

To Be Prepared at Home

■ To Be Prepared at Home (Categorized by Main Item and Derivatives)

■ Dairy & Alternatives

- ****Milk****
- Curd (from milk)
- Buttermilk (from curd)
- Butter (from cream)
- Ghee (clarified butter)
- Paneer (from milk)
- Cheese (from milk)
- Milk powder
- Condensed milk
- Fresh cream
- ****Coconut****
- Coconut milk (from grated coconut)
- Coconut water
- Desiccated coconut
- Coconut powder
- Coconut oil (cold-pressed)
- ****Plant-Based Milks****
- Almond milk
- Cashew milk
- Soy milk
- Peanut milk
- Nut butters (almond, cashew, peanut)
- ****Yogurt / Curd****
- Fresh curd starter culture
- Flavored yogurt
- Thick yogurt (hung curd)
- Buttermilk variants (masala, sweet, spiced)

■ Grains, Flours & Doughs

- ****Rice****
- Soaked rice
- Cooked rice
- Fermented rice batter

- Rice flour
- Idli rava
- Rice starch water
- **Wheat / Flour**
- Roti dough
- Chapati dough
- Paratha dough
- Poori dough
- Multigrain roti dough
- Wheat flour mix
- **Millets / Rava**
- Soaked millets
- Cooked millets
- Millet flour mix
- Fermented ragi batter
- Vermicelli roasted mix
- **Batter Preparations**
- Dosa batter
- Idli batter
- Appam batter
- Vada batter
- Idiyappam dough

■ Pulses & Legumes

- **Dal & Lentils**
- Soaked dal (toor, moong, urad, masoor)
- Cooked dal
- Fermented lentil batter
- Dry roasted dal powder
- **Chickpeas / Bengal Gram**
- Soaked chickpeas
- Boiled chickpeas
- Sprouted chickpeas
- Roasted chana dal
- Gram flour (besan)
- Roasted gram flour
- **Green Gram / Moong**
- Soaked moong
- Sprouted moong

- Cooked moong
- Moong flour
- ****Black Gram / Urad****
- Soaked urad
- Sprouted urad
- Fermented urad batter
- ****Peanuts****
- Roasted peanuts
- Groundnut paste
- Peanut butter
- Peanut chutney
- Peanut powder
- ****Soya****
- Soaked soya beans
- Cooked soya chunks
- Soya paste

■ Nuts, Seeds & Dry Fruits

- ****Almonds****
- Soaked almonds
- Almond milk
- Almond paste
- Almond butter
- Roasted almonds
- ****Cashews****
- Soaked cashews
- Cashew paste
- Cashew milk
- Cashew butter
- Roasted cashews
- ****Walnuts****
- Soaked walnuts
- Crushed walnuts
- Walnut powder
- ****Pistachios****
- Chopped pistachios
- Roasted pistachios
- ****Raisins / Dates****
- Dates paste

- Date syrup
- Soaked raisins
- Date powder
- ****Seeds****
- Roasted flaxseeds
- Flaxseed powder
- Soaked chia seeds
- Soaked sabja seeds
- Soaked fenugreek seeds
- Soaked sesame seeds
- Sesame chutney powder
- Poppy seed paste
- Pumpkin seed powder
- Sunflower seed powder

■ **Spices, Herbs & Masalas**

- ****Cumin (Jeera)****
- Roasted cumin seeds
- Ground cumin powder
- ****Coriander****
- Roasted coriander seeds
- Coriander powder
- Coriander chutney
- ****Pepper****
- Crushed black pepper
- Pepper powder
- ****Mustard****
- Mustard paste
- Mustard powder
- ****Ginger****
- Grated ginger
- Ginger paste
- Dried ginger powder
- Ginger-garlic paste
- ****Garlic****
- Crushed garlic
- Garlic paste
- Dried garlic powder
- ****Chilies****

- Chopped green chilies
- Chili paste (green/red)
- Red chili powder
- Dried red chilies
- Chili flakes
- **Fenugreek / Methi**
- Soaked methi seeds
- Kasuri methi (dried leaves)
- **Turmeric**
- Turmeric powder
- **Herbs (Curry, Mint, Coriander, etc.)**
- Dried mint leaves
- Dried curry leaves
- Dried coriander leaves
- Herbal chutney powder
- **Spice Blends**
- Garam masala
- Sambar powder
- Rasam powder
- Biryani masala
- Chaat masala
- Curry powder
- Pickle masala
- Idli podi
- Dosa podi
- Gun powder (spice mix)
- **Tamarind**
- Tamarind paste
- Tamarind water
- Tamarind extract

■ Vegetables & Leafy Greens

- **Vegetables (General)**
- Chopped vegetables
- Diced vegetables
- Sliced vegetables
- Grated vegetables
- Blanched vegetables
- Boiled vegetables

- Steamed vegetables
- Stir-fried vegetables
- Pureed vegetables (spinach, pumpkin)
- ****Leafy Greens****
- Washed and chopped spinach
- Finely chopped amaranth leaves
- Chopped fenugreek leaves
- Dried leafy herbs (mint, curry, fenugreek)
- ****Onion / Tomato****
- Chopped onions
- Sliced onions
- Onion paste
- Chopped tomatoes
- Tomato puree
- Tomato paste
- Tomato chutney

■ Fruits & Natural Sweeteners

- ****Fruits****
- Chopped fruits
- Diced fruits
- Fruit pulp (mango, papaya)
- Fruit puree
- Fruit juice
- Fruit jam
- Dried fruit powder
- ****Sweeteners****
- Powdered sugar
- Jaggery syrup
- Palm jaggery syrup
- Date syrup
- Honey concentrate

■ Herbal & Natural Products

- ****Aloe Vera****
- Aloe vera gel extract
- Herbal paste (Aloe Vera + Neem)
- ****Neem / Tulsi / Herbal Mix****
- Herbal powder mix (Triphala, Ashwagandha, Neem)
- Herbal face pack mix

- Herbal hair pack mix
- Neem oil
- Tulsi powder
- Spirulina powder
- **Sandalwood / Multani Mitti**
- Sandalwood paste
- Multani mitti paste
- **Herbal Teas & Decoctions**
- Herbal tea mix
- Kadha (herbal decoction)
- Tulsi water
- Herbal cleansing water

■ Beverages & Extracts

- **Tea / Coffee**
- Tea decoction
- Coffee decoction
- Masala tea mix
- **Infused Drinks**
- Lemon water concentrate
- Flavored buttermilk
- Fruit-infused water
- Herbal-infused oil
- Rose water (distilled)
- **Fermented Drinks**
- Kanji (rice water drink)
- Fermented buttermilk

■ Oils, Pastes & Miscellaneous Mixes

- **Herbal Oils**
- Infused oils (spice/herbal)
- Coconut oil blend
- Castor oil mixture
- Hair oil base
- **Beauty & Cleaning Mixes**
- Herbal bath powder
- Face scrub powder
- Face mask paste
- Cleaning powder (soapnut + shikakai)
- Tooth powder (herbal)

- Soap base blend
- ****Condiments****
- Pickle base mix
- Pickle oil mix
- Spice blend base
- Instant soup powder
- Curry paste
- Chutney powders (sesame, flaxseed, curry leaf)

■ Fermented Items

- ****Batters****
- Idli batter
- Dosa batter
- Appam batter
- Ragi batter
- ****Dairy Ferments****
- Curd
- Buttermilk
- Paneer
- ****Grain Ferments****
- Rice batter
- Kanji (rice water)
- ****Other Ferments****
- Pickle mixture
- Fermented dough (breads)
- Fermented herbal tonics