

# ಅನ್ನಪೂರ್ಣ

Annapurna - Food process for Space Exploration

Sahana Shetty

**S Labs Solutions**

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ಉಪಹಾರ

*Breakfast*

# ಮಂಗಳೂರು ಬನ್ಸ್

*Mangalore Buns*



Servings - 5 people

Cooking Time - 30 mins

Cost Rs. 80

Ingredients:

- Banana - 3
- Sugar - 1 bowl
- Salt - 1 tsp
- Baking soda - 1/2 tsp
- Curd - 1 bowl
- Ajwain (carrom seeds) - 1 tsp
- Maida (all purpose flour) - 7 tbsp
- Oil

#### Preparation:

1. Take a large bowl and add ripened bananas to it.
2. Add sugar, salt, baking soda, curd, and ajwain.
3. Mash the banana and other ingredients.
4. Put maida and mix well.
5. Add oil and knead the dough properly.
6. Cover it with lid and let it rest for 8 hours.
7. Next, add maida to it and knead the dough once again.
8. Take little portion of dough and make small sized balls.
9. Sprinkle the dry flour and roll the dough.
10. Heat the oil in a frying pan and deep fry the buns.
11. Enjoy the delicious mangalore or banana buns with chutney or sambar.

# ಥಾಲಿಪೀಠ

*Thalipeeth*



Servings - 4 people

Cooking Time - 15 mins

Cost - Rs. 70

Ingredients:

- Onion - 3
- Coriander - 1 tbsp
- Cumin seeds - 1 tsp
- Red chilli powder - 2 tsp
- Rice flour - 6 cups
- Salt



- Oil
- Water

Preparation:

1. In a bowl, add chopped onion and coriander.
2. Next add cumin seeds, red chilli powder and salt and mix .
3. Now, pour little bit water and combine well.
4. Take a medium sized ball of dough and flatten it evenly on the pan.
5. Place the pan or tawa on stove and cook both sides on medium flame.
6. Enjoy delicious thalipeeth with chutney, schezwan or tomato sauce.

# ಸೌತೆಕಾಯಿ ಇಡ್ಲಿ

## *Cucumber Idli*



Servings - 5 people

Cooking Time - 40 mins

Cost Rs. 70

### Ingredients

- Cucumber - 2
- Wheat rava or bansi rava - 400 gm
- Salt
- Banana leaf - 3

### Preparation

1. Roast bansi rava or wheat rava for 10 minutes in a pan on medium flame.
2. Keep it aside and let it cool.
3. Take grated cucumber in a bowl, add bansi rava and salt to it.
4. Heat banana leaf over an open flame.
5. Take a small portion of batter and add it to leaf and fold the leaf.
6. Place it on idli maker and steam for 30 minutes.
7. Tasty southekeyi kadubu is ready to eat.

# ಆಲೂ ಪರಾಠ

## *Aloo Paratha*

Servings - 4 people

Cooking Time - 20 mins

Cost - Rs. 50|

### Ingredients

- Potato(boiled) - 3
- Onion - 2
- Coriander - 1 tbsp
- Red chilli powder - 1&1/2 tsp
- Salt
- Wheat flour - 3 cups
- Oil
- Water

### Preparation

1. In a bowl, add wheat flour, salt and water and mix well.
2. In another bowl, take mashed potato, add chopped onion and coriander.
3. Next, add red chilli powder and salt and mix well.
4. Take a small piece of dough and place the mixture onto the dough and fold.
5. Roll gently.
6. Place on tawa or pan and cook on both sides.

7. Yummy aloo paratha is ready to eat. Tastes best with curd, tomato sauce.



# ಮಸಾಲೆ ಅವಲಕ್ಕಿ

*Spicy Avalakki*

Servings - 5 people

Cooking Time - 20 mins

Cost - Rs. 50

## Ingredients

- Avalakki/poha/flattened rice - 300 gm
- Onion - 2
- Coriander - 2 tsp
- Red chilli powder - 2 tsp
- Turmeric powder - 1/2 tsp
- Tamarind juice - 2 tsp
- Cumin powder - 1/2 tsp

- Coriander powder - 1/2 tsp
- Salt
- Sugar - 2 tsp
- Oil - 3 tsp
- Mustard seeds - 1 tsp
- Cumin seeds - 1 tsp
- Urad dal (black gram) - 1 tsp
- Grated coconut - 7 tsp

#### Preparation

1. In a frying pan, add oil, mustard sees, cumin seeds, urad dal, red chilli powder and turmeric powder and turn off the heat.
2. Now add tamarind juice, curry leaves, coriander powder, cumin powder and mix well.
3. Next, add salt, sugar and mix well.
4. In a bowl, take avalakki/poha/flattened rice, add chopped onion and coriander, prepared masala, grated coconut and combine well.
5. Delicious spicy avalakki or poha is ready to eat.

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# ಚೆನಿಕಾಯಿ ಕಡುಬು

*Chinnikai kadubu*

Servings - 5 people

Cooking Time - 30 mins

Cost - Rs. 60

## Ingredients

- Wheat or bansi rawa - 250 gm
- Pumpkin(Grated) - 1/2
- Salt
- Banana leaves



### Preparation

1. Saute the bansi or wheat rawa for 10 minutes and keep it aside.
2. Take grated pumpkin in a bowl, add bansi rawa and salt.
3. Mix well.
4. Put the mixture on the banana leaf and fold it
5. Keep it in the steamer and cook it for 20 minutes.
6. Savor pumpkin idli or chnnikai kadubu with chutney.

  
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# ರಾಗಿ ತಾಳಿಪೀಠ

## *Ragi Thalipeeth*

Servings - 4 people

Cooking Time - 15 mins

Cost - Rs. 60

### Ingredients

- Onion - 2
- Coriander - 1 tbsp
- Cumin seeds - 1 tsp
- Red chilli powder - 3 tsp
- Ragi flour - 3 cups
- Salt
- Oil
- Water

### Preparation

1. In a bowl, add chopped onion and coriander.
2. Next add cumin seeds, red chilli powder and salt and mix .
3. Now, pour little bit water and combine well.
4. Take a medium sized ball of dough and flatten it evenly on the pan.
5. Place the pan or tawa on stove and cook both sides on medium flame.
6. Enjoy delicious ragi thalipeeth with chutney or tomato sauce.

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# ಕ್ಯಾರೆಟ್ ಬ್ರೆಡ್ ಟೋಸ್ಟ್

## *Carrot Bread Toast*

Servings - 6 people

Cooking Time - 25 mins

Cost - Rs. 150|

### Ingredients

- Onion - 2
- Tomato - 2
- Carrot - 5
- Curry leaves - 1 tbsp
- Mustard seeds - 1 tsp
- Cumin seeds - 1 tsp
- Red chilli powder - 1 tbsp

- Turmeric powder - 1/2 tsp
- Salt
- Oil - 2 tbsp
- Cheese slice
- Ghee
- Bread
- Tomato sauce

#### Preparation

1. Take a kadai, add oil, mustard seeds, cumin seeds, chopped onion, curry leaves and saute till onion turns golden brown.
2. Add chopped tomato.
3. After tomato is cooked, add grated carrot and salt to taste. Mix well.
4. Cover with lid and cook for 5 minutes.
5. Now, add red chilli powder and turmeric powder and combine well.
6. Next, take a pan or tawa, add ghee and place 2 pieces of bread on pan.
7. Add tomato sauce on one side of the bread, and add put carrot mixture.
8. Now, add a slice of cheese and place another bread on top of it.
9. Add ghee on top of bread and roast both sides on low flame.
10. Tasty carrot bread toast is ready to eat.

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# ಅವಲಕ್ಕಿ

*Avalakki*

Servings - 5 people

Cooking Time - 20 mins

Cost - Rs. 50

## Ingredients

- Avalakki/poha/flattened rice - 400 gm
- Onion - 2
- Green chilli - 6
- Coriander - 1 tbsp
- Curry leaves - 2 tsp
- Turmeric powder - 1 tsp
- Salt

- Sugar - 2 tsp
- Oil - 4 tsp
- Mustard seeds - 1 tsp
- Cumin seeds - 1 tsp
- Urad dal (black gram) - 1 tbsp
- Chana dal - 1 tsp
- Grated coconut - 1 bowl

#### Preparation

1. In a frying pan, add oil, mustard sees, urad dal, chana dal, and cumin seeds.
2. Now add chopped onion, green chillies, coriander, curry leaves, and turmeric powder and mix well.
3. Turn off the heat and let it cool for 5 minutes.
3. Next, add salt, sugar and mix well.
4. In a bowl, take avalakki/poha/flattened rice, add prepared masala, grated coconut and combine well.
5. Delicious avalakki or poha is ready to eat.

  
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ಪಲ್ಯ

*Curry*



# ಚಿಕನ್ ಮುಘಲ್ಯೆ

## *Chicken Mughlai*

Servings - 5 people

Cooking Time - 60 mins

Cost - Rs. 200

### Ingredients:

- Vegetables
  - Onion – 4
  - Green chilli – 5
  - Coriander – 2 tbsp
  - Pudina or mint leaves– 1 tbsp
  - Tomato – 2
  - Lemon juice – 2 tsp(teaspoon)

- Chicken – 700 grams
- Egg – 2
- Oil – 5 tbsp
- Spices
  - Salt – 1 tbsp
  - Red chilli powder - 2 tbsp
  - Turmeric powder - 1/2 tbsp
  - Kasuri methi – 2 tbsp
  - Garam masala powder - 1 tbsp
- Sauce
  - Soy sauce - 2 tsp(teaspoon)
  - Green chilli sauce – 2 tsp(teaspoon)
  - Vinegar – 2 tsp(teaspoon)
- Utensils
  - Frying Pan

Prep (Before Cooking) :

1. Chop onions to small pieces
2. Chop Tomatoes and Green Chillies
3. Chop Coriander and Pudina

Cooking :

1. Add oil in a stainless steel frying pan.
2. Add chopped onions and green chillies to the oil and sauté till it turns golden brown.
3. Add chopped tomatoes, coriander leaves and mint leaves to it.
4. Once the tomatoes are cooked, add ginger garlic paste.
5. Wait till the pungent smell of ginger garlic paste is gone.
6. Then, put little bit of red chilli powder to the mixture.
7. Now, add chicken pieces.

8. Add salt, mix the contents.
9. Close the lid and let it cook for 20 minutes on a medium flame.
10. Once the chicken pieces are cooked, add red chilli powder, turmeric powder, soy sauce, green chilli sauce and eggs to the gravy.
11. Stir well.
12. Now add garam masala powder, lemon juice, vinegar, and kasuri methi to the gravy.
13. Leave the gravy to cook for another 5 minutes.
14. Chicken mughlai is now ready to eat.
15. It can be served with chapati, roti or rice.

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# ಪನೀರ್ ಕ್ಯಾಪ್ಸಿಕಂ ಮಸಾಲಾ

## *Paneer Capsicum Masala*

Servings - 5 people

Cooking Time - 60 mins

Cost - Rs. 200

### Ingredients :

- Paneer - 200 gm
- Capsicum(medium) - 4
- Onion (Large) - 4
- Tomato - 3
- Ginger garlic paste - 2 tbsp
- Red chilli powder - 1 tbsp
- Turmeric powder - 1 tsp
- Jeera (Cumin seeds) - 1 tbsp
- Garam masala powder - 1 tsp
- Fresh cream - 50 gm

- Oil - 4 tbsp
- Salt – 1 tbsp
- Kasuri methi – 2 tbsp

Preparation :

1. Add oil in a kadhai(wok). Put finely chopped onions and then jeera to it.
2. Once the onion turns golden brown, put tomato.
3. Add cashew nuts and cook it for a while.
4. Now add ginger garlic paste.
5. Once the pungent smell of ginger garlic paste is gone, add fresh cream.
6. Cook it till the strong smell of fresh cream is gone.
7. Add red chilli powder and turmeric powder and mix it.
8. Cool the mixture, then grind the ingredients adding little bit of water into a fine paste.
9. In a kadhai(wok), add finely chopped capsicum and saute it.
10. Now add paneer and saute for a while.
11. Put the grinded paste to this, adding bit of water and cook it.
12. Add salt to taste.
13. Now add garam masala powder.
14. Lastly, add kasuri methi and mix the ingredients thoroughly.
15. Restaurant style paneer capsicum masala is ready to it.

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# ಮಜ್ಜಿಗೆ ಸಾರು

*Majjige Saaru*

Servings - 4 people

Cooking Time - 20 mins

Cost - Rs. 60

Ingredients:

- Onion - 1
- Green chilli - 4
- Dry red chilli - 4
- Garlic - 2
- Coconut (grated) - 1/2
- Oil - 3 tbsp

- Curry leaves
- Mustard seeds - 1 tbsp
- Cumin seeds (Jeera) - 1 tbsp
- Coriander seeds - 2 tbsp
- Curd - 1 bowl

Preparation:

1. Take a pan of your choice and then add green chillies and oil to it.
2. Then add onion and garlic and saute well.
3. Put coriander seeds separately and saute it.
4. Keep all the ingredients and grated coconut aside to cool for a while.
5. Grind the ingredients into a fine paste.
6. Take water in a vessel, add diced mangalore cucumber to it. Add salt to taste.
7. Once the cucumber is cooked, add the grinded paste and let it cook.
8. Now, add curd and let it boil.
9. Next, pour some oil in a frying pan.
10. Add mustard seeds, cumin seeds, garlic, dry red chilli and curry leaves.
11. Add this to the curry.
12. Majjige saaru is ready to eat.

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# ಕರಾವಳಿ ಚಿಕನ್ ಕರಿ

## *Coastal Chicken Curry*

Servings - 5 people

Cooking Time - 60 mins

Cost - Rs. 300

### Ingredients:

- Chicken - 750 gm
- Onion(medium) – 4
- Garlic - 1
- Ginger - 2 inch
- Cardamom - 2
- Cloves - 8



- Star anise - 1
- Poppy seeds - 1 tsp
- Cinnamon - 2
- Black pepper - 10
- Coriander seeds - 1 tsp
- Coconut(grated) - 2 cups
- Salt - 2 tsp
- Turmeric powder - 2 tsp
- Red chilli powder - 2 tbsp
- Oil - 4 tbsp
- Ghee - 2 tbsp
- Coriander (chopped) – 2 tbsp
- Lemon juice - 1 tbsp
- Cashew - 6 to 7

Preparation:

1. Take oil in a frying pan. Add sliced onion, garlic, chopped ginger and saute well.
2. Now add coriander seeds, cinnamon, cloves, black pepper, poppy seeds and fry for a while.
3. Keep aside and let the ingredients cool for some time.
4. Take a mixer jar, add the cooled ingredients, grated coconut, red chilli powder, turmeric powder and a bit of water.
5. Grind it into a coarse paste.
6. Now, take a vessel of your choice. Add oil, chopped onion and ginger and saute till the onion turns golden brown.
7. Add chicken pieces, turmeric powder, salt to taste.

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# ಮೊಟ್ಟೆ ಕರಿ

## *Egg Curry*

Servings - 5 people

Cooking Time - 45 mins

Cost - Rs. 140

### Ingredients:

- Eggs - 10
- Onion - 3
- Ginger - 1 inch
- Garlic - 1
- Cinnamon - 1
- Poppy seeds - 1 tsp

- Coriander seeds - 1 tsp
- Oil - 3 tbsp
- Tomato -1
- Coriander - 2 tbsp
- Cloves - 9
- Grated coconut - 1 bowl
- Water - 1 cup
- Red chilli powder - 2 tbsp
- Turmeric powder - 1 tsp
- Salt

Preparation:

1. In a small kadai, take 1 tbsp oil, add sliced onion, chopped ginger and garlic.
2. Now, add coriander seeds, cinnamon, cloves, and poppy seeds and let it cool.
3. Next, add grated coconut, red chilli powder, and turmeric powder to it and grind all the ingredients into a fine paste.
4. Now, take oil in a kadai, add chopped onions and saute for a while.
5. Once the onion turns translucent, add chopped tomatoes.
6. Now, add grinded paste, add 1 cup water and salt to taste and mix well.
7. Bring it to boil.
8. Add eggs.
9. Add chopped coriander. Cover with lid and let it cook on low flame.
10. Tasty egg curry is ready to eat .

# ಮ್ಯಾಕೆರೆಲ್ ಫಿಶ್ ಗ್ರೇವಿ

## *Mackerel Fish Gravy*

Servings - 4 people

Cooking Time - 40 mins

Cost - Rs. 140

### Ingredients

- Mackerel fish - 500 gm
- Onion - 3
- Garlic - 1
- Dry turmeric leaf - 1
- Coconut oil - 3tsp
- Tamarind juice - 1 bowl
- Salt
- Red chilli powder - 2 tsp
- Turmeric powder - 1 tsp

### Preparation

1. Take a frying pan, add coconut oil and chopped onion.
2. Once the onion turns translucent, add crushed garlic.
3. Add tamarind juice.
4. Next, add red chilli powder and turmeric powder.
5. Now add dry turmeric leaf and a bowl of water and salt and mix well.
6. When it starts boiling, add mackerel fish to the curry.
7. Cover with lid and let the fish cook on low flame.
8. Delicious mackerel fish curry is ready to eat.

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# ಮಲಬಾರ್ ಪಾಲಕ್ ಕರಿ

## *Malabar Spinach Curry*

Servings -5 people

Cooking Time - 25 mins

Cost - Rs. 80

### Ingredients

- Malabar spinach stem and leaves
- Jackfruit seeds -15
- Tomato - 2
- Onion - 3
- Toor dal - 1 bowl
- Coriander seeds - 1 tbsp

- Cumin seeds - 1 tsp
- Mustard seeds - 1 tsp
- Garlic (crushed) - 1
- Dry red chilli - 3
- Red chilli powder - 1 tbsp
- Turmeric powder - 1 tsp
- Grated coconut - 1/2
- Salt
- Oil

#### Preparation

1. In a frying pan, add 2 tsp oil, add sliced onion and coriander seeds.
2. Saute for a while till onion turns golden brown.
3. Along with this, take grated coconut, red chilli powder, turmeric powder and little bit water and grind into a fine paste.
4. In a steel vessel, take water, add toor dal, chopped malabar stem and leaves, jackfruit seeds, sliced onion . Pressure cook for 4 whistles.
5. Now, add chopped tomatoes, salt, and grinded paste to it.
6. Bring it to boil.
7. For tadka, take oil in a small pan, add mustard and cumin seeds, crushed garlic, and dry red chilli and saute for a while.
8. Add tadka to curry.
9. Malabar spinach curry can be eaten with rice, chapati or ragi mudde.

  
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# ಮ್ಯಾಕೆರೆಲ್ ಫಿಶ್ ಕರಿ

## *Mackerel Fish Curry*

Servings - 4 people

Cooking Time - 20 mins

Cost - Rs. 250

### Ingredients

- Mackerel fish - 500 gm
- Onion - 2
- Grated coconut -2 bowl
- Tirphal - 1 tsp
- Green chilli - 3
- Coriander seeds - 2 tsp

- Coconut oil - 2 tsp
- Tamarind juice - 2 tsp
- Salt
- Red chilli powder - 3 tsp
- Turmeric powder - 1/2 tsp

#### Preparation

1. Marinate mackerel fish by adding salt and turmeric powder.
2. In a mixer/grinder, put grated coconut, red chilli powder, turmeric powder, coriander seeds and water and grind it.
3. Pour the grinded mixture in a vessel.
4. Now, add chopped onion, green chilli and tirphal to it and stir well.
5. Let it boil.
6. Then, add salt, marinated mackerel fish.
7. Next, add coconut oil and cook for 1 minutes.
8. Yummy mackerel fish curry is ready to eat.

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ಹಣ್ಣಿನ ರಸ

*juice*

# ಕಸ್ತೂರಿ ಕಲ್ಲಂಗಡಿ ಮತ್ತು ಬಾಳೆಹಣ್ಣಿನ ಸ್ಮೂಥಿ

*Musk melon and Banana Smoothie*

Servings - 4 people

Cooking Time - 15 mins

Cost - Rs. 70

Ingredients:

- Musk melon - 1
- Banana - 3
- Milk - 1 cup
- Honey - 1 tbsp (tablespoon) [optional]
- Cardamom - 2

Preparation :

1. Chop the musk melon and banana into small pieces.
2. Put the chopped pieces into the juicer.
3. Add some milk and grind the mixture.

4. Then, add cardamom powder and 1 tbsp honey to the mixture.
5. Musk melon and banana smoothie is now ready to drink.

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ಅನ್ನ ಪಾಕವಿಧಾನಗಳು

*rice*

# ಚಿಕನ್ ದಮ್ ಬಿರಿಯಾನಿ

## *Chicken Dum Biryani*

Servings - 4 people

Cooking Time - 15 mins

Cost - Rs. 70

### Ingredients:

- Onion – 3
- Green chilli – 2
- Coriander (chopped) – 2 tbsp
- Pudina or mint leaves (chopped)– 2 tbsp
- Chicken – 750 grams
- Lemon juice – 2 tsp(teaspoon)
- Oil – 10 tbsp

- Curd - 1 bowl/cup
- Salt – 1 tbsp
- Kasuri methi – 1 tbsp
- Garam masala powder - 1 tsp
- Red chilli powder - 2 tbsp
- Turmeric powder - 1 tbsp
- Shahi biriyani masala powder - 1 tbsp
- Ginger garlic paste - 2 to 3 tbsp
- Basmati Rice - 750 gm
- Shah jeera - 2 tsp
- Cinnamon - 2
- Cardamom - 4
- Clove - 6
- Allspice leaves or Bay leaf - 3
- Biriyani or Pandan leaves - 2
- Star anise - 1 or 2

#### Preparation:

#### Marination:

1. Take 750 gm of chicken in a bowl. Add salt, red chilli powder, turmeric powder, shahi biriyani masala powder, garam masala powder.
2. Now add curd and Ginger-garlic paste to it.
3. Then add kasuri methi, chopped coriander and mint leaves , lemon juice to the chicken.
4. Mix all the ingredients thoroughly.

#### Cooking Rice:

1. Take 3 to 4 cups of water in a steel vessel and let it boil.
2. Add shah jeera, oil and salt to it.
3. Now add basmati rice.



4. Let the rice be cooked until it is 75% done.
5. Then drain the water from the rice.

Preparing Biryani:

1. Add 4 to 5 tbsp oil in a vessel.
2. Now add star anise, cardamom, cinnamon, allspice leaf, biriyani leaves to it.
3. Add marinated chicken and mix all the ingredients.
4. Add green chilli to it.
5. Let the chicken cook for half an hour.
6. Then add 75% cooked basmati rice to it.
7. Let it cook for another half an hour or until the chicken pieces are cooked properly.

Fried onions:

1. Add oil in a frying pan.
2. Now, add onions to it.
3. Saute them until it turns golden brown.
4. Now add the fried onion to the rice.
5. The Chcken Biryani is now ready to be served.

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# ಬಿಸಿಬೇಳೆಬಾತ್

*Bisibelebath*

Servings - 5 to 6 people

Cooking Time - 70 mins

Cost - Rs. 200

Ingredients:

- Water - 1.5 litre
- Toor dal - 1 bowl
- Moong dal - 1/2 bowl
- Carrot - 2
- Potato - 1

- Cauliflower - 1/2
- Beans - 200 gm
- Tomato - 2
- Dry red chilli - 5
- Curry leaves
- Grated coconut - 1 bowl
- Peanuts - 1/2 bowl
- Garlic - 2
- Ginger - 1 inch
- Salt
- Oil - 1 tbsp
- Red chilli powder - 1 tbsp
- Turmeric powder - 1/2 tsp
- Bisibelebath powder - 1 tbsp
- Asafoetida powder(hing) - 1 tsp
- Mustard seeds - 1 tsp
- Cumin seeds - 1 tsp

Preparation:

1. Take 1.5 litre of water in a vessel. Cover it with lid.
2. Once it starts boiling, add toor dal.
3. Now, add moong dal.
4. When dal is 75% cooked, add the chopped vegetables such as carrot, potato, cauliflower, and beans and then add peanuts.
5. Now, put tomato.
6. When the vegetables are cooked, add 500 gms of rice.
7. Once the rice is cooked, add the grinded paste of grated coconut and ginger.

8. Mix well and bring it to boil.

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# ವಿಚಡಿ

*Khichdi*

Servings - 5 people

Cooking Time - 70 mins

Cost - Rs. 200

Ingredients:

- Onion - 3
- Green chilli - 4
- Basmati Rice - 500 gm
- Masoor dal - 1 cup

- Water - 1 litre
- Salt
- Ginger garlic paste - 2tbsp
- Oil - 4 tbsp
- Cloves - 6
- Cinnamon - 1
- Star anise - 1
- Bay leaf - 2

Preparation:

1. Take oil in a vessel. Add spices such as star anise, cinnamon, cloves, and bay leaf.
2. Now, add chopped onion and sliced green chillies.
3. Once the onion is translucent, add ginger garlic paste.
4. After the pungent smell of ginger garlic paste is gone, add water.
5. Once it starts boiling, add masoor dal.
6. When dal is cooked 50 to 75%, add basmati rice.
7. Add salt and combine well.
8. Now, keep the tawa/pan at the bottom and vessel on top and let it cook on low flame.
9. Savour the khichdi with paneer curry.

  
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# ತೆಂಗಿನ ಹಾಲು ಅನ್ನ

## *Coconut Milk rice*

Servings - 5 people

Cooking Time - 50 mins

Cost - Rs. 100

### Ingredients:

- Rice - 2 cups
- Coconut milk - 3 cup
- Onion - 3
- Green chilli - 8

- Cashewnuts - 15
- Bay leaf - 3
- Ginger garlic paste - 2 tsp
- Water
- Salt
- Oil - 4 tsp

Preparation:

1. Grind 3 cups of grated coconut along with some water in a mixer.
2. Take a vessel/cooker, add oil, chopped onion, green chillies, bay leaf, ginger garlic paste, and cashewnut.
3. Next add strained coconut milk.
4. Add salt and bring it to boil.
5. Add rice and cook for 25 -30 minutes.
6. Delicious coconut milk rice is ready to eat.

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ತಿಂಡಿಗಳು

*snacks*

# ಸ್ವೀಟ್ ಕಾರ್ನ್ ಮಸಾಲಾ

## *Sweet Corn Masala*

Servings - 2 people

Cooking Time - 10 mins

Cost - Rs. 50

### Ingredients:

- Vegetables
  - Sweet corn (frozen) - 2 cups
- Butter – 2 tbsp
- Mayyonnaise - 2 tbsp

- Spices
  - Salt – 1 tbsp
  - Red chilli powder - 2 tbsp
  - Chat masala powder - 1/2 tbsp
- Utensils
  - Vessel

Cooking :

1. Add 2 cups of frozen corn in a vessel.
2. Cover the lid and let the corn cook for 2 to 3 minutes in low flame.
3. Add 1 tsp chat masala powder.
4. Then, add 1/2 tsp salt to the mixture.
5. Add 2 tbsp of butter to it.
6. Add 1 tbsp red chilli powder and 2 tbsp mayyonaise.
7. Now, mix all the ingredients thoroughly.
8. Sweet corn masala is now ready to eat.

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# ವೆಜ್ ಹಕ್ಕಾ ನೂಡಲ್ಸ್

## *Veg Hakka Noodles*

Servings - 5 people

Cooking Time - 45 mins

Cost - Rs. 120

### Ingredients

- Noodles - 400 gm
- Onion - 2
- Green chilly - 4
- Cabbage - 1/2
- Beans - 10
- Carrot - 2
- Capsicum - 2
- Soy sauce - 1&1/2 tbsp
- Tomato sauce - 1 tsp

- Green chilli sauce - 1tsp
- Vinegar - 1 tbsp
- Salt
- Water - 1&1/2 litre
- Oil - 4 tbsp

#### Preparation

1. Boil 1 &1/2 litres of water.
2. Add noodles till its 75 % cooked.
3. Drain the water and add cold water.
4. In a frying pan, add oil, chopped onion, sliced green chillies.
5. Saute for a while.
6. Next, add chopped vegetables like carrot, cabbage,beans and capsicum.
7. Add salt and cook for a while.
8. Now, add vinegar, soy sauce, green chilli sauce and tomato sauce.
9. Mix well .
10. Yummy veg hakka noodles is ready to eat.

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# ಬೆಳಂಜಿ ಮೀನು ಫ್ರೈ

## *Anchovy Fish Fry*

Servings - 5 people

Cooking Time - 30 mins

Cost - Rs. 150

### Ingredients

- Anchovy or belange fish - 500 gm
- Salt
- Turmeric powder - 1 tsp
- Red chilli powder - 1 tbsp
- Tamarind juice - 2 tsp
- Rice flour - 2 tbsp
- Oil - 6 tbsp

### Preparation

1. Marinate fish by adding salt, turmeric powder, red chilli powder, and tamarind juice to it.
2. Keep it aside for an hour.
3. Roll the fish over flour.
4. Deep fry the fish.
5. Delicious anchovy or belange fish fry is ready to eat.

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# ಮಲಬಾರ್ ಪಾಲಕ್ ಪಕೋಡೆ

## *Malabar Spinach Pakoda*

Servings - 5 people

Cooking Time - 20 mins

Cost - Rs. 70

### Ingredients:

- Onion - 3
- Malabar spinach - 300 gm
- Salt
- Red chilli powder - 2 tbsp
- Rice flour - 3 bowl
- Water

### Preparation:

1. In a bowl, add chopped onion, malabar spinach leaves, red chilli powder,



salt, rice flour.

2. Mix well by adding little bit of water.
3. In a frying pan, heat oil and deep fry.
4. Take out when it turns golden brown.
5. Yummy malabar spinach pakoda or fritters is ready to eat.

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# ಮಶ್ರುಮ್ ಪಕೋಡೆ

## *Mushroom Pakoda*

Servings - 5 people

Cooking Time - 20 mins

Cost - Rs. 150

### Ingredients:

- Onion - 2
- Mushroom - 300 gm
- Salt
- Green chilli - 3
- Rice flour - 3 bowl
- Water

Preparation:

1. In a bowl, add chopped mushroom, onion, green chilli, salt, rice flour.
2. Mix well by adding little bit of water.
3. In a frying pan, heat oil and deep fry.
4. Take out when it turns golden brown.
5. Delicious mushroom pakoda is ready to eat.

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ಸಿ ಹಿ

*Sweet*

# ಅಥರಾಸ

*Atharasa*

Servings - 7 people

Cooking Time - 25 mins

Cost - Rs. 50

Ingredients:

- Rice - 1&1/2 cup
- Grated coconut - 1 bowl
- Fenugreek seeds - 1/2 tsp
- Jaggery - 1 bowl

- Cardamom powder - 1/2 tsp
- Oil

Preparation:

1. Soak the rice and fenugreek seeds for 5 hours.
2. Add soaked ingredients and grated coconut in a mixer and grind into a fine paste.
3. Now, add jaggery and cardamom powder to the mixture.
4. Heat oil and add the mixture to frying pan.
5. Turn over and fry on both sides.
6. Fry until both the sides turn golden brown.
7. Delicious athrasa is ready to eat.

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ಸ್ವಯಂಚಾಲಿತ

*Automation robots*

# MEAL PLAN

For Project Bhoomi



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# ABOUT THE AUTHOR

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Creating automated robots for food in Space