — 1 kg

Fenugreek seeds — 100 gms

Turmeric — 1 tsp

METHOD

- Clean and dry a jar, keep ready. Cut the lemons into quarters. Add salt and turmeric. Store for 3 days.

2. On day 4, squeeze the lemon pieces and remove from the jar, leaving the juice behind. Sun the pieces on a clean cloth until the pieces bend when you bend them.
3. Meanwhile, place a net on the jar and sun it for 6 hours so that traces of water can evaporate.
4. Roast fenugreek until black. Cool. Grind.
5. Add fenugreek powder and chilli powder to the jar. Add lemon pieces. Mix well. Pickle for 1 month.

MANGO GINGER PICKLE (MAMIDI ALLA PACHHADI)

Mango ginger is a variety of ginger, that smells like mango, is pale yellow inside and breaks easily.

INGREDIENTS

Mango ginger — 100 gms

Lemon juice — 1 cup

Green chillies (long, hot) — 50 gms

Turmeric — a pinch

Salt to taste

METHOD

1. Clean the man go ginger. Dry. Peel, chop into thin one inch pieces.
2. Chop green chillies into halves, lengthways.
3. Add salt and turmeric.

4. Soak ginger and chillies in lemon juice for 4 days until the colour of the green chillies changes to yellow.

INDIAN GOOSEBERRY PICKLE (USIRIKAI PACCHADI)

(VISIRI KAYA AVAKKAI)

INGREDIENTS

Amla — 1 kg.

Red chillies — 4

Green chillies — 2

Salt — $\frac{1}{4}$ kg.

Turmeric — $\frac{1}{2}$ tsp

Peeled black gram — $\frac{1}{2}$ tsp

Mustard seeds — $\frac{1}{2}$ tssp

Oil — 1 tbsp

A pinch of asafoetida

Dhaniya leaves — 1 sprig

METHOD

1. Clean amlas and dry. Chop to remove seeds and grind the amla flesh lightly. Store for three days in a jar.
2. On day 4, add salt, and turmeric. Grind. Whenever required, you can use this to make ready-to-eat amla pickle.

For one cup chutney

3. Fry black gram, red chillies, mustard seeds and asafoetida. Grind. Add amla mixture. Whip. Garnish with dhaniya leaves.

TOMATO PICKLE (TOMATO PACHHADI)

INGREDIENTS

Half ripe tomatoes — 1kg

Chilli powder — 150 gms

Mustard powder — 150 gms

Salt — 150 gms

Refined oil or til oil — 150 gms

Haldi — $\frac{1}{2}$ tsp

METHOD

1. Chop tomatoes into small pieces.
2. Heat oil and cool.
3. Mix all the ingredients. Pickle for 3 days.

This pickle can be preserved for 2-3 weeks.

RED CHILLI PICKLE (KORIVI KHARAM)

INGREDIENTS

Red chillies, juicy — 1kg

Salt — $\frac{1}{2}$ kg.

New tamarind — $\frac{1}{4}$ kg.

Fenugreek seed — $\frac{1}{2}$ cup

Asafoetida — $\frac{1}{2}$ tsp

Refined oil or til oil — $\frac{1}{4}$ kg

METHOD

1. Clean red chillies and dry well.
2. Grind with tamarind and salt. Store for 3 days.
3. Roast fenugreek till black. Cool. Grind.
4. Add fenugreek powder to red chillies. Grind again.
5. Heat oil with asafoetida and pour onto the chillies. Pickle for one month.

This pickle can be preserved for one year.

ANDHRA CUCUMBER PICKLE (DOSAVAKAI)

INGREDIENTS

Andhra cucumber — 1 kg.

Chilli powder — 200 gms.

Mustard powder — 200 gms

Refined oil or til oil — 250 gms

Salt — 150 gms

Haldi — 1 tsp

METHOD

1. Check to see if the cucumber flesh or seeds are sour. If not, proceed. Chop into small pieces, with the skin.
2. Heat oil and cool.
3. Mix all the ingredients. Pickle for 2 days.
This pickle can be preserved for 3-4 weeks.

LIME PICKLE (DABBAKKAI URAGAI)

INGREDIENTS

Dabbakkai — 5

Chilli powder — $\frac{1}{4}$ kg.

Fenugrek seeds — 1 tbsp

Turmeric — 1 tbsp

Salt — $\frac{1}{4}$ kg

METHOD

1. Chop dabbakkai into small pieces. Add salt and turmeric. Store for 3 days.
2. On day 4, squeeze out the dabbakkai, leaving the juice behind.
Sun the pieces on a mat till they bend when you bend them.

3. Meanwhile place a net on the jar and sun it for 6 hours so water can evaporate.
4. Roast fenugreek till black. Cool. Grind.
5. Add fenugreek powder and chilli powder to the jar. Add dabbakkai. Mix. Pickle for one month.

This pickle can be preserved for one year.

ANDHRA CUCUMBER WADI (DOSAKAI WADIYAM)

INGREDIENTS

Andhra cucumber, small — 1 kg

Chilli powder to taste

Salt to taste

Oil

METHOD

1. Chop Andhra cucumber into circles. Spread on a mat, and sun till dry.
2. Before serving fry and sprinkle with salt and chilli powder.

CHILLI PICKLE IN YOGHURT (*URU MIRAPPAKAI*)

INGREDIENTS

1-day sour yoghurt — 2 cups

Turmeric — a pinch

Hot, plump green chillies — 50 gms

Oil to deep fry

Salt — 4 tbsp

METHOD

1. Add salt and turmeric to yoghurt.
2. Slit the sides of the chillies. Soak them for 3 days in the yoghurt.
3. Squeeze them well and dry in the hot sun until colour changes to brown and the chillies turn crisp. Remove and store. Deep fry whenever required as accompaniment with any rice dish.

ASHGOURD WADI (*BOODIDI GUMMIDIKAI WADIYAM*)

INGREDIENTS

Pumpkin — 400 gms

Peeled black gram — 1 cup

Hot green chillies — 100 gms

Chilli powder — 1 tbsp

Asafoetida — $\frac{1}{4}$ tsp

Or

Cumin — 1 tsp

Oil to deep fry

Salt

METHOD

1. Chop pumpkin (without peeling) into thin small pieces of $\frac{1}{2}$ inch length. Remove seeds. Add half a tsp of salt. Tie them in thin cloth, and hang to drain out the water — leave overnight.
2. Soak black gram overnight and strain out the water. Add 2 tbsp salt, and a little water, just enough to grind and make a hard mixture.
3. Grind green chilies and cumin seeds separately. Add to the dal mixture. Add chilli powder and asafoetida. Add pumpkin. Mix.
4. Wet a thin white cloth. Spread it out in the sun. Place little flat lumps of mixture on the cloth. Dry well for 3-4 days. Remove, using water behind the cloth if it does not unstick. Store. Deep fry whenever you need.

ONION WADI (ULLIPAI WADIYAM)

INGREDIENTS

Same as for ashgourd wadi except, instead of ashgourd, use 2 big onions, chopped finely, in dough mixture. The rest of the procedure is the same.

INDIAN GINGERBERRY

PULSES (PULS)
(DALS)

The most common pulses used in Andhra cuisine are Tur Gram, Green Gram and Bengal Gram.

Yet, with these basic pulses, an Andhraite makes an endless range of 'dals'.

Curry leaves

Oil - 2 spoons

Asafetida - 1/2 tea

Salt to taste

METHOD

1. Clean dal and wash gingerberry. Boil together. Add Curry leaves and salt to taste.

2. Add black gram, asafetida and turmeric powder. Season.

Before eating, seeds should be removed from the dal and the liquid strained.

MERSANG DAL

BAGGALAMUTHU DAL

INDIAN GOOSEBERRY (USIRIKAI PAPPU)

INGREDIENTS

Amla, small, white — 50 gms

Moong dal — $\frac{1}{2}$ cup

Peeled black gram — $\frac{1}{2}$ tsp

Mustard seeds — $\frac{1}{2}$ tsp

Curry leaves — 1 stem

Oil — 7 tbsps

Asafoetida — $\frac{1}{2}$ tsp

Salt to taste

METHOD

1. Clean dal and Indian gooseberry. Boil together.
Add Curry leaves and salt to taste.
2. Fry black gram, asafoetida and mustard seeds.
Season.
Before eating, seeds should be removed from the soft amla flesh.

PURSLANE DAL (BACCHALAKOORA PAPPU)

Bacchalakoora leaves are broad and slightly sour.

INGREDIENTS

Tur gram — $\frac{1}{2}$ cup

Baccalakorra leaves — 1 bunch

Tamarind juice — 2 tbsp

Sugar — 1 tsp

Chilli powder — 1 tbsp

For Masala:

Peeled black gram — $\frac{1}{2}$ tsp

Mustard seeds — $\frac{1}{2}$ tsp

Cumin seeds — $\frac{1}{2}$ tsp

Oil — 1 tbsp

A pinch of asafoetida

Salt to taste

METHOD

1. Chop bacchalakoora leaves.

2. Boil the tur gram and leaves together.

Add salt, sugar, chilli powder and tamarind juice.

Cook till thick.

3. Fry masala. Season.

RAW TAMARIND PURSLANE DAL (CHINTA BACCHALAKOORA PAPPU)

INGREDIENTS

Purslane leaves — $\frac{1}{4}$ bunch

Tur gram — $\frac{1}{2}$ cup

Raw tamarind — 5

Chilli powder — 1 tsp

A pinch of turmeric

Salt to taste

For Masala:

Peeled black gram — $\frac{1}{2}$ tsp

Mustard seeds — $\frac{1}{2}$ tsp

Oil — 1 tbsp

A pinch of asafoetida

METHOD

1. Chop purslane leaves.
2. Grind tamarind. Remove strands and bits of seeds.
3. Boil together with the dal. Add turmeric, salt and chilli powder. Cook till thick.
4. Fry masala. Season.

GREENBERRY DAL

(VAGKKAI PAPPU)

INGREDIENTS

Moong dal — $\frac{1}{2}$ cup

Vagkkai — 50 gms

Green chillies — 2

Chilli powder — 1 tsp

Oil — 1 tbsp

For Masala:

Black gram — $\frac{1}{2}$ tsp

Mustard seeds — $\frac{1}{2}$ tsp

Cumin seeds — $\frac{1}{2}$ tsp

Curry leaves — 1 stem

A pinch of asafoetida

METHOD

1. Boil moong dal. Chop green chillies.
2. Cut vagkkai to remove seeds and add to dal. Add salt, chilli powder and green chillies. Cook till thick.
3. Fry masala and season.

MANGO DAL (MAMIDIKA PAPPU)

INGREDIENTS

Small, sour, raw mangoes — 2

Chilli powder — 1 tbsp

Mustard seeds — 1 tsp

Cumin — $\frac{1}{2}$

Oil — 1 tbsp

Tur gram — 1 cup

Peeled black gram — $\frac{1}{2}$ tsp

Curry leaves — 1 sprig

Asafoetida — a pinch

Turmeric — a pinch

Salt to taste

Onion — 1

METHOD

1. Peel mangoes. Cut and remove the shells. Chop the mango flesh into small pieces. Chop onion.
2. Boil tur gram and keep aside.

3. Fry mustard, cumin seeds, turmeric, black gram, curry leaves and asafoetida.
4. Add mango pieces, onion pieces and salt. Add a glass of water and cook on low heat until the mango pieces are soft.
5. Add tur gram and stir.
6. Add chilli powder. Stir. Cook until thick.

LEMON DAL (NIMMAKAI PAPPU)

INGREDIENTS

- Tur gram — $\frac{1}{2}$ cup
 - A big lemon — $\frac{1}{2}$
 - Turmeric — a pinch
 - Mango ginger — a big piece
 - Green chillies — 2
 - Curry leaves — 1 stem
 - Oil — 1 tbsp
 - Peeled black gram — $\frac{1}{2}$ tsp
 - Mustard — $\frac{1}{2}$ tsp
 - Red chilli — 1
 - Asafoetida — a pinch
 - Salt to taste
- METHOD**
1. Extract lemon juice.
 2. Peel the mango ginger and chop finely.
Chop the green chillies finely. Clean and pluck

- curry leaves.
3. Boil the tur gram well.
 4. Add salt and turmeric and cook. Remove when thick. Add lemon juice, green chillies, curry leaves and mango ginger.
 5. Break red chilli into pieces. Fry black gram, mustard, red chilli and asafoetida. Add to dal as seasoning.

TOMATO DAL (TOMATO PAPPU)

INGREDIENTS

INGREDIENTS

Tur gram — 1 cup

ripe tomatoes — 4

Cumin — 1 tsp

Mustard — $\frac{1}{2}$ tsp

Peeled black gram — $\frac{1}{2}$ tsp

Green chillies — 2

Onion — 1

Oil — 1 tbsp

Chilli powder — 1 tbsp

Curry leaves — 1 sprig

Salt to taste

METHOD

1. Boil tur gram and keep aside.
2. Chop tomatoes, onion and green chillies.
3. Fry cumin seeds, mustard, black gram and curry

leaves. Add onion and green chillies. After a minute, add tomatoes.

Cook on low heat until soft.

4. Add tur gram, half a glass of water, salt and chilli powder. Cook until thick. Stir.

SORREL DAL (GONGURA PAPPU)

INGREDIENTS

Tur gram — $\frac{1}{2}$ cup

Chilli powder — 1 tsp

Sorrel leaves — $\frac{1}{2}$ bunch

Peeled black gram — 1 tsp

Mustard seeds — 1 tsp

Oil — 1 tbsp

Green chillies — 2

Small onions — 2

Asafoetida — a pinch

Salt to taste

METHOD

1. Boil the tur gram.
2. Chop green chillies finely. Chop onions.
3. Pour tur gram into a frying pan. Add sorrel leaves, chillies and onions. Add half a glass of water and cook until leaves and onions soften.
4. Add salt and chilli powder. Stir. Cook until thick.
5. Fry mustard, black gram and asafoetida - add.

FENUGREEK DAL (MENTHI AKU PAPPU)

INGREDIENTS

Yellow peeled green gram — $\frac{1}{2}$ cup
 Fenugreek leaves — $\frac{1}{4}$ th bunch
 Green chilli — 1
 Oil — 1 tbsp
 Chilli powder — $\frac{1}{2}$ tsp
 Cumin seeds — $\frac{1}{2}$ tsp
 Mustard — $\frac{1}{2}$ tsp
 Salt to taste

METHOD

1. Clean the gram.
2. Pluck fenugreek leaves and clean.
3. Boil gram and fenugreek leaves together. Simmer until thick. Add salt and chilli powder.
4. Fry cumin seeds, mustard and green chilli and add to the dal.

TAMARIND DAL (CHINTAKAI PAPPU)

INGREDIENTS

Tur gram — $\frac{1}{2}$ cup
 Raw tamarind (where seeds are not yet hard or black) — 4 pieces

Turmeric — a pinch

Chilli powder — 1 tsp

Curry leaves — 1 stem

Onion — 1

Oil — 1 tbsp

Peeled black gram — 1 tsp

Mustard — 1 tsp

Asafoetida — a pinch

Salt to taste

METHOD

1. Boil the tur gram.
2. Clean the tamarind, grind, remove strands and bits of seeds.
3. Add to the dal. Add half cup water, turmeric, chilli powder, curry leaves and salt, and cook.
4. Chop the onion. Add.
5. Remove when the onions are cooked and when the dal is thick.
6. Fry black gram, mustard and asafoetida. Add as seasoning.

TAMARIND LEAF DAL (CHINTA CHIGURU PAPPU)

INGREDIENTS

Green gram — $\frac{1}{2}$ cup (yellow, broken)

Tamarind leaves, small tender — $\frac{1}{4}$ cup

Chilli powder — 1 tsp

Asafoetida — a pinch

Mustard — 1 tsp

Black gram — 1 tsp

Red chilli — 1

Oil — 1 tbsp

Salt

METHOD

1. Clean tamarind leaves.
2. Add a cup of water and boil both leaves and green gram together.
3. Break the red chilli into small pieces. Fry mustard, black gram and red chilli.
4. Add dal and leaves to the seasoning and cook on a low heat. Add salt, chilli powder and asafoetida. Remove when thick.

COLOCASSIA LEAF DAL (CHAMADUMPAKU PAPPU)

INGREDIENTS

Green gram peeled, broken — $\frac{1}{2}$ cup

Colocassia leaves — 3 big

Chilli powder — 1 tsp

Oil — 1 tbsp

Mustard — 1 tsp

Cumin seeds — 1tsp

Curry leaves — 1 stem

Green chilli — 1

Salt to taste

METHOD

1. Put one leaf on another, roll together, and chop finely to make long pieces.
2. Boil green gram and leaves in a cup of water.
3. Chop green chilli
4. Add salt, chilli powder and green chillies. Cook until thick.
5. Fry mustard, cumin seeds and curry leaves — add as seasoning.

ANDHRA CUCUMBER DAL (DOSAKAI PAPPU)

INGREDIENTS

Tur gram — $\frac{1}{2}$ cup.

Andhra cucumber — 1 small.

Chilli powder — 1 tbsp.

Red chilli — 1.

Tamarind juice — 2 tbsp.

Mustard — $\frac{1}{2}$ tsp.

Peeled black gram — $\frac{1}{2}$ tsp.

Turmeric — a pinch.

Asafoetida — a pinch.

Oil — 1 tbsp.

Salt to taste.

METHOD

1. Boil tur gram until soft.

2. Peel cucumber, check to see if it is sour, if not, cut into medium sized pieces.
3. Break red chilli into small pieces. Fry red chilli, mustard, black gram, asafoetida and turmeric.
4. Add cucumber, tamarind juice and half cup water. Cook on low heat until pieces are ready. Add dal. Stir. Add salt and chilli powder. Stir. Remove when thick.

DRUMSTICK CURRY CURRIES (SABJIS)

*Ever heard of curries made from banana tree stems,
or banana flowers?*

Go on, explore this world of exotic Andhra curries.

Gram flour — 2 tbsps

Chilli powder — 1 tbsps

Tomato — the size of a small lemon

Curry leaves — 1 sprig

Salt to taste

METHOD

1. Cut the drumstick into quarters, add salt and boil. Cool.
2. Open the stems and remove the flesh inside.
3. Fry mustard, cumin seeds, dry beligal gram and curry leaves. Add gram flour little by little, add drumstick flesh, chilli powder and turmeric. Boil to taste. Salt if needed when thick.

DRUMSTICK CURRY (MULAKKADA KOORA)

INGREDIENTS

Drumsticks, fleshy and tender — 4

Oil — 4 tbsp

Mustard seeds — 1 tbsp

Cumin seeds — 1 tbsp

Dry bengal gram — 1 tbsp

Gram flour — 2 tbsp

Chilli powder — 1 tbsp

Jaggery — the size of a small lemon

Curry leaves — 1 sprig

Salt-to taste

METHOD

1. Cut the drumsticks into quarters. Add salt and boil. Cool.
2. Open the sticks and remove the flesh inside.
3. Fry mustard, cumin seeds, dry bengal gram and curry leaves. Add gram flour. Fry. Add drumstick flesh, chilli powder and jaggery. Beat to mix. Stir. Remove when thick.

RAW BANANA CURRY (ARATI KAI KOORA)

INGREDIENTS

Medium sized, raw, bananas — 2

Oil — 1 tbsp

Chilli powder — 1 tbsp

Mustard seeds — 1 tsp

Dry bangal gram — 1 tsp

Thick tamarind juice — 2 tbsp

Jaggery — the size of a small lemon

Green chillies — 2

Asafoetida — a pinch

Curry leaves — 1 stem

Turmeric — a pinch

Salt to taste

METHOD

1. Peel and chop bananas. Add salt, boil till soft. Strain out the water.
2. Fry mustard, dry bangal gram, green chillies, turmeric and asafoetida. Add banana pieces.
3. Add curry leaves, chilli powder, jaggery, and tamarind juice. Stir. Remove when thick.

JACKFRUIT CURRY (PANASAKAI KOORA)

INGREDIENTS

Raw jackfruit — 400 gms

Tamarind — the size of a small lemon

Red chillies — 2

Green chilli — 1

Oil — 2 tbsp

Chilli powder — 1 tbsp

Mustard — $2\frac{1}{2}$ tsp

Bengal gram — 2 tbsp

A pinch of turmeric

Salt — 1 tsp

Asafoetida — a pinch

Curry leaves — 1 sprig

METHOD

1. Peel the jackfruit. Chop fruit into small pieces. Grind in mixer to get tiny, rough pieces. Remove any remnants of skin and strands.
2. Add half a glass of water, salt, turmeric to the jackfruit and pressure cook for 3 minutes. Remove. Cool well.
3. Soak tamarind in water. Extract 2 tbsp. of thick juice. Chop green chilli.
4. Take $1\frac{1}{2}$ tsp. of mustard seeds, add a few drops of water. Grind.
5. Break red chillies into small pieces. Fry with 1 tsp. mustard, asafoetida, chilli powder, curry leaves and dry bengal gram.

6. Squeeze jackfruit pieces to remove water, and add to the frying pan.
7. Add tamarind juice, green chillies and ground mustard. Cook till it evaporates, and the curry is crisp.

BITTERGOURD CURRY (KAKARKAI KOORA)

INGREDIENTS

Bittergourd — 300 gms

Gram flour — 2 tbsp

Oil — 4 tbsp

Peeled, broken black gram — $\frac{1}{2}$ tsp

Mustard — $\frac{1}{2}$ tsp

Tamarind — the size of a lemon

Cumin seeds — $\frac{1}{2}$ tsp

Jaggery — the size of a big lemon

Chilli powder — 1 tbsp

Turmeric — a pinch

Asafoetida — pinch

Curry leaves — 1 sprig

Salt to taste

METHOD

1. Chop the bittergourd in circles. Remove seeds. Boil and cool.
2. Soak tamarind in water and extract 2 tbsp. of thick tamarind juice.

3. Fry black gram, cumin seeds, mustard turmeric and asafoetida. Add bittergourd and curry leaves. Fry on low heat till golden brown.
4. Add tamarind juice, chilli powder, salt and jaggery. Stir.
5. Sprinkle gram flour on it. Keep on low heat till almost crisp.

BANANA STEM CURRY (ARATI DOOTA KOORA)

INGREDIENTS

Banana stem
Tamarind juice — 1 tbsp
Chilli powder — 1 tbsp
Urad dal — $\frac{1}{2}$ tsp
Mustard seeds — 1 tbsp
Asafoetida — $\frac{1}{2}$ tsp
Green chillies — 2
Curry leaves — 1 stem
Oil — 2 tsp
A pinch of haldi
Salt to taste

METHOD

1. Slit the stem lengthways and remove the outer white layer. Chop the inside stem into small pieces, removing sticky strands of fibre at the same time.

2. Add salt and turmeric to the pieces and pressure cook till soft. Strain out the water.
3. Heat oil. Fry black gram, mustard seeds, curry leaves and asafoetida. Add to the vegetable.
4. Chop green chillies. Wet mustard powder. Add with tamarind juice and salt to the vegetable. Cook on low heat till dry.

BANANA FLOWER CURRY (ARATI PUvvU KOORA)

INGREDIENTS

Raw banana flower — 1

Thick tamarind juice — 1 tbsp

Mustard powder — 1 tsp

Mustard seeds — 1 tsp

Peeled black gram — 1 tsp

Channa dal — 1 tsp

Green chillies — 1 tsp

Curry leaves — 2 stems

Asafoetida — $\frac{1}{2}$ tsp

Chilli powder — 1 tsp

Red chillies — 2

Turmeric powder (haldi) — $\frac{1}{2}$ tsp

Oil — 2 tbsp

Salt to taste

METHOD

1. Pluck the small white flowers. Remove the

- long stem inside each flower.
2. Cut the white flowers, grind with salt and turmeric. Pressure cook till soft. Squeeze out the water.
 3. Chop green chillies. Wet mustard powder. Add these, with tamarind juice, chilli powder and salt to the flower.
 4. Heat oil. Fry black gram, mustard seeds, channa dal, curry leaves, chillies and asafoetida. Add to the curry. Cook on low heat till dry.

YAM WADI (KANDI WADIYAM)

INGREDIENTS

Yam — 250 gms

Rice — 2 tbsp

Red chillies — 4

Cumin seeds — $\frac{1}{2}$ tsp

Coriander leaves — 1 sprig

Asafoetida — a pinch

Oil

Salt to taste

METHOD

1. Wash the yam, peel and cut into small pieces.
2. Soak rice for 2 hours. Drain out the water
3. Grind yam and rice together until thick and soft. Add salt, coriander leaves and asafoetida. Mix.

- Grind the red chillies and cumin seeds. Add.
4. Pour oil in a frying pan. Take 2 tsps. of the paste in your fingers, pat in your palm to form the shape of a wada. Fry till golden brown.
- Serve with ketchup.

SNAKEGOURD IN YOGHURT (POTTLAKAI PERUGU PACCHADI)

INGREDIENTS

Tender snakegourd — 300 gms
 Green chillies — 3
 Chilli powder — $1\frac{1}{2}$ tsp
 Oil — $1\frac{1}{2}$ tbsp
 Fresh, thick yoghurt — $\frac{1}{2}$ cup
 Mustard — $\frac{1}{2}$ tsp
 Cumin seeds — $\frac{1}{2}$ tsp
 Dry bengal gram — $\frac{1}{2}$ tsp
 Curry leaves — 1 sprig
 Turmeric — 1 pinch
 Salt — 1 tbsp

METHOD

1. Chop snakegourd in circles. Remove hard seeds. Sprinkle salt on the snakegourd, mix well. Keep aside for 5 minutes. Squeeze well to drain out the salt water.
2. Pour oil in the pan, fry cumin seeds, green chillies, mustard and dry bengal gram.

3. Add snakegourd, turmeric and chilli powder. Cook till soft. Cool well.
4. Add a pinch of salt to the yoghurt. Add curry leaves. Add snakegourd curry. Mix.

BROAD BEANS CURRY (CHIKKUDUKAI KOORA)

INGREDIENTS

Broad beans — 300 gms

Oil — 1 tbsp

Peeled black gram — $\frac{1}{2}$ tsp

Mustard — $\frac{1}{2}$ tsp

Gram flour — 1 tbsp

Tamarind juice — 2 tbsp

Sugar — 2 tbsp

Chilli powder — 1 tsp

METHOD

1. Chop beans into 1 inch pieces. Boil with salt.
2. Fry black gram and mustard. Add beans to the frying pan.
3. Add gram flour, tamarind juice, sugar and chilli powder. Fry till almost dry. Stir.

RIBBED GOURD CURRY (BEERAKAI KOORA)

INGREDIENTS

Tur gram — $\frac{1}{2}$ cup
 Ribbed gourd — 400 gms
 Chilli powder — 1 tsp
 Curry leaves — 1 stem
 Mustard — $\frac{1}{2}$ tsp
 Bengal gram — $\frac{1}{2}$ tsp
 Red chilli — 1
 Oil — 2 tsp

METHOD

1. Peel gourd. Grind skin lightly in a dry grinder. Boil in half cup water. Strain out the water.
2. Boil tur gram until cooked but not too soft.
3. Break red chilli into small pieces. Add bengal gram and mustard. Fry.
4. Squeeze out the water from gourd skin, and add to the frying pan. Add tur gram and salt. Add curry leaves and chilli powder. Fry on low heat until dry.

ANDHRA CUCUMBER CURRY (DOSAKAI KOORA)

‘Andhra Cucumber’ is rounded, with a yellow skin, has reddish seeds inside and is used for several tasty dishes.

INGREDIENTS

Andhra cucumber — 1

Tamarind juice — 1 tbsp

Sugar — 1 tsp

Turmeric — a pinch

Salt to taste

Curry leaves — 1 stem

Chilli powder — 1 tsp

Mustard — $\frac{1}{2}$ tsp

Peeled black gram — $\frac{1}{2}$ tsp

Green chillies — 2

Oil — 1 tsp

METHOD

1. Peel cucumber. Cut into medium-sized pieces. Check to see if the pieces - or the seeds - are sour. If not, then proceed. Chop green chilies. Pluck curry leaves from stem.
2. Fry mustard, black gram, green chillies and curry leaves.
3. Add cucumber, salt, chilli powder, tamarind, turmeric. When cooked, sprinkle sugar. Cook for two more minutes.

STUFFED BRINJAL ANDHRA CURRY (GUTTHI VANKAI KOORA)

INGREDIENTS

Slender brinjal — 300 gms

For Masala:

Bengal gram — 4 tbsp

Fenugreek — 1 tsp

Coriander seeds — 1 tbsp

Mustard — 1 tsp

Red Chilies — 6

Oil — 4 tbsp

For Curry:

Oil — 8 tbsp

Salt to taste

METHOD

1. Fry masala, cool and grind.
2. Slit brinjal into four sections lengthways without cutting off the crown.
Fill masala inside. Tie with thin twine to keep masala intact.
3. Sprinkle salt and fry on low heat, turning the brinjals carefully. Remove from fire when cooked, and also remove the twine.

STUFFED SHORTGOURD CURRY (DONDAKAI GUTTHI KOORA)

INGREDIENTS

Shortgourd — 30 gms

Onion — 1

Tamarind — a small rind

Oil — 7 tbsp

Salt to taste

For masala:

Oil — 2 tbsp

Red chillies — 6

Cumin seeds — 3 tbsp

Bengal gram — 1 tbsp

Mustard — 1 tsp

METHOD

1. Fry masala and grind.
2. Chop the onion. Add onion and tamarind to the masala, grind again.
3. Slit the shortgourd lengthways into four without cutting off the crown.

Stuff them with masala.

Fry on low heat, turning them carefully so that the masala does not fall out. Add salt. Remove when cooked.

STUFFED LADYFINGER CURRY (BENDAKAI GUTTHI KOORA)

INGREDIENTS

Lady fingers — 300 gms
Cumin seeds — 4 tbsp
Chilli powder — 3 tbsp
Salt to taste
Oil — 6 tbsp

METHOD

1. Make one inch slits lengthways, in the centre of the lady fingers.
2. Grind together the cumin seeds, chilli powder and salt, after adding a few drops of water.
3. Stuff the lady fingers with this mixture, and fry on low heat until cooked.

GRAM CURRY (PATTHOLDI)

INGREDIENTS

Broken peeled green gram — 1 cup
Green chillies — 2
Cumin seeds — $1\frac{1}{2}$ tsp
Bengal gram — $\frac{1}{2}$ tsp

Mustard — $\frac{1}{2}$ tsp
 Curry leaves — 1 stem
 Oil — 5 tbsp
 Asafoetida — a pinch
 Chilli powder — 1 tsp
 Salt to taste

METHOD

1. Soak the green gram for 3 hours. Grind with $\frac{1}{4}$ cup water. Add green chillies, 1 tsp cumin seeds and salt and grind again.
2. Fry bengal gram, mustard, $\frac{1}{2}$ tsp cumin seeds, curry leaves and asafoetida. Add green gram mixture to the frying pan. Cook on low heat. Keep stirring so it does not get burnt.. Add chilli powder. Stir. Remove when dry.

This curry is an unusual accompaniment with chapatis or rice.

CLUSTER BEANS CURRY *(GORI CHIKKUDUKAI KOORA)*

INGREDIENTS

Cluster beans — $\frac{1}{4}$ kg
 Oil — 1 tbsp
 Chilli powder — 1 tsp
 Mustard seeds — $\frac{1}{2}$ tsp
 Bengal gram — $\frac{1}{2}$ tsp
 Curry leaves — 1 stem

Sugar — $\frac{1}{2}$ tsp

Ground coconut — 2 tbsp

Salt to taste

METHOD

1. Chop beans into small pieces. Boil with salt and a little water.
2. Fry mustard, bengal gram and curry leaves. Add beans and chilli powder. Stir.
3. Sprinkle coconut and sugar. Stir until dry.

CRUSHER BEANS CURRY

(GOJI CHIKKIDUKKA-KOOGI)

(CRUSHED BEANS CURRY)

INGREDIENTS

INGREDIENTS

Broken red chilies — 1

Green chilies — 2

Cumin seeds — 1/2 tsp

Bengal gram — 1/2 tsp

Chili powder — 1/2 tsp

Oil — 1 tbsp

Mustard seeds — 1/2 tsp

Whole garam masala — 1/2 tsp

Onion — 1

STEWs

A teasing flavour, slightly sour, with the tang of tamarind. That's the Andhra stew or *pulusu* for you.

A *pulusu* is a stew — it is much like the *sambar* of Tamil Nadu but usually without a *dal*. *Chhaar* on the other hand is a light digestive soup. And *kootu* is a thicker dish, with vegetables in gravy.

SAMBAR

INGREDIENTS

Tur gram — $\frac{1}{2}$ cup

Oil — 1 $\frac{1}{2}$ cup

Red chillies — 4

Pepper seeds — 10

Coriander seeds — 1 tbsp

Bengal gram — 1 tbsp

Fenugreek — $\frac{1}{2}$ tsp

Cumin — $\frac{1}{2}$ tsp

Tamarind, the size of a lemon

Turmeric — a pinch

Asafoetida — a pinch

Curry leaves — a sprig

Chilli powder — $\frac{1}{2}$

Sugar — $\frac{1}{2}$ tsp

Salt to taste

VEGETABLES

Pumpkin

Onion

Radish

Drumstick

METHOD

1. Soak the tamarind in a small bowl of water for 10 minutes. Squeeze to extract juice.
2. *Vegetables:* Whichever vegetables you use, chop them into small pieces. In all, use a cupful of vegetables. Boil until soft and firm.
3. Boil tur gram until soft. Mash.

4. *Masala*: Heat the oil. Add red chillies, pepper seeds, coriander seeds, dry bengal gram, fenugreek seeds and cumin seeds. Fry until light brown. Strain. Cool the masala. Grind.
5. Pour dal into a frying pan. Add the tamarind juice. Heat on a slow flame. Add salt to taste, asafoetida and curry leaves.
6. Add masala, sugar and chilli powder. Stir.
7. Add a glass of water, vegetables and cook till you obtain the right consistency.

MULLIGATAWNY STEW (CHAARU)

INGREDIENTS

Water — 3 cups

Tamarind, the size of $\frac{1}{4}$ th lemon

Fenugreek seeds — 10

Curry leaves — 1 stem

Drumstick or ripe tomato — 1

Turmeric — a pinch

Asafoetida — a pinch

Black pepper seeds — 10

Oil — 1 tsp

Mustard — $\frac{1}{2}$ tsp

Cumin seeds — $\frac{1}{2}$ tsp

Salt to taste

METHOD

1. Add tamarind, turmeric, salt, fenugreek seeds, black pepper, curry leaves and drumstick (or tomato) pieces to water. Boil.
When the vegetable pieces are done, simmer for 5 minutes. Remove.
2. Fry mustard, cumin seeds and asafoetida. Add this to the stew.

SPINACH STEW**(PALAKOORA PULUSU)****INGREDIENTS**

Spinach leaves — 1 bunch

Tamarind, the size of a big lemon

Ripe tomatoes — 2

Small onions — 2

Sugar — 1 tbsp.

Chilli powder — $\frac{1}{2}$ tbsp

Peeled black gram — 1 tsp

Cumin seeds — 1 tbsp

Mustard — 1 tbsp

Oil — 1 tbsp

Asafoetida — a pinch

Salt to taste

METHOD

1. Clean spinach leaves. Chop into small pieces and boil.

2. Add water to tamarind and squeeze out a small bowl of tamarind juice.
3. Chop onions and tomatoes into medium sized pieces.
4. Put spinach leaves, tamarind juice, onions and tomatoes into a frying pan, add half a glass of water and cook. Add chilli powder, sugar and salt. Cook until thick.
5. Pour oil in the frying plan. Fry black gram cumin seeds, mustard and asafoetida. Add this seasoning to the stew.

FENUGREEK YOGHURT STEW

(MENTHI MAJJIGA)

INGREDIENTS

Yoghurt (1 day sour) — $1\frac{1}{2}$ cup

Turmeric — a pinch

Coriander leaves — a stem

Oil — 1 tbsp

Mustard — $\frac{1}{2}$ tsp

Cumin seeds — $\frac{1}{2}$ tsp

Peeled black gram — $\frac{1}{2}$ tsp

Asafoetida — a pinch

Green chillies — 2

Red chilli — $\frac{1}{2}$

Salt to taste

METHOD

1. Beat yoghurt.
2. Chop green chillies finely. Pluck coriander. Add salt and turmeric to the yoghurt.
3. Fry mustard, cumin seeds, black gram, asafoetida and red chilli. Season.

GRAMFLOUR YOGHURT STEW (MAJJIGA PULUSU)

INGREDIENTS

- | | |
|--|--|
| A day old yoghurt — 2 cups | INGREDIENTS |
| Turmeric — a pinch | Yoghurt — 1 cup |
| Curry leaves — 1 stem | Curry leaves — 20 gms |
| Chilli powder — 1 tsp | Chilli powder — 1/2 tsp |
| Ginger — 1 small piece | Ginger — 1/2 tsp |
| Green chillies — 2 | Green chillies — 2 |
| Oil — 1 tsp | Oil — 1/2 tsp |
| Mustard — $\frac{1}{2}$ tsp | Mustard — $\frac{1}{2}$ tsp |
| Cumin seeds — $\frac{1}{2}$ tsp | Cumin seeds — $\frac{1}{2}$ tsp |
| Asafoetida — a pinch | Asafoetida — a pinch |
| Pumpkin (or any other vegetable) — 200 gms | Pumpkin (or any other vegetable) — 200 gms |
| Gram flour — 1 tbsp | Gram flour — 1/2 cup |
| Salt to taste | Salt to taste |
- METHOD**
1. Boil vegetables until firm and cooked.
 2. Beat the yoghurt. Mix gram flour in it, without lumps.

3. Add turmeric, salt, chilli powder, curry leaves and a cup of water to the yoghurt. Add vegetables.
4. Grind green chillies and ginger. Add to yoghurt.
5. Cook. Allow it to thicken, stirring it all the while, to stop it from boiling over. Simmer on low heat. Remove after it is well blended.
6. Fry mustard, cumin seeds and asafoetida. Season.

CABBAGE STEW (CABBAGE KOOTU)

INGREDIENTS

Tur gram — 1 cup
 Cabbage — 200 gms
 French beans — 50 gms
 Tomato, ripe — 1
 Drumstick — 1
 Thick tamarind juice — 1 tsp
 Sugar — 1tsp
 Chilli powder — 1 tsp
 Asafoetida — $\frac{1}{2}$ tsp
 Peeled black gram — $\frac{1}{2}$ tsp
 Mustard seeds — $\frac{1}{2}$ tsp
 Dhaniya seeds — 1 tbsp
 Pepper seeds — 6
 Coconut — a small piece
 Salt to taste

METHOD

1. Boil dal.
2. Chop vegetables into small pieces. Boil.
3. Mix both, with chilli powder, salt, asafoetida, sugar and tamarind juice.
4. Heat oil. Fry black gram and mustard seeds.
5. Grind coconut, dhaniya seeds and pepper seeds.
6. Add both masalas to the *kootu*, cook for 5 minutes on low heat.

GREEN GRAM STEW (PESARAPAPPU KOOTU)

INGREDIENTS

Moong dal, yellow, broken — $\frac{1}{2}$ cup

Potato, big — 1

Drumstick — 1

Lowki — 200 gms

Coconut — 1 inch piece

Chilli Powder — $\frac{1}{2}$ tsp

Green chillies — 2

Curry leaves — 1 stem

Asafoetida — $\frac{1}{2}$ tsp

Salt to taste

For Masala:

Urad dal — $\frac{1}{2}$ tsp

Mustard seeds — $\frac{1}{2}$ tsp

Jeera — $\frac{1}{2}$ tsp

Refined oil — 1 tbsp
 Pepper powder — $\frac{1}{2}$ tsp

METHOD

1. Clean and boil the dal.
2. Chop vegetables into small pieces and boil.
3. Grind coconut and green chillies together.
4. Mix all and cook on low heat, for 5 minutes. Add salt asafoetida and chilli powder.
5. Heat oil. Fry masala and add to the *kootu*.

FENUGREEK STEW *(MENTHI PULUSU)*

INGREDIENTS

Fenugreek seeds — $\frac{1}{2}$ tsp
 Tomato, ripe — 1
 Drumstick — 1
 Onions (small) — 2
 Tamarind juice — 1 katori
 Peeled black gram — $\frac{1}{2}$ tsp
 Cumin seeds — $\frac{1}{2}$ tsp
 Jaggery — $\frac{1}{2}$ tsp
 Curry leaves — 1 stem
 Oil — 1 tbsp
 Salt to taste

METHOD

1. Chop vegetables.
2. Fry methi seeds.

3. Add tamarind juice, $\frac{1}{2}$ cup water, jaggery and salt. Boil for 5 minutes.
4. Fry black gram, cumin seeds and curry leaves. Season.

SORREL STEW (GONGURA PULUSU)

INGREDIENTS

Sorrel with sour leaves and red stems — 1 medium sized bunch
 Onion — 1
 Oil — 1 tsp
 Mustard — $\frac{1}{2}$ tsp
 Peeled black gram — $\frac{1}{2}$ tsp
 Asafoetida — a pinch
 Bengal gram — $\frac{1}{3}$ cup
 Chilli powder — 2 tsp
 Green chilies — 2
 Salt to taste

METHOD

1. Pluck the sorrel leaves. Clean well. Add $\frac{1}{2}$ a glass of water and cook.
2. Chop the onion into medium sized pieces. Chop green chillies. Add to the sorrel. Add chilli powder and salt.
3. Boil bengal gram in one glass of water. Add to the sorrel. Stir. Cook until thick.

- Fry mustard, black gram and asafoetida. Season.

MIXED VEGETABLE STEW (MUKKALA PULUSU)

INGREDIENTS

Recommended vegetables:

Drumstick — 1	
Sweet potato — 1	
Red pumpkin — $\frac{1}{4}$	
Lady fingers — 4	
Tamarind, the size of a big lemon	
Jaggery, the size of $\frac{1}{2}$ a lemon	
Chilli powder — 2 tbsp	
Turmeric — a pinch	
Asafoetida — a pinch	
Curry leaves — a stem	
Oil — 1 tsp	
Cumin seeds — $\frac{1}{2}$ tsp	
Mustard — $\frac{1}{2}$ tsp	
Salt to taste	

METHOD

- Soak tamarind in water. Extract a cup of juice.
- Chop vegetables (select any you like from the recommended vegetables) to make one full cup of vegetables.
- Boil vegetables until cooked but not too soft. If you use lady fingers, add it to the pulusu only in

- Step 4, don't boil it.
4. Add the vegetable pieces to tamarind juice, add one cup water, chilli powder, turmeric, curry leaves, salt and juggery. Cook. If you use pumpkin, mash it lightly. Cook until thick.
 5. Fry cumin seeds, asafoetida and mustard. Season.

ROAST BRINJAL STEW (PACCHI VANKAI PULUSU)

INGREDIENTS

Fleshy and round brinjal — 1
 Tamarind, the size of a lemon
 Turmeric — a pinch
 Asafoetida — a pinch
 Sugar — 1 tsp
 Mustard — $\frac{1}{2}$ tsp
 Black gram — $\frac{1}{2}$ tsp
 Oil — 1 tsp
 Green chillies — 2
 Coriander leaves — 1 stem
 Salt to taste

METHOD

1. Roast the brinjal, turning it on all four sides. When soft, and when the skin turns black and crackly, remove. Cool in water. Peel skin. Cut it carefully with a knife, checking to see if there are worms. If not, mash lightly.

2. Chop green chillies finely.
3. Add green chillies, salt, turmeric and sugar to the brinjal.
4. Soak tamarind — extract half a cup of thin tamarind juice. Add to brinjal. Mix.
5. Fry mustard, black gram, asafoetida and coriander leaves. Season.

ROASTED BRINJAL WITH GREEN CHILLIES

RECIPE NO. 103 (VACCI AVVAKA)

Dried red chillies — 1

Sweet potato — 1

Red pumpkin — 1

Lucy fingers — 1

Tamarind, the size of a big 8-oz. boiled banana

Jaggery, the size of 1/2 a lemon or 10 oz. brown sugar

Chilli powder — 2 tsps.

Turmeric — 1/2 tsps.

Asafoetida — 1 pinch

Cat's eye — 1 small

Oil — 1 tsp.

Mustard seeds — 1/2 tsps.

Mustard — 1/2 tsps.

Salt to taste

METHOD

1. Soak tamarind in water. Extract a cup of thin

tamarind juice. Add to brinjal. Mix well.

2. Add green chillies, salt, turmeric and sugar to the

brinjal. Mix well.

3. Heat oil in a pan. Add mustard seeds. When they

pop, add brinjal. Fry until golden brown.

4. Add tamarind juice, asafoetida and turmeric.

5. Add jaggery, salt, turmeric and sugar to the

brinjal. Mix well. Serve hot.

INGREDIENTS

Black gram — 1/2 cup

Mustard — 1/2 cup

Mustard seeds — 1/2 cup

Asafoetida — 1/2 cup

Curry leaves — 1/2 cup

Mustard seeds — 1/2 cup

SNACKS

How to make idlis soft and fluffy. How not to ruin dosas. The art of making a pesarettu. Here are some recipes of popular Andhra snacks.

Boiled broken black gram --- 1 cup

Oil 1/2 cup --- 1 tbsp

Salt to taste

METHOD

- With raw ~~soak~~ Soak broken gram and rice in water for 6 hours. Wash, add salt, grind until thick and soft.

With this excellent blend from broken rice, this semolina gives you soft idlis. Cook ground mix semolina separately for 6 hours. Wash gram. Add salt. Drain the water and the water from semolina. Add semolina to the batter. Mix.

- Allow the dough to ferment for 6 hours. Stir. Add 1/2 cup water to get the right consistency.

Put a little oil/ghee on flat plates. Fill with idli batter. Steam for 7-8 minutes. (Use 1½ cups water in pressure cooker. Do not use rice).

- Cool. Remove.

IDLI**INGREDIENTS**Raw rice — $1\frac{1}{2}$ cup

OR

Idli semolina — $1\frac{1}{2}$ cup

Peeled, broken black gram — 1 cup

Oil/ghee — 1 tbsp

Salt to taste

METHOD

1. **With raw rice:** Soak black gram and rice in water for 6 hours. Wash, add salt, grind until thick and soft.
With idli semolina: Made from boiled rice, this semolina gives you softer idlis. Soak gram and semolina separately for 6 hours. Wash gram. Add salt. Grind. Squeeze out the water from semolina. Add semolina to dal batter. Mix.
2. Allow the dough to ferment for 6 hours. Stir. Add a little water to get the right consistency.
3. Pat a film of oil/ghee on idli plates. Fill with idli batter. Steam for 7-8 minutes. (Use $1\frac{1}{2}$ cup water in pressure cooker. Do not use rocker).
4. Cool. Remove.

DOSA

INGREDIENTS

Peeled, broken black gram — 1 cup

Raw rice — 2 cups

Salt to taste

Oil for frying

METHOD

1. Soak gram and rice together for 6 hours.
Clean.
Grind until soft and thick.
2. Add salt. Ferment for 6 hours in a bigger vessel.
3. Add a little water for the right consistency.
4. Pat a film of water on the shallow frying pan.
Heat for half a minute.
5. Make dosas, pouring oil around it, and in the centre, while it is frying.

NOTE:

1. Dosa batter is thinner than idli batter.
2. If Dosa batter is fermented a little longer, it tastes better.
3. Do not use Basmati rice — it adds a flavour.

VEGETABLE UPMA

INGREDIENTS

Semolina — 1 cup

Water — $1\frac{1}{2}$ cup

Carrot — 1

Ripe tomatoes — 2

Green chillies — 3

Dry bengal gram — 1 tsp

Mustard seeds — 1 tsp

Oil — 4 tbsp

Curry leaves — 1 sprig

Salt to taste

METHOD

1. Clean the semolina. Keep aside. Chop tomatoes, carrot and green chillies.
2. Pour oil in the frying pan. Fry the gram and mustard seeds till they pop. Add vegetables and green chillies. Cook for 5 minutes, stirring all the while.
3. Add water and salt. Add curry leaves.
4. When the water comes to a boil, add semolina slowly, stirring simultaneously, to avoid lumps. Cook for 5 minutes. Stir.

Serve with chutney or ketchup.

GREEN GRAM DOSA (PESARETTU)

INGREDIENTS

Peeled green gram, broken — 1 cup

Cumin seeds — 1 tsp

Green chillies — 3

Red chillies — 3

Onions — 4

Asafoetida — a pinch

A small piece of ginger

A sprig of coriander leaves

Salt to taste

METHOD

1. Soak gram in water for three hours. Clean thoroughly. Strain out the water.
2. Grind with red chillies, 2 green chilies, cumin seeds and salt.
3. Chop onions, ginger, asafoetida, coriander leaves and a green chilli. Fry lightly.
4. Use the dough to make dosa. Fill the dosa with onion filling. Fold it.

WADA

INGREDIENTS

Black gram (peeled, broken) — 1 cup

Oil — $\frac{1}{4}$ kg.

Salt to taste

METHOD

1. Soak black gram for 5 hours in water. Clean. Remove from water. Grind till thick and soft. Add salt.
2. Take dumplings the size of a laddu, place each in your palm, pat till round and make a hole in the centre.
3. Deep fry till light brown.

MASALA WADA

Serve with ketchup.

INGREDIENTS

Black gram (peeled, broken) — 1 cup

Oil — $\frac{1}{4}$ kg

Onion — 2

Green chillies — 4

Pepper seeds — 1 tbsp

Salt to taste

METHOD

1. Chop onions finely.