

## Tamilnadu delicacies

### **AAPPAM [with boiled rice]**

**Ingredients needed:**

**Boiled rice-1/2 kilo  
black gram-one handful,  
fenugreek seeds-1sp  
thick fresh curd-1/2 cup  
one day old cooked rice-1 handful  
enough salt to taste**

**Method:**

**soak the rice and the black gram with the f.seeds seperately for 8 to 12 hours.**

**Grind the black gram first and when the batter is soft enough add the cooked rice and the curd and grind it very smoothly. Then grind the boiled rice seperately to a fine consistency. Mix both batter very well and let it ferment for the whole night. In the morning you can make fresh aappams. In the Thanjavur side the accompaniment will be vellappaagu and thick coconut milk. At the serving time we can pour first vellappaagu over the hot aappam and then pour coconut milk according to our taste. Some people enjoy the aappams with mutton stew or vegetable thengaipal korma.**

### **ACCOMPANIMENTS FOR THE AAPPAM:**

#### **1.THENGAI PAAL KORMA.**

**Ingredients needed:**

**potato-1/4 kilo[boil and cut into medium pieces]  
frozen peas-1 cup  
bg onions-2  
tomato-1 [crushed into pulp]  
ginger paste-1sp  
garlic flakes-10  
corander leaves-1/2 cup  
cardamom-2**

cinnamon-2 pieces  
aniseed-1sp  
cloves-2  
kuskus-1sp  
coconut -1  
lemon juice-1sp  
coriander powder-1sp  
ghee-2sp  
oil-2sp  
enough salt to taste

**METHOD:**

Shredd the coconut and divide into two portions. Extract a cup of thick milk from one portion. with another portion add the cardamom,cinnamon,cloves,aniseed,c.powder and the kuskus and grind it to a thin paste. Then add two cups of warm water in it and extract the milk from it.

Pour the ghee and the oil in a heated kadai . Add the onion,garlic flakes,corainder leaves and the tomato. Cook them until the oil comes on the top. Then add the thin coconut milk , enough salt and the vegetables and cook for some minutes. When the vegetables are cooked well in the korma, add the thick milk, and cook for a minute. after taking out the kadai from the fire add the lemon juice and mix well.

## **II.MASALA KOZHI KUZAMBU.**

**Ingredients:**

onions-2[thinly sliced]  
tomatoes-1 cup[nicely cut]  
chicken-1kilo[cleaned,washed and cut into very small pieces]  
coriander powder-2sps  
chilli powder-2sps  
ginger paste-1tbsp  
garlic paste-1tbsp  
Masala-I [grind 4tbsp shredded coconut,aniseed 1sp,and 1 onion with a little water to a thick paste]

**Masala-2[grind 2 bay leaves,1 1/2sp kuskus and 1sp aniseed to a fine powder]**

**For tampering:**

**onion-1[cut into very small pieces],1sp aniseed powder,curry leaves- a handful,coriander leaves-a handful, 2tbsps oil.**

**turmeric powder-1sp**

**enough salt to taste**

**oil-3 or 4 tbsps**

**Method:Heat a kadai with the oil. Add the onion and the tomatoes. When the are well cooked and the oil comes on the top, add all the powders including the masala.II.Fry them for a few minutes under medium fire. Then add the ginger and garlic pastes. After a few minutes add the masdala-I ,enough salt,the chicken pieces and 2 cups of water and mix well.More water can be added according to the concistency of the kuzambu. Cover the lid and cook until the chicken pieces are well cooked and nice aroma floats on the air.The kuzambu must not be very thick. Now heat a small kadai and pour the oil. Fry the onions to a brown colour, then add the aniseed powder and mix well.Then add the curry leaves and the coriander leaves and fry for a minute. Now pour it over the kuzambu and mix well. Keep the kuzambu for a few minutes on a very slow fire and then take it off from the fire. serve the chicken kuzambu with hot aappams!**

### **III.VADAI CURRY**

**[This is a famous side dish for Aappams in the Madras side]**

**Ingredients:**

**Onions-3[nicely sliced]**

**Tomatoes-1/2 kilo [crushed]**

**Garlic flakes-12**

**Garlic paste-1sp**

**Ginger paste-1sp**

**Turmeric powder-1sp**

**Enough salt to taste**

**Shredded coconut-1 cup**

**Cardamom-1**

Clove-1  
Oil-3 or 4 tbsps

#### **FOR VADAI :**

Bengal gram-1/2 cup  
Thur dal-1/2 cup  
Red chillies-2  
Green chillies-2  
Aniseed-1/2 sp  
Sliced onion-1 cup  
Coriander leaves and curry leaves-1/4 cup

#### **METHOD:**

Soak the dhals for an hour and grind coarsely with the chillies, enough salt and the aniseeds. Do not add much water. The batter should be thick.

Mix the onions, curry leaves and the coriander leaves with the batter.

Pour the batter in an oil coated idli plate and steam them for 15 minutes. Let it cool for some time and then cut it into small, even pieces.

Grind the coconut with the cardamom, clove and 2 cups of water, and then extract the milk from it.

In a hot pan, pour the oil. When it is heated, add the onions, ginger and garlic pastes, garlic flakes and the tomatoes.

When they are cooked and the oil floats on the surface, add the coconut milk, turmeric powder, enough salt and 3 cups of water.

When the gravy is thickened slightly, add the vadai pieces and cook for some more minutes.

#### **AAPPAM-II [with boiled rice and raw rice]**

[this is famous in the Erode side]

ingredients needed:

Raw rice-1 cup  
Boiled rice-1 cup,

fenugreek seeds-1sp,  
black gram-2sps  
coconut-1 [shredded]

Method:

Soak the raw rice, boiled rice, fenugreek seeds and the black grams for 6 to 8 hours. Then grind them smoothly with the coconut. Let the batter ferment in the night. You can make fresh aappams in the morning.

### **AAPPAM WITH RAW RICE: TYPE-1.**

Soak 1 cup raw rice for one hour. boil 1tbsp rice rawa with one cup of water until it is cooked well and lessened to 1/2 cup. Let it cool. Grind the rice with one handful shredded coconut, salt and the rawa paste thickly. Sprinkle 1sp sugar, and 1sp yeast in 1/2 cup of warmwater, mix well and pour it over the batter. Don't mix the batter. Let it ferment for the whole night. In the morning mix well and make aappams.

### **AAPPAM-2.**

Soak 1/2 kg raw rice for one hour and grind it very thickly. Mix 1/2 cup thick coconut milk with it. In 1/2 cup of warm water mix 1/2 sp yeast with 2 sp sugar and let it come on the top. Boil 1/2 cup semolina with 2 cups of water on slow fire until it is lessened to 1cup and let it cool. Add all these to the batter with enough salt and mix well. Let it ferment for the whole night. In the morning add 1/4sp soda-bi-carbonate and an egg which is well beaten. Mix well and after half an hour make aappams.

### **IDLI:**

This is definitely the tastiest tiffin in Tamilnadu even though its ingredients are very simple. Making soft idlies is an art. There are many popular varieties in idlies-kanjipuram idli, rawa idli, kudalai idli, venthaya idli, suraikkai idli etc., . Ingredients:

Boiled rice-4 cups

Raw rice-1 cup  
Black gram-1 cup  
Fenugreek seeds-1 to 1 1/2sp  
Enough salt.

**Method:**

Soak the boiled rice and the raw rice together for 7 to 8 hours.  
Soak the black gram separately with fenugreek seeds.

Grind the black gram first, till the batter is very soft and frothy.  
If you use a grinder, water should be added in the intervals little by little.

The black gram will absorb the water and will be very frothy.  
Split black gram as well as whole black gram [urundai ulundhu] is used generally for this. But the idlies will be very spongy and soft if you use the black gram with the skin. It is a little difficult and time consuming-but the result will be the best one. Only after soaking this kind of black gram for hours its outer skin will come out. But this kind of black gram must be fresh. Whole white black grams also yield very soft idlis.  
Then grind the rice very finely. Mix both batters well with enough salt by using your hand. The batter should not be either very thick or very watery. Water should not be added the next day. Then the idlies will not be very soft. The batter should be kept in a large container so that there is enough space for the batter to rise. Allow the batter to ferment for at least 8 hours.  
In the morning, mix well the batter, pour in greased idli plates and steam for 12 minutes.

### **KANJIPURAM IDLI:**

**Ingredients needed:**

Par boiled rice-1 cup,  
Raw rice-1 cup,  
Black gram-1 cup,  
Curd-1/2 cup,  
Ghee-2tbsp  
Cumin seeds-1sp  
Peppercorns-1sp  
Curry leaves-2 springs

**Salt to taste**

**Method:**

**Soak the rice varieties and the black gram together in enough water for 6 to 8 hours and then grind them coarsely.**

**Add all the remaining ingredients with enough salt and mix well.**

**Let it stand for 3 hours.**

**Then pour the batter in greased idli plates and steam the idlis for 20 minutes.**

### **RAWA IDLI:**

**Ingredients needed:**

**Semolina- 1cup**

**Ghee-3tbsp,**

**Water-1/2 cup,**

**Thick fresh curd-1/2 cup,**

**Green chillies-2(Finely chopped),**

**A few curry leaves**

**Chopped coriander leaves-1tbsp,**

**Soda-bi-carbonate-1/4sp,**

**Shredded coconut-1/2 cup,**

**Capsicum-1/4 cup (finely sliced),**

**Salt to taste**

**Method:**

**Fry the semolina[rawa] in the ghee on moderate fire for a few minutes. No need to fry the rawa into light brown colour. When cold, add all the ingredients with salt. Mix well. Keep the batter covered for 1/2 hour. Then you can make the idlies as usual.**

**These idlies will be very soft.**

### **KUDALAI IDLI:**

**Ingredients needed:**

**Green gram-1 cup**

**Par-boiled rice-1 cup**

**Black gram-1 cup**

**Cashew nuts-2tbsp**

**Coarsely broken pepper powder-1sp**

**Cumin seeds-1sp**

**Crushed ginger-1sp**

**Chopped green chillies-1sp**

**Shredded coconut-1/2 cup**

**Bengal gram-1tbsp**

**Ghee-2tbsp**

**Salt to taste**

**Method:**

**Soak the green gram, par boiled rice, and the black gram together for 6 to 8 hours. Then grind them very thickly.**

**Add enough salt and mix well.**

**Let it ferment overnight.**

**In the morning, fry the cashew nuts, pepper powder, cummin seeds, crushed ginger, green chillies, shredded coconut and Bengal gram in the ghee and pour the tempering on the batter. Mix well and make idlies as usual.**

### **SAGO[JAVVARISI] IDLI:**

**Ingredients needed:**

**Sago-1 cup**

**Thick buttermilk-1 cup**

**Semolina-1 cup**

**Baking powder-1sp**

**Shredded carrot-1/2 cup**

**Shredded cococnut-1/2 cup**

**Chopped Ginger-1sp**

**Green chillies-3**

**Salt to taste**

**Method:**

**Soak the sago in water for 4 hours.**

**Then drain the water completely.**

**Add the thick buttermilk, semolina, baking powder, shredded carrot, and salt to the sago and mix well.**

**Grind the coconut with ginger and green chillies to a fine paste.**

**Add this to the javvarisi mixture and mix well.**

**Steam idlies as usual.**



## **SURAIKKAI IDLI:**

### **Ingredients:**

**Rice flakes (Aval)-2 handfuls**

**Green chillies-2**

**Cumin seeds-1sp**

**Shredded coconut-1 1/2 cups**

**Rice rawa-1 1/2 cups**

**Shredded suraikkai[bottle gourd]-4 cups**

**Pepper powder-1sp**

**Chopped coriander leaves-2tbsp**

**Salt to taste**

### **Method:**

**Wash the aval[poha] and grind it with green chillies , cumin seeds and coconut coarsely.**

**Dry roast the rice rawa for a few minutes on a slow fire and then allow it to cool. Mix all these with the shredded suraikkai[bottle gourd], pepper powder, salt and coriander leaves.**

**Keep this batter covered for three hours and then steam idlies as usual.**

## **Venthaya idli:**

### **Ingredients needed:**

**Par-boiled rice-4 cups**

**Fenugreek seeds-3 tbsp**

**One day old idli batter-1/2 cup**

**Salt to taste**

### **Method:**

**Soak the par boiled rice and the fenugreek seeds together for 6 to 8 hours and then grinds them to a fine batter.**

**Add the idli batter to this and mix well with enough salt.**

**Let it ferment for the whole night and steam idlies as usual in the morning.**

## **ULUNTHU DOSAI:**

### **Ingredients:**

**Par-boiled rice-1 cup**

**Raw rice-1 cup**

**Black gram-3/4 cup**

**Method:**

**Soak the boiled rice, raw rice, and the black gram separately. Grind the black gram smoothly and then grind the rice varieties to a fine batter.**

**Mix both batters with enough salt and let it ferment for 10 to 12 hours.**

### **KOVIL THOSAI :**

**Ingredients:**

**Raw rice-200gms**

**Black gram-200gms**

**Par-boiled rice-200gms**

**Peppercorns-1sp**

**Chopped ginger-1sp**

**Red chillies-5**

**Salt to taste**

**Method:**

**Soak the raw rice for 1 hour and then drain it in a colander.**

**Dry grind it to a fine powder.**

**Sieve the flour twice.**

**Soak the black grams and the boiled rice together for 6 hours.**

**Grind them to a smooth batter with the peppercorns, ginger and red chillies.**

**Mix the rice flour with this batter with enough salt and let it ferment for 8 hours. Make nice dosas.**

### **GREENGRAM METHI DOSAI :**

**Ingredients:**

**Par boiled rice-2 cups**

**Green gram-1/4 cup**

**Fenugreek seeds-2sp**

**Salt to taste**

Soak the boiled rice with the green gram and fenugreek seeds together for 6 to 8 hrs and then grind them to a fine batter.

Mix salt to the batter.

The batter should be thin enough to prepare thin dosas.

Let the batter ferment for 6 to 8 hrs and then make nice dosas.

### **RAWA DOSA:**

#### **Ingredients:**

Nice semolina-1/2 cup

Plain flour-1/2 cup

Rice flour-1/4 cup

Gram flour-1tbsp

Fresh curd-1 tbsp

Cumin seeds-1sp

Asafoetida powder-1/2sp

Chopped green chillies-1sp

Chopped ginger-1/2sp

Salt to taste

#### **Method:**

Mix the semolina, plain flour, rice flour and gram flour in a bowl.

Add the curd, cumin seeds, asafoetida powder, chopped green chillies, chopped ginger, and enough salt to the bowl.

Now add enough water to make a thin batter.

Keep it covered for ½ hour and make nice rawa dosas.

### **KAL DOSAI :**

#### **Ingredients:**

Raw rice-400gms

Black grams-100gms

Salt totaste

#### **Method:**

Soak the raw rice and the black gram separately.

Drain the water in the rice and then powder it and sieve it twice.

Grind the black gram with water very smoothly.

Mix both with enough salt and keep it covered for 4 to 5 hours and then make thin dosas out of it.

### **SPRING DOSAI:**

#### **Ingredients:**

**Raw rice-1 1/2 cups**

**Black grams-50gms**

**Fenugreek seeds-1/2sp**

**Cooked rice-2stbsp**

**Bengal gram-3tbsp**

**Black gram-2tbsp**

**Red chillies-6**

**Oil-1tbsp**

**Tamarind- gooseberry size**

**Peppercorns-5**

**Shredded coconut-2tbsp**

**Chopped Coriander leaves-2tbsp**

**Enough unsalted butter**

**Salt to taste**

#### **Method:**

Soak the raw rice along with black gram, and fenugreek seeds for 2 hours.

Grind them smoothly with the cooked rice.

Add enough salt and mix well.

Let it ferment for 5 hours.

Fry the spices in oil to light brown colour. And grind them with the tamarind, peppercorns, shredded coconut, and chopped coriander leaves. Mix butter to the chutney in 8tbsps:50gms ratio.

#### **TOPPING:**

**5 Onions [chopped nicely]**

**5 capsicums [chopped nicely]**

**Cabbage-250gms [shredded finely]**

**Cashewnuts-1/2cup [broken into small pieces]**

Spread the dosai batter on the hot tawa. When it is cooked on one side, turn on the other side. Put off the fire. Then spread some chutney over the dosai. Then spread a liberal layer of the

topping. Then roll it very tightly. Cut into 4 pieces and serve them on the dining table.

### **POOSANIKKAI [WHITE PUMPKIN ] DOSAI :**

#### **Ingredients:**

Par boiled rice-1 cup

Raw rice-2tbsp

Shredded coconut-2tbsp

Red chillies-4

Curry leaves-1tbsp

Cumin seeds-1/2sp

Shredded white pumpkin-2 cups

Salt to taste

#### **Method:**

Soak the boiled rice with raw rice for 5 hours and grind it very smoothly with shredded coconut, red chillies, curry leaves, cumin seeds and shredded poosanikkai. The batter should be thick.

Add enough salt and mix well.

Keep it covered for 2 hours and then you can make nice dosas.

### **TOMATO DOSAI :**

This I have learnt from Mrs. Mallika Badrinath's cookery.

Soak 1 1/4 cup raw rice with 2tbsps thur dal for 1 hour. Grind it smoothly with 1 3/4 cup chopped tomatoes, 5 dry red chillies, and a gooseberry size tamarind. The batter should not be very thick. You can make tasty tomato dosas immediately.

### **TAPIOCA DOSAI :**

Soak 1 cup raw rice and 1 cup boiled rice for 5 hours. Grind them smoothly with 1 sp aniseed, 5 red chillies and 4 cups of shredded tapioca. You can make dosai immediately.

### **KATHARIKKAI AND POTATO KOTHSU:**

#### **Ingredients:**

Small brinjals-3[finely chopped]  
Potato-1[cut into cubes]  
Chopped tomatoes-1 cup  
Slit green chillies-4  
Big onion-2[chopped]  
Turmeric powder-1sp  
Mustard seeds-1sp  
A small piece asafoetida  
Chopped coriander and curry leaves  
Red chillies-4  
Salt to taste  
Oil-3tbsp

**METHOD:**

Place the brinjals, potato, tomato, onions and green chillies in a bowl, add enough water to cover the vegetables and pressure cook them to 5 or 6 whistles. Then take the bowl out, and drain the water into another bowl. Mash well the vegetables with the help of a potato masher. Then again add the cooked water to it with 1 sp turmeric powder and enough salt. Heat a kadai, and pour the oil. When the oil becomes hot the mustard seeds, the asafoetida , red chillies and the chopped leaves. Pour this tempering to the prepared kothsu and let it boil. If the kothsu is too thick then you can add ½ cup to 1 cup of water for the right consistency. Just let it boil for 5 minutes. This is a very tasty kothsu. But this kothsu should not be simmered for a long time . Then its taste will not be the same.

**TOMATO AND KATHARIKKAI KOTHSU:**

**Ingredients:**

Small brinjals-4  
Red chillies-4  
Coriander seeds-1sp  
Gram dal-2sp  
Mustards-1sp  
Asafoetida powder-1sp  
Curry leaves-1 spring  
Onion-1[finelychopped]

**Tomatoes-2 cup [finely crushed]**

**Turmeric powder-1sp**

**Chopped coriander leaves-2tbsp**

**Enough oil**

**Salt to taste**

**Method:**

**Grill the brinjals on a gas fire until they are well cooked. Then remove the outer cover and take out the flesh. In a little oil, fry the red chillies, and the coriander seeds to a golden colour.**

**Powder them with the gram dal. Again in 2 or 3tbsps oil, toss the mustard seeds, asafoetida, and curry leaves. Then add the onion and tomatoes . Cook them until they are mashed well and the oil comes on the top. Now add the katharikkai flesh and toss them for some minutes. Add 1 cup or 2 cups of water, the powder, 1sp turmeric powder and enough salt. Let it simmer until the gravy is thickened. Add the chopped coriander leaves and mix well.**

### **IDLI PIZZA:**

**Pour the idli batter on the idli moulds up to  $\frac{3}{4}$ th quantity. Mix 1tsp or 2tsp of water with one small cup of tomato ketchup. Sprinkle this over it. Spread little chopped spring onions, chopped tomato pieces, and chopped capsicum over the batter. Sprinkle a little coarsely ground ajwain powder, and lastly spread shredded pizza cheese over it. Steam the idlies as usual idlis.**

### **DOSAI PIZZA:**

**The preparation is the same as Idli pizza. But the pizza dosai should be cooked on a low flame on a dosa plate instead of steaming. And also the dosai should be covered while cooking. Then only the pizza dosai will be crisp and also the cheese will be melted at the same time.**

## **KEERAI PONGAL:**

### **Ingredients:**

**Raw rice-1 cup**  
**Split green gram-1/4 cup**  
**Water-6 cups**  
**Onion-1 [finely chopped]**  
**Cumin seeds-1sp**  
**Asafoetida powder-1sp**  
**Green chillies-3 [finely chopped]**  
**Ghee-1/4 cup**  
**Crushed tomatoes-1 cup**  
**Crushed ginger-1sp**  
**Small brinjals-3[finely sliced]**  
**Coarsely ground peppercorns-1sp**  
**Turmeric powder-1sp**  
**Finely chopped palak leaves-2 cups**  
**Salt to taste**

### **Method:**

**Wash the raw rice and the green gram together and soak them for ½ hour.**

**In a cooking vessel pour the water and let it simmer.**

**When the water is simmering, add the rice and the dal and cook under medium fire. When this is being cooked, fry the onion, cumin seeds, asafoetida powder and the green chillies in the ghee in a kadai.**

**Then add 1 cup tomato pieces and cook them until it is mashed nicely and the oil floats on the surface.**

**Then add the brinjals and fry for a few minutes.**

**Lastly add 2 cups of shredded keerai, 1sp crushed ginger, turmeric powder and enough salt.**

**Cook the vegetables nicely.**

**When the rice is almost cooked, add the vegetables and mix well.**

**Cook on a low fire for a few minutes until every thing is well blended.**



## **SARKKARAI PONGAL:**

### **Ingredients:**

**Split green gram-1/4 cup**

**Raw rice-1 cup**

**Almonds-2 tbsp**

**Split cashew nuts-2 tbsp**

**Seedless raisins-2 tbsp**

**Shredded coconut-2 tbsp**

**Saffron-2 sp**

**Jaggery-2 cups**

**Milk [full cream-2cups**

**Ghee-1/4 cup+3 ½ tbsp**

**Salt- a pinch**

**Cardamom powder-1sp**

### **Method:**

**Fry the split green gram dhal in a kadai in ½ tbsp of ghee until a nice aroma floats on the air.**

**Soak this dhal with the raw rice in water for 1 hour.**

**Soak the almonds in hot water, then remove the skins slice them nicely.**

**Fry the almond slices, cashew nuts, and the seedless raisins separately in 2 tbsp of ghee.**

**Fry the shredded coconut in a tbsp of ghee.**

**Soak the saffron in a tbsp of milk and crush the jaggery . .**

**Pour enough water just to cover the jaggery and let it boil.**

**Make thin syrup of it and put off the fire.**

**Pour 3 cups of water and 2 cups of milk [full cream] in a cooking vessel.**

**When it starts simmering, add the rice and the dhal.**

**Cook under medium flame.**

**When they are almost cooked, add the jaggery syrup and mix well.**

**Again cook for a few minutes.**

**Now add all the remaining ingredients and ¼ cup of ghee.**

**Mix well and cook until the pongal is well blended.**

### **VEN PONGAL:**

Soak 1 cup of raw rice for ½ hour. Boil 2 cups of water and 2 cups of full cream milk in a cooking vessel. When it starts simmering, add the rice to it and cook on a medium flame until the rice is almost cooked. Add 1 cup of shredded coconut and a little salt. Mix well and cook until it is done.

[This ven pongal is eaten with sweet thick curd which is prepared from cow's milk. In villages, the remaining pongal is immersed in water and kept overnight in the same mud vessel. In the morning it will be a heavenly taste to eat this with fresh curd. ]

### **PONGAL KUZHAMBU:**

#### **Ingredients:**

Lentils-1 cup

Tamarind- a small orange size

Boiled rice-1 handful

Raw rice-1 tbsp

Peppercorns-1 sp

Cumin seeds- 1 tsp

Fennel seeds-2 sp

Chopped tomatoes-1 cup

Avaraikkai- a handful [cut into halves]

Red pumpkin- a handfuls [cut into 1" pieces]

Sweet potato- 2 handfuls [cut into cubes]

Brinjal- 1 handful [cut into medium pieces]

Raw banana-2 [cut into cubes]

Green mochaikkai-2 cups

Turmeric powder-1sp

Chilli powder-2tbsp

Coriander powder-1 tbsp

Shredded coconut- 1 cup

Curry leaves- a handful

Chopped coriander leaves-a handful

Salt to taste

#### **Method:**

Cook the lentils in a cooker. Soak the tamarind in warm water and then extract the juice after ½ hour. Dry roast the boiled

rice, raw rice, cumin seeds, peppercorns and aniseeds to a nice brown colour and powder them finely. Add the chopped tomatoes, avaraikkai, red pumpkin pieces, sweet potatoes pieces, brinjal pieces, raw banana cubes and the mochaikkai in a cooking vessel and add enough water to cover it. Cook them with enough salt the turmeric powder. When the vegetables are half done, add the tamarind juice, the chilli powder and the coriander powder. After cooking them for some minutes add the dhal and again cook for a few minutes. Now add the powder, the greens and the shredded coconut. Cook under slow fire for 5 minutes.

### **COCONUT CHUTNEY-I**

In 1tbsp of oil, fry 2sps black gram, 7 red chillies, 5 garlic flakes and then add ½ coconut [shredded] and fry for a few minutes. Grind them coarsely with a marble size tamarind, 2sps pottu kadalai and enough salt.

Grind ½ coconut [shredded] with one handful coriander leaves, one handful pudhina leaves, 2 spring curry leaves, 7 red chillies, a marble size tamarind, 1sp ginger, 6 small onions and enough salt.

### **COCONUT CHUTNEY-II**

In 1tbsp oil, fry 1sps black grams, 1tbsp Bengal gram, 2 spring curry leaves, 6 green chillies and one handful of small onions nicely. THEN add ½ coconut [shredded] and fry for a few minutes. Grind them coarsely with salt and a marble size tamarind.

### **TOMATO ONION CHUTNEY:**

In 2tbsps oil, fry 2 handfuls of small onions and 1sp asafoetida powder nicely. Add 2 cups of crushed tomato and fry well. Fry separately one handful of black gram, one handful of Bengal gram and one handful of red chillies nicely. Grind these all with ½ coconut [shredded], gooseberry size tamarind and enough salt.

### **TOMATO COCONUT KUZHAMBU:**

In 2tbsps oil. Add 1sp mustard seeds. When they splutter, add 1cup of onion and 1 cup of tomato which are chopped nicely. Fry well until they are mashed and oil floats on the top. Add 2sps chilli powder, 1sp coriander powder and 1sp turmeric powder and fry for a few minutes. Grind 1 cup of shredded coconut with 1sp ginger to a fine paste. Add this to the masala with 1 cup of water and enough salt. Cook until it is well blended.

### **DHANIYA TOMATO CHUTNEY:**

In 1tbsp oil, fry one handful of coriander seeds and 6 red chillies. Take them away. Again, in 2sps oil, fry 1 cup crushed tomato, 1 spring curry leaves, 10 garlic flakes, 1sp ginger and 10 small onions. Grind them to a fine paste.

### **PEERKANKAI [RIDGE GOURD] KOTHSU:**

Soak a lemon sized tamarind for half an hour and extract the thick juice from it. Cook 1 cup of split green gram dhal in a kadai. When it is almost done, add ½ kilo peerkankai which are chopped very finely. Add 1sp turmeric powder and 4 slit green chillies also. When they are well cooked put off the fire and mash them with a potato masher. Heat 2 tbsps oil and add 1sp mustard seeds. When they splutter, add one onion and three tomatoes which are finely chopped. Cook until they are well mashed. Add the Tamarind juice and ½ cup of water. When they simmer for a few minutes, add the green gram gravy. Mix well. Add enough salt and water. Add 2tbsps chopped coriander leaves and cook for 5 to 7 minutes.

### **LADIES FINGER CHUTNEY:**

Cut 4 ladies fingers into small pieces and fry them nicely in a tbsp oil. Take them out. Add 1sp cumin seeds, 1 onion and 1 tomato[which are chopped nicely], 4 green chillies and 7 garlic

flakes and fry them well until all are mashed well . Grind them all coarsely with a marble sized tamarind and enough salt.

#### **RADISH CHUTNEY:**

In a tsp of oil, fry a pea sized asafoetida and 4sps black gram to a light brown colour. Grind them coarsely with one handful of shredded coconut, two handfuls of nicely cut radish, 7 green chillies, a small gooseberry sized tamarind and enough salt.

#### **CABBAGE CHUTNEY:**

In 2tbsps oil, fry 1sp black gram, 1sp Bengal gram, 1 onion, 1 tomato, 1sp ginger, and 2 garlic flakes. Add 1 cup shredded cabbage and fry for a few minutes. Grind them all with a marble sized tamarind, 1tbsp shredded coconut and enough salt.

#### **IDIYAAPPAM:**

Soak 2 cups of raw rice in water for half an hour and then drain it.

Powder the rice into fine flour.

Sieve the flour twice. Put this flour in a thin cloth and then put it in a bowl.

Steam it for 15 minutes.

Then place it on a paper and allow it to cool down and then again sieve it.

You can keep this flour for months.

Some people will not steam the rice flour. They will fry the flour on a very low fire. When a good smell comes from the flour, it must be taken out, cooled down and again sieved.

Take the prepared flour in a bowl and add 1sp oil and a little salt to the flour.

Boil 1 to ½ cups of water.

When it simmers, pour it on the flour little by little and mix well with a wooden spoon.

It should not be very rough dough.

You must feel flexibility and smoothness in your hand and be careful not to add much water.

Put this dough in a greased idiyaappam maker and press the idiyaappams in a greased idiyaappam mould nicely. Steam them for 15 minutes.

#### **ADHIRASAM**

Soak 1/2 kilo raw rice in the water for 1/2 hour and then drain the rice in a colander. You can grind the rice even when the water is not fully drained up.

Then grind it to a nice flour.

Sieve the flour only once.

Then immediately make syrup from 300gms jaggery to a pearl-like consistency.

When the syrup is bubbling, reduce the flame to low heat. If we drop a little syrup in a cup of water and then if we could form the syrup into a smooth ball, [not a stiff ball] then put off the fire.

Sprinkle the rice flour little by little in the syrup and mix well.

Sprinkle 1/2 sp cardamom powder and mix well.

The batter must not be very thick. If we make a small ball from it, then it must be a very smooth ball.

It must not break.

That is the correct consistency for adhirasam.

Keep the batter in a greased bowl [greased with ghee] and pour and spread 1 1/2 tbsps ghee on top of the batter and cover it.

The next day you can prepare the adhirasams.

When you prepare the adhirasams, heat the oil on a medium fire and make adhirasams.

#### **MUTHU PONGAL:**

**Ingredients:**

Wheat rawa- 1 cup

Semolina-1 cup

Whole green gram-1 cup

Sago-1 cup

Shredded coconut- a handful

Green chillies-4

Kuskus -1sp

Ghee-2tbsp

**Chopped coriander and curry leaves**

**Salt to taste**

**Method:**

**Fry the wheat rawa, semolina, and the whole green gram separately to a light brown colour. Soak 1 cup sago [javvarisi] in warm water for a few hours. Combine all these in a vessel and Pressure Cook with enough water up to 5 whistles. Then take out the vessel. Grind the shredded coconut with the green chillies and kuskus finely. Add this to the cooked rawa varieties. Add enough salt and 2tbsps ghee. Put this vessel on fire and mix well for a few minutes under slow fire. Add chopped coriander and curry leaves.**

### **POTATO CHAPPATHI :**

**Boil 3 potatoes [medium] and mash finely.**

**Add 2 cups of plain flour with 1tbsp ghee, 1sp sugar and enough salt.**

**Knead and mix well to a fine dough.**

**Cover this with a wet towel and keep it for ½ hour.**

**Then you can make chappathies as usual.**

### **OOTHTHAPPAM:**

**Soak ½ kilo boiled rice with 2tbsps black gram, 2tbsps thuar dhal and 2tbsps Bengal gram for 5 hours.**

**Grind finely to a nice batter.**

**Add enough salt and let it ferment for the whole night.**

**You can make nice ooththappams in the morning.**

### **THIPPA ROTI :**

**Ingredients:**

**Rice rawa-3 cups**

**Fresh curd-2 to 3 cups**

**Peppercorns-1sp**

**Bengal gram-a handful**

**Black gram-1 cup**

**Shredded coconut-1cup**  
**Onion-1 cup [finely chopped]**  
**Gingelly oil**  
**Salt to taste**

**Method:**

**Soak the rice rawa in the curd with the peppercorns and Bengal gram for one hour.**

**Soak the black gram separately for one hour and grind finely.**

**Mix this with the rice rawa with enough salt and keep it covered for ½ hour.**

**Then add the shredded coconut and the chopped onions to the rawa batter and mix well.**

**Place a tawa on the heat.**

**The fire should be low.**

**Spread a big spoonful of this thick batter evenly.**

**The thickness of this roti must be 1cm.**

**Pour 1 or 2 sp gingelly oil around the roti and cover with a lid.**

**When it is cooked on one side you can flip it to the other side.**

### **IDLI SEEYALI:**

**Mash 6 to 7 idlies nicely.**

**Soak a small lemon sized tamarind in water and extract the thick juice from it.**

**Dry fry 1sp Bengal gram, 1sp coriander seeds, 1sp black gram and 2 red chillies and then powder them finely.**

**Pour 2tbsps gingelly oil in a kadai and add 1sp mustard seeds.**

**When they splutter, add 2 chopped onions and 2 chopped green chillies and fry well.**

**Now add the tamarind extract and let it simmer for a few minutes.**

**When it thickens, add the powder and a little salt and mix well.**

**When it becomes thick, add the mashed idlies and mix well.**

**Put off the fire and add chopped coriander and curry leaves.**



### **RICE PANIYARAM:**

**Boiled rice-1 cup**  
**Raw rice- 1 cup**  
**Black gram-1/2 cup**  
**Onion-1/2 cup [finely chopped]**  
**Green chillies chopped-1sp**  
**Fresh curd-1 tbsp**  
**Curry leaves- 1tbsp**  
**Soda bi carbonate- a pinch**  
**Shredded coconut-1/4 cup**  
**Salt to taste**

#### **Method:**

**Soak the rice varieties and black gram in water for 5 hours and then grind it to a fine batter.**

**Mix salt and let the batter ferment for 5 to 6 hours.**

**Add the onion, shredded coconut, green chillies, curd, curry leaves and a pinch of soda bi carbonate and mix well.**

**Heat the paniyara chatti to moderate flame and make nice paniyarams.**

### **RICE RAWA UPPUMA:**

#### **Ingredients:**

**Bengal gram-2tbsp**  
**Lentils-1tbsp**  
**Red chillies-4**  
**Black gram-1sp**  
**Rice rawa- 2 cups**  
**Oil-4 tbsp**  
**Mustard seeds-1sp**  
**Onion-1 cup [chopped]**  
**Tomato- 1 cup [chopped finely]**  
**Turmeric powder-1sp**  
**Asafoetida powder- 1 sp**  
**Chopped coriander leaves-1 tbsp**  
**Chopped curry leaves- 1 tbsp**  
**Salt to taste**

**Method:**

**Powder the Bengal gram, lentils, red chillies and black gram into coarsely.**

**Mix this with the rice rawa.**

**Heat a kadai and pour the oil.**

**Add the mustard seeds, and when they splutter add the chopped onions and tomatoes.**

**Add the turmeric powder and cook until the vegetables are mashed well and the oil floats on the top.**

**Add asafoetida powder, a little salt, and the greens and fry for a few minutes.**

**Add 6 cups of water and enough salt.**

**When the water starts to boil, reduce the fire to medium, and add the rice rawa little by little .**

**Cover the kadai and let the uppuma cook on a slow fire.**

**If you want, you can add ½ cup shredded coconut in the end.**

**PONGAL:**

**Fry ½ cup broken green gram dhal in a tsp ghee till a nice aroma floats up on the air.**

**Soak this in water for 1 hour with 2 cups of raw rice.**

**Pour 10 cups of water in a cooking vessel and let it simmerl.**

**Add the rice and the dhal and cook on a medium fire.**

**When the rice is almost cooked, add 1tbsp finely chopped ginger and 1tbsp finely chopped green chillies.**

**Heat a small kadai and add 3tbsps pure ghee.**

**Add 2sps crushed pepper, 1sp asafoetida powder and 2sps crushed cumin seeds.**

**Fry for a few seconds and pour this tempering to the rice.**

**Add enough salt and some chopped coriander leaves.**

**You can add some more melted ghee and fried cashew nuts to taste.**

**WHEAT RAWA UPPUMA:**

**Wash 2 cups of wheat rawa in water twice and then put it in a bowl with water ½ cm above the rawa.**

Add 2tsps cooking oil and enough salt and mix well.  
Cook the wheat rawa in a pressure cooker up to 3 whistles.  
Heat a kadai, and add 2tbsps oil.  
When the oil becomes hot, add 1sp mustard seeds.  
When they splutter, add 1cup chopped onions, 1tbsp chopped green chillies and 1 cup chopped tomatoes.  
When they are cooked well add 1cup mixed vegetables, a little salt and 1 chopped capsicum and fry for a few minutes.  
Add chopped coriander and curry leaves.  
Now take out the cooked rawa and add that to the kadai.  
Mix well and cook for some minutes on a very slow fire until it is well blended.

#### **AVAL UPPUMA:**

We must follow the same procedure as wheat rawa uppuma.  
But we must wash 2cups of aval[poha] twice or thrice and drain the water completely in a colander.  
We must press with our hands so that the remaining water will be drained well. Now the aval is ready to cook.  
After cooking the vegetables, the drained aval can be added.

#### **TAMARIND AVAL UPPUMA:**

Soak a lemon sized tamarind in warm water for some time and extract the juice. Prepare 3 cups of aval as it is mentioned above.  
Heat a kadai and pour 2tbsps oil. When the oil becomes hot, add 1sp mustard seeds. When they splutter add 2sps black gram, 2tbsps Bengal gram, 1sp turmeric powder, 1sp asafoetida powder, 2 spring curry leaves and 5 red chillies.  
Fry well on a slow fire and then add the tamarind extract.  
Cook till it becomes a very thick gravy.  
Add a little salt to that and mix well.  
Now add the drained aval and enough salt.  
Mix well on a slow fire for some minutes.  
After it is well blended put off the fire.  
Now add 1cup shredded coconut and mix well.

## **THE RICE FLOUR FOR THE PUTTU, KOZUKKATAI AND IDIYAAPPAM:**

Soak raw rice for one hour and drain the rice in a colander. Immediately dry grind the powder finely and the flour will be chilly and silky in our hands.

Sieve the flour thrice.

Put the flour in a broad white cloth, place it in a flat bowl, cover it with the same cloth and steam the flour for 15 minutes.

Then allow it to cool down and again sieve the flour.

### **PUTTU:**

Place the flour in a bowl. Add a pinch of salt and mix well.

Sprinkle a little boiling water.

Mix well with a wooden spoon.

Then again sprinkle some boiling water.

If we take some flour in our right hand and press with our fingers tightly with the palm, it should form like a kozukkatai.

If we drop the flour in the bowl again it must fall like bread crumbs.

This is the correct 'padham' for puttu..

Steam it for 10 minutes.

Mix well with enough powdered sugar, fresh shredded coconut and a little cardamom powder and serve.

### **IDIYAAPPAM:**

Place the prepared rice flour in a bowl.

Add a little [1 to 2 sp] oil and salt and mix well.

Add boiled water little by little to make soft dough.

Put this into a greased idiyaappam maker and press on oiled idiyaappam moulds or idli moulds.

Steam these idiyaappams for 10 to 15 minutes.

### **LEMON IDIYAAPPAM:**

Separate the idiyaappams like the noodles using the hands.

Heat a small kadai and add 2tbsp oil. Add mustard seeds and when they splutter, add 1sp black gram, 1tbsp Bengal gram, 1 or 2 springs curry leaves, and 1tbsp chopped green chillies. Fry for a few minutes and add this to the idiyaappams. Add enough lime juice with 1sp turmeric powder and mix well. Lastly add shredded coconut and mix well.

#### **TOMATO IDIYAAPPAM:**

Chop 4 medium tomatoes nicely.

Heat a kadai and dry fry 1sp fenugreek seeds, 1sp black gram, 1tbsp Bengal gram, 1sp coriander seeds and 4 red chillies to a golden colour.

Then powder it nicely. Pour 2tbsp oil in the kadai and heat it. Add mustards seeds. When they splutter add the tomatoes, 1sp asafoetida powder and 1sp turmeric powder.

Cook well until the tomatoes are cooked and well blended and the oil floats on the top.

Add the powder and enough salt. Cook for some minutes.

Mix enough of this with the idiyaappams.

Add shredded coconut and chopped coriander leaves and mix well.

#### **TAMARIND IDIYAAPPAM:**

Heat a kadai and add 2tbsp gingelly oil.

Add 1sp mustard seeds and when they splutter add 1tbsp bengal gram, 1tbsp ground nuts, 2 springs curry leaves and 4 red chillies.

Immediately add the thick extract of a small lemon sized tamarind, 1sp turmeric powder and a little salt.

Cook until it is thickened.

While it is boiling, fry separately 1sp fenugreek seeds and a asafoetida piece in a little oil and then powder it.

In the last stage of the preparation of the puliyotharai masala, add this powder and mix well.

Add enough of this masala to the prepared idiyaappam noodles and mix well.

Add fresh coconut shreds and chopped coriander leaves

### **KOZUKKATTAI:**

Place the prepared rice flour in a bowl.

Add a little [1 to 2 sp] oil and salt. Mix well. Add boiled water little by little to make soft dough.

The dough must be flexible and soft.

Take a small portion, roll into a small ball with the greased hands and flatten it thinly without cracks.

Place any kinds of pooranam[ filling ] in it and close it firmly again with the fingers.

Prepare enough kozukkattais like this and steam them in greased idli moulds for 10 to 15 minutes.

### **COCONUT POORANAM:**

Combine 1 cup of fresh shredded coconut with 3/4 of mashed jaggery.

Add 1sp cardamom powder and place these in a hot kadai and cook on a medium fire until it is thickened.

### **KADALAI PARUPPU POORANAM:**

Soak 1cup of bengal gram for 1 hour and drain it in a colander. Then cook the Bengal gram and mash it finely.

Place 1 1/2 cups of mashed jaggery in a kadai and add a little water. Make kambi paagu off it.

Add the mashed bengal gram and half coconut which is shredded finely.

Add 1sp cardamom powder and cook on a medium fire until the pooranam is thickened.

You can add green gram instead of bengal gram.

### **ELLU POORANAM:**

Dry roast 1/2 cup of sesame seeds on a slow fire to a light brown colour.

Let it cool and then powder it.

Mash 1/2 cup of jaggery finely and add this to the powder with 1/2 sp cardamom powder.

#### **VELLAI PANIYARAM:**

Soak 4 cups of raw rice and  $\frac{3}{4}$  cup of black gram for 2 to 3 hours.

Grind them with enough salt and 1sp sugar.

It must be like the batter of dosai. Ferment for 5 hours.

Make paniyarams out of it.

#### **MASALA PANIYARAM:**

Soak  $\frac{1}{2}$  kilo raw rice and  $\frac{1}{4}$  kilo black gram for 3 hours.

Grind them with enough salt and ferment the batter for 5 hours.

Heat a kadai and add a little oil. Add 1sp mustard seeds.

When they splutter, add 4 finely chopped onions and 5 green chillies.

Fry them well. Add curry leaves, the scrapings of half a coconut and chopped coriander leaves and fry for a few minutes.

Add this to the batter and mix well.

Make paniyarams out of it.

#### **KUZHI PANIYARAM:**

Soak 1 cup of raw rice for  $\frac{1}{2}$  hour.

Make thin syrup [kambipaagu] out of 1 cup of jaggery and cool it.

Then grind the rice with the syrup, half banana, a pinch of salt, 1sp cardamom, and  $\frac{1}{2}$  sp cumin seeds to a fine paste.

In a tbsp ghee fry  $\frac{1}{2}$  cup shredded coconut to a light brown colour and add to the batter.

Add a pinch of soda bi carbonate and mix well.

The batter should not be watery.

Make paniyarams in the paniyara chatti.

## **KEERAI KOOTTU:**

### **Ingredients:**

**Lentils- 3 handfuls**

**Oil-3 tbsp**

**Cumin seeds-1sp**

**Chopped onions- 1 cup**

**Slit green chillies-4**

**Chopped garlic-2 tbsp**

**Crushed tomatoes-2 cups**

**Salt to taste**

### **Method:**

**Cook 3 handfuls of dhal in cooker.**

**Heat a kadai and pour 3tbsp oil. Add 1sp cumin seeds.**

**When they splutter, add 1 cup chopped onion, 4 slit green chillies, 1tbsp chopped garlic and 2 cups of chopped tomatoes.**

**Cook until all of them are well cooked and the tomatoes are well mashed.**

**When the oil comes on the surface, add the dhal and 3 cups of chopped keerai with enough salt.**

**Cook for some minutes.**

## **KEERAI SALAD:**

**Cook 3cups of chopped keerai in a very little water and a little salt and then allow it to cool.**

**The cooked keerai must be dry without water.**

**Heat the kadai and pour 2tbsp oil.**

**Add ½ sp mustard seeds and when they splutter, add 1sp cumin seeds, 1sp chopped green chillies and 1sp chopped ginger.**

**Fry them over a slow fire and then add ½ cup chopped small onions, 1tbsp shredded coconut and a pinch of salt and fry them to a light brown colour.**

**Add this to the keerai with enough fresh curd and salt to make a thick salad.**



### **PARUPPU RASAM:**

Soak a lemon sized tamarind for 1 hour and then extract the juice out of it.

In a vessel add 1 cup of chopped tomatoes, 2 slit green chillies, 1sp finely chopped garlic, 1tbsp chopped coriander leaves, 1 spring curry leaves, 1 sp turmeric powder, 1sp asafoetida powder, 1tbsp coarsely ground cumin seeds,  $\frac{3}{4}$  tbsp coarsely ground pepper, 2tbsp cooked dhal and enough salt.

Crush all using the fingers.

Add the tamarind extract and enough water to the desired consistency.

Heat the kadai and add 1tbsp gingelly oil.

Add 1sp mustard seeds and when they splutter add the prepared rasam.

When the rasam starts to simmer allow it to simmer for 1 minute and then put off the fire.

### **LEMON RASAM:**

Mix one cup of cooked dhal with 4 or 4 $\frac{1}{2}$  cups of water.

Add 1cup of chopped tomatoes, 2sp finely chopped ginger, 1sp turmeric powder and 3 green chillies[slit].

Add enough salt and mix well.

Heat a kadai and pour 1tbsp ghee.

Add 1sp mustard seeds and when they splutter, reduce the fire and add 1sp asafoetida powder, 1tbsp coarsely ground pepper and 1sp coarsely ground cumin powder and fry for a few seconds.

Then add the rasam.and allow it to simmer for 3 minutes.

Then put off the fire and pour in a vessel. After 20 minutes add 1tbsp chopped coriander, one spring curry leaves and juice of a big lemon.

Close with lid and use after  $\frac{1}{2}$  hour.

### **THAYIR VADAI:**

Ingredients:

Black gram-1 cup

Shredded coconut- a handful  
Gram dal[pottukkadalai]- 1 sp  
Green chilli-1  
Fresh curd-1 ½ cups  
Milk-1/2 cup  
Gingelly oil-1 tsp  
Mustard seeds-1tsp  
Ginger- 1tsp[ finely chopped]  
Green chilli-1 tsp[ finely chopped]  
Coriander leaves- 1tbsp [finely chopped]  
Salt totatse

**Method:**

Soak the black gram in water for 1 hour.

Grind the shredded coconut with pottukkadalai and 1 green chilly coarsely.

Add this masala in fresh thick curd.

Add the milk, the chopped ingredients and enough salt to the curd masala.

Heat a tsp of gingelly oil, and add 1sp mustard seeds.

When they splutter, add this to the curd and mix well.

Now grind the black gram into a frothy thick pulp and make vadais out of it.

There are two methods to soak them.

You can put them in a bowl of slightly warm water for 5 minutes and then again put them in the fresh curd masala.

Or you can directly put them in the curd.

### **MURUNGAIKKAI RICE:**

**Ingredients:**

Raw rice-300gms

Ghee-4tbsp

Fry the following ingredients in 2sp oil to golden brown colour and then powder them finely:

Coriander seeds-1 tsp

Bengal gram-1 sp

Poppy seeds- ½ tsp

Red chillies-4

Peppercorns – ½ tsp  
Cumin seeds- ½ tsp  
Cloves-2  
Cinnamon- 1 piece  
Fennel seeds- ½ tsp  
Coconut oil-2tbsp  
Sambar onions-a handful  
Garlic flakes-10  
Crushed tomatoes-3 cups  
Turmeric powder-1tsp  
Drumsticks-4 [cut into 1" pieces]  
Drumstick leaves-2 cups  
Brinjal [cut into small pieces]-1 cup  
Capsicum-4 [cut into cubes]  
Frozen peas- ½ cup  
Salt to taste  
Mustard seeds- 1 tsp

**Method:**

Soak the rice for half an hour and then drain it.

In a vessel pour 1tbsp ghee and heat it.

Fry the rice in it over medium fire for a few minutes and then cook it with salt until it is done.

In a kadai, add 2tbsp coconut oil and 2tbsp ghee.

Add the sambar onions and the garlic flakes.

Fry them for a few minutes and then add 3 cups of chopped tomatoes with 1sp turmeric powder.

Cook for some more minutes and add the drumstick pieces with the masala.

Add the chopped drumstick leaves, brinjal pieces, 4 capsicum pieces and the frozen peas with enough salt.

Cook on a moderate flame until the vegetables are cooked well and then add this to the rice.

In 1tbsp ghee add mustards seeds and curry leaves.

After they splutter pour that into the rice..

Mix well and serve.

### **MURUNGAIKKAI PAPPAD SAMOSA:**

**Ingredients:**

**Drumsticks-12**  
**Onion-2 [finely sliced]**  
**Green chillies-4**  
**Ginger-1sp**  
**Oil-1tbsp**  
**Gram flour- 1 cup**  
**Small pappads-15 to 20**  
**Salt to taste**

**Method:**

**Cut the drumsticks into 1" pieces and steam them for 15 minutes.**

**Then take the flesh out of them and keep it in a bowl.**

**Grind the onions, green chillies, and the ginger into a fine paste.**

**Fry the ground paste in the oil for some minutes and then add to the murungaikkai flesh.**

**Add 1 cup of gram flour and mix the masala with enough salt.**

**Pour enough oil in a kadai and heat it and the fire should not be very high.**

**Take water in a small bowl.**

**Immerse a pappad in the water for just a minute and take out.**

**Put 1tbsp of masala in the centre and fold it and press around the corners tightly. Fry it in the oil.**

**Thus finish all the samosas.**

### **ULUNTHU VADAI OR METHU VADAI :**

**Whole black grams or black grams with the skin are suitable for making this vadai. Soak 1 cup of this black gram with 1tbsp raw rice in water for 2 hours.**

**If it is skinned, then wash and remove the skin completely before grinding it.**

**Grind the ulunthu without water for a few minutes and then, by sprinkling a little water for 2 or three times , grind the ulunthu to a thick, fluffy paste.**

**It is to better to grind the ulunthu in a grinder than a blender.**

**Lastly, add enough salt and grind for a few minutes.**

**Heat the kadai and pour enough oil.**

Wet yr hands in water and take a lemon sized ball and flatten it into a vadai on a greased polythene paper with the wet hands. Make a hole in the centre.

Toss it in the oil carefully and fry it on both sides to a golden brown colour.

The fire should be medium.

The rice is added to make the vadais crisp on the outer layer. You can add chopped onions, finely chopped ginger and green chillies, curry leaves, coriander leaves and whole peppercorns to the batter before frying the vadais in the oil.

If you soak 2tbsp lentils with the black gram and then grind it, the vadais will not absorb much oil when frying them.

### **SAMBAR SADHAM:**

#### **Ingredients:**

Raw rice- 2 cups

Lentils- 1 cup

Water- 7 ½ cups

Tamarind- a lime size

Fenugreek seeds- 1tsp

Red chillies-4

Coriander seeds-4 tsp

Gram dal [pottukkadalai]-2 tsp

Bengal gram- 2tsp

Poppy seeds- 1tsp

Peppercorns- 10

Asafoetida- a small piece

Mustard seeds- 1tsp

Oil-3tbsp

Ghee- 3 tbsp

Chopped onions-1 cup

Green chillies-4

Chopped tomatoes-4 cups

Small brinjals-4 [finely cut into small pieces]

Big carrot-1 [finely shredded]

Big potato-1 [finely shredded]

Turmeric powder- 1tsp

**Chopped coriander leaves- a handful**

**Curry leaves- 2 springs**

**Salt to taste**

**Method:**

**Wash the raw rice with the lentils, add the water and enough salt to it and pressure cook this up to 5 to 6 whistles.**

**Soak the tamarind for half an hour and extract the juice out of it.**

**Dry fry the fenugreek seeds, red chillies, coriander seeds, pottukkadalai, bengal gram, kuskus, and peppercorn.**

**In a little oil fry a small piece of asafoetida and powder all these spices.**

**Heat a kadai and add the oil and the ghee.**

**Add 1sp mustard seeds and when they splutter add the chopped onions and slit green chillies.**

**Fry well for a few minutes, add 2 cups of chopped tomatoes and cook for some minutes until the oil floats on the top.**

**Add the chopped brinjals and fry for a few minutes.**

**Then add the shredded carrot and potato and fry for a few minutes.**

**Now add the tamarind extract, turmeric powder and enough salt.**

**Let it simmer for a few minutes until its raw flavour goes and the gravy thickens. Then add the powder and mix well.**

**Reduce the fire.**

**Now add the cooked rice and dhal and mix well.**

**Add chopped coriander leaves, curry leaves and more ghee.**

**Mix well and put off the fire**

### **BHOONDHI :**

**Make a batter like idli batter with 1 cup of gram flour and a pinch of salt.**

**In little ghee, fry 1tbsp broken cashew nuts to a light brown colour.**

**Then heat a kadai and pour enough ghee. The fire should be medium.**

Hold a bhoondhi karandi above the oil and then pour 1 heaped spoon batter on the karandi.

The small pearl like balls will fall on the oil.

Fry them to a light crisp texture.

It should not be exactly crisp.

Take them out and place them on a big kitchen paper towel.

Finish all the batter like this.

In another kadai, pour ½ cup of water and add ½ cup sugar to this.

Make 'kambi paagu' and then add a little cardamom powder and the cashew nuts. Reduce the fire and add all the bhoondhi and mix well until the water dries.

Put off the fire.

### **PAASIPPARUPPU PAYASAM:**

Boil 1 ½ cup of green gram with enough water until the dhal is well cooked.

Add either 2 ½ cups of sugar or 3 cups of mashed jaggery and 1 cup milk to this. Let it cook on a medium fire for some minutes.

Add 1 tsp of cardamom powder, one pinch of saffron, fried cashew nuts and raisins.

Lastly add either 1 cup thick coconut milk or 1 cup of finely shredded coconut.

When it starts to boil, put off the fire.

### **DRIED PRAWN PODI:**

Clean ¼ kg dried prawns.

Do not wash them.

Fry this in a little oil to a light brown colour.

Again in a little oil, fry one handful of coconut, 6 red chillies, 10 garlic flakes and some curry leaves.

Powder all these with enough salt.

### **MUNG PANEER:**

Ingredients:

Whole green gram- 1 cup

Paneer- 500 Gms

**Onion- 3 [chopped finely]**  
**Garlic flakes-5**  
**Shredded ginger- 1 sp**  
**Small onions-5**  
**Turmeric powder- 1tsp**  
**Chilli powder- 1tsp**  
**Crushed tomatoes- 1 cup**  
**Cashew nuts- 5**  
**Almonds-5**  
**Shredded coconut- 2tbsp**  
**Fresh curd- 2tbsp**  
**Chopped coriander leaves- a handful**  
**Enough oil to cook**  
**Salt to taste**

**Method:**

**Soak the whole green gram for 8 hours and then cook them in the pressure cooker for one whistle.**

**Cut the paneer in to finger like pieces.**

**Fry them in oil and then immerse in hot water.**

**Heat a kadai and pour 4 tbsp oil.**

**When the oil becomes hot, add the chopped onion and fry them to a brown colour. Grind the garlic flakes and the ginger with the small onions.**

**Add this to the onion with 1sp turmeric powder and 2sp chilli powder and fry them well.**

**Add the chopped tomatoes and fry until they are well blended.**

**Then add the cooked green gram, enough salt and ½ cup of water. Let it simmer for 5 minutes.**

**Grind the cashew nuts, almonds, shredded coconut with the curd .**

**Add this paste to the gravy and also add the paneer pieces.**

**If needed, add some water.**

**Let the gravy simmer for 3 minutes and put off the fire.**

**Garnish with chopped coriander leaves.**

### **PANEER KURUMA:**

**Ingredients:**

**Paneer- 500gms**



**Ghee-3 tbsp**  
**Chopped onions- 1 cup**  
**Oil- 3tbsp**  
**Cardamom-2**  
**Cinnamon-1 piece**  
**Clove-1**  
**Ginger paste- 1 tsp**  
**Garlic paste-1 tsp**  
**Turmeric powder- 1 tsp**  
**Crushed tomatoes- 1 cup**  
**Shredded coconut- 3 tbsp**  
**Coriander powder- 1tbsp**  
**Green chillies-5**  
**Poppy seeds-1 tbsp**  
**Fennel seeds- 2tsp**  
**Thick coconut milk- 1 cup**  
**Chopped coriander leaves- a handful**  
**Salt to taste**

**Procedure:**

**Fry the paneer pieces as mentioned above and then soak them in warm water.**

**Heat a kadai and add the oil and the ghee.**

**Add 1 cup of chopped onions and fry well.**

**Powder the cardamom, cinnamon piece and clove and add this powder to the onion and fry for a few minutes.**

**Add the ginger paste and the garlic paste with the turmeric powder.**

**Fry them for a few minutes.**

**Add the chopped tomatoes and cook until they are well mashed.**

**Grind the coconut, with the coriander powder, fennel seeds, green chillies and kuskus to a fine paste.**

**Add this to the tomatoes with enough water and salt.**

**Let the gravy simmer for 5 minutes.**

**Add the coconut milk and also the paneer pieces.**

**Let the kuruma cook for 5 minutes.**

**Add the chopped coriander leaves and put off the fire.**

## **UPPU SAARU:**

### **Ingredients:**

**Gingelly oil-5 tbsp**  
**Chopped small onions- 1 cup**  
**Mutton pieces- ½ kilo**  
**Crushed tomatoes- 1 cup**  
**Turmeric powder- 1 tsp**  
**Cumin seeds- 3tsp**  
**Fennel seeds- 2 tsp**  
**Cinnamon-1/2 sp**  
**Cloves- 3**  
**Peppercorns- 1 tsp**  
**Small onions-a handful**  
**Shredded coconut- 1 cup**  
**Curry leaves- 2 springs**  
**Red chillies-4**  
**Salt to taste**

### **Procedure:**

**In a pressure pan add 3tbsp gingelly oil.**

**Add the chopped onions and fry well.**

**Then add the mutton pieces and fry for a few minutes.**

**Add the crushed tomatoes with enough salt and 1 cup of water and pressure cook for 3 whistles.**

**Grind the cumin seeds, fennel seeds, cinnamon, cloves, peppercorns, small onions with the shredded coconut to a fine paste.**

**Add this to the gravy and let it simmer for a few minutes.**

**In a separate kadai, add 2tbsp gingelly oil.**

**When it becomes hot, add the mustard seeds, curry leaves and the red chillies.**

**Add the tampering to the gravy and allow it to simmer for some minutes.**

**This gravy must not be thick.**

**It must be a little watery.**

**KUZHAMBU VAGAIKAL:**  
**VENGHAYA PULI KUZHAMBU:**

Soak a small orange- sized tamarind in water and extract the thick juice out of it after 1 hour.

Pour ¼ cup of gingelly oil in a kadai and heat it.

Add 1 cup of small [sambar] onions to the oil and fry them to a soft brown colour under low flame.

Then add 1 cup of chopped tomatoes, 2 spring curry leaves and 1sp turmeric powder.

Cook till the tomatoes are mashed well and the oil floats on the top.

Then add 1sp fenugreek power and fry for a few minutes.

Then pour the tamarind extract, with 2tbsp chilli powder and 3tbsp coriander power.

Let the kuzhambu simmer for 10 minutes.

Add enough salt, and 1sp gingelly oil.

Let the kuzhambu simmer for a few minutes.

You can add either Drumsticks, or ladyfingers to this kuzhambu.

**POONDU KUZHAMBU:**

The method is the same as above.

But, when you fry the onions, add small garlic flakes[1/2 to 1 cup] before adding the tomatoes.

When adding the fenugreek powder, add 1sp coarsely ground black pepper and fry. It will be more delicious if we add raw pappad pieces [especially garlic pappad] when the kuzhambu is simmering.

**VATHAL KUZHAMBU:** In the same poondu [garlic] kuzhambu, you can add dry vegetable vathals like katharikkai vathal, avaraikkai vathal, vendaikkai vathal etc.

**VATHAL KUZHAMBU[TYPICAL BRAHMIN STYLE]**

Soak a lemon-sized tamarind in water and extract the thick juice out of it after half an hour.

**Pour 2tbsp gingelly oil in a kadai and heat it.**

**Add 1sp mustard seeds and when they splutter, add 1sp fenugreek seeds, 2tbsp Bengal gram, 2 spring curry leaves, a small piece of asafoetida and 5 red chillies. Fry them on slow fire for a few minutes.**

**Pour the tamarind extract, with enough salt, 1sp turmeric powder and 2 sp sambar powder.**

**Mix well and let the kuzhambu simmer for some minutes until the desired consistency.**

### **VENTHAYA KUZHAMBU:**

**Soak a big lemon-sized tamarind in water and extract its thick juice after half an hour.**

**Fry 1sp fenugreek seeds to a golden colour and powder it.**

**Pour 3tbsp gingelly oil in a kadai and add 1sp mustard seeds.**

**When they splutter, add 1sp fenugreek seeds, ½ sp cumin seeds, with ½ sp fennel seeds.**

**When they turn to a golden colour, add 7 sambar onions and a big tomato which is finely crushed.**

**Fry for a few minutes until the tomato is well mashed.**

**Add 3sp chilli powder and 1sp turmeric powder.**

**Cook until the oil floats on the top. Add the tamarind extract with enough salt and let the kuzhambu simmer for some minutes until it is thickened.**

**Add the fried fenugreek powder, mix well and put off the fire.**

**Close with a lid and use it after half an hour.**

### **INJI KUZHAMBU:**

**In a tbsp gingelly oil, fry 1sp coriander seeds, 1sp fenugreek seeds, 1sp cumin seeds, 5 sambar onions, 1 handful of shredded coconut and 3tbsp shredded ginger to a light brown colour. [These must be fried under slow fire]**

**Grind them with 2 spring curry leaves to a fine paste.**

**Soak a lemon-sized tamarind in water and extract its juice.**

**Add 1tsp of turmeric powder and the ground paste to the tamarind juice and mix well.**

Pour 2tbsp gingelly oil in a kadai and heat it.  
Add 1sp mustard seeds and 8 red chillies.  
When they splutter add the prepared kuzhambu with enough salt and let it simmer for some minutes until it thickens to a desired consistency.

### **MOR KUZHAMBU:**

Soak 1tbsp lentils for half an hour in a cup of water..  
Heat a kadai and pour 1tbsp oil.  
Add 1sp fenugreek seeds, ½ sp cumin seeds, 1sp split black gram, 8 green chillies and fry for a few minutes under slow fire.  
Then add the soaked dhal, ½ sp shredded ginger and one handful of shredded coconut and fry for a few seconds.  
Grind these ingredients coarsely with 1 cup of thick fresh curd and 1 cup of thick butter milk.  
Heat the kadai again and pour 3tbsp oil.  
Add 1sp mustard seeds and when they splutter add 5 red chillies, 1sp turmeric powder and 1 cup of crushed tomatoes.  
Cook under medium fire until oil floats on the surface.  
Pour the prepared mor kuzhambu with enough salt.  
When it starts to simmer, put off the fire and add ½ cup of thick butter milk.  
Add chopped coriander and curry leaves.  
If you want to add vegetables, then white pumpkin [poosanikkai], ladies fingers and seeppankizhangu are suitable for this mor kuzhambu.  
Like urundai kuzhambu, small urundias are steamed and added to this mor kuzhambu.

### **KARUVEPPILAI KUZHAMBU:**

Heat a kadai and add one handful of curry leaves.  
Fry for a few seconds and take them away.  
The colour of the curry leaves should not be changed.  
Then grind them with ½ sp cumin seeds, 1sp fennel seeds, ½ sp peppercorns, a small piece of ginger, 4 garlic flakes, 6

sambar onions, 1sp kuskus, 1sp shredded coconut and ½ cup of chopped tomatoes to a fine paste.

Heat the kadai again and pour 2tbsp oil.

Add 1sp karuvadagam and when they change into a brown colour, add 2tbsp chopped onions and ¼ cup of chopped tomatoes.

When the tomatoes are well mashed, add 1sp coriander powder, 1sp chilli powder and 1sp turmeric powder.

Then add the ground paste with enough water to a desired consistency. Let it simmer for 5 minutes

### **KARAMANI KARA KUZHAMBU[Chettinadu style]:**

#### **Ingredients:**

Karamani paruppu- ¾ cup

Tamarind- a small lime size

Mustard seeds- 1 tsp

Cumin seeds- ½ tsp

Fenugreek seeds- ½ tsp

Garlic fales-5

Small onions- 1 cup

Finely chopped tomatoes- ¾ cup

Turmeric powder- ½ tsp

Chilli powder- ½ tsp

Coriander powder- 2tsp

Drumstick pieces-8

Grind to a paste: shredded coconut-4tbsp, sambar onions-3, fennel seeds- ½ tsp

Enough gingelly oil

Salt to taste

#### **Procedure:**

Soak the Karamani paruppu for 4 hours and then drain the water.

Add 1 cup of fresh water and cook the karamani in a pressure cooker for 4 whistles. Soak the tamarind in water for ½ hour and then extract its juice.

Heat a kadai and pour enough gingelly oil.

Add the mustards seeds and when they splutter add the cumin seeds, fenugreek seeds and the garlic flakes.  
Then add the sambar onions with the tomatoes and cook under moderate fire until they are well mashed.  
Pour the tamarind extract, with the turmeric powder, chilli powder, coriander powder, drumstick pieces and enough salt.  
Let the kuzhambu simmer for 15 minutes.  
Then add the ground paste to the kuzhambu and allow it to simmer for a few minutes.

### **PARUPPU URUNDAI KUZHAMBU:**

#### **Ingredients:**

**Tamarind- a small orange size**

**Lentils- 1 cup**

**Bengal gram- a handful**

**Red chillies-3**

**Green chillies-2**

**Fennel seeds- 1 tsp**

**Chopped onions- 1 cup**

**Chopped garlic flakes- 2tbsp**

**Curry leaves- a handful**

**Shredded coconut- ½ cup**

**Turmeric powder- 1 tsp**

**Coriander powder- 3 tbsp**

**Chilli powder- 2 tbsp**

**Fenugreek powder- 1tsp**

**Enough gingelly oil**

**Salt to taste**

#### **Procedure:**

**Soak the tamarind for ½ hour and then extract the thick juice out of it.**

**Soak the lentils with the bengal gram for 2 hours and then grind with the fennel seeds, red chillies, salt and green chillies coarsely like we grind for 'Masal vadai'.**

**Add the chopped onions, chopped garlic flakes, curry leaves and shredded coconut to the ground paste and mix well.**

**Make lime sized balls.**

**In a deep vessel pour gingelly oil.**

**When the oil becomes hot, add the chopped sambar onions and the tomatoes.**

**Cook on moderate fire until they are well mashed and the oil floats on the surface. Add the fenugreek powder and some curry leaves to the tomatoes and fry for a few minutes.**

**Pour the tamarind extract with the turmeric powder, chilli powder, coriander powder and enough salt.**

**Let the kuzhambu simmer for a few minutes.**

**Now add the balls 5 at a time and when they come on the surface after they are cooked, then add the next portion of balls again.**

**Thus complete all the balls.**

**When dropping the balls in the kuzhambu, the consistency of it must be watery and the fire should not be very high.**

**After completing the balls the kuzhambu must simmer for a few minutes.**

**The kuzhambu will thicken when we finish the cooking.**

**You can add pieces of drumstick and it will enhance the taste and the flavour.**

**It must be added and cooked well before dropping the balls.**

### **SAMBAR:**

**Soak a lime sized tamarind for ½ hour and then extract the juice out of it.**

**Cook three handfuls of lentils in a pressure cooker.**

**Pour enough oil in a vessel and heat it.**

**Add 1sp mustards and when they splutter add 1 cup of chopped sambar onions, a small piece of asafoetida and 4 slit green chillies.**

**When they become slightly brown, add 1 or 2 cups of chopped tomatoes with 1sp turmeric powder.**

**Cook until the tomatoes are well mashed.**

**Add the tamarind extract and when it is simmering add the vegetables with enough salt.**

**After the vegetables are cooked, add the cooked dhal and a little salt.**



Let the sambar simmer for a few minutes.

Add 2tsp sambar podi and mix well.

Turn the fire very low and cook for a few minutes.

Add curry leaves and chopped coriander leaves.

**Sambar podi:**

Fry one handful of red chillies, 1tbsp Bengal gram, 2tbsp coriander seeds, 1sp fenugreek seeds, 8 peppercorn, ½ sp mustard seeds and ½ sp black gram for a few minutes to a light brown colour.

When cooled, powder them.

### **THIRUVATHIRAI KUZHAMBU:**

**Ingredients:**

Lentils- ½ cup

Tamarind- a lime size

Diced snake gourd- 1 cup

Diced sweet potato- 1 cup

Diced brinjals- 1 cup

Diced avaraikkai- 1 cup

Diced white pumpkin- 1 cup

Diced chow chow -1 cup

Diced potato- 1 cup

Pachai mochaikkottai- 1 cup

Turmeric powder- 1 tsp

Crushed tomatoes- 1 cup

Slit green chillies- 6

Mustard seeds- 1 tsp

Curry leaves- 2 springs

Asafetida powder-1 tsp

**Roast and powder the following:**

Red chillies-12, coriander seeds- 3 tbsp, black gram- 1 tsp,

Bengal gram- 1tsp, raw ricw- 2 tsp, peppercorns-10, fenugreek seeds- ½ tsp, shredded coconut- 2 tbsp

Enough oil

Salt to taste

**Procedure:**

Cook the lentils in a pressure cooker.

Soak the tamarind and extract the juice.

Pour 5 to 6 cups of water in a deep vessel and heat it.

Add all the vegetables with the turmeric powder, enough salt, tomatoes and 6 slit green chillies.

When the vegetables are cooked add the tamarind extract and let the kuzhambu simmer for some minutes.

Add the spice powder and allow the kuzhambu simmer for a few minutes.

In a small kadai pour enough oil.

Add mustard seeds, and when they splutter add asafoetida powder and curry leaves. Pour this on the kuzhambu, mix well and let the kuzhambu simmer for some more minutes.

### **MILAGU KUZHAMBU:**

Soak a lemon-sized tamarind in water for ½ hour and then extract its juice.

In a little gingelly oil, fry 1tbsp cumin seeds, 2tbsp pepper corns and ¼ cup of garlic flakes on a slow fire to a light brown colour and then grind them to a paste.

In a kadai pour enough gingelly oil.

Add ½ sp mustard seeds and when they splutter add ½ sp black gram and ½ sp fenugreek seeds.

Then add 1 cup of chopped sambar onions, ½ cup of garlic flakes, 1cup of crushed tomatoes and curry leaves.

When the tomatoes are well mashed, add the tamarind extract, 1sp turmeric powder and the ground paste.

Mix well, add enough salt and let the kuzhambu simmer for some minutes.

### **THENGAI MANGAI PATTANI SUNDAL:**

Soak 1 cup of yellow or green dry peas [pattaani] in enough water for 12 or more hours.

Then cook them with enough salt.

Then drain the water in a colander.

Grind 4 red chillies with 2tbsp shredded coconut, 1 sp pottukkadalai and 1/2sp fennel seeds to a fine paste.

For this measurement, we need ½ cup of finely chopped raw mango.

Kili mookku mangai[ottu mangai] goes well with this.

In a kadai pour 2tbsp of gingelly oil and heat it.

Then add 1sp mustard seeds and when they splutter, add 2tbsp of finely chopped sambar onions and fry well.

Then add the cooked pattani, 1sp turmeric powder, the ground masala and a little salt.

Cook until the sundal becomes dry.

Add chopped coriander leaves and curry leaves. Mix well.

### **IDLI SAMBAR:**

**Ingredients:**

Lentils- ½ cup

Chopped tomatoes- ¼ cup

Asafetida powder- 1 tsp

Mustard seeds- 1tsp

Chopped sambar onions- 1 cup

Crushed tomatoes-1 ½ cup

Turmeric powder- 1 tsp

Powdered jabbery- 1tsp

Enough gingelly oil

Salt to taste

Roast in a spoon of oil and then grind the following:

Tamarind- a lime size

Coriander seeds- 2 tsp

Cumin seeds- ½ tsp

Peppercorns- ½ tsp

Curry leaves- 2 tbsp

Black gram- 1 tsp

Fenugreek seeds- ½ tsp

Bengal gram- 1 tsp

Shredded coconut- 2tbsp

**Procedure:**

Pressure cook the lentils with ¼ cup of chopped tomatoes and the asafoetida powder.

Soak the tamarind in water for ½ hour and then extract the juice.

In a kadai pour 4tbsp oil.

When it becomes hot, add 1sp mustard seeds and when they splutter add the chopped sambar onions and fry well.

Then add 1 ½ cup of chopped tomatoes with the of turmeric powder.

Fry until the tomatoes are mashed well and the oil floats on the top.

Then add the cooked dal[lentils] with enough water and salt.

Let the sambar simmer for a few minutes.

Then add the tamarind extract and the ground powder.

Mix well and again let the sambar simmer for a few minutes.

Add the powdered jaggery and 2sp gingelly oil.

Mix well and put off the fire.

#### **WHEAT KULKANDH:**

Heat ¾ cup of ghee in a kadai until it is melted.

Then add 1 cup of wheat flour and fry it to a light brown colour.

The fire should be low.

Then add 1 cup of sugar to it and mix well.

Then add 1 cup of boiled thick milk to it and mix well.

Add 1sp cardamom powder and fried cashew nuts to it.

Cook until it thickens.

#### **GULAB JAMUN:**

Sieve 8tbsp of full cream milk powder, 3tbsp of self raising flour or plain flour, ¼ sp soda-bi-carbonate, and 1/4sp of cardamom powder thrice.

Then add 1tbsp of soft butter to it and mix well with the fingers.

Then add 2 ½ tbsp to 3tbsp of water to make a soft dough.

The dough should be soft and shiny.

Do not give pressure to the dough.

Then make small balls out of it.

Heat enough oil in a kadai.

The fire should be LOW.

Then fry the balls to a light brown colour.

This way, the balls will be fried fully.

At the other side, heat a vessel and pour 3 ½ cups of water with 2 cups of sugar to it.

When the sugar syrup starts to simmer, reduce the fire to medium and add the gulab jamuns to the syrup.

When adding the gulab jamuns, they should be still warm.

Cook the jamuns in the same medium heat for exactly 18 minutes.

This way, the gulab jamuns will be nicely cooked, and the syrup will be thickened to the correct consistency.

When frying the jamuns in oil, the balls should change into bigger size- they should double in size when simmering in the syrup- This is the correct procedure of making gulab jamuns.

#### **MASALA MURUKKU:**

Soak 2 cups of boiled rice in water for 6 hours and then grind it to a thick paste. Grind separately 1sp of shredded ginger, 1sp garlic flakes with 10 green chillies and one handful of finely chopped coriander leaves to a fine paste.

Add this paste to the ground rice with 1sp asafoetida powder, ½ cup of pottukkadalai powder, ½ cup of gram flour, 1sp cummin seeds, dalda 25gms with enough salt.

Combine every ingredients and mix well to a fine dough.

Make small murukkus out of them in hot oil.

#### **CASHEW NUT PAKODA:**

Beat well 200gms of ghee with ½ sp of soda-bi-carbonate with a heavy spoon in a vessel.

Add 2tbsp chopped coriander leaves, 2tbsp chopped green chillies, some curry leaves, 1tbsp finely crushed ginger, ¼ to ½ kilo cashew nuts, 1 kilo gram flour and enough salt to the ghee and mix well with yr fingers.

You can sprinkle some water in it.

But the dough should be very thick.

Sprinkle small small portions in hot oil and fry them to a nice brown colour.

### **MILAGU KUZHAMBU [PEPPER KUZHAMBU]**

**Ingredients:**

Roast the follow ingredients to a brown colour and powder them finely:

2sp of peppercorns, 1/2sp of split black gram, 1/2sp of lentils, 1/2sp of bengal gram, 1/2sp of coriander seeds, a small piece of asafoetida and 4 red chillies

Tamarind- a lime size[soak in water for ½ hour and extract its thick juice]

Mustard seeds- 1 tsp

Cumin seeds- 1tsp

Curry leaves- 2 springs

Black gram- 1 tsp

Turmeric powder- 1tsp

Enough gingelly oil

Salt to taste

**Procedure:**

In a kadai, pour enough gingelly oil and heat it.

Add the mustard seeds and when they splutter add the cummin seeds, some curry leaves and the black grams.

When they change to a nice brown colour pour the tamarind extract, add the ground powder, turmeric powder and enough salt.

Let the kuzhambu simmer well until it thickens to the desired consistency.

### **GARLIC RASAM'.**

Soak a small lime-sized tamarind in a cup of water for half an hour and then extract its juice.

Crush 1tbsp cumin seeds and 1/2tbsp peppercorns and add this to the tamarind extract.

Further add ½ cup of chopped tomatoes, 7 garlic flakes which are finely chopped , 1tbsp chopped coriander leaves, 1 spring

curry leaves, 2 slit green chillies , 1sp asafetida powder and 1sp turmeric powder to the tamarind extract with enough salt. Mix well with enough water.

If you wish you can add 1tbsp cooked dhal and this will enhance the taste.

Heat a kadai and pour 1tbsp gingelly oil.

When it becomes hot, add 1sp mustard seeds.

When they start to splutter, pour the prepared rasam and allow it to simmer for a few seconds.

Put off the fire.

### **MURUKKU:**

Soak 4 cups of raw rice in water for 2 hours and then drain.

Powder them finely and then sieve the flour.

Heat a kadai and add the flour to it.

Fry the flour in slow fire.

It should not change its color-but the flour should be changed like 'kola maavu'. You can test it by drawing some lines with it and the lines should flow easily without breaking.

Then take off the flour and let it cool down.

Dry fry 1 cup of white black gram [split] until it gives out a nice aroma and then take them off.

When it is cooled down, powder the black gram finely.

Again sieve the rice flour and the black gram powder thoroughly.

To these flours add 3sp sesame seeds, 1sp cumin seeds, 1sp asafetida powder and enough salt.

Make soft dough with these ingredients using warm water.

Make the murukkus in hot oil using the hand presser.

### **VATHAL KUZHAMBU PODI:**

Dry fry 50 Gms of fenugreek seeds to a golden brown color and keep them aside. In a tsp of gingelly oil, fry 250gms of red chillies and 250gms of coriander seeds separately for a few minutes. Keep them aside. Again dry fry 100gms of peppercorns, 100gms of red gram dal[thuar dal], 100gms of

Bengal gram dal and 100gms of black gram dal to a light brown colour. When cooled down, powder them finely.

### **RASA PODI :**

Heat a kadai and pour ½ sp ghee and ½ sp gingelly oil. Add 1 ½ sp coriander seeds, 1 ½ sp red gram dal, 1 ½ sp cumin seeds, 1sp peppercorns and 1 spring curry leaves. Fry them to a golden brown color. When cooled, powder them.

### **CURRY POWDER:**

Roast the following ingredients in medium heat to a light golden color. . After having cooled them, grind to a fine powder.

**INGREDIENTS:** 20 green cardamom pods, 2 cinnamon sticks which are broken into small pieces, 5 bay leaves, ½ tsp cloves, ¼ tsp grated nutmeg, 2tbsp aniseed, 1sp peppercorns, 10 dried curry leaves, 5 red chillies, 6tbsp coriander seeds, 3tbsp cumin seeds, 3tsp turmeric, 1tbsp fenugreek seeds, 2tbsp black mustard seeds.

### **MILAGU KUZHAMBU-III :**

**Ingredients:**

Tamarind- a big lime-size

Enough gingelly oil

Peppercorns-2 tsp

Cumin seeds- 1tsp

Fenugreek seeds- ½ tsp

Red chillies-5

Garlic flakes- 5

Coriander leaves- 1tbsp

Curry leaves- 1 spring

Chopped ginger- 1tsp

Mustard seeds- 1tsp

Chopped small onions- ½ cup

Chopped tomatoes- ½ cup



**Turmeric powder- 1tsp**

**Salt to taste**

**Procedure:**

**Soak a big lime-sized tamarind in water for 1 hour and then extract its thick juice. In a sp of gingelly oil, fry the peppercorns, cumin seeds, fenugreek seeds and red chillies to a golden brown color and then grind them with the garlic flakes, chopped coriander leaves, curry leaves and the ginger to a fine paste.**

**Heat a kadai and pour 4 or 5 tbsp gingelly oil.**

**When the oil becomes hot, add the mustard seeds and when they splutter add the small onions and the tomatoes.**

**Cook them until they are well mashed and the oil comes on the surface.**

**Now pour the tamarind extract with the ground masala, turmeric powder and enough salt.**

**Let the kuzhambu simmer on a medium fire until it thickens.**

### **VATHTHAL KUZHAMBU-III:**

**Ingredients:**

**Tamarind- a big lime-size**

**Gingelly oil- 4 tbsp**

**Mustard seeds- 1tsp**

**Black gram- 1tsp**

**Red chillies- 4**

**Curry leaves- 1 spring**

**Small onions- 1 cup[finely chopped]**

**Slit green chillies- 4**

**Turmeric powder- 1tsp**

**Chilli powder- 2 tsp**

**Coriander powder- 4 tsp**

**Cooked lentils- ¼ cup**

**Chopped coriander leaves- 1 tbsp**

**Any dried vathals like brinjal, etc- an handful**

**Salt to taste**

**Procedure:**

Soak the tamarind in water for 1 hour and then extract its thick juice.

Heat a kadai and pour 4tbsp gingelly oil.

When the oil becomes hot, add the mustard seeds.

When they splutter, add the black gram, red chillies, and curry leaves and fry well. Then add the small onions and green chillies.

Fry for a few minutes and when the onions become soft, add the mixed vathals and fry for a few seconds.

Pour the tamarind extract and add the chillipowder, turmeric powder, coriander powder and enough salt.

Mix well and allow the kuzhambu simmer for sometime until it thickens fairly.

Add the cooked thuar dal and chopped coriander leaves to the kuzhambu and mix well.

Put off the fire.

#### **RED CHUTNEY: [Used for mysore masala dosa]**

Roast 3tbsp Bengal gram, 2tbsps black gram, 6 dry chillies in oil to light brown colour. Grind them with a small gooseberry-sized tamarind, 5 peppercorns, 2tbsps shredded coconut, and 2tbsps chopped coriander leaves. Mix butter to the chutney in 8tbsps:50gms ratio.

#### **NEER URUNDAI :**

Soak 3 cups of raw rice with 1tbsp of thuar dal, and 1tbsp of Bengal gram in water for 2 hours and then grind them like dosa batter with enough salt. In a kadai, pour 3tbsp of gingelly oil and heat it. When the oil becomes hot, add 1sp mustard seeds and when they splutter, add 1sp split black gram, 5 red chillies, 2 spring curry leaves and 1sp of asafetida powder. Fry them for a few seconds. Then pour the batter and cook it until it leaves the sides of the pan and becomes a soft dough. The fire should be low. Then make small balls out of them and steam them in a steamer for 10 minutes.

#### **ARISI KOOZH VATHAL:**

Soak 6 cups of raw rice for 2 hours and then grind it to a paste.

Keep it covered for a full day.

In the next morning, boil 2 liters of water in a big vessel.

When the water begins to simmer, add 100gms of cleaned and washed sago [javvarisi] with 1sp of asafoetida.

Let the sago simmer on a medium fire until it is half-cooked.

Then add the rice paste and the ground paste of 30 -40 green chillies with enough salt. Mix well and cook the koozh until it is done.

You can immediately press the koozh into desired shapes with the help of a presser on a clean cloth and let them dry under the hot sunlight.

#### **MANATHTHAKKALI VATHAL:**

Soak 2 kilos of raw manathakkali [manaththakkalikai] in ¼ liter of salted-thick buttermilk in a mud pot for 5 days.

Shake well the vessel now twice or thrice a day.

On the 6th day, drain the water completely and let them dry on a clean sheet well under the sunlight.

Dry well until it becomes crisp.

#### **CLUSTERBEANS[KOTHTHAVARAI] VATHAL:**

Boil 1 kilo of koththavarai in salted water in a big vessel until they are half-cooked.

Drain the water and dry them under the sunlight until it becomes crisp.

You can also make avaraikkai vathal like this.

#### **WHITE PUMPKIN[KASI ] HALWA:**

Pressurecook 2 cups of shredded white pumpkin in a small vessel to three whistles.

When it is cooled, extract the water out of the pumpkin.

Heat a kadai and add 1 cup of sugar with the extracted water.

Prepare single thread syrup[kambi paahu] under medium fire and then add the cooked pumpkin to the sugar syrup.

Cook well and when it is thickened add 1tbsp of ghee, and a little kesari color.

When the halwa leaves on the sides, put off the fire.

Add some pieces of fried cashew nuts and almonds.

#### **WHITE PUMPKIN HALWA-II:**

Cook 1 ½ cups of shredded pumpkin as above.

Boil 4 cups of thick milk in a beg vessel until it becomes a soft kova.

After extracting the water out of the cooked pumpkin, add the kova to the pumpkin and mix well.

Prepare single thread syrup [kambi paahu] with 1 cup of sugar, then add the pumpkin-kova mixture and make halwa as above.

At the final stage, add 1/4sp of cardamom powder and 1tbsp of ghee.

#### **POTATO CHIPS:**

Clean and wash the potatoes well and cut each potato lengthwise into 2 pieces.

If you want, you can remove the outer skin.

Soak the pieces in salted water for ½ hour.

Then you can slice them into potato chips by using any potato slicer and then fry them in the hot oil.

Grind a few red chillies with little salt and mix this powder with the hot chips.

#### **THAKKALI VATHAL:**

Immerse 100gms of fine tomatoes in hot water for some minutes and then remove their skins.

Then mash them in the liquidizer.

Cook ½ kilo of small type sago in boiling water until they are thoroughly cooked and mashed.

Grind 15 green chillies to a fine paste and add this paste with enough salt and the mashed tomatoes to the sago and further cook it until it is done.

The koozh must be thin and a little watery.  
Spread the koozh like ilai vadagam with the help of a spoon and then dry them under hot sun.

#### **VENGAYA VADAGAM:**

Prepare the arisi koozh until it is thickened well.  
Add small onions which are chopped finely.  
Mix well and make marble sized balls out of them and spread them on a white cloth.  
Dry under the hot sun.

#### **ULUNTHU KUZHAMBU:**

Heat a kadai and pour 1sp gingelly oil.  
Fry a handful of split blackgram to a light brown colour on medium fire.  
Then pressure cook it with 1 tsp turmeric powder and enough salt.  
Grind 5 red chillies, 1sp cumin seeds and 2tbsp shredded coconut to a fine paste.  
Again heat the kadai and pour 3tbsp gingelly oil.  
When it becomes hot, add 1sp mustard seeds and when they splutter, add 1 spring curry leaves, and 10 small onions which are finely chopped.  
Stir well and cook until the onions are browned slightly.  
Add the cooked dhal, ground paste and enough salt.  
Let the kuzhambu simmer for some minutes until it is slightly thickened.

#### **THANNEER KUZHAMBU:**

Pressure cook one handful of split green gram with one handful of lentils with enough water.  
Soak a gooseberry sized tamarind in water for ½ hour and then extract its thick juice.  
In a kadai, pour the cooked dhal with 1 chopped onion, 2 chopped tomatoes, 2 garlic flakes, ½ sp chilli powder, ½ sp

coriander powder, 1sp turmeric powder, tamarind extract, and 2tbsp chopped coriander with enough salt.

Add 2 cups of water to it.

Let the kuzhambu simmer for some minutes.

Then heat a small kadai and pour 2tbsp cooking oil.

When it becomes hot, add 1sp mustard seeds and when they sputter add 1sp asafoetida powder, 1sp black gram, 1sp fennel seeds, and 5 red chillies and fry for a few seconds. Pour this tampering into the kuzhambu.

Mix well and put off the fire.

This kuzhambu must be watery when it is prepared.

### **ENNAI KATHTHARIKAI CURRY**

**Ingredients:**

Groundnuts-2tbsp,

Kuskus-1sp,

Methi seeds [fenugreek seeds]-1/2sp,

White sesame seeds-1sp,

Cummin seeds-3/4sp,

Sambar onions- 15.

Tomato pieces-1 1/2 cups,

Garlic flakes-6,

Coriander powder-1 1/2sp,

Chilli powder-1 tbsp,

Turmeric powder-1sp

Kaththarikai [brinjal]-8 to 10[small size],

Gingelly oil- 4tbsp,

Mustard seeds-1sp,

Peppercorns-1sp,

Green chillies-5,[slit them lengthwise]

Tamarind-a lime size

Enough salt to taste.

**Method:**

Dry roast groundnuts, cummin seeds, kuskus, sesame seeds, fenugreeks seeds to a golden brown colour and grind them with onions, tomatoes and garlic without adding water.

Add the turmeric powder, chilli powder, and the coriander powder and mix well.

Cut each brinjal in to 8 pieces lengthwise, add enough salt and the mixed masala to this, mix well and keep them covered for 1/2 hour.

Heat the oil in a kadai and add mustard seeds.

When it splutters, add the green chillies and the peppercorns and fry for two minutes. Now add the brinjal with masala and cook on a medium fire until the oil comes on the top.

Extract a thick juice from the tamarind and add to the brinjal.

When all the water is absorbed and the oil floats on the top, put off the fire.

The gravy must be thick.

### **PARUPPU SADHAM:**

Wash and soak 1 cup of raw rice and ½ cup of lentils in water for ½ hour.

Grind ½ sp fennel seeds, 1/2sp cumin seeds, 1sp chilli powder, 1" cinnamon, and 2 cardamoms to a fine powder.

Heat a kadai and pour 2tbsp ghee and 1tbsp oil.

Then add 2 onions chopped and fry well on medium fire until the onions become light brown.

Then add 2 big tomatoes which are mashed, 1sp turmeric powder and 2tbsp chopped coriander.

Cook until the oil floats on the surface and then add the powder.

Mix well and fry for a few minutes.

Add this to the drained rice and the dhal.

Measure the water and add it to the rice with enough salt.

Mix well and pressure cook the rice up to five whistles.

When cooled, take out the vessel and mix the rice well.

### **SUNDAIKKAI THOKKU:**

Clean and wash a cup of Sundaikkai [200gms] and cut all of them into two.

Heat a kadai and pour 1sp oil.

When it becomes hot, add ½ sp of methi seeds, 2sp of black gram and a small piece of asafoetida.

Fry them to a golden brown colour.

When cooled, powder them finely.

Powder 12 dry red chillies in the same mixi separately and take it away.

Then pour 1sp gingelly oil and add a small lime-sized tamarind. Run the motor in HIGH for a second and see whether the tamarind is crushed.

Run the motor again and again until you get the desired mash of tamarind.

Then add 1sp turmeric powder, the ground red chillies, enough salt and the sundaikkai.

Run the motor again and again until you get the thokku consistency.

Heat a kadai and pour 3-4 tbsp of gingelly oil.

When it becomes hot, add the sundaikkai thokku and fry it in medium fire for some minutes until it is cooked and becomes like a thokku. Add the powder and a small piece of jaggery and mix well.

Fry for a few seconds and put off the fire.

### **NEYYAPPAM:**

Soak one kilo of raw rice overnight, then drain the rice in the morning in a colander and pound it to fine flour.

Powder 250gms of jaggery finely with the help of a kitchen hammer and add this to the flour.

Add the coarse residue of the fine rice flour to this mixture and mix well.

Keep this flour covered for 2 days in an earthen pot to make it soft.

On day 3, fry ½ cup of sliced onions in hot oil till crisp and then dry them on a kitchen towel.

When cooled, powder them.

Extract thick juice from 2 cups of shredded coconut.

Add this milk, the onion powder, ¼ cup of thin slices of coconut fried in ghee, 1sp gingelly seeds fried, a pinch of



ginger powder, 1/4sp of cardamom powder and 1/4sp salt to the rice flour-jaggery mixture to make a thick batter.

Make neyyappam in hot oil either in Paniyarakal or skillet.

NB: If the jaggery is not clean, you can make single thread surup after removing its residue and then add this to the rice flour and its residue.

### **PORITHTHA KUZHAMBU:[chettinadu style]**

Cook 1 cup of lentils in a pressure cooker.

In a tbsp oil fry 10 red chillies, 1 ½ sp black gram, 1 ½ sp cumin seeds, and ½ shredded coconut to a brown colour and then grind them to a fine paste.

In a vessel cook 2 cups of diced peerkangai, 2 chopped onions and 1 cup of chopped tomatoes with enough water, salt and 1sp turmeric powder.

When the vegetables are cooked add the cooked dhal, the ground paste and cook for a few minutes.

In a small kadai pour 2tbsp oil and add 1sp mustard seeds, curry leaves and 1sp black gram.

When the mustards splutter pour them in the kuzhambu.

Mix well and put off the fire.

Cooked green gram can be added instead of lentils.

### **PORITHTHA KUZHAMBU-II**

Pressure cook ½ cup of lentils well.

Cook 1 cup of diced peerkangai, ½ cup of chopped tomatoes, and 1 cup of diced avaraikkai, with enough water, 1sp turmeric powder and enough salt.

Grind ½ cup of shredded coconut, 1sp peppercorns and ½ sp cumin seeds to a fine paste. When the vegetables are cooked add the cooked dhal, and the ground paste and cook well.

In a small kadai pour 2tbsp oil and heat it.

Add 1sp mustard seeds and when they splutter add 1sp asafoetida powder and curry leaves.

Pour this on the kuzhambu and mix well.

### **VAAZHAIPOO VADAI: [BANANA FLOWER SNACK]**

Clean and wash a medium vaazhaipoo and chop finely. With little water and salt, cook this until all the water is evaporated.

Grind 1 cup of shredded coconut with ½ sp fennel seed, 3 green chillies, 3 red chillies, 1 small piece of cinnamon, ½ sp ginger and ½ cup of pottukkadalai to a paste.

Add enough salt and the cooked vaazhaippoo to this and run the motor of the mixie for a second.

The vaazhaippoo must be ground coarsely, not finely.

You can add chopped onions, coriander leaves and curry leaves to this.

Make balls out of this ground paste, flatten them and fry vadais in hot oil.

NB: You can make vaazahippoo vadai with ½ cup of soaked chenna dal [Bengal gram] instead of pottukkadalai using this same method.

### **JAVVARISI PANIYAARAM:**

Soak 2 cups of boiled rice, 2 cups of raw rice, 1 cup of whole black gram, and ½ cup of sago [javvarisi] with 1sp fenugreek seeds for 4 hours and then grind them to a fine batter. Mix with enough salt and allow the batter to ferment for 8 hours.

Heat a small kadai and pour 2tbsp oil.

When the oil becomes hot, add 1sp of mustard seeds and when they splutter add 1sp split black gram, 1tbsp chopped green chillies and 1 cup of finely chopped small onions.

Add a pinch of salt to these and fry well on a medium fire.

Lastly add 1/2 cup of shredded coconut, chopped coriander and curry leaves. Immediately pour this in the batter and mix well.

Make paniyarams.

These will be very soft to eat.

### **POTATO PODIMAS:**

Pressure cook the potatoes upto 5 whistles.

After having opened the lid and taken away the potatoes, immediately mash them with a potato masher.

Otherwise the taste and the texture of the potatoes will differ when you make the podimas.

The secret lies in mashing the hot potatoes immediately.

Heat a kadai and pour enough oil.

When the oil becomes hot, add 1sp mustard seeds and when they splutter add 1sp split black grams and 1sp asafoetida powder.

Fry them for a few seconds on medium fire and then add chopped onions and green chillies with a pinch of salt.

Fry for a few seconds and then add the mashed potatoes with enough salt, 1sp turmeric powder, chopped coriander and curry leaves.

Mix well for a few minutes.

Put off the fire and then add a little shredded fresh coconut.

Mix well for a few seconds.

#### **POTATO PORIYAL:**

Cut the boiled potatoes [500gms] into medium pieces.

Add 2tsp chilli powder, 1sp coriander powder, 1sp turmeric powder, 1sp cumin seeds, ½ cup of chopped methi leaves and 2 or 3 tbsp chopped small onions.

Mix well with yr fingers.

Pour 3tbsp oil in a kadai and heat it.

When the oil becomes hot, add the potato pieces and fry on a medium fire until the masala is well coated on the potatoes and the potatoes are cooked.

Add chopped coriander and mix well.

#### **INSTANT DOSA:**

Wash 1 cup of boiled rice and ½ cup of black gram with 1sp fenugreek seeds and then drain the water well in a colander.

Spread the rice etc on a thin cloth until they are well dried.

Then dry grind them in a mixi into a coarse powder.

It must be a thin rawa –like consistency.

This you can keep for some days.

On the day of preparation, add 1 cup of water and ½ cup of thick butter milk to the flour with enough salt and mix well.

Keep covered the batter for 3 hours.

Then you can make dosas

After spreading the batter you must cover it with a lid like appam and the fire should be medium.

### **THAKKALI KUZHAMBU:{Tomato kuzhambu}**

#### **Ingredients:**

**Tamarind- a gooseberry size**

**Gingelly oil-4 tbsp**

**Mustard seeds- 1 tsp**

**Black gram- 1 tsp**

**Bengal gram- 1tsp**

**Fenugreek seeds- 1 tsp**

**Red chillies-3**

**Curry leaves- a handful**

**Chopped sambar onions- ½ cup**

**Chopped tomatoes- 2 cups**

**Garlic flakes-10**

**Sambar powder- 2 tsp**

**Turmeric powder- 1tsp**

**Salt to taste**

#### **Procedure:**

Soak the tamarind in water for ½ hour and then extract its thick juice.

Heat a kadai and pour the gingelly oil.

When the oil becomes hot, add the mustard seeds.

When they splutter, add the black gram, fenugreek seeds, Bengal gram, red chillies and curry leaves.

When they change their colour slightly, add the chopped sambar onions and fry for a few minutes.

When they change into golden brown color, add the crushed tomatoes and garlic flakes. Fry well until the tomatoes are mashed well and the oil floats on top.

Pour the tamarind extract, add the sambar powder, and the turmeric powder with enough salt.

Allow the kuzhambu simmer for some time until it is thickened.

### **KEERAI KUZHAMBU:**

#### **Ingredients:**

**Chopped keerai- 3 cups**

**Milk- ½ cup**

**Cumin seeds- ½ tsp**

**Green chilli-1**

**Tamarind- a lime size**

**Gingelly oil- 4tbsp**

**Chopped sambar onions- ¼ cup**

**Chopped tomatoes- ½ cup**

**Turmeric powder- 1 tsp**

**Salt to taste**

**Roast the following ingredients in the ghee and powder them finely:**

**Ghee- 1 tsp**

**Red chillies-3**

**Coriander seeds- 1tsp**

**Bengal garm- 1tsp**

**Peppercorns- ½ tsp**

**Shredded coconut- 4 tsp**

**Asafetida- a marble size**

**Black gram- 1 tsp**

#### **Procedure:**

**Cook the chopped keerai in the milk with the cumin seeds and a green chilli.**

**Mash the keerai finely.**

**Soak the tamarind for 1 hour and then extract its juice.**

**Heat a kadai and pour the gingelly oil.**

**When the oil becomes hot add the mustard seeds.**

**When they splutter addthe chopped onions and fry for a few seconds.**

**Then add the chopped tomatoes with the turmeric powder.**

**Cook well until the tomatoes are well mashed.**

**Add the tamarind extract and the fried powder with enough salt.**

Let the kuzhambu simmer for some minutes.  
Then add the mashed keerai and allow it to simmer for only a few minutes.

### **POTATO FRY[microwave]:**

Cut 5 or 6 medium potatoes into finger-shaped pieces.  
In an oval or rectangular microwave bowl, place the potato pieces.

Add 1sp turmeric powder, 2sp fennel seeds, 1tbsp chilli powder, 1 cup of chopped onions and 1 cup of chopped tomatoes and mix well.

Place the bowl in the oven and cook the potatoes in the HIGH for 9 minutes.

In the meantime you can cut a big capsicum into thin slices, chop a handful of mint leaves, and coriander leaves.

After the bleep sound, take out the bowl and add the vegetables with enough salt and mix well.

The salt should not be added correctly.

Reduce a little salt in the usual measurement.

Add 1 tbsp cooking oil and mix well again.

Then cook for another 8 minutes in High.

Again mix well and again cook for another 6 minutes.

According to the crispness, you can cook for some more minutes.

### **PARUPPU PODI -1:**

Roast 1 cup of thuar dal to a light golden colour.

In a little oil, fry a small piece of asafoetida, and then take it away.

Then in the same oil, fry 10 red chillies and then fry 1/2 cup of pottukadalai[gram dal] to a golden brown colour.

Roast a handful of shredded coconut to a light brown colour.

Grind all the fried ingredients with enough salt to a fine powder.

### **PARUPPU PODI -2:**

Roast ½ cup of tuar dal and ½ cup of Bengal gram separately to a light golden colour.

In a little oil fry a small piece of asafoetida and 8 red chillies. Grind all the ingredients with enough salt to a fine powder.

### **JEERAKA RASAM. [CUMMIN RASAM]**

Soak 1tbsp thuar dal in a cup of water for 1 hour.

Soak a small lime-sized tamarind in water for ½ hour and then extract its juice.

Grind the dal with 1 red chilli, 1sp cumin seeds, 1 ½ cups of chopped tomatoes and a few curry leaves coarsely.

Add the tamarind extract to this ground masala with enough water, salt and 1sp turmeric powder.

Heat a kadai and pour 1sp ghee and 1sp oil.

When the oil becomes hot, add 1sp mustard seeds.

When they splutter add 1 small piece of asafoetida and stir for a few seconds.

Then add the prepared rasam and allow it to simmer for 4 minutes.

### **PARUPPU RASAM:**

Soak a big lime-sized tamarind in water for ½ hour and then extract its thick juice.

Cook 2 to 3tbsp of thuar dal in the pressure cooker.

Pour this cooked dal in a small bowl.

Add 2 crushed tomatoes[1 cup], 5 crushed garlic flakes, 2 slit green chillies, a small piece of asafotida, 2tbsp chopped coriander leaves, 1sp turmeric powder, 1 tsp coarsely ground pepper powder, 1tsp coarsely ground cumin powder and a few curry leaves to the dal and crush all these ingredients with yr fingers finely.

Then add the tamarind extract with enough water and salt.

Heat a kadai and pour 1tbsp gingelly oil.

When the oil becomes hot, add 1sp mustard seeds.

When they splutter pour the prepared rasam.

When the rasam begins to simmer, allow it to simmer only for a minute.

### **COCONUT BURFI:**

Mix 1 cup of shredded coconut with 1 cup of sugar and 1 cup of thick milk in a pan and heat it.

Cook the mixture on a medium heat stirring continuously.

When the mixture is slightly thickened, add 1/2sp cardamom powder and 2tsp ghee to it and mix well.

When all the water is absorbed and the mixture is thickened, take a small lump in yr finger and make a ball out of it.

If you could shape it well in to a round ball, you can be assured that the correct consistency is obtained.

Pour the mixture on to a greased plate.

Cut it into desired squares when the mixture is cooled down.

### **SCRAMBLED TOFU SANDWICH:**

Mash some tofu pieces finely like egg scrambles [½ cup].

Then heat a kadai and pour 1tbsp oil.

When the oil becomes hot, add 1 chopped onion and fry for a few minutes.

Then add ½ cup of finely mashed tomatoes, 2sp chopped green chillies, 2tbsp mint leaves, 1 tbsp chopped coriander leaves and ¼ cup of chopped capsicum with a pinch of salt and ½ sp turmeric powder.

Stir well and cook for a few minutes until all the ingredients are mashed well.

Then add the tofu and stir continuously for some minutes.

This is a fine spread for brown bread slices as well as whole meal bread slices.

### **POLI:**

### **POORANAM:**



Place 2 cups of shredded coconut and 3 cups of powdered jaggery in a kadai and heat it. Cook under medium fire until it is thickened.

Then add ½ cup or 1 cup of cooked and mashed Bengal gram with 2sp cardamom powder and a pinch of salt.

Cook well until it is thickened and you get a nice pooranam.

#### **DOUGH:**

Sieve ½ kilo plain flour and add ¼ sp baking powder, a little salt, 1tbsp dalda, a little kesari powder and enough water to make smooth dough.

Then add 50 ml gingelly oil and again knead well.

Place the dough in a bowl, pour again 50 ml gingelly oil on it and cover the bowl with a lid.

After ½ hour again knead well.

Make small balls out of it.

Take one ball, flatten it with the fingers, then place the pooranam in the center, and close the pooranam by pulling all the sides of the ball.

Now you have a ball with pooranam inside it.

Now flatten again the ball with yr fingers into a very thin boli.

This you can do on a greased vaazhailai or butter paper.

Then place the poli on the hot tawa and cook on both sides.

If needed, you can pour a little ghee when the boli is being cooked.

#### **ADAI:**

Soak ¾ cup of par boiled rice, ¾ cup of raw rice, ¾ cup of thuar dal, ¼ cup of Bengal gram amd ¼ cup of black gram in water for 3 hours and grind them a little coarsely with 1sp asafoetida powder, 3 green chillies, 4 red chillies and enough salt. Add ¼ cup of shredded coconut with chopped curry leaves and coriander leaves to it. Mix well. You can prepare the adai immediately.

#### **RAWA LAADU [RAWA URUNDAI]:**

Roast 1 cup of fine rawa in a kadai to a light golden colour.

If you fry for a golden brown colour, then the colour of rava urundai will not be white. Then Powder it.

Again powder 1 ¼ cup of sugar [even you can add 1 ½ cup] finely.

Mix the rawa and sugar powders well.

In a tbsp of ghee, fry some split cashew nuts to a golden colour and add to the powders. Add ½ sp cardamom powder to the powders.

Heat 3 to 4 tbsp of ghee and with the help of it, make urundais with the powder.

Variations: you can make rava urundais with ½ cup of split green grams and ½ cup of rava.

This will give a delicious taste also.

### **SWEET SAMOSA:**

Sieve 2 cups of plain flour with 1/4 sp baking powder, a pinch of soda bi carbonate and 2sp corn flour.

Add 1tbsp ghee to it and with the help of water make a fine dough.

Keep it covered for a while.

For the filling you can make either paalgova or carrot halwa in the micro oven and mix with the nuts.

Close the samosas with the filling, then deep fry in the oil and then coat the samosas in thick sugar syrup.

### **MASAL VADAI:**

Soak 2 cups of Bengal gram for 1 hour.

Then drain the water and grind half of the dal coarsely with 3 green chillies, 3 red chillies, a pinch of asafoetida powder and enough salt.

Remove the ground dal and place it in a bowl.

Then again put the remaining dal in the mixie with a little salt.

Just run the mixie in the HIGH for a second.

Then add this to the ground dal.

Add 1 cup of sliced onion, chopped coriander leaves and curry leaves to the ground dal. Mix well and fry the vadais in the hot oil.

### **MURUNGAIKKAI RASAM:**

Pressure cook  $\frac{1}{4}$  cup of thuar dal with 3 cups of water and small pieces of one big murungaikkai.

Soak a lime sized tamarind in water for 1 hour and then extract its juice.

Boil this juice with 1 cup of water, 1 tbsp chopped coriander leaves,  $\frac{1}{2}$  cup of chopped tomatoes, 1sp rasam powder , 1sp turmeric powder, 1sp asafoetida powder and 1 cup of water for at least 5 minutes.

Then add the cooked dal and enough salt.

When the rasam starts to boil again, put off the fire.

Heat a kadai and pour 1tbsp ghee.

When the ghee becomes hot, add 1sp mustard seeds and when they splutter add curry leaves and pour this in the rasam.

### **RAWA IVDI-II**

In a bowl, mix 1 cup of fine semolina with 1sp Eno salt [unflavored],  $\frac{1}{4}$  sp soda-bi-carbonate,  $\frac{1}{2}$  sp turmeric powder, 1sp cumin seeds, 1sp ajwain seeds[omam], 1sp finely chopped ginger, 2sp finely chopped green chillies with enough salt.

Then Make a smooth batter [like idli batter] with fresh curd.

Keep it covered with a lid for half an hour or 1 hour.

Then add  $\frac{1}{4}$ sp Eno salt to the batter again and mix well.

Some times, the batter will be thickened after absorbing the semolina completely.

So, if needed, you can add little more fresh curd again for getting a smooth batter and steam rawa idlies at once.

### **GARLIC SAMBAR[SALEM SAMBAR]**

Ingredients

Tur dal - 100gms

Sambar powder - 3 tsp [heaped]

Drumstick - 3 (cut into desired pieces)  
Medium Onion - 2 (chopped finely)  
Curry leaves – 1 spring  
Coriander leaves - 2 table spoon (chopped)  
Garlic - 1 teaspoon (chopped)  
Dried red chilli - 2 [Cut into pieces]  
Tomatoes - 3 (medium sized -cut into pieces)  
Tamarind - size of a lime soaked in 1/2 cup water  
Methi Seeds - 1/4 tablespoon  
Vegetable oil - 1 table spoon  
Ghee-1tbsp  
Asafoetida (Optional) - 1 tablespoon  
Mustard Seeds - 1 teaspoon  
Turmeric powder-1sp  
Enough salt

#### **Preparation**

Heat a deep kadai and pour the oil and the ghee.

When they become hot, add the onions and the tomatoes with the turmeric powder.

Cook well until the tomatoes are cooked and mashed well and the oil floats on the surface.

Then pour the tamarind extract and add the drumstick pieces and enough salt.

When the vegetable is cooked add the sambar powder and let the sambar simmer for just a few seconds.

In another pan heat oil and add mustard seeds.

When they splutter, add chopped garlic, methi seeds, dried red chilli pieces, Asafoetida and curry leaves.

Fry for two minutes and then add to sambar and boil it for 1 minute.

Finally add chopped coriander leaves on the top.

#### **VATHAL KUZHAMBU PODI:**

In a little oil, fry 1 cup of coriander seeds, 1 cup of dry chillies, ¼ cup of Bengal gram, ½ cup of thuar dal, 2sp fenugreek seeds, 2sp split black gram, 2tbsp peppercorns, and 1sp cumin seeds to a light golden colour.

When cooled, grind all these ingredients to a fine powder.

### **RED KIDNEY BEANS AND PATOATO FRY:**

Soak 1 cup of red kidney beans in water overnight and then drain the water in the morning.

Then add fresh water to it and pressure cook them up to 5 to 6 whistles.

In the same pressure cooker, you can place 2 or 3 potatoes in another bowl.

Then peel the outer cover of the potatoes and slice them into small cubes.

Drain again the water in which the kidney beans are cooked.

Heat a pan and pour 5tbsp of oil.

When the oil becomes hot, add ½ cup of chopped onion with 1sp of fennel seeds and fry well.

Then add ½ cup of chopped tomatoes, 1 chopped capsicum, 1sp chilli powder and 1sp turmeric powder.

Fry the vegetables until they are well cooked and the oil floats on the surface.

Now add the potatoes, kidney beans and enough salt.

Mix well and cook for some minutes. Keep on frying the curry until you get the desired consistency.

Decorate with chopped coriander leaves.

### **VATHAL KUZHAMBU: [using vathal kuzhambu podi]**

Soak a big lime sized tamarind in water for 1 hr and then extracts its thick juice.

Heat a kadai and pour 2tbsp gingelly oil.

When the oil becomes hot, add 1sp mustard seeds and when they are spluttering, add 1sp black grams, 2tbsp Bengal gram, 3 red chillies and some curry leaves.

Fry for a few seconds and then pour the tamarind juice, half a spoon turmeric powder, 2tsp vathal kuzhambu podi and enough salt.

Mix well and allow the kuzhambu to simmer for some minutes until the raw flavour disappears and the kuzhambu is slightly thickened.

### **COCONUT PODI:**

In a tsp of oil, fry a pea sized asafoetida to a brown colour and take it away.

In the same oil, fry 2sp black gram, 1tbsp Bengal gram, 4 red chillies and 1sp thuar dal to a golden brown colour.

Then take them away.

Pour again 1sp oil and add 3 cups of shredded coconut and 1 spring curry leaves.

Fry them to a golden brown colour.

When all the ingredients are cooled down, grind them with enough salt to a fine powder.

### **CURRY LEAVES PODI:**

In a tsp oil, fry 2tsp black grams, 1sp Bengal grams, a small piece of asafoetida, 1sp cumin seeds, 1sp peppercorns, 3 red chillies, 2tbsp shredded coconut, and 3 cups of curry leaves to a golden brown colour.

When cooled, grind them with enough salt to a fine powder.

### **RAVA KESARI [MICROWAVE]:**

In a microwave bowl, pour 1tbsp ghee and add 2tbsp crushed cashew nuts.

Microwave it on HIGH for 2 to 3 minutes.

Then take the bowl out of the micro oven, add 1 cup of rava and 3 cups of water to it. Mix well.

Microwave the rava in HIGH for 6 minutes.

First you must cook for 3 minutes; then mix well, again cook for 2 minutes, mix well and again cook 1 minute.

This is the correct procedure for microwave cookery.

Then add 1 ½ cup of sugar and ¼ cup of ghee to the kesari and again microwave for 5 to 6 minutes in HIGH.

### **CARROT HALWA [MICROWAVE]:**

In a microwave bowl, add 1tbsp of ghee and 2tbsp of broken cashew nuts.

Mix well and microwave them in HIGH for 3 minutes.

Then add 2 cups of finely shredded carrots and mix well.

Again microwave them in HIGH for 2+2+2 minutes mixing and mashing well in the intervals.

Then take out the bowl and add 5tbsp of sugar which is finely ground with 5 cardamoms and 3tbsp of milk powder to the carrot and mix well.

Again microwave in HIGH for 2 ½ minutes [1+1+ ½ ]

This halwa will be very delicious to eat and easy to make.

### **SEEDAI:**

Soak 3 cups of raw rice in water for 2 hours and then drain it in a colander.

Pound the rice in a mixi into fine flour.

Then sieve the flour twice.

Heat a kadai and roast the rice flour on a slow fire stirring continuously.

The colour of the flour will change and if you try to draw a few lines with the flour on the floor, the lines should flow without cracks.

That is the correct texture of the flour to make seedai.

Let the flour cool down.

Then roast 4tsp black gram to a light golden colour and when cooled, grind it to a fine powder.

Sieve the rice flour and measure 2 cups of flour for the seedai.

Again sieve the flour with the black gram flour once.

Then add 2tbsp butter, 2sp of [white] sesame seeds, 1sp asafoetida powder, ¾ cup of finely shredded coconut with enough salt to the flour and mix them with yr fingers well.

Then with enough water, make soft dough with the flour.

Make small balls out of them and place them on a clean white cloth.

After having finished all the balls, heat a kadai.

**Pour enough oil and heat the oil on medium fire.**

**Fry a handful of balls at a time.**

**After the balls obtain a light brown colour, take them away.**

**Thus fry all the balls.**

**If the fire is high, then the inside portion will not be fried.**

**The frying of the flour and then frying the seedais in oil under medium fire are the two important things for making the seedais perfectly.**

**Do not force strength in yr hands when you are making the balls.**

**They must be shaped into balls lightly.**

### **SOYA BALLS VEGETABLE MASALA:**

**Soak 1 cup of soya balls in hot water for 15 minutes.**

**Then drain the water completely.**

**Squeeze the water out of the soya balls with the help of yr fingers.**

**Then pour cold water on it and again soak for 5 minutes.**

**Then again drain the water completely and squeeze out the extra water.**

**Heat a kadai and pour 4 or 5 tbsp oil.**

**When the oil becomes hot, add 1sp cumin seeds, 1 cup of chopped onions, 2 cups of chopped tomatoes and 1sp turmeric powder.**

**Fry the vegetables until the tomatoes are mashed finely and the oil oozes on the surface. Now add 1 cup of diced potato, 2 handfuls of diced cauliflower and the soya balls with 4 cups of water and enough saltt.**

**When the vegetables are half-cooked, grind 1 cup of shredded coconut with 1sp fennel seeds, 3 garlic flakes and 4 green chillies into a paste and add this to the masala. Also add 1sp chili powder and mix well. Let the gravy simmer until you get the desired consistency. Add 2tbsp chopped coriander leaves and mix well.**



## **SOYA FRY.**

Soak 1 cup of soya chunks or soya balls in water and drain all the excess water in the way mentioned above.

Then put them in a mixi and run for a second.

They will change like shredded coconut.

Heat a kadai and pour 4tbsp oil.

When the oil becomes hot, add 1 /2 cup of chopped onions and fry them to a light brown colour.

Then add ½ cup of chopped tomatoes, 1tsp chopped green chillies, 1sp chilli powder, 1sp turmeric powder, ½ cup of chopped capsicum , 1/2sp ginger paste, 1/2sp garlic paste and 1sp fennel seeds powder and fry well until all the water is evaporated and the vegetables are mashed well.

Now add the soya chunks with 2tbsp chopped coriander leaves and fry well for a few minutes.

Lastly add ¼ cup of fresh coconut, put off the fire and mix well

## **KADHAMBHA SADHAM:**

Soak a big lime- sized tamarind in water for an hour and then extract its thick juice.

Wash 1 cup of raw rice and ½ cup of tuar dal and then add 4 cups of water to it.

Add enough salt and mix well.

Pressure cook this rice and dal up to 5 or 6 whistles.

In a kadai, add 5tbsp of oil and heat it.

When the oil becomes hot, add 1sp mustards seeds and when they splutter, add 1sp fenugreek seeds, 4 slit green chillies, and 1sp asafoetida powder.

Fry well for a few seconds and then add 3tbsp green peas, 1 cup of diced brinjals, pieces of two drumsticks, 1 cup of chopped tomatoes, 1 cup of diced potatoes, 1/2 cup of diced pumpkin with 1sp of turmeric powder.

Fry well on a medium fire until all the vegetables are well cooked.

Then add the tamarind extract, 1sp crushed jaggery, and 1sp sambar podi.

Let the masala simmer for a few minutes.  
Then add the rice and dal.  
Cook on a slow fire until the rice is well blended and thickened.  
Add chopped coriander leaves and curry leaves and mix well.  
Pour 3tbsp ghee.  
Heat a small pan and pour 2sp oil. Fry 1 1/2 sp Bengal gram, 1 1/2sp black gram, 2 red chillies and 2tbsp shredded coconut to a golden brown colour and powder it finely. Sprinkle this powder on top of the rice and slightly mix the rice once.

#### **PALGOVA [MICROWAVE]:**

Add 1 tin condensed milk [450gms to 500gms], 9tbsp full cream milk powder, and 2tbsp fresh curd to a microwave bowl and mix with a spoon thoroughly.  
Microwave it in HIGH for 3 minutes at first.  
Then take the bowl out of the oven and mix well.  
Then again microwave it for 1 1/2 to 2 minutes in HIGH.  
Then if you need, you must microwave it for some more minutes. But do not forget to take it out and mix well after every minute.

#### **VENTHAYA RASAM [FENUGREEK RASAM]:**

Soak a lime-sized tamarind in water for an hour and then extract its thick juice.  
In a sp of gingelly oil, fry 1/2 sp fenugreek seeds, 2 red chillies, 10 peppercorns and 1 1/2 sp shredded coconut to a golden brown colour and then powder them.  
Heat a kadai and pours 2sp gingelly oil and 1sp ghee.  
When it becomes hot, add 1sp mustard seeds.  
When they splutter add a pea-sized asafoetida, with 1/2 cup chopped tomatoes, and 1sp turmeric powder and fry well under medium fire until the tomatoes are well mashed.  
Add the tamarind extract, the powder, 1tbsp chopped coriander, curry leaves, with enough salt and water.  
When the rasam starts to simmer, put off the fire.

### **VEGETABLE KURUMA:**

Heat a kadai and pour 5tbsp oil.

When the oil becomes hot, add 1 cup of chopped onions and fry for a few minutes.

Then add 1 cup of chopped tomatoes, 1sp turmeric power, a pinch of cardamom powder, a pinch of of cinnamon powder, a pinch of cloves powder, 1sp ginger paste, and 1sp garlic paste and fry well until the tomatoes are well mashed.

Add 3 cups of water, 1 cup diced potaoes and 1cup peas.

Grind 3tbsp shredded coconut with 1sp poppy seeds, 1sp aniseed, 3 cashew nuts, 1sp puffed Bengal gram [pottu kadalai] and 4 green chillies to a fine paste.

When the vegetables are half-cooked, add the ground masala to the kuruma with 1sp coriander powder and enough salt.

Mix well and let the kuruma simmer until you get the desired consistency.

Add a cup of thick coconut milk and when the kuruma starts simmering again, put off the fire and then add 1sp lime juice, 1tbsp chopped coriander leaves, some curry leaves and mix well.

### **RAWA DOSAI:**

Sieve 1 cup of plain flour, ½ cup of rice flour and 2tbsp Bengal gram flour once.

To this add 1 cup of fine semolina with enough salt.

Soak a pea-sized asafoetida in a small cup of water for 1 hour.

Grind 3 small onions with 1 green chilli and 2 sp puffed Bengal gram [pottukkadalai] to a fine paste.

Add this to the flours with the asafoetida juice and 1tbsp curd.

Add enough water to make a smooth batter.

Keep the batter in a bowl covered for an hour and then you can prepare rawa dosai.

The batter should be a little more watery than the usual dosa batter.

When the dosa plate becomes hot, pour the batter from the corners to the center quickly and then cover it with a lid.

Do not turn the other side to cook.

## **VENDAIKKAI PORIYAL [LADY'S FINGER PORIYAL]**

Cut the vegetable into quarter-inch pieces.

Heat a kadai and pour 3tbsp oil.

When the oil becomes hot, add 4 cups of the vegetable with 1sp cumin seeds.

Fry for a few minutes.

Then add 1 sp turmeric powder and 1sp chilli powder.

While frying these, add 1 cup of chopped onions, 1 cup of chopped tomatoes, and half cup of chopped capsicum.

When the vegetables are half-done, add enough salt and chopped coriander leaves.

### **VENDAIKKAI PACHADI:**

In a cup of curd, you can add the above vendaikkai poriyal.

Grind 2tbsp of shredded coconut with 1sp pottukkadala and 1 green chilli to a paste.

Add this paste in the pachadi and mix well with chopped coriander leaves.

You can do the tempering with mustards seeds and a pinch of hing powder for the decoration.

### **VENDAIKKAI AVIYAL:**

Heat a kadai and add 3tbsp of oil.

When the oil becomes hot, add 1sp mustards seeds.

When they splutter, add ½ kilo vendaikkai pieces [inch size] with 1sp turmeric powder. Fry for some minutes.

Then add mashed tomatoes [¼ kilo] with enough salt.

Cook under medium fire until all the water is evaporated and the oil floats on the top. Now grind one handful of shredded coconut with 3 red chillies and a spoon of cumin seeds to a fine paste.

Add this paste to the curry and mix well.

Let the curry simmer for a few minutes.

Add chopped coriander leaves and mix well.

### **RIBBON PAKODA-I:**

Mix 4 cups of rice flour with 1 cup of Bengal gram flour and sieve them well.

Then add 1sp asafoetida powder, 2sp chilli powder and 3tbsp butter to it and make smooth dough by adding water little by little.

Place ribbon pakoda achu in the murukku press and press ribbon pakodas in hot oil.

### **RIBBON PAKODA-2:**

Soak 4 cups of par boiled rice in water for 5 hours.

Then grind it with ¼ cup of garlic flakes to a fine and thick paste.

Add 1 cup of pottukkadalai powder, 2sp chilli powder and ¼ cup of ghee to this and make soft dough.

Make ribbon bakoda in hot oil as above.

### **HALBHAI:**

Soak 1 cup of raw rice in water for 1 hour and then grind it with 2 cups of jaggery, 3 cups of shredded coconut and 5 cardamoms to a smooth paste.

Put the mixture into a hot pan and keep stirring continuously till the mixture starts to the sides and if you take a little it should not stick to your hand then it means that the sweet is ready.

Put the hot moisture in a plate and sprinkle some poppy seeds on it.

Let it cool and cut it to small slices or diamond shapes.

### **TOMATO THOKKU-1:**

Fry 1sp fenugreek seeds and a pea-sized asafoetida in a tsp of oil to a golden brown colour and then powder them finely.

Grind 4 big tomatoes with a gooseberry-sized tamarind and 7 red chillies to a fine paste. Pour this in a pan and heat it.

Add 1sp turmeric powder and mix well.

Cook until all the water is evaporated.

Then heat a kadai and pour 6tbsp gingelly oil.  
When the oil becomes hot, add 1sp mustard seeds.  
When they splutter add a handful of curry leaves, and 10 chopped garlic flakes and fry them on a slow fire for a few seconds.  
The colour of the garlic flakes should not be changed.  
Then add the cooked tomato paste and enough salt.  
Cook on slow fire for some minutes until the oil floats on the surface.  
Add the fried powder and mix well.  
Cook for a few minutes and then put off the fire.

### **TOMATO THOKKU-2:**

Soak a big lime-sized tamarind in a cup of water for 1 hour and then extract its thick juice.  
Fry 1sp fenugreek seeds and a pea-sized asafoetida in a sp of oil to a golden brown colour and then powder them finely.  
Heat a kadai and add 6 to 7 tbsp gingelly oil.  
When the oil becomes hot, add 1sp mustard seeds.  
When they splutter, add 1 and half cup of crushed tomatoes and 1 cup of finely chopped small onions with 1sp turmeric powder.  
Cook them until they are thickened.  
Then add the tamarind juice and mix well.  
Again cook until the paste is thickened.  
Add 2sp chilli powder, the fried powder and enough salt.  
Mix well and cook the thokku for 10 minutes on slow fire.

### **THENGAIPAL RASAM [COCONUT MILK RASAM]**

Extract 1 cup of thick coconut milk from 1 cup of shredded coconut. Soak a lime-sized tamarind in water for half an hour and then extract its thick juice. Heat a kadai and add 1tbsp ghee and 1tbsp oil. When it becomes hot, add half cup of crushed tomatoes, 2 slit green chillies, 5 garlic flakes, 2tbsp chopped coriander leaves, 1sp turmeric powder, a pinch of cinnamon powder, 1sp aniseed powder, 1sp pepper powder and

1sp cumin powder. Cook until the oil floats on the surface. Pour the tamarind extract with enough water and salt. Let the rasam simmer for 2 minutes. Then put off the fire and add the coconut milk. Mix well.

#### **GARLIC RASAM:**

Soak a lime-sized tamarind for half an hour and then extract its thick juice. Heat a kadai and add 1sp oil. Fry 3 red chillies, quarter spoon fenugreek seeds, 1sp coriander seeds, 2sp thuar dal, 1sp peppercorns and a pea-sized asafoetida to a golden brown colour and then powder it. Again heat a kadai and add 2sp ghee and 1sp oil. Add 1sp Cummin seeds and some curry leaves. When they splutter add 25 small garlic flakes. Fry them on a slow fire until the garlic flakes become soft. Add the tamarind extract, 1sp turmeric powder, half cup of crushed tomatoes, the powder, enough salt and water. Let the rasam simmer for 2 minutes.

#### **BRINJAL CHUTNEY:**

Grill one big brinjal well until the outer skin is changed into black. Then peel it and keep the flesh. Soak a small gooseberry sized tamarind in quarter cup of water. Heat a kadai and pour 4tbsp gingelly oil. Add 1 cup of chopped onion, 6 red chillies, and 2 cups of chopped tomatoes. Fry them until the vegetables are well mashed and the oil comes on the surface. Grind them with the brinjal flesh, tamarind and enough salt to a slightly coarse mixture. Temper with mustard seeds, a few curry leaves and asafoetida powder.

#### **BRINJAL FRY:**

Cut a big brinjal into ¼" round pieces and add 1sp turmeric powder, 1tbsp chilli powder and enough salt. Mix well. Grind 2tbsp of shredded coconut with 1/2sp ginger, 1/2sp garlic, 1sp aniseed with 3 sambar onions to a paste and mix the paste to the brinjal pieces thoroughly. Marinate it for half an hour. Pour

1/2 cup of oil in a small kadai and heat it. Fry the brinjals to a golden brown colour.

### **How to retain the green color in Palak paneer**

Boil the water in a big and flat vessel. Immerse the palak leaves in it and keep them like that for 2 minutes. Then take away them and again immerse them fully in ice cold water for a few minutes. Then chop them and grind to a paste. This way you can retain the green colour of the palak. Then when finishing the dish, add a spoon of fresh cream, mix well and put off the fire. It will improve the colour of the palak.

### **PANEER:**

Bring 1 liter milk to boil. Stir frequently to avoid skin formation. When the milk starts to simmer, put off the fire. Dissolve 1sp citric acid in a cup of warm water. Gradually pour this solution to the milk till it curdles. Stir very gently till the cottage cheese and the greenish whey separate. Leave for 10 minutes. Strain it in a muslin cloth and hang it to drain the excess water. Two days old whey water is the ideal curdling agent always for making paneer. After the water has been drained, place paneer between the folds of a cloth, put some weight on the top of the cloth to press down and remove the excess water. This will help to cut the paneer to pieces of desired size.

### **PAVBHAJI MASALA POWDER:**

Ingredients: 50 grams red chili, 50 grams coriander seeds, 25 grams cumin seeds, 25 grams black pepper, 25 grams cinnamon, 25 grams clove, 4-5 black cardamom, 25 grams dry mango powder, 10 grams fennel seeds, and 1 tbsp. turmeric powder.

Roast all the ingredients separately except dry mango powder. When cool, grind them to a fine powder. Sieve them and mix dry mango powder, turmeric powder and fill in the bottle.



### **AVAL DOSAI:[RICE FLAKES DOSAI]**

Soak 2 cups of basmati rice or raw rice in water for 1 hour with 3tbsp of black gram and 1sp of fenugreek seed. After one hour, wash a cup of aval[rice flakes] well , drain and squeeze the water thoroughly. If it is a thick aval, then you can soak it for 1 hour and then drain the water thoroughly. Grind all the ingredients with ½ cup of shredded coconut to fine batter like dosa batter. Mix well with enough salt and let the batter ferment for 12 hours. Make soft aval dosas. There is no need to cook on both sides. If you want to cook on both sides, it is better to make dosa in a non stick dosa plate.

### **PULIYODHARAI [TAMARIND RICE]:**

Soak a big orange sized tamarind in enough water for 1 hour and then extract its thick juice. Fry 1 1/2 sp of fenugreek seed and a marble-sized asafoetida in a little oil to a golden brown colour and then powder them finely. Heat a kadai and pour 6 to 8 tbsp of gingelly oil. When the oil becomes hot, add 2tbsp of Bengal gram, 6 to 7 red chillies, 3 springs curry leaves, and 3tbsp of ground nuts, when they change their colour lightly, add the tamarind juice with 1sp turmeric powder. Mix well and let it simmer until it turns into very thick gravy. Now add enough salt, mix well and cook on a very low fire for a few minutes until the oil oozes out and floats on the surface. Now add the fried powder and mix well. Put off the fire. When needed, pour this gravy little by little to the cooked-salted rice and mix well until you get the desired effect. Normally the puliyodharai will not be delicious if you add a very little gravy. When mixing the gravy with the rice, you can add a little gingelly oil.

### **RIBBON PAKODA-I:**

Mix 4 cups of rice flour with 1 cup of Bengal garm flour and sieve them well. Then add 1sp asafoetida powder, 2sp chilli powder and 3tbsp butter to it and make smooth dough by

adding water little by little. Place ribbon pakoda achu in the murukku press and press ribbon pakodas in hot oil.

### **RIBBON PAKODA-2:**

Soak 4 cups of par boiled rice in water for 5 hours. Then grind it with ¼ cup of garlic flakes to a fine and thick paste. Add 1 cup of pottukkadalai powder, 2sp chilli powder and ¼ cup of ghee to this and make soft dough. Make ribbon bakoda in hot oil as above.

### **MINT PULAO:**

Heat a small kadai and pour 4tbsps of ghee. When it becomes little hot, add 1 chopped onion and fry it until it changes into golden brown in colour. Then add half cup of chopped tomatoes and fry with 1/2sp turmeric powder until the tomatoes are well cooked and become soft. Powder 1/2sp of fennel seed, 2 cardamom, 1 piece of cinnamon and 2 cloves and add this powder to the masala and fry for a few minutes. Add 1 cup of mint leaves, 1sp of garlic, 1sp of ginger, 4 small onions which are finely chopped and fry for just a minute. Keep it aside. In a deep vessel, add 1tbsp of oil and heat it. Add 1sp cumin seeds and when they sputter add 1 cup of thick coconut milk and 2 1/2 cups of water. Add 2 cups of washed basmati rice to it and cook under medium fire. When the water is almost evaporated, add enough salt and the fried masala. Mix well and keep the pulav in 'DUM' until the pulav is well cooked. You can add green peas when frying the tomatoes.

### **MINT CHUTNEY:**

Heat a kadai and pour 2tbsp of oil. Add and fry 6 red chillies, and 2sp black gram to a golden brown colour. Then add 3/4 cup of small onions, 1/2 cup of chopped tomatoes, one big handful of mint leaves, and 2tbsp of shredded coconut. Fry for some minutes. Grind them with enough salt and a marble-sized tamarind to a coarse paste.

### **KEERAI VADAI:**

Soak 1 cup of Bengal gram and half cup of black gram in water for an hour. Then drain the water and grind then coarsely with 2 green chilli, 2 red chillies, enough salt and 1tsp of asafoetida powder. Add 1tbsp plain flour, 1sp pottukkadalai powder, 1 cup of chopped onion, half to 1 cup of chopped keerai to the ground paste and mix well. Make vadais and fry them in hot oil.

### **CABBAGE VADAI:**

Soak 1 cup of black gram in water for half an hour. Soak half cup of rava in half cup of water. Grind the black gram with 2 green chillies, 1sp asafoetida powder and 1 red chilli coarsely. Then add the soaked rava, ½ cup of shredded coconut with enough salt and grind again for a minute. Add ½ cup of chopped cabbage with 2tbsp chopped coriander and 1 spring curry leaves. Make vadais and fry them in hot oil.

### **MINT CHUTNEY:**

Grind 3 handfuls of mint leaves with 3 green chillies, 1/2sp ginger, and enough salt with a little lemon juice to a paste. Variations: Some people will add 1 or 2 garlic flakes. You can test it for yourself. Some will add a little shredded coconut.

### **STUFFED PARATHA:**

For dough: Add 1tbsp fresh curd, 2tbsp of ghee, 1 cup of plain flour to 1 cup of wheat flour with enough salt. Mix well and adding water gradually, make soft dough and keep it covered with a wet cloth.

For Stuffing:

Grind 3 green chillies with 1/2sp fennel seed and 1sp ginger to a smooth paste. Heat a kadai and pour 2tbsp of oil. When it becomes hot, add ½ cup of finely chopped onions and fry them to a golden colour. Then add 2tbsp of tomato juice and 1sp turmeric powder to the onion and fry well on a slow fire until

the oil floats on the surface. Add the ground paste and fry for a few seconds. Then add 2 cups of mashed potatoes and fry for a few minutes until all the ingredients are blended well. Add 2tbsp of chopped coriander and mix well. Let it cool down. Make even balls out of the dough. Make thin chappathis out of them. Place enough masala on one chappathi. Then cover it with another chappathi. Press well in the corners. Slightly press and flatten the paratha. Heat the tawa and cook the parathas on both sides.

### **TOMATO JAM:**

Heat a kadai and add 2 or 3 cups of crushed tomatoes. Cook them on medium heat until all the water is evaporated and the tomato mash becomes thick. Then add the sugar. Stir well and let it cook on low heat. A glossy form will appear. In a separate kadai, fry cashew nuts and raisins in ghee and pour them on this jam. When it is thickened enough, put off the fire. A little quantity of chopped dates, apples, and banana can be added to this jam before adding the ghee with the cashew nuts. They will enhance the taste of the jam.

### **TOMATO FRUIT JAM:**

Tomato-500gms, mango-1, pineapple pieces-1cup, banana-3, dates-a handful, red apple-1, raisins-2tbsp, ghee-3tbsp, sugar-2 cups, cardamom-2tsp.

Cut all the fruits into tiny pieces separately. Powder the cardamom with 3tsp. sugar. Place a tawa on fire and toss all the tomatoes. Cook on a medium fire till all the water evaporates. Then add the sugar. Within a few minutes both will mix nicely and give a glossy structure. [According to the sweetness of the fruits and personal taste sugar may be needed much more sometimes. This we can add in the final stage before we put off the fire.] Now add all the fruit pieces and mix well and cook for a few minutes under slow fire. Fry the raisins in the ghee and add this with the cardamom powder

to the fruit mixture. Mix well. This is the time to add more sugar if it is wanted. Mix well till the sugar dissolves and put off the fire. Usually served with Biryani.

Note: Bangalore tomato is more suitable than 'naattu thakkali'. The jam will be more delicious if it is kept in the fridge for sometime.

### **MYSORE RASAM:**

Soak a big lime-sized tamarind in 2 cups of water for half an hour and then extract its juice. In a sp of oil fry 1sp coriander seeds, 1sp peppercorns, 1sp cumin seeds, and 2 red chillies to a golden brown colour. Then again fry a small pea-sized asafoetida in a sp of oil to a brown colour and then add 3sps of shredded coconut and fry to a golden colour. Grind all the ingredients to a coarse powder. In a hot kadai pour 1sp of ghee and 1sp of oil. When they become hot, add 1sp mustards seeds and 1/2sp of cumin seeds. When they splutter add the tamarind juice, 2 cups of water, 1/4 cup of cooked thuar dal, 1/2 cup of crushed tomatoes, 1tbsp chopped coriander leaves with 1sp turmeric powder and enough salt. When the rasam starts to boil, add the ground powder, mix well and let it boil for 3 minutes.

### **DRUMSTICK LEAVES SOUP:[MURUNGAIKEERAI SOUP]**

Pour 7 cups of water in a vessel and heat it. Add 1 big handful of drumstick leaves, 1/4 cup of chopped small onions, 1/2 cup of crushed tomatoes, and 2 tbsp of chopped cabbage with 1sp turmeric powder to the water. Grind 1sp peppercorns, 4 garlic flakes and 1sp ginger to a paste and add this to the soup. Crush 1sp coriander seeds and 1/2sp cumin seeds and add this powder also to the soup. Let it simmer until the soup is lessened to half of the quantity. Add salt and let it again simmer for 2 minutes. Then put off the fire, crush the vegetables with a masher, and then drain the soup. Serve it hot.

### **SAUSAGE MASALA:**

Put 6 sausages in warm water for some minutes until they become soft from the frozen state. Then microwave them in HIGH for a minute. Then chop them to small pieces. Heat a kadai and pour 2tbsp oil. When the oil becomes hot, add 1 cup of chopped onion and fry them to a golden brown colour. Then add ½ cup of chopped capsicum, ½ cup of crushed tomatoes and 1sp of turmeric powder. Fry them until the tomatoes are well cooked and mashed and the oil oozes out. Then add 1sp garlic paste, 1sp ginger paste, 1/2sp fennel powder and cook for a few minutes. Now add the chopped sausages with 1sp chilli powder. Fry them for some minutes. Add 1/2sp Soya sauce, 1/2sp chilli sauce and enough salt. Fry for a few minutes. Add chopped coriander leaves, mix well and put off the fire. This can be used as a filling for sandwiches, or a side dish for any mild pulao.

### **SAUSAGE BRIYANI:**

Heat a vessel and add 2tbsp of ghee and 1tbsp of oil. When it becomes hot, add ½ cup of onion and fry it to a golden colour. Then add ½ cup of crushed tomatoes, 1sp ginger paste, 1sp garlic paste and 1sp turmeric powder. Fry well until the vegetables are cooked well and the oil floats on the surface. Powder 2 cardamom, 2 cloves, 2 small pieces of cinnamom, and 1/2sp of fennel seed and add the powder to the vegetables and fry for a few seconds. Add 1tbsp chopped coriander leaves, 2tbsp of chopped mint leaves and 1sp of fresh curd. Mix well and cook for some more minutes. Now add ½ cup of chopped sausages and fry well with enough salt. When the sausages are well cooked add 2 cups of cooked rice with enough salt. [you can add more rice if you wish] Sprinkle little milk. Cook the briyani for a few minutes on slow fire. Sprinkle a little lime juice and mix well. Put off the fire.

## **PAL KOZUKKATTAI :**

Soak 2 cups of raw rice in water for 1 hour and then grind it to a paste. Pour 4 to 5 cups of water in a vessel and heat it. Add enough rice flour to the ground paste to make it firm enough to put in the idiyappam press. You can use a bigger sized idiyaappam achchu or a smaller sized murukku achchu [The paste must not be like a hard dough. If it is, then the pal kozukkattai will not be soft. ] When the water in the vessel starts simmering, fill the press with the rice paste and press the idiyaappam press over the simmering water a little so that the pal kozukkattai will fall directly in the vessel. The cooked idiyaappam-like threads will immediately come on the surface after they are cooked. Then again press a little. Thus finish all the rice paste. Add 1/2 sp salt to it. Add jaggery powder according to yr taste. It needs more than 2 cups of crushed jaggery. When the pal kozukkattai and the jaggery are cooked well and slightly thickened, add 1sp cardamom powder, 1 cup of shredded coconut and a pinch of saffron. Allow the pal kozukkattai to cook for a few more minutes. You can add a little sweetened milk to it to enhance the taste.

**NB:**Always try to buy jaggery which is in dark brown color. It will give more delicious taste than the light brown- coloured jaggery.

## **Chilli gobi or gobi 65:**

Cut one medium cauliflower into florets and wash them. Soak them in hot water for ½ hour. Make a batter with ½ cup of corn flour, 1sp ginger paste, 1sp garlic paste , 1sp gram flour, ½ cup of plain flour, a pinch of garam masala, 3sp chilli powder, red food colour and enough salt. Marinate the florets in this batter for ½ hour. Deep fry them like crisp pakodas. This is called as chilli Gobi or Gobi 65.

Then heat a Kadai and pour enough oil. Add chopped spring onions, slit green chillies , chopped capsicums and a little salt. Fry them well. Add 1tbsp soy sauce, ½ sp ajinamoto and 1sp

chilli sauce. Fry for a few minutes and then add the fried florets. Mix well.

### **BHADAM BURFI: [ALMOND BURFI]**

In a kadai add 1 heaped cup of almond powder [it must be fine powder], 3/4 cup of ghee, and 1 1/4 cup of sugar. Combine the ingredients with enough thick milk. Then heat the vessel and cook the mixture for 20 minutes stirring continuously all the time. When the mixture leaves the sides and the ghee separates from the mixture, pour it in a greased plate. When cooled, cut into desired sizes.

### **ALMOND MILK JAMOON:**

Take 1/2 cup of paneer in a plate. Crush it with the fingers and then knead it for a few minutes. Then add 1/2 cup of sieved plain flour, 1/2 cup of fine almond powder with 1/4sp of soda bi carbonate to the paneer and mix well with the fingers and knead it to fine smooth dough. Keep it covered for an hour. In the meantime, make syrup as it is for gulab jamoon with 3 cups of sugar and 2 cups of water. Then make small balls out of the dough and deep fry them in oil. The fire must be low when frying the jamoons. Then add all the jamoons to the syrup and let it soak well before serving.

### **PORI UPPUMA:**

In a pan pour 1 tbsp of coconut oil and 2tbsp of cooking oil. Heat it and when the oil becomes hot, add must seeds. When they splutter add 1tbsp split black gram and a spoon of asafoetida powder. Then add half cup of chopped small onions and 1tbsp of chopped green chillies. When they become slightly browned, add curry leaves and chopped coriander leaves. Soak 1 liter of arisi pori in water or butter for a few seconds and then squeeze them. Add the pori to the tempering and mix well. Cook a minute and add 1/2 cup of shredded coconut. Mix well



### **KARUNAIKIZHANGU KOLA:**

Cook ¼ kilo karunaikizhangu in a cooker for 2 or 3 whistles. Then remove the outer cover and mash well. Powder 1 cup pottukkadalai, 1 clove, 1 piece of cinnamon, 1/2sp fennel seeds[sombu], and 4 garlic flakes in a mixi without adding water. Add 6 red chillies, a marble size ginger, and 1tbsp shredded coconut to this and again run the mixi for a few seconds. Add this powder to the karunaikkizhangu and also add 1tbsp chopped coriander leaves, ¼ cup chopped onionms and enough salt. Mix well and make small balls. Deep fry these in hot oil.

### **TOMATO RICE:**

In a pan pour 1tbsp of ghee and 1tbsp of oil and heat it. When the oil becomes hot, add 1sp fennel seeds and when they starts to splutter, add 1 chopped onion and 1/2 cup of crushed tomatoes with 1sp turmeric powder. Cook well for a few minutes. Then grind 1tbsp of shredded coconut with 1/2sp ginger and 3 garlic flakes to a paste and add this with 30 leaves of mint to the masala and fry for a few minutes. Add 1 cup of rice which is washed and soaked for 15 minutes and stir for a few seconds and then cook this with enough salt in the pressure cooker adding 2 and half cups of water to it.

### **TOMATO BRIYANI:**

Heat a vessel and pour 4 tbsp of ghee. When it becomes hot, add 3 onions which are chopped finely and fry them to a light brown colour. Then add 3 cups of crushed tomatoes with 1 sp of turmeric powder and cook the vegetables until they are mashed well and the ghee floats on the surface. Powder 1sp fennel seeds, with 1 big piece of cinnamon, 2 cardamom, and 2 cloves and add the powder to the masala. Fry it for a few seconds. Add 4 slit green chillies, 1 handful of mint leaves and 2tbsp of chopped coriander leaves to the tomato masala and fry for a few seconds. Extract thick cococnut milk from 1 cup of

shredded coconut and pour the milk in the vessel. Add enough water also. The milk and the water should be measured into 6 cups. Add 3 and half cup of soaked briyani rice and cook on medium fire until the rice is almost cooked to 3/4th. Now add the salt and mix well. When all the water is evaporated take out the vessel and keep it in the 'dum' either in the ordinary way or in the oven.

### **RASMALAI:**

Sieve thrice 1 and quarter cup of full cream milk powder with 1sp plain flour, and 1sp baking powder. Add 1tbsp cooking oil to it and mix well with yr fingers. Then add 1 big egg and knead well it using the fingers. The dough will be glossy and smooth. Make small gooseberry sized balls and slightly flatten them. In a vessel pour 3 and half cups of thick milk [it is better to prepare milk with full cream powder-that is 5 heaped spoons for a cup] with enough sugar and heat it. When the milk starts to simmer, add the balls 6 at a time. Keep the flame in slightly simmering condition].When they are cooked, they will immediately come on top. Then add the other batch. Thus complete all the balls. Turn all the balls to their other side to cook. Now the balls will become bigger and soft. Add a pinch of saffron, 1tbsp chopped pista and 1sp of cardamom powder and allow the rasmalai cook for a few minutes. Cool it in the fridge and then use it.

### **BAJJI BATTER:**

Mix ½ cup of gram flour with 2sp plain flour, 2sp rice flour, 1/2sp chilli powder, and a pinch of soda bi carbonate with enough salt. Add enough water to make a thick batter.

### **WHEAT RAWA PRADHAMAN.**

Cook the wheat rawa without salt as I have mentioned above. For 1 cup of rawa you will need one small coconut. Extract the thick milk first out of it and then extract the thin from the

residue. Place the cooked rawa in a kadai with the thin milk. Heat the kadai and cook the rawa for some minutes. It should not be thickened very much. Now you can add 2 cups of crushed jaggery in it with 1sp cardamom powder and allow it to cook for a few minutes. Now slice 2 ripe bananas and add them to the pradhaman and cook for few minutes again. Add the thick milk. When it starts to simmer, put off the fire. Add fried cashew nuts, almonds and raisins.

### **MUTHU PONGAL:**

[This I have learnt from a magazine and it is a favourite dish for so many friends already]

Soak 1 cup of sago [javvarisis] in hot water for one hour. If small type of sago is used, you will need a little time. If bigger type is used, then you will need more time for the sago to be soaked. Fry 1 cup of rawa[semolina], ½ cup of wheat rawa and ½ cup of split green gram separately to a golden colour. Drain the water in the sago. Combine all the ingredients in a bowl. Add 10 cups of water with enough salt and pressure cook them up to 4 whistles. Fry 1 sp of peppercorn and 1 sp of cumin seeds in a dry pan and powder them. Grind 1 handful of shredded coconut coarsely with 3 green chillies and 1sp of poppy seeds. Heat a kadai and add ghee. When the ghee becomes hot add the powder and fry for a few seconds on slow fire. Then add the masala and fry it again for a few minutes. THEN add the cooked rava and stir for some more minutes. Garnish with fried cashew nuts.

### **GINGER AND TOMATO THOKKU:**

Ingredients needed:

Shredded ginger-2 ½ cup, garlic-1 ½ cup, chopped tomatoes-1/2 kilo, sugar-2tbsp, 1sp fried and powdered fenugreek powder, 1tbsp chilli powder, gingelly oil-1 ½ cup, aniseeds-2sp, turmeric powder-1sp, 1sp asafoetida powder, enough salt to taste.

**METHOD:** Grind the ginger without water. Heat 1 cup of oil. Add

the aniseeds and the ginger paste to it. Fry in a slow fire for 10 minutes. Add the remaining items and the oil with salt. Fry in slow fire until everything is blended well and well cooked.

#### **MIXED VEGETABLE PICKLE:**

Take one cup[200gms] of very finely shredded vegetables in a bowl. The vegetables we should use for this pickle are carrot, beans, raw tomato, small brinjal, and cabbage. Soak the vegetables in Lemon juice. The juice should cover all the vegetables. Add 10 slit green chillies to it. Add enough salt. Mix well. Cover this with a thin white cloth and keep it like this for the whole night. In the morning let it dry on the heat of the sun light. All the water should be evaporated. In the night grind them coarsely with a small piece of ginger without adding any water. It is better to crush them in a ural. In a kadai fry a small piece of asafoetida, 1sp fenugreek seeds and 10 red chillies and then powder them finely. Heat the same kadai and pour enough gingelly oil. Add 1sp mustard seeds and when they splutter add the crushed vegetable, 1sp turmeric powder, enough salt and the ground powder. Mix well and cook them under moderate fire until the oil floats on the surface and the pickle does not stick to the bottom. The result will be very delicious.

#### **PAROTTA:**

Sieve 1kg plain flour. Add 1 egg, ¼ cup oil, 2tbsp sugar, ¼ cup milk and ¼ cup ghee to the flour and mix well. Knead to a smooth dough by adding enough water. Keep covered for three hours. Pat and knead well again till the dough becomes very smooth and elastic in nature. Make orange sized balls from the dough and roll out in to thin chappathi. In hotels, the professional cooks will make it flip in the air to a very big transparent circular layer and then they will fold it and roll into round balls again. We could do like that only if we are trained in it. So we can fold the chappathi like saree pleats and then make it into a ball again. Spread ½ to 1sp oil on the ball and keep them covered for some time. Then pat the ball gently on

top and flatten into thick parottas using the hands. Heat the tawa and cook the parotta on both sides. After removing it from the tawa , press and pat on the sides to loosen the layers with a neat white thin towel when it is hot.

### **LIME PICKLE:**

Wash 1 dozen limes and then rub out all the trace of the water cleanly with a cloth. Cut them in to desired pieces. You can cut a lime into 4 pieces. Add enough salt to it. Add 6 slit green chillies to it. Mix well and keep them covered with a thin white cloth and let them soak under the heat of the sun for 4 days. Then heat a kadai and pour 3 or 4 tbsp gingelly oil. Add 1sp mustard seeds and when they splutter add the flakes of 2 whole garlic pods. Fry them on a slow fire for a few minutes. Add 2tbsp chilli powder and 1sp turmeric power and put off the fire. Mix well and add this to the pickle. [Some times you may need more chilli powder or sometimes a smaller quantity of chilli powder may be enough according to the size of the lime.] In a tsp of oil fry 1 1/2sp fenugreek seeds and a small piece of asafoetida and then powder them. Add the powder to the pickle. Add 1tbsp vinegar and 2 or 3 tsp sugar to the pickle. Mix well. Again keep the pickle under the hot sun for one day. Then you can store the pickle in a clean jar and within a few days the pickle will be ready for use.

### **THIRUVADHIRAI KALI-[1]**

Wash 1 cup of raw rice and drain in a colander. Then make them dry by spreading them on a white cloth. Fry them in a kadai to a light brown colour. Then powder them. Cook ¼ cup either green gram dal or thuar dhal. The texture must be like small leaves. It must not be mashed. Add 150gm mashed jaggery in a kadai with 2cups of water. When the jaggery starts to boil, add the powder, 2tbsp ghee and a pinch of salt. Mix well and close with the lid. Cook under slow fire until the kali is well cooked. When it is almost done, add the dhal, ½ cup

shredded coconut, 1sp cardamom powder, and 2tbsp ghee. Mix well. Again cook for a few minutes.

### **THIRUVATHIRAI KALI-[2]**

Dry fry 4cups of raw rice to a light brown colour. Again fry one handful of chenna dal and one handful of thuar dhal separately to a light brown colour. Then powder them. For this the ratio of the flour and the water must be 1:2 $\frac{1}{2}$  . Place a vessel on the heat with water and 4cups of jaggery[mashed]. When it starts to boil, add the flour, a pinch of salt and 3tbsp ghee. Close with the lid and cook on a slow fire until the kali is well cooked.

After that add  $\frac{1}{4}$  cup ghee, 2sp cardamom powder, scrapings of  $\frac{1}{2}$  coconut and mix well. Put off the fire and close with the lid. After 10 minutes this kali should be mixed well thrice with ten minutes intervals in between.

### **SOFT CAKE.**

Self raising flour or plain flour-250gms

butter-250 gms

sugar-250gms

eggs-4

Any essence-2sps

Baking powder-2sps

Before preparing the other things, take out the butter from the fridge and keep it in the room temperature for one hour. So it will be fluffy when we beat it with the sugar.

seive the flour, and the baking powder together for three times so that the air will go inside and make the cake spongy.

Grind the sugar to a fine powder. seperate the egg whites and the yolks. Be careful not to add even a little drop of yolk in the egg whites.

Now beat the egg whites in a food proccesser at a high speed with a egg beater/cake mixing blade until it becomes like a thick curd and very stiff. remove it from the food proccesser and keep it in a bowl. Then pour the egg yolks in the food proccesser and beat well for a few minutes. Pour it in an

another bowl. Now place the butter and the sugar in the food processor and beat well for a few minutes. then add the yellow eggs, and the essence, beat for a few minutes and add the egg whites. Beat for a few minutes. Pour the batter in a big bowl. Add the flour little by little and mix well with your hands very delicately. Then pour the cake batter in the cake tin and bake at 160 C [Gas mark.4] approximately for 30 minutes. Do not open the oven's door upto 20 minutes. After that, you can check with a toothpick. Ovens vary with one another. So, if there is a nice aroma, then you can check whether the cake is done. Because, if we wait for the end of the timing mentioned in the cook book, sometimes it will get burnt. Sometimes, for some cake recipes, the temperatures will vary. But it is always safe to maintain the temperature at 160 C. Happy BAKING!

### **POME GRANATE RASAM**

Cook 4tbsp dhal with a big tomato in a pressure cooker. Then mash them with a firm spoon. Add the juice of a medium pomegranate to it and also add 3 cups of water to it. Add 1sp turmeric powder and enough salt to it. In a tsp of ghee, fry 1sp peppercorn and a small piece of asafoetida. Then powder it with 1sp cumin seeds. Add this to the Rasam. Pour the prepared rasam in a kadai and let it simmer on heat. When it starts boiling, put off the fire. Heat 1 tsp of ghee and add 1sp mustard seeds. When they splutter add the tampering to the rasam. Add 1tbsp chopped coriander leaves and 3sp lime juice. Mix well and close with a lid. Use after 1 hour.

### **PANEER MATAR PULAO**

Basmati rice-1 1/2 cups, peas [shelled 3/4 cup, cottage cheese [paneer] from 1 litre milk, cashew nuts [halves]- 12cup, onion [thinly sliced]-2, saffron-1/4sp, sugar-2 sp, ghee- 3tbsps, cardamom-5, cinnamon-2 pieces, peppercorns-12, cloves- 4

Method:

soak the rice for an hour and then dry. Cut the paneer into 1/2

inch pieces.heat ghee in a pan and fry them to a light brown colour.After taking them out,fry the onion till brown in the same

ghee. Add the cashew nut and when they turn light brown, add the garam masala,rice,peas and salt. Toss and mix well.Pour three cups warm water on the rice,covering the lid containing water and cook on a slow fire till the rice is well cooked.Ten minutes before rice is cooked, add sugar and paneer pieces in it. Stir gently not breaking the rice as well as the paneer pieces.Blend saffron in 2 tbsps of milk and sprinkle on rice. Cover with a tight lid and place on an extrtremely low fire for 5 to 10 minutes.

### **PACHADI:**

Beat 2 cups of thick curd with the help of a beater and pour in a bowl. Add enough salt and mik well. In a kadai, pour 1sp oil. Add 1sp mustard seeds to it. When it splutters add 1 chopped onion and 1 small cup of chopped tomatoes. Cook well. Add a pinch of salt and chopped coriander [1 tbsp] to it. Mix well and add this to the bowl of curd. Mix well. Add 2 or 3 tbsps fresh shredded coconut and mix well.

To this you can add vegetables like ladies finger, and ridge gourd. Fry the chopped vegetables in a very little oil with a pinch of salt and a pinch of chilli powder. When it is cooked, you can add them to the pachadi.

Instead of fresh coconut, you can grind 2tbsps shredded coconut with 1tbsp pottukadalai and 2 green chillies and add this to the pachadi.

### **POTATO VARUVAL:**

Cut 4 or 5 potatoes into small pieces. Add 1tbsp chilli powder, 1sp coriander powder, 1sp turmeric powder, 1sp aniseed[crushed], 1 chopped onion, ½ cup crushed tomatoes, 1tsp crushed garlic,2tbsp chopped mint leaves and enough salt to taste. Mix well. You can cook this in a non-stick kadai. Keep covered while cooking and the fire should be medium.



Otherwise you can place this potato masala in a microwave and cook on High for approximately 20 to 30 minutes. For every 8 minutes, you must take off the vessel and mix well before placing in the microwave again.

#### **BEANS PORIYAL:**

Cut the beans into very small pieces. In a kadai, pour 1tbsp oil and add mustard seeds. When it splutters, add 1sp black gram , 2tbsps split green gram and 1sp asafoetida powder. Then add 2 onions and 2 green chillies which are chopped nicely. Fry for a few minutes. Then add the beans, 1sp turmeric powder and enough salt. Mix well. Sprinkle 1tbsps water and cover the kadai with the lid. Cook under medium fire. When the beans are cooked, put off the fire and then add 2tbsps shredded coconut. Mix well.

#### **RICE PAYASAM:**

Soak 200gms raw rice for ½ hour. Pour 8 cups of water in a cooking vessel and let it simmer. When it starts to boil, add the rice. When the rice is almost cooked add 500gms crushed jaggery. Again cook well . In 2tbsps of ghee, fry 1tbsps cashew nuts, 1tbsp raisins, and 2tbsps shredded coconut , and add these to the payasam. Add 1sp cardamom powder to it and mix well. Chop 3 bananas into small rounds and add them also to the payasam. Cook for some minutes under moderate fire.

#### **PARUPPU:**

Cook ½ cup red gram dal in a cooker. In a kadai, pour 1tbsp ghee and add 1sp mustard seeds. When it splutters, add 1sp asafoetida powder, 1 chopped onion and ½ cup chopped tomatoes. Cook well until it is mashed well. Now add the dal, ¼ cup of water, 1sp turmeric powder and enough salt. Cook for a few minutes. Garnish with 1tbsp chopped coriander leaves

### **BEETROOT KOOTTU:**

Heat a pan and pour 3tbsp oil. When the oil becomes hot add 1sp of mustard seeds. When they splutter, add ½ cup of crushed tomatoes. Cook them until they become soft and the oil floats on the surface. Then add 2 cups of cubed beetroot pieces along with 1sp turmeric powder, 2 cups of water and enough salt. When the vegetable is almost cooked, add ½ cup of cooked green gram. Mix well and allow it to cook for 5 minutes. Then grind a handful of shredded coconut with 1sp of cummin seeds and 3 green chillies. Add this ground paste to the koottu and allow it to cook for a few minutes. Add chopped coriander leaves and put off the fire.

### **BEETROOT KOLA:**

Soak 200 gms of bengal gram for 2 hours and grind to a thick coarse paste with salt. Heat a pan and add 3tbsp of oil. When the oil becomes hot, add 1 chopped onion and fry it to a golden brown colour. Grind 1 cinnamon piece, with 1 clove, 1sp ginger and 1sp of garlic to a paste and add this to the onion. Fry it for a few minutes. Add 300gms of beetroot, which are finely shredded to the onion with 1sp of chilli powder and 1sp of turmeric powder. Cook it on a slow fire until it is cooked. When cooled add this to the bengal gram paste with chopped curry leaves and coriander leaves. Mix well, make small balls out of it and fry them in hot oil.

### **KOLLU RASAM:[HORSEGRAM RASAM]**

Soak 1 cup of Kollu in water for 3 hours. Drain the water and cook the kollu with enough water, 1sp of coriander seeds, ½ cup of chopped tomatoes, 2 green chillies, 1 red chilli, 1sp cummin seeds and 1sp turmeric powder in the pressure cooker. Soak a big lime sized tamarind in water for 1 hour and then extract its juice. The juice must be 1 and half cup. Drain the kollu water from the cooked kollu. That water also must be 1 and half cups. Heat a kadai and pour 1tbsp of ghee and 1tbsp of

oil. When they become hot, add 1sp of mustard seeds. When they splutter add a pea sized asafoetida and 1 cup of chopped tomatoes. Cook the tomatoes until they become soft. Add the kollu water, tamarind water, 1sp pepper powder, 1sp cummin powder and 4 chopped garlic flakes with enough salt. When the rasam starts to simmer, put off the fire. Add chopped coriander leaves and curry leaves.

You can use the cooked kollu as you use for Dhal.

### **PINEAPPLE RASAM:**

Heat a pan and pour 1tbsp of ghee and 1tbsp of oil. Add  $\frac{3}{4}$  cup of finely chopped pineapple and  $\frac{3}{4}$ th cup of tomatoes. Fry them continuously on slow fire until they are mashed well and the oil comes on top. Then add 1sp of chill powder, 2sp of rasam powder, 4 slit green chillies, a handful of chopped coriander leaves, and 6 garlic flakes and fry them again for a few minutes. Add 4 cups of water, and  $\frac{1}{2}$  cup of cooked tuar dal with enough salt and 1sp of turmeric powder. When the rasam starts to simmer, put off the fire. Heat a small pan and pour 1tbsp of oil. When the oil becomes hot, add 1sp of cummin seeds, 2 red chillies and some curry leaves. Add this tempering to the rasam. Add the juice of 1 big lime.

### **RASAM POWDER:**

Fry 4 red chillies, 1tbsp of peppercorn, 1tbsp of cummin seeds,  $\frac{3}{4}$ tbsp of tuar dal,  $\frac{3}{4}$ tbsp of coriander seeds,  $\frac{3}{4}$ tbsp of black gram,  $\frac{1}{2}$ tbsp of fenugreek seeds, a small piece of asafoetida, and 1 arc of curry leaves in a little oil to a golden brown colour. Then powder them finely.

### **PALAK PANEER:**

Heat a big broad pan with water. Immerse enough palak leaves. Let it cook for a few minutes. Do not overcook. Then take out the leaves and again immerse in a vessel full of ice-cold water. This way, the palak will retain its green color. Allow

the palak to soak for a few minutes. Then take out the leaves and grind it to a paste. Heat a kadai and pour enough oil. When the oil becomes hot, fry 2 cups of paneer, which are diced finely to a golden brown colour. Take them away and keep them in a plate. Again heat the pan and pour 3 tbsp of ghee. When the ghee becomes hot, add the ground paste of 1 onion. Fry the onion paste to a light brown color. Grind 2tbsp of coriander seeds, 6 to 8 red chillies, 1 tbsp of kaskas seeds [poppy seeds], 2tbsp of shredded coconut, 5 cashew nuts and 5 almonds to a fine paste. Add this paste to the onion paste and fry it for a few minutes. Sprinkle some water and again fry it. Powder 2 pieces of cinnamon, 2 cloves, 1tbsp of fennel seeds, 10 peppercorns and a dash of nutmeg finely. Add half of this powder with 1sp of turmeric powder to the onion paste and again fry for a few seconds. Add ½ cup of beaten curds and again fry for a few minutes. When the ghee comes on top, add the fried paneer cubes and the ground paste with enough salt. Cook on slow fire for a few seconds. Sprinkle the remaining garam masala powder

#### **COCONUT HALWA:**

Grind half coconut which is shredded with 2tbsp raisins to a thick paste using only a little water. Heat a kadai and dry fry 100gms fine semolina and 100gms wheat flour separately to a golden brown colour. Let them cool down. Add these to the paste with 200gms powdered sugar, 2 tbsp ghee, 100gms roasted gram powder [pottukkadalai powder], and 1 cup of water. Mix the ingredients thoroughly. Steam this batter for 15 minutes. When cooled, cut it into desired shapes.

#### **RICE FLAKES PUTTU [AVAL PUTTU]:**

Heat a kadai and dry fry 1 cup of rice flakes until the colour of the rice flakes changes. Don't fry it to brown colour. When cooled, powder them. Pressure cook ½ cup of lentils [thuar dal]. Add a pinch of salt, 1/2sp of turmeric powder and a little of cooked dal's water to the rice flakes powder and mix well. If

you hold a handful of this powder in yr hand and tighten it with yr fingers, it must make a shape, and if you open yr hand, it must slip down. This is the correct 'padham' for the puttu. Make thick syrup of 1 cup of jaggery. [If you spill a drop in a cup of water, it must look like a wax and you must be able to make it a small ball]. Pour this to the aval powder and add the cooked dal with 1 cup of finely shredded coconut and 1/2sp of cardamom powder. Mix well and press it with your fingers. Let it stand for half an hour. After that, you can serve this delicious puttu

### **RICE SUNDAL[ARISI SUNDAL]:**

Heat a kadai and dry fry 200 gms[1 cup] of per boiled rice on a slow fire until it changes its colour fully into a cream colour. Let it cool down. Boil water in a vessel. When the water begins to simmer, add the rice and cook well. When the rice is cooked 3/4th, add enough salt. When the rice is fully cooked, drain the water of it through a colander. Heat a kadai and pour 2tbsp of gingelly oil. When the oil becomes hot, add 1sp of mustard seeds. When they splutter, add 1sp of black gram, 2sp of Bengal gram, 3 red chillies and a handful of curry leaves. Fry them for a few minutes. Add 1/2 cup of chopped small onions and fry it for a few minutes. Then add the cooked rice with 1/2 sp of asafoetida powder. Fry it for 3 minutes. Put off the fire and add 1/2 cup of shredded coconut and 2tbsp of chopped coriander leaves. Mix well.

### **NOODLES-CHINESE STYLE:**

Cook noodles as per instructions and keep aside. Heat a kadai and pour 1tbsp of oil with a small slab of butter. Add half cup of chopped spring onion with 1sp of ginger and garlic paste. Fry for a few minutes. Then add 1 cup of crushed tomatoes and cook until the oil floats on top and the tomatoes are mashed well. Add 1/2 cup of diced capsicum with 1 cup of corn kernels. Add a little salt and fry for a few minutes. Add 1sp of soy sauce, 1sp of chilli sauce and a pinch of aginomoto. Mix well. Now add

the cooked noodles and cook for a few seconds. Enjoy the noodles!

### **MASALA KITCHADI:**

Heat a kadai and pour 1 tbsp of oil and 1tbsp of ghee. When they become hot, add 2 finely chopped onions. Fry for a few minutes until it changes its colour. Grind coarsely 1 clove, 1 cardamom, 1 piece of cinnamon, 4 cloves of garlic and a small piece of ginger into a thick paste and add this paste to the onion. Fry well for a few minutes. Add 2 finely crushed tomatoes and fry it until it is mashed well and the oil floats on top. Now add 1 cup of basmati briyani rice which is soaked for 15 minutes and washed, half cup of shredded coconut, one handful of green gram, 2tbsp of Bengal gram, one handful of chopped mint leaves, one handful of chopped coriander leaves, 2 slit green chillies, 1sp of turmeric powder, and a few curry leaves with 6 cups of warm water. Cook on medium fire. When the rice and the dals are almost cooked, add enough salt. Put off the fire when the rice is fully cooked. This will look like ven pongal.

### **SALEM SAMBAR:**

Pressure cook 3 handfuls of lentils. Fry 1/2sp of cummin seeds, 1/2sp of coriander seeds, 1/2sp of peppercorn, 1sp of black gram, 1sp of Bengal gram, 5 red chillies and a pea-sized asafoetida in a spoon of oil to a golden brown colour and then grind them with 3 sambar onions, 3tsp of shredded coconut and 4 garlic pearls coarsely. Soak a lime sized tamarind for half an hour and extract its thick juice. Heat a vessel and pour the cooked lentils with enough water and add 1sp of turmeric powder. SALEM SAMBAR[CONTD]:

When the dal begins to simmer, add finely cubed pieces of radishes with one cup of finely crushed tomatoes and ½ cup of sliced small onions.. Add enough salt. When the vegetables are 3/4th cooked, add the tamarind extract and cook for a few minutes. Now add the ground masala with a little of chopped

coriander leaves and curry leaves. Let the sambar cook for a few minutes. Heat a small kadai and pour 3sp of gingelly oil. When the oil becomes hot add 1sp of mustards seeds. When they splutter add this to the sambar

#### **LEMON PICKLE:**

Wash 1 dozen lemons and then dry the water on them with a clean towel. Then cut them into small pieces and put them in a bowl. Add 5 slit green chillies and enough salt to them. Mix well and cover the bowl with a clean white cloth. Keep the bowl under the hot sun in the day time. This you must do for 4 to 5 days. On the 5th day, heat a small kadai and pour 1sp of gingelly oil. Fry a marble size of asafoetida and 1sp of fenugreek seeds in the oil to a golden brown colour. Take them away. When cooled, powder them finely.

#### **BABANA FRY :{ VAZHAIKKAI VARUVAL}**

Cut 4 big raw bananas into round pieces which must be quarter inch in thickness. Grind one handful of shredded coconut with 7 garlic flakes, 1sp shredded ginger, half onion or 8 small onions and 2sp of fennel seeds to a fine paste. Add this paste to the sliced bananas with 1sp of turmeric powder, 2tbsp of chilli powder and enough salt. Mix well with yr fingers and let the bananas marinate in the masala for half to one hour. Heat a kadai and pour 1 cup of oil. When the oil becomes hot, toss one handful of banana pieces in the oil carefully. Fry them to a golden brown colour. Thus complete all the slices.

#### **BANANA 65:**

Cut 5 big bananas into 1 inch cubes and then deep fry them in hot oil- a handful at a time to a light golden colour. Keep them on a kitchen towel. Heat a big kadai and pour 5 to 6 tbsp of oil. [You can use the oil in which you have fried the bananas.] When the oil becomes hot, add 4 big onions which are finely sliced and fry them to a brown colour. Then add 2 cups of

crushed tomatoes with 1sp of turmeric powder. Fry the tomatoes until they are well cooked and the oil floats on the top. Now add the bananas with 2tbsp of chilli powder and enough salt. Cook the bananas on medium fire for some time. Add one handful of coriander leaves and fry for a few seconds. Then grind 1sp of fennel seeds, 1/2sp of fenugreek seeds, 2 cinnamon pieces, 2 cardamoms, 2 cloves with 1/2sp of cumin seeds to a fine powder. Add this powder to the banana fry and mix well. Cook for a few minutes and put off the fire.

### **FILTER COFFEE:**

Buy any fresh ground coffee powder without chichory. For 1/4 kilo coffee powder, add 25gms chichory. Mix well. In a filter, put 3 or 3 1/2 sps c. powder in the upper chamber and press it with yr hands well. Pour 1/4 cup of boiling water and close the lid. After 15 minutes, after all the water is absorbed and gone down to the lower chamber, again pour 1/4 cup of boiling water and again close the lid. After 15 minutes the coffee extract will be ready. To this extract, add any good milk which is in a boiling state with 2sps sugar and 1/4sp any instant coffee powder [it will further enhance the taste of the coffee.] If you can't get any good milk-you can mix any good instant milk powder-3 1/2 sp for a cup of boiling water. If you are in India, Nestle's Everyday instant milk powder is the best which will give you the exact taste of Madras filter coffee. Buy either the freshly ground Narasu's coffee powder or Coffeeday coffee powder. Or any other fresh coffee powder will do. For instant coffee powder, either Bru or Taster's choice will be good

### **KARUVADAGAM:**

Ingredients needed:

Small onions-3kg, 6 whole garlic pods, mustard seeds-200gms, fenugreek seeds-100gms, split black gram-250gms, cumin seeds-250grams, salt especially crystal salt-2 handfuls, castor oil-200ml,



**Method:**

Remove the outer skins and chop onions and garlic finely. Add all the other things with it. These combined ingredients are always pressurized and smashed in an 'ural' lightly. Instead you can crush them with a hammer lightly so that they can be shaped into balls. [Lemon sized balls]. Take care not to crush them in full force then the juice will ooze out. Make the balls and place them all in a flat plate. Dry them in hot sun. In the evening, break all of them, add half of the castor oil, mix well and make balls again. In the morning, place them on the plate and again let it dry on the heat of the sun. Again in the evening do the same process using the other half portion of the castor oil. These balls must be dried in the hot sun for 4 or 5 days until they are well dried. Then you can keep them for a whole year-even for more days.

**POONDU PODI [GARLIC PODI]:****Ingredients:**

2 handfuls of dry red chillies, one handful of garlic flakes [without skin], gingelly oil to fry, salt to taste

**Method:**

Heat a kadai and pour 1sp of gingelly oil. Add the red chillies and fry them for a few minutes under slow fire. Remove them from the heat and allow them to cool on a paper towel. Then again pour 3 to 4 tbsp of gingelly oil and add the garlic flakes. Fry them under slow fire until they become light. The colour of the garlic flakes should not be changed. Drain them on a paper towel. First, grind the red chillies in a mixi until they become lightly coarse powder. Then add the garlic flakes with enough salt. Grind again. Then take away the ground mixture in a small bowl or bottle. Pour the fried oil in it. Mix well. This is a delicious accompaniment for idlis, dosais, etc.

**VADAGA CHUTNEY-1.****Ingredients:**

2 big onions, 10 red chillies, a small gooseberry sized tamarind, 2tsp Karuvadagam, gingelly oil-4 to 5 tbsp, salt to taste.

**Method:**

Heat a kadai and pour just 1/2sp oil. Add the chopped onions and fry for a few seconds. There is no need to fry to a golden colour. Then grind the onions, with the red chillies, tamarind and salt to a fine paste. Again pour the remaining oil in the kadai and heat it. Add the karuvadagam and fry it to a golden brown colour. Take away the karuvadagam and add it to the paste and again grind it. Add the ground mixture to the fried oil and mix well.

### **VADAGA CHUTNEY-2:**

**Ingredients:**

2 big onions chopped, 2 big tomatoes chopped, a small lime sized tamarind, 7 red chillies, salt to taste, 1sp karuvadagam.

**Method:**

Grind the onions with the tomatoes, tamarind and red chillies to a fine paste. Heat a kadai and pour 4 tbsp of gingelly oil. Add the vadagam and fry it to a golden brown colour. Then add the ground apste and fry it on a slow fire until it changes to a brownish maroon colour.

### **VAZHAIKAI PATTIES:[RAW BANANA PATTIES] :**

**Ingredients:**

Big raw banana-2, finely chopped onion-2, finely chopped green chillies-1tbsp, chopped coriander leaves-1tbsp, finely crushed ginger-1sp, chopped garlic flakes-3, turmeric powder-1sp, egg-1, breadcrumbs-1 cup, enough oil to fry, salt to taste

**Method:** Steam the raw bananas in a steamer or a pressure cooker for 15 to 20 minutes and then peel the outer skins when they are cooled. Mash them finely. Heat a kadai and pour 2tbsp of oil. When the oil becomes hot, add the onions and green chillies

Fry well on medium fire until they become golden grown. Then add the ginger and garlic and fry for a few minutes. Add the coriander leaves and fry for a few seconds. Add the mashed bananas with enough salt and the turmeric powder. Fry for a few seconds until they are combined well. Allow the mixture to

cool. Make small balls and flatten them. Dip them in beaten egg and roll them in bread crumbs. Fry them in hot oil.

### **PAAL VAZHAIKKAI:**

**Ingredients:** Big raw banana-2, grated coconut-2 cups, cumin seeds-3/4sp, peppercorns-3/4sp, mustard seeds-1sp, split black grams-1sp, chopped onion-1, chopped green chillies-1tbsp, a few curry leaves, oil-2tbsp, salt to taste

#### **Method:**

Extract thick milk and thin milk from the shredded coconut using warm water. Cut the bananas into small pieces and boil them in the thin milk with enough salt. Powder the cumin seeds and the peppercorns coarsely and add this powder to the bananas. When they are almost cooked, put off the fire. Heat a small a kdai and pour the oil. When the oil becomes hot, add the mustard seeds and when they splutter, add the black gram. When they change into a light brown, add the onions and green chillies. Fry them until they become golden brown. Add this to the cooked bananas. Pour the thick milk on the bananas. Cook the bananas for 3 minutes.

### **TOMATO SOUP:**

#### **Ingredients:**

Lentils[thuar dal]-1/2 cup, 10 green chillies, tomatoes-200 gms[finely crushed], chopped onion-1, a few curry leaves, coarsely ground cummin powder-1/2sp, coarsely ground fennel powder-1sp, ghee-2sp, cardamom-1, clove-1, small piece of cinnamon-1, bay leaf-1, star anise-1, a marble sized asafoetida-1 piece, half lime, turmeric powder-1sp, salt to tase.

#### **Method:**

Cook the dal in the pressure cooker. Then take away the dal and pour it in a vessel. Add the tomatoes, anion, gren chillies, curry leaves, turmeric powder and the powders to the dal with enough salt and 4 cups of water. Let it simmer for 5 minutes. The heat a small kadai and add the ghee. Add the spices and fry

them for a few seconds. Add this to the soup and let it simmer for another 3 minutes. Put off the fire and add the lime juice.

### **RAW BANANA KOOTU:**

#### **Ingredients:**

Big raw banana-2, Thuar dal-2 handfuls, tomato chopped-1/4cup, tamarind-a marble size, sambar powder-1sp, coriander seeds-1sp, black gram-1/2sp, Bengal gram-2sp, shredded coconut-2tbsp, turmeric powder-1sp, mustard seeds-1sp, asafoetida powder-1sp, oil-3tbsp, a few curry leaves, salt to taste.

#### **Method:**

cook the dal in the pressure cooker. In 1tbsp oil, fry the coriander seeds, black gram, and Bengal gram to a golden brown colour. Then grind them with the coconut and a little water to a paste. Soak the tamarind in ½ cup of water for ½ hour and then extract its juice. Heat a pan and add enough water to cook the banana pieces. Toss the banana pieces into the pan with enough salt and turmeric powder. When the banana pieces are half-cooked, add the sambar powder and the tamarind juice with the tomatoes. When the banana pieces are cooked, add the ground paste with a few curry leaves. Heat a small kadai and pour the remaining oil. When it becomes hot, add the mustard seeds, and when they splutter, add this to the koottu. Cook the koottu until it thickens.

### **RAW BANANA THAYIR KOOTU:**

Medium sized raw banana-3, cococnut-1/2[shredded], red chilli-2, Bengal gram-2ap, Bengal gram-2sp, wheat grains-2sp, peppercorns-1/4sp, coriander seeds-1sp, fenugreek seeds-1/4sp, rice-1/4sp, asafoetida-a small marble size, a few curry leaves, fresh curd-1/2cup, ghee-1sp. Oil-2sp, salt to taste. Fry all the spices in the oil to a golden brown colour and grind them with the coconut to a coarse paste. Add this paste in the

curd and mix well. Cut the raw bananas into small pieces and cook them in enough water with enough salt. When they are cooked, add the curd mixture and mix well. Put off the fire. In a small pan, pour the ghee. Add the mustard seeds and the curry leaves. When they splutter, add this to the koottu. Mix well.

#### **CHOW CHOW CHUTNEY:**

##### **Ingredients:**

Chopped chow chow-2 cups, red chillies-6, a marble sized tamarind, split black gram-1 tbsp, a pea sized asafoetida, a handful of coriander leaves, enough oil to fry and salt to taste.

##### **METHOD:**

In a tsp of oil, fry the asafoetida, black gram and the red chillies to a golden brown colour. Then fry the chow chow pieces separately with coriander leaves in oil to a soft texture. Grind all the ingredients with enough salt to a coarse paste.

#### **VEGETABLE KHEER:**

##### **Ingredients:**

Milk-1 liter + 1 cup, ghee-2tbsp, shredded carrot-1/2cup, shredded potato-1/2cup, shredded yellow pumpkin-1/2 cup, shredded chow chow-1 cup, sugar-200gms, pineapple essence-a few drops, cardamom powder-1/4sp

##### **Method:**

Boil 1 cup of milk and when it simmers take away it and allow it to cool. Boil the 1 liter milk continuously until it thickens like condensed milk. Fry all the shredded vegetables in the ghee in slow fire until they are well cooked and mashed. In a vessel, pour the extra cup of milk, the cooked vegetables, the thickened milk, and the sugar. Mix well and allow the kheer to cook for 3 minutes. Add the essence and the c.powder. Mix well and put off the fire. Cool in the refrigerator and serve.

#### **WHITE KURMA:**

##### **Ingredients:**

Potato-25ogms

Coriander seeds-2tbsp  
Shredded coconut-3 cups  
Green chillies-6  
Peppercorn-1/2sp  
Fennel seed-2sp  
Kuskus-2sp  
Crushed Cinnamon-1sp  
Chopped small onions-1/2cup  
Sliced onion-1/2 cup  
Garlic paste-1sp  
Ginger paste-1sp  
Garlic flakes-1/4 cup  
Ghee-6tbsp  
Chopped coriander leaves-2tbsp.  
Salt to taste

**Method:**

In a tbsp of ghee, fry all the spices with the shredded coconut and the green chillies to a light brown colour and then grind them to a fine paste. Cut the potatoes into medium cubes, sprinkle a little water on them and microwave for 10 minutes in HIGH. Heat a kadai and pour the remaining ghee. When it becomes hot, add the onions and the garlic flakes and fry them to a golden colour. Then add the pastes and again fry them for a few minutes. Then add the ground masala, the coriander leaves and the potato pieces with enough water and salt. Let the kurma simmer on medium fire for 15 minutes until it is well blended.

**CHOW CHOW KOOTTU:**

**Ingredients:**

Chow Chow-25ogms [chopped into small cubes]  
Shredded coconut-1/2 cup  
Split green gram-1/2 cup  
Green chillies-4  
Cumin seeds-1/2sp  
Peppercorns-10  
Chopped ginger-1/2sp

**Cooking oil-3tbsp  
Mustard seeds-1sp  
Turmeric powder-1sp  
Curry leaves-1 handful  
Asafoetida powder-1sp  
Chopped coriander leaves-2tbsp  
Salt to taste**

**Method:**

**Cook the green gram in enough water with turmeric and asafoetida powders. When it is 3/4th done, add the chow chow pieces with the salt and the coriander leaves. Cook until the vegetable is half-cooked. Then grind all the spices with the coconut and the ginger to a fine paste. Add this paste to the koottu and cook until the vegetable is thoroughly cooked. Heat a small kadai and pour the oil. When it becomes hot, add the mustard seeds and the curry leaves. Pour the tempering to the koottu and mix well.**

### **RAWA KITCHADI:**

**Ingredients:**

**Semolina-1 cup  
Water-3 cups  
Onion-1 [finely chopped]  
Tomato-1 [finely chopped]  
Ginger paste-1/2sp  
Garlic flakes-6  
Chopped coriander leaves-1tbsp  
Chopped carrots-1/4 cup  
Chopped beans -1/4 cup  
Frozen peas-1/4 cup  
Chopped green chillies-2  
Turmeric powder-1sp  
Oil-3tbsp  
Salt to taste  
Mustards seeds-1sp**

**Method:**

**Heat a kadai and pour the oil in it. When the oil becomes hot**

add the mustard seeds. When they splutter add the chopped onion and green chillies. Fry for a few minutes and then add the tomatoes, vegetables, ginger paste and the turmeric powder. Add little salt and fry the vegetables until they are cooked and the tomatoes are crushed. Then add the water. When the water simmers add the rawa with enough salt and the coriander leaves. Cook under medium fire until the kitchadi is well cooked

### **VELLA CHEEDAI :**

#### **Ingredients:**

**Fried rice flour- 1 cup**

**Jaggery-3/4 cup**

**Water- 1/2 cup**

**Coconut-2 tbsp [chopped finely]**

**Sesame seeds-2sp**

**Fried black gram powder-1 tbsp**

**Cardamom powder-1/4sp**

**Ghee-1sp**

**Enough oil to fry**

#### **Method:**

Soak a cup of raw rice in water for 1 hour and drain the water completely. Dry the rice on a newspaper for 15 minutes and then pound it to fine flour. Sieve it and then dry fry in a kadai until it gets the colour of sand. Let it cool down and again sieve. If you measure the flour now, most probably it will be one cup of flour now. Dry fry 1/4 cup of white black gram to a golden colour and then powder it finely. Take 1 tbsp of powder for this preparation. Heat a kadai with the jaggery and water. Let it simmer until the correct consistency is obtained. If you pour a drop of this syrup in water it should not dissolve. That is the correct 'padham'. Now add the flours to this syrup and on a slow fire mix all the ingredients till they are well blended. Put off the fire and add all the remaining ingredients to the dough and knead well with yr fingers. Make smalls balls and keep them covered with a white cloth for 15 minutes. Then fry them in hot oil.



### **THATTAI:**

**Raw rice- 2 cups**

**Small garlic flakes-20**

**Red chillies-4**

**Asafoetida powder-1sp**

**Butter-2sp**

**Soaked Bengal gram- a handful**

**Sesame seeds-3sp**

**Salt to taste**

**Enough oil to fry**

**Method:**

Soak the raw rice in water for 1 hour and drain the water completely. Dry the rice on a newspaper for 15 minutes and then pound it to fine flour. Sieve it and then dry fry in a kadai until it gets the colour of sand. Let it cool down and again sieve. Grind the garlic flakes with the red chillies and the asafoetida powder to a fine paste. Add this paste to the flour with the butter, Bengal gram, sesame seeds and the salt. Add sufficient water to make soft dough. Make lime sized- balls. Flatten each ball thinly on a butter paper. Then fry them in hot oil to a golden colour.

### **MURUKKU-II:**

**Ingredients:**

**Raw rice- 1 cup**

**Fried black gram-2 tbsp**

**Gram flour-2tbsp**

**Butter-2tbsp**

**Asafoetida powder-1sp**

**Enough oil to fry**

**Salt to taste**

**Method:**

Soak the raw rice in water for 1 hour and drain the water completely. Dry the rice on a newspaper for 15 minutes and then pound it to fine flour which has to be sieved twice. Add all the ingredients to this flour and make soft dough by adding sufficient water. Fill enough dough in the murukku maker and

press the dough through the mould over the hot oil. Fry all the murukkus like this on medium fire to a golden colour.

### **KIDNEY BEANS MASALA:**

#### **Ingredients:**

**Red Kidney Beans -1 cup**

**Tamarind - a small gooseberry size**

**Garam masala -1 tsp**

**Bay leaf -2 Nos**

**Oil -4 Tbsp.**

#### **Blend to Paste:**

**Onions -1/4 cup**

**Tomatoes -1/2 cup**

**Ginger garlic paste -1 -1sp**

**Cumin -1 tsp**

**Coriander Powder -1 Tsp.**

**Chilli powder -1sp**

**Thick cococnut milk -1/4 cup**

**Coriander leaves- -1/4 cup [Finely Chopped]**

**Lemon juice -1 tsp.**

**salt to taste**

#### **Method :**

**Soak the red kidney beans overnight for 5-6 hrs. Pressure cook for 3 whistles. Then drain the water. Soak the tamarind in water for 1 hour and then extract its thick juice.**

**Heat oil in a pan & add bay leaf & the paste. Allow it to cook for few minutes. Add tamarind extract & let it cook till the oil floats on top. Add the Beans & 1/2 Cup of water & let it cook till it reaches the boiling point. Add the garam masala & switch off the stove. Mix in Lemon Juice. Discard the Bay leaf. Garnish with Coriander leaves.**

**Note: You must blend only the five ingredients-the chilli powder, coriander powder, ginger garlic paste, onion and tomato.**

### **RAW BANANA PODIMAS:[VAZHAIKKAI PODIMAS]**

#### **Ingredients:**

Raw banana-4  
Turmeric powder-1sp  
Fennel powder-1sp  
Coarse Pepper powder-1sp  
Onions-2 [finely chopped]  
Finely chopped green chillies-1sp [finely chopped]  
Shredded cocconut-3tbsp  
Chopped coriander and curry leaves  
Black gram-1sp  
Oil-3tbsp  
Salt to taste

**Method:**

Steam the raw bananas for 10 minutes with the outer skins in a steamer or a pressure cooker. Then take them away and allow them to cool. Peel off the skins and mash the raw bananas finely. Mix with enough salt, turmeric powder, fennel powder and pepper powder. Heat a kadai and pour the oil. When the oil becomes hot, add 1sp of mustard seeds. When they splutter add the black gram and fry for a few seconds. Then add the onions, green chillies, a pinch of salt and the greens and fry for a few more minutes. Then add the mashed raw bananas and fry it under slow fire for a few minutes.

## **RAW BANANA FRY-II**

**Ingredients:**

Big raw banana-2  
Turmeric powder-1sp  
Onion-3[finely chopped]  
Tomato-1/2 cup [finely chopped]  
Grind the following ingredients to a fine paste:  
Red chillies-6, coriander seeds-1sp, gram dhal [pottukkadalai]-1sp, cinnamon-1 piece, kuskus-1/2sp  
Salt to taste  
Oil -4tbsp

**Method:**

Chop the raw bananas into ½ inch pieces and then cook them with the turmeric powder and enough salt. When they are

almost cooked, drain the water and take them away. When they are cooled down add the ground masala and mix well with the fingers. Heat a kadai and pour the oil. When it becomes hot add the onions and fry well until they change into golden brown colour. Then add the tomatoes and fry well until they are mashed well and the oil floats on the surface. Add the masala coated pieces of raw bananas and fry on medium fire until they are well blended and the raw flavour goes.

### **MASALA GROUNDNUTS:**

#### **Ingredients:**

**Ground nuts- 2 cups**

**Gram flour-1 cup**

**Rice flour-2tbsp**

**Plain flour-1sp**

**Chilli powder-1sp**

**Asafoetida powder-1sp**

**Ghee-1sp**

**Salt to taste**

#### **Method:**

Mix all the flours with the powders and enough salt. Wash the groundnuts and drain them in a colander. Then sprinkle the mixed flour on it and then coat the groundnuts with the flours evenly. Heat a kadai and pour enough oil to fry. When the oil becomes hot, take a handful of masala coated-groundnuts and sprinkle them carefully in the oil. Fry the groundnuts until they become crisp. You can grind a few red chillies with a few garlic flakes and add to the groundnuts instead of chilli powder.

### **BITTERGOURD PODIMAS [PAKAL KAI PODIMAS]:**

#### **Ingredients:**

**Big Bitter gourds-3**

**Bengal garm-1/2 cup**

**Shredded coconut- a handful**

**Green chillies-2**

**Red chillies-2**

Fennel seeds- 2 tsp  
Mustard seeds- 1 tsp  
Split black gram- 1 tsp  
Tomato-1 cup [crushed finely]  
Onion- 1 cup [chopped finely]  
Chopped coriander leaves-2tbsp  
Enough oil  
Turmeric powder-1 tsp  
Salt to taste

**Method:**

Soak the Bengal gram in water for 1 hour and then grind with the coconut, 1sp fennel seeds and the chillies to a coarse paste. Heat a kadai and pour 2 tbsp of oil. When the oil becomes hot, add the ground paste with 1/4sp of salt and fry on a medium fire until they become like breadcrumbs and crisp. Cut the bitter gourds into small pieces and then fry in hot oil until they change their colour and take them away. Drain the excessive oil by keeping them on a kitchen paper towel. Again heat a kadai and pour 2tbsp of oil. When it becomes hot add the mustard seeds. When they splutter add the black gram and the fennel seeds. Then add the chopped onions and the tomatoes with the turmeric powder. Cook on medium fire until the onions and the tomatoes are well cooked and the oil floats on the surface. Now add the fried bitter gourd pieces, Bengal gram and the coriander leaves with little salt. Mix well and cook for some minutes until every thing is well blended.

**CASHEW NUT BURFI :**

**Ingredients:**

Raw cashew nuts- 1 cup  
Sugar- 2 cups  
Saffron- a pinch  
Ghee-1/2 cup  
Milk- 2tbsp

**Method:**

Powder the cashew nuts first and then grind them to a paste by adding the milk gradually. Heat a kadai and place the ground

**paste with the sugar in it. Cook on a slow fire. Add the ghee little by little until all the ghee is absorbed in it. Add the saffron and cook until the sweet leaves all the sides and a shining appears on the surface. Pour it on a greased plate and when cooled cut it into desired pieces.**

### **MUSHROOM BRIYANI:**

**Basmathi rice - 2 cups**

**onions - 2 [finely chopped]**

**tomato -1/2 cup [crushed]**

**ginger paste-1sp**

**Green chillies-4[slit]**

**Garlic paste- 1 sp**

**Turmeric powder-1tsp**

**Ghee-3tbsp**

**Oil-1tbsp**

**Coriander leaves, and mint leaves- each a handful**

**button mushrooms - 1 cup**

**Salt to taste**

**Powder the following spices: 1 cardamom, 1 clove, cinnamon- 1/2 sp, star onion-1, fennel seeds-1 sp, small bay leaf-1, ½ sp chilli powder**

**Method:**

**wash the rice and soak it for 15 minutes. Then fry the rice in 1tbsp of ghee on medium fire for 10 minutes. Pour the remaining ghee and the oil in a kadai and heat them. Then add the chopped onions and fry them to a golden colour Then add the spice powder and the green chillies and fry for a few more seconds. Then add the crushed tomatoes with the turmeric powder and fry until every thing is well blended and the ghee floats on the surface. Now add the mushrooms with a little salt. Add the greens and fry on slow fire until the mushrooms are cooked. In a separate vessel cook the rice with 4 cups of boiling water and enough salt on a medium fire. When all the water is absorbed and the rice is cooked 3/4th, place the cooked mushroom on the top and spread evenly. Sprinkle the lime juice. Cook the briyani in "Thum".**

Note: You can add coconut milk instead of plain water for making this briyani.

### **POOJA PAYASAM:**

Ingredients: ½ cup of raw rice, water-4 cups, sugar-2 cups, thick milk-3 cups, cardamom powder- ½ sp

Method:

Soak the raw rice for 1 hour and then grind it coarsely. Pour the water and the ground paste in a vessel and heat it. When the rice is half-cooked add the milk and cook until the rice is cooked. Then add the sugar and the cardamom powder. Cook for a few minutes.

### **SWEET AND SOUR CHUTNEY:**

Ingredients:

Dates-2 cups[deseeded]

Tamarind- a lime size

Jaggery or brown sugar- ½ cup

Salt -a pinch

Chilli powder-1/2 tsp

Ginger paste- ½ tsp

Method:

Extract a thick juice out of the tamarind after having soaked it in water for 1 hour. Grind the dates with the tamarind extract finely. Heat a hadai and add this ground mixture with the other ingredients. Cook until it is thickened like a gravy and changes to a dark brown colour.

### **SAMBAR VADAI:**

Ingredients:

For sambar: lentils- 1 cup. Green gram- 1/24 cup. Tamarind –a lime size, chopped onion- 1 cup, chopped tomatoes- 1 cup, chopped coriander leaves- a handful, a few springs of curry leaves, 2 tbsp oil, 3 tbsp ghee, salt to taste, mustard seeds- 1tsp, turmeric powder- 1tsp, asafoetida powder- 1tsp

Spices to be roasted in a little oil and ground to a coarse powder:

Red chillies-12, coriander seeds-2 tbsp, fenugreek seeds- 1/2sp, cumin seeds- 1/2 sp, gram dal- 1sp, black gram- 1 tsp, dry shredded coconut-5 tsp, peppercorns- 1/4 tsp, cinnamon- 1 piece

Method: Soak the tamarind in water for half an hour and then extract its juice. Pressure cook the lentils and green gram. Heat a kadai and pour the oil and the ghee. When they become hot, add the mustard seeds. When they splutter, add the chopped onions, asafoetida powder and the tomatoes with the turmeric powder and fry well for some minutes until they are cooked well and the oil floats on the surface. Then pour the thick tamarind extract with 4 cups of water and allow it to simmer for 5 minutes. Then add the cooker dals with the greens, the ground powder, and salt. Let it simmer for just a few minutes.

For vadai: Soak 1 cup of black gram with 1tbsp raw rice in water for 2 hours.

Grind the ulunthu without water for a few minutes and then, by sprinkling a little water for 2 or three times, grind the ulunthu to a thick, fluffy paste. Lastly, add enough salt and grind for a few minutes. Heat the kadai and pour enough oil.

Wet yr hands in water and take a small ball and flatten it into a vadai on a greased polythene paper with the wet hands. Make a hole in the centre. Toss it in the oil carefully and fry it on both sides to a golden brown colour.

Before serving, warm the sambar and soak the vadais in it for a few minutes.

### **FENUGREEK SEEDS GRAVY:**

Fenugreek seeds- 3 tbsp [soak these seeds in little water for 12 hours. The separate the seeds and keep the water in a bowl.

Coconut- 1 [small in size] – extract 1 cup of thick milk and 1 cup of thin milk out of it]

Tamarind- a lime size [extract its thick juice]

Mustard seeds-1tsp, gingelly oil- 3 tbsp, onion- 1/2 cup [ sliced], onion- 1/2 cup [chopped finely], garlic flakes- 20 to 30, red



chillies-8, coriander seeds- 4 tsp, cumin seeds- ½ tsp, curry leaves- 2 springs, chopped coriander leaves-2tbsp, turmeric powder- 1 tsp, salt to taste .

**Method:**

Roast the red chillies, cumin seeds and the coriander seeds in little oil to a golden colour. Take them away and again fry the chopped onion in the same oil until it turns into a golden colour. Grind these to a fine paste. Heat a kadai and pour the gingelly oil. when it becomes hot, add the sliced onion, garlic flakes, and the curry leaves with the turmeric powder and fry well for a few minutes. Then add the fenugreek seeds and fry for a few minutes. Then add the ground paste and fry for a few minutes. Now add the tamarind extract with the fenugreek water and the thin coconut milk with enough salt. Let it simmer for some minutes. When the gravy is thickened to a desired consistency, add the thick coconut milk. When it starts to simmer, put off the fire and add the chopped coriander leaves.

### **SNAKE GOURD KOOTTU:**

**Ingredients:**

Snake gourd- 250 Gms [cut into small pieces]

Green gram- a handful

Shredded coconut- 1 cup

Peppercorns- ½ tsp

Black gram- 2 tsp

Cumin seeds- 1 tsp

Red chilli-1

Mustard seeds- 1tsp

Curry leaves- 1 spring

Turmeric powder- 1 tsp

Enough oil

Salt to taste

**Method:**

Cook the green gram in enough water with the turmeric powder. Fry all the spices except mustard seeds in a little oil to a golden colour and then grind them with the coconut finely. When the bottle gourd is almost done add this paste with

enough salt. Cook for a few minutes. Heat a small kadai and pour 3 tbsp of oil. When it becomes hot, add the mustard seeds and the curry leaves. Add this tempering into the koottu.

### **SNAKE GOURD-2:[PUDALANGAI KOOTTU]**

#### **Ingredients:**

**Snake gourd- 250 Gms [cut into small pieces]**

**Mustard seeds- 1 tsp**

**Turmeric powder- 1 tsp**

**Finely chopped tomato- 1/4 cup**

**Green chillies[slit]- 2**

**Shredded coconut- a handful**

**Poppy seeds- 1 tsp**

**Coriander leaves- a handful**

**Coriander powder- 1 tsp**

**Chilli powder- 1 tsp**

**Salt to taste**

**Oil- 3tbsp**

#### **Method:**

**Cook the bottle gourd pieces in little water with the turmeric powder and enough salt. Heat a kadai and pour 3 tbsp of oil. When it becomes hot, add the mustard seeds. When they splutter, add the tomatoes with the green chillies and fry for some minutes until they are well cooked and the oil floats on the surface. Add the powders and fry for a few seconds. Grind the coconut with the poppy seeds to a fine paste and add this to the tomato. Fry for a few second and then add the cooked bottle gourd with 1/4 cup of water. Cook until the koottu is thickened.**

### **CURRY LEAVES COCONUT CHUTNEY:**

**In a tsp of oil, fry Bengal gram- 1 tbsp, black gram- 1 tsp, 3 springs of curry leaves, onions-2 [finely chopped] and 4 green chillies to a golden colour. When cooled, grind them with 2 handfuls of shredded coconut, a marble sized tamarind and**

enough salt coarsely.

### **RIDGE GOURD CURRY LEAVES CHUTNEY:**

In a tsp of oil, fry 1tsp of black gram to a golden colour. Take it away and then fry 1 cup of curry leaves, ½ cup of coriander leaves, and 2 cups of chopped ridge gourd pieces in a little oil for a few seconds. There is no need to fry them to a golden color. Grind them with 2 red chillies, 2tbsp of shredded coconut, marble sized tamarind and enough salt.

### **MANGO THOKKU:**

Wash 5 to 6 big raw mangoes and then whip the wet mangoes completely with a clean cloth. Then remove the outer skins and then slice the mangoes thinly to small pieces. Heat a broad kadai and pour 1tbsp of gingelly oil. Add 1 tbsp of fenugreek seeds and a marble sized asafoetida and fry them to a golden brown colour. Take them away and powder them finely when cooled. Again pour 1 cup of gingelly oil and heat it. Add the mango pieces and fry them on slow fire until they are cooked. When they are cooked, you can feel the difference by its light weight. Now add enough chilli powder, 2tsp of turmeric powder with enough salt. Fry for a few minutes. Now add the powder and again fry for a few seconds. Lastly add 2 to 3 tbsp of jaggery powder and mix well. You must add more chilli powder and gingelly oil according to the quantity of the mangoes.

### **SNAKE GOURD KOOTTU-III**

**Ingredients:**

Snake gourd- ½ kilo, lentils- a handful, split green gram- a handful, mustard seeds- 1 tsp, turmeric powder- 1tsp, shredded coconut- a handful, sambar onions[finely chopped]- ½ cup, crushed tomato-1 cup, coriander powder- 1 tsp, peppercorns- 1 tsp, cumin seeds-1 tsp, chopped coriander leaves- a handful, enough oil, salt to taste, chilli powder- 1tsp

**Procedure:**

Cook the dhals in a pressure cooker. Grind the coconut with the peppercorns and the cumin seeds finely. Heat a kadaia and pour 4 tbsp of oil. When the oil becomes hot, add the mustard seeds. When they splutter, add the onion and the tomato with the turmeric powder and fry them until the oil floats on the surface. Add the sliced snake gourds and cook them with the powders, enough salt and a little water. When they are almost cooked, add the ground paste and mix well. Cook for a few minutes. Add the coriander leaves and mix well.

### **SNAKE GOURD PORIYAL:**

#### **Ingredients:**

Snake gourd- ½ kilo, turmeric powder- ½ tsp, coriander powder- ½ tsp, chilli powder- ½ tsp, 3tbsp of oil, mustard seeds-1 tsp, black gram- 1 tsp, chopped onion- ½ cup, chopped green chillies- 1 tsp, curry leaves- 2 springs, coriander leaves – a handful, shredded coconut- ½ cup, split green gram- a handful, asafetida powder- 1 tsp, salt to taste, asafetida powder- 1 tsp

#### **Procedure:**

Cook the sliced snake gourd with enough salt, the powders, the green gram with a little water. When the vegetable is cooked, the water in it also must be fully evaporated. Heat a kadai and pour the oil. When the oil becomes hot, add the mustard seeds. When they splutter, add the black gram and fry for a few seconds. Then add the onion, asafetida powder and the green chillies and fry for a few seconds. With a pinch of salt. Add the cooked vegetable and fry for a few minutes. Then add the shredded coconut, curry leaves and coriander leaves. Mix well and put off the fire.

### **SWEET MURUKKU:**

#### **Ingredients needed:**

Raw rice flour- 4 cups, roasted and ground green gram powder- 1 cup, half coconut, sugar- ½ cup, butter- 50 gm, salt, sesame seeds- 2sp, asafetida powder- 1 tsp enough oil to fry

**Procedure:**

Sieve the flours. Grind the coconut finely and add it to the flours with sesame seeds, a pinch of salt, butter and asafetida powder. Boil the sugar with very little water until it melts and then add it to the flours and mix well and knead to soft dough. Press small pieces of murukku in hot oil with the help of murukku presser.

**SAGO ADHIRASAM:**

**Ingredients:**

Sago- 100gms, semolina- 1 cup, shredded coconut- 1 cup, cardamom powder- 1 tsp, sugar- 100gms, pinch of salt, enough oil to fry.

**Procedure:**

Soak the sago in water for 1 hour and then drain it in a colander. Knead it with the fingers. Then add the semolina with the salt and knead well. Then add the other ingredients and knead well. Now you can get the adhirasam batter. Make adhirasams and fry in the hot oil.

**BHOONDI LAADU:**

**Ingredients:**

Gram flour- 1 cup, sugar- 1 ½ cups, fried cashew nuts- 2 tbsp, fried raisins- 2 tbsp, cardamom powder- 1 tsp, ghee- 2 tsp, a pinch of salt

**Procedure:**

Prepare a batter like dosa batter with the gram flour with a pinch of salt. Heat a kadai and pour enough ghee. The fire should be medium. Hold a bhoondhi karandi above the oil and then pour 1 heaped spoon of batter on the karandi. The small pearl like balls will fall on the oil. Fry them to a light crisp texture.[until they are half-done] They should not be exactly crisp. Take them out and place them on a big kitchen paper towel. Finish all the batter like this. In another kadai, add the sugar and pour water to the top level. Make 'kambi paagu' and then add the cardamom power. Add all the bhoondhi with all

the other ingredients and mix well. Keep this covered for ½ hour. Keep mixing well twice in between. Then make balls when the mixture is still warm.

### **POTATO MASALA CURRY:**

#### **Ingredients:**

Potato- 250 gms, Coconut- ½ , Red chillies- 10, Coriander seeds- 2 tsp,  
Gram dal [ Pottukkadalai]- 1 tbsp, Sambar onions- 6, Fennel seeds- 1 tsp, Poppy seeds- 1 tsp, Cinnamon- 1 piece, Garlic flakes- 10, Chopped ginger- ½ tsp, Chopped coriander – 1 tbsp  
Mustard seeds- 1 tsp, Chopped onion- 1 cup, Crushed tomatoes- 1 cup  
Turmeric powder- ½ tsp, Oil- 4 tbsp, Salt to taste

#### **Procedure:**

Boil the potatoes, then peel the outer skin and cut into cubes. Extract thick milk out of the coconut. Grind the red chillies with the coriander seeds, poppy seeds, fennel seeds, cinnamon, sambar onions, gram dal, garlic flakes, ginger, and coriander leaves to a fine paste. Heat a kadai and pour the oil. When the oil becomes hot, add the mustard seeds. When they splutter, add the chopped onions and the tomatoes with the turmeric powder. Cook them until they are well mashed and the oil floats on the surface. Add the ground masala and the potato pieces with enough salt. Cook for a few minutes till everything is combined well. Then add the coconut milk. Cook for a few minutes.

### **POTATO CAPSICUM FRY:**

#### **Ingredients:**

Potato- 250gms, Capsicum [diced]- 1 cup, Red chilli powder- 1 tbsp, Turmeric powder- 1 tsp, Fennel powder- 1 tsp, Sliced onions- ½ cup, Garlic paste- 1 tsp, Oil- 4tbsp  
Salt to taste

#### **Procedure:**

Boil the potatoes, peel the outer skins and then cut them into cubes. Marinate them with the turmeric powder, chilli powder, garlic paste, fennel powder and enough salt for ½ hour. Heat a kadai and pour the oil. When it becomes hot, add the onion and fry it until it becomes brown. Then add the capsicum pieces and fry for a few minutes. Then add the potato pieces and fry until they are well cooked and roasted.

### **MUNG DAL PUTTU [PAYATHTHAMPARUPPU PUTTU]:**

Soak ¾ cups of green gram in water for 1 hour. Drain the water and grind it coarsely without adding any water. Then steam the ground paste for 15 minutes and then scramble it like breadcrumbs when it is cooled. In ¼ cup of ghee, fry first 2 tbsp of cashew nuts to a golden colour and then fry the green gram on slow fire until it turns like real breadcrumbs and it is fried well. Then add 2 handfuls of shredded coconut and fry for few minutes. Simultaneously, prepare syrup with ¾ cup of jaggery. If you pour a drop of the syrup in water, you should make a soft ball out of the drop. That is the correct consistency. Pour this syrup to the green gram mixture with 1 tsp of cardamom powder and cook for a few more minutes until every thing is combined well.

### **MUNG DAL HALWA:**

Soak 250 ms of green gram in water for an hour and then drain the water. Grind it to a paste. Make thin syrup [kambi paagu] out of 500gms of sugar. Heat a kadai and pour 1 cup of ghee. Add the ground paste and cook on slow fire until it is cooked. Then add the syrup and cook further until the halwa leaves the sides of the vessel. Add fried cashew nuts and almonds. Put off the fire.

### **CHOCOLATE AND ORANGE CAKE:**

Ingredients:

Butter- 100gms, eggs-2, yogourt-1/2 cup, sugar- 1 cup, orange juice- 5 tbsp, plain flour-2 ½ cups, baking soda-1sp, grated

chocolate-175gms, orange rind-1 tbsp

Procedure:

Sieve the flour with the baking soda twice. Beat the butter with the powdered sugar well. Then add the eggs one by one and beat well to a fluffy texture. Then add the orange juice and the yogurt and beat for a few seconds. Then add the flour and the chocolate and mix lightly with the fingers. Pour in a baking tray and bake for 20 to 25 minutes at 160 degree C.

### **COFEE CAKE:**

Ingredients:

Butter- 125 gms, castor sugar- 175gms, dark brown sugar- 25gms, eggs- 2, plain flour- 225 gms, baking powder- 1 tsp, ground cinnamon- 1 tsp, instant coffee-2 tbsp, milk-175ml, cream- 1 cup, sugar- 2 tbsp

Procedure:

Preheat the oven to 160 Degree C. Grease 2x20 cm sandwich tins. Mix cream and 2 tbsp of sugar well and keep aside. Sieve the flour with the baking powder and the cinnamon powder twice. Beat together butter, castor sugar and the brown sugar well. Pour the eggs and whisk finely. Add the flour mixture little by little mixing with the fingers. Blend coffee with the milk and add this to the batter. Divide it between the two tins. Bake for 20 to 25 minutes. When cooled, sandwich together with whipped sweetened cream.

### **VEGETABLE BRIYANI :**

Ingredients:

Briyani rice- 3 cups, enough ghee, milk- ¼ cup, cashew nuts- ½ cup, raisins- ½ cup[optional], cauliflower florets- 250gms, potatoes[cubed]- 250gms, carrot[cubed]- 100gms, frozen or fresh peas- 1 cup, finely chopped tomatoes- 1 ½ cups, cinnamon powder- 1 tsp, chilli powder- 1 tsp, turmeric powder- 1 tsp, coriander powder- 1 tbsp, grated ginger- 1 tsp, crushed garlic- 1 pod, Fresh curd- ¾ cup, green chilli [chopped]- 2 tbsp, cream- 1 cup, big onion-6 to 8[ sliced], salt to taste

Powder the following ingredients coarsely:



Cinnamon- 3 pieces, cloves- 5, cardamom- 5, peppercorns- ½ sp

**Procedure:**

Fry the onion slices in a little ghee to brown and keep them aside. In the same kadai, add more ghee and add half of garlic, half of the cinnamon powder, coriander powder, chilli powder and the turmeric powder. Stir for a minute and then add the vegetables with enough salt and water. Cook the vegetables on medium fire. Beat the curds and add the remaining garlic, cinnamon powder and the ginger. Mix well and add this to the vegetables. Mix well, cook for a few minutes and keep them aside. Heat a vessel and add enough ghee. Fry the roasted powder for a few seconds. Then add cashew nuts and raisins and fry for a few seconds. Add the rice with 6 cups of water. Cook until all the water is evaporated. In a large vessel, spread 1/3 portion of the rice. Sprinkle some cream, milk and onion slices. Spread half of the vegetables. Again spread the rice with the onion and other ingredients. Again spread the remaining vegetables and spread the last portion of rice on top and sprinkle tomato pieces, and green chillies. Pour some ghee. Place in a slow oven and cook for 20 minutes.

### **PARUPPU USILI:**

**Ingredients:**

Cluster beans- 250 gms, Bengal gram- a handful, lentils[thuar dal]- a handful, red chillies- 3, green chillies-1, asafetida powder- 1 sp, turmeric powder- 1 tsp, finely shredded coconut- ½ cup, mustard seeds- 1tsp, black gram- 1 tsp, curry leaves- 1 spring, coriander leaves- 1tbsp, oil-4 tbsp, salt to taste

**Procedure:**

Soak the dals in water for an hour, then drain the water and grind them with the chillies, salt and the asafetida powder coarsely. Cut the cluster beans into very fine pieces and cook them with enough salt, and turmeric powder in a little water. The cooked vegetable should be dry. Heat a kadai and pour 4 tbsp of oil. When the oil becomes hot, add the mustard seeds. When they splutter add the black gram and curry leaves.

Immediately add the ground paste and fry it on slow fire until it is cooked and turns like soft breadcrumbs. Now add the cooked vegetables with the coriander leaves. Cook for some minutes until every thing is combined. Lastly add the shredded coconut and fry for a minute. Put off the fire.

#### **COFFEE CAKE [MICROWAVE]:**

**Ingredients:** Soft margarine-50gms, brown sugar- 50 gms, self raising flour- 75 gms, 1 large egg, 2 tsp of instant coffee dissolved in 2 tsp of milk.

**Procedure:**

Place the margarine, b.sugar, flour, egg and the coffee milk in a bowl. Stir only enough to make a soft smooth mixture. Spread evenly in a greased cake pan and cook on full [100%] for 4 minutes. When cooled, you can top with whipped cream and sprinkle with demerara sugar.

#### **PAKALKAI [BITTER GOURD] PULI KOOTTU:**

**Ingredients:**

3 big bitter gourds, a handful of lentils, a handful of Bengal gram, gooseberry sized tamarind, 2 handfuls of shredded coconut, red chillies-5, chopped tomatoes-1 cup, mustard seeds- 1tsp, black gram- 1 tsp, curry leaves-1 spring, cashew nuts-5, oil-2 tbsp, turmeric powder-1 tsp, salt to taste

**Procedure:**

Soak the tamarind in water for ½ hour and then extract its thick juice. Cook the dals with enough water. When they are cooked to the 3/4th, add the tomatoes with the turmeric powder and the bitter gourd pieces. After a few minutes, grind a handful of coconut with the red chillies to a fine paste and add this with the tamarind juice to the koottu. Let it cook for a few minutes. Heat a kadai and pour the oil. When it becomes hot, add the mustard seeds. Then add the black gram, cashew nuts and the curry leaves and fry till golden brown. Add the remaining shredded coconut and fry for a minute. Add this to the koottu and cook for a few minutes

### **BREAD RABRI:**

#### **Ingredients:**

Milk-6 cups [milk made from full cream powder will taste better. You can mix 5 tsp of milk powder for a cup]  
Saffron- ¼ tsp, condensed milk-1 tin [nearly 500gms], sugar-4 tbsp, fine breadcrumbs of 6 bread slices, cardamom powder- 1/2 tsp.

#### **PROCEDURE:**

Boil the milk with saffron in a broad pan for 2 minutes. Then put off the fire and add the breadcrumbs, cardamom powder, and the sugar and mix well. Again heat the pan and let the milk simmer for 10 minutes on full fire.

### **GOLDEN MILK BURFI:**

#### **Ingredients:**

Ghee 500gms [or dalda+ghee], gram flour- 200gms, condensed milk- 1 tin, sugar 500gms,

#### **PROCEDURE:**

Heat the ghee in a broad pan. Add the gram flour and fry it on slow fire until it changes its colour slightly. Then put off the fire. Add the condensed milk and mix well. Make syrup with the sugar. After the single thread consistency [kambi paagu], it will go to the 'gettipaagu' stage. Before it acquires that stage, add the condensed milk mixture to it and cook it on medium-slow fire stirring continuously. Exactly it needs 18 to 20 minutes to come to the correct texture and the burfi will start to leave the sides. Pour the mixture on a plate. When cooled, cut into desired shapes. If you cook for more minutes, the correct texture will change, the taste will also change and it will be like mysore pak.

### **POTATO KOLA:**

#### **Ingredients:**

Potato[medium size]-3, gram dal [pottukkadalai]-4 tbsp, chopped onion-3, chopped green chillies-4, chopped coriander leaves-2 tbsp, chopped ginger- 1 tsp, mint leaves- a handful,

turmeric powder- ½ tsp, enough oil to fry, salt to taste

**PROCEDURE:**

Boil the potatoes and mash them finely. Powder the gram dal. Heat a kadai and add 4 tbsp of oil. When it becomes hot, add the onions, green chillies, ginger, coriander and mint leaves. Fry them well. Add the mashed potato with enough salt and stir-fry for a few minutes until every thing is well blended. Take the potato away from the pan and mix the gram dal powder with it thoroughly. Make small balls and fry them in hot oil.

**POTATO-65**

**Ingredients:**

Potatoes-6, baking powder- 1 tsp, fresh curd- 1 ½ cup, gram flour- 2 tbsp, chilli powder- 2 tsp, turmeric powder- ½ tsp, onion[ finely chopped]- 4, slit green chillies-6, garam masala powder- 1 tsp, aji-no-moto- ½ tsp, salt to taste, enough oil to fry

**PROCEDURE;**

Pour the curd in a white muslin cloth and tie it tightly. Let it hang for 1 hour so that the water inside it is drained out completely. Peel the potatoes and pressure cook them for 1 whistle [or you can cook the potatoes in the microwave oven for 8 minutes in the HIGH.] Then add the gram flour, baking powder, turmeric powder, chilli powder and enough salt to the potatoes and mix well. Fry them in hot oil, a handful at a time, to a golden brown colour. When all the potato pieces are fried, add the onion and the green chillies to the same oil and fry to a golden brown colour. Add the aji-no-moto and fry for a few seconds. Then beat the hung curd with the garam masala and add it to the onion. Fry for a few minutes. Add the potato pieces to this mixture and fry them until it is roasted. [It is better to put the potato mixture in a glass bowl and cook in the microwave oven for 10 minutes in HIGH. You will get finely roasted potatoes.]

**EGG BALLS CURRY:[ muttai paniyaara kuzhambu]** **Ingredients:**  
**For the balls:**

Small onions-3/4 cup  
Green chillies-3  
Shredded coconut- 1/2 cup  
Fennel seeds- 1 tsp  
Cumin seeds- 1/4 tsp  
Gram dal- 1 tbsp  
Poppy seeds- 1 tsp  
Eggs- 4

For gravy:

Onions-2 [chopped finely]  
Tomatoes [chopped] - 1 cup  
Green chillies-3  
Curry leaves- a handful  
Chilli powder- 1 tbsp  
Pepper powder- 1/2 tsp  
Cumin powder- 1/2 tsp  
Coriander powder- 3 tbsp  
Tamarind- a gooseberry size  
Shredded coconut- 1/2 cup  
Oil- 4 tbsp  
Turmeric powder- 1 tsp  
Salt to taste

Procedure: Beat the eggs well. Grind all the ingredients for the balls and add the paste to the beaten eggs. Add enough salt and mix well. Heat a paniyara kal and pour 1/2 sp of oil in every kuzhi. Pour the mixture to the 3/4th of the kuzhi. Like this, fill all the kuzhis and cook them like paniyarams. Take them away.

Soak the tamarind in enough water for 1 hour and then extract its thick juice. Extract thick milk and then a thin milk from the shredded coconut.

Heat a kadai and pour the oil. When the oil becomes hot add the chopped onion and fry well to golden brown colour. Then add the tomatoes with the turmeric powder, slit green chillies and the curry leaves. Fry them until the oil floats on the surface and the tomatoes are mashed well. Add all the powers and fry for a few seconds. Then pour the tamarind juice and the light milk with enough salt. Let it simmer for a few minutes. Then

add all the balls and let it simmer for a few seconds. Now pour the thick milk. Mix well. Put off the fire and pour in a serving dish.

### **GREEN GRAM PUTTU:**

#### **Ingredients:**

Green gram- 3/4 cup

Ghee- 1/4 cup

Broken cashew nuts- 2 tbsp

Shredded coconut- 2 handfuls

Jaggery- 3/4 cup

Cardamom powder- 1 tsp

Salt- a pinch

#### **Procedure:**

Soak the green gram in enough water for 1 hour, drain the water and then grind it coarsely with a pinch of salt. Put it in a greased plate and steam it for 10 minutes. Heat a kadai and pour the ghee. Fry the cashew nuts to golden brown colour and take away them. Then add the green gram mixture and fry it on slow fire in the ghee until it turns like bread crumbs and soft. Now add the shredded coconut and fry for a few minutes. Simultaneously make thick syrup with the jaggery. If you pour a drop in a cup of water, you must be able to make it into a soft ball. That is the correct consistency. Pour this to the green gram mixture with the cardamom powder and mix well on the slow fire for a few seconds.

### **VAAZHAI THANDU PACHADI:**

#### **Ingredients:**

Vazhathandu chucks- 1 cup

Fresh curd- 1 cup

Shredded coconut- a handful

Turmeric powder- 1/2 tsp

Black gram- 1 tsp

Mustard seeds- 1 tsp

Small onions- 10

Green chillies-2  
Crushed ginger- 1 tsp  
Chopped curry leaves- 1 tbsp  
Chopped coriander- 1 tbsp  
Oil- 2 tbsp  
Salt to taste

**Procedure:**

Cut the vaazhathandu in thin stripes of ½ inches and cook them in a very little water with the turmeric powder and enough salt. There is no need to cook them to the full extent. Keep them away. Heat a kadai and pour the oil. When the oil becomes hot, add the mustard seeds. When they splutter add the black gram. Then add the chopped onion, chillies, ginger, shredded coconut, curry and coriander leaves with a pinch of salt. Fry them to golden brown and pour this to the vaazhathandu. Mix well. When it is cooled down add the fresh curd to it and mix well.

**GULAB JAMUN:**

Simmer 1 liter of thick milk until it comes to the thickness of soild khoya[kova]. Place 1 tsp of ghee, 2 tsp of water and ½ tsp of baking soda in a bowl and beat them with an egg beater or with the palm of yr hand. Add the khoya to this and mix well. Then add 50gms of plain flour and knead lightly. Do not knead with force. Make balls and fry them in oil. They should be fried in slow fire. As usual make one thread syrup with enough sugar and add the hot balls in the syrup

**SEMIYA IDLI :{ VERMICILLI IDLI }**

**Ingredients:**

Vermicelli – 1 ½ cups  
Semolina- ¾ cup  
Ghee- 2 tsp  
Oil-3tbsp  
Fresh curd- 2 cups  
Water-4 tbsp  
Onion-2 {chopped finely}

**Tomato-1/2 cup {chopped finely}**

**Chopped green chillies- 1 tsp**

**Cumin seeds-1tsp**

**Asafetida powder- 1 tsp**

**Split black gram- 1tsp**

**Curry leaves- a handful**

**Chopped coriander-2tbsp**

**Shredded coconut- ½ cup**

**Baking powder- ½ tsp**

**Enough salt**

**Procedure:**

**Fry the vermicelli and the semolina separately in the ghee to a light golden colour. Take away and let them to cool in a bowl. Again pour the oil in the same kadai and heat it. Add the cumin seeds, black gram and asafetida and fry for a few seconds. Add the chopped onion, green chilli and the greens and fry for a few minutes. Then add the tomato and fry well until it is cooked well. Add this to the vermicilli mixture. Add the beaten curd, and the baking powder with the water and enough salt. Mix well. Add the coconut and mix well. Keep this mixture covered for 30 minutes, then mix well and pour the batter in the idli moulds. Steam them for 15 minutes.**

**[SEPPANGKIZHANGU FRY-I \[COLOCASIA FRY\]:](#)**

**]Ingredients:**

**seppangkizhangu- ½ kilo**

**Fennel powder- 1 tsp**

**Chilli powder- 1 tbsp**

**Turmeric powder- 1 tsp**

**Garlic paste- 1 tsp**

**Gram flour- a handful**

**Gram dal powder [pottukkadalai powder] - 2 tbsp**

**Salt to taste**

**Enough oil to fry**

**Procedure:**

**Wash and steam the vegetable for 20 minutes. Peel the skins and again wash. Slit each kizhangu horizontally into two**



pieces. Coat them with the thick paste of the flour, powders, and paste with a little water and enough salt. Let it stand in the paste for 30 minutes in a covered vessel and then deep fry them- a handful at a time- to a golden brown colour.

### **SEPPANGKIZHANGU FRY-II**

#### **Ingredients:**

Seppangkizhangu- ½ kilo  
Shredded coconut- a handful  
Garlic flakes- 10  
Shredded ginger- 1 tsp  
Sambar onions-5  
Fennel seed- 1tsp  
Chilli powder- 1 ½ tbsp  
Turmeric powder- 1 tsp  
Chopped tomato-2 cups  
Chopped big onion- 1  
Chopped coriander- 2 tbsp  
Curry leaves- a handful  
Salt to taste  
Cooking oil- 4 tbsp

#### **Procedure:**

Wash and steam the vegetable for 20 minutes. Peel the skins and again wash. Cut them into round slices of ½ inch each. Grind the coconut with the sambar onions, ginger, garlic and the fennel seeds to a fine paste and apply this paste to the vegetable pieces with the turmeric powder, chilli powder and salt. Heat a kadai and pour the oil. When the oil becomes hot, add the chopped onion and fry for a few minutes. When the onion pieces become golden brown add the tomato pieces and fry them thoroughly until they are changed like a paste and the oil floats on the surface. Now add the masala-coated seppangkizhangu pieces and fry them on slow fire until they are well cooked. Add the chopped coriander leaves and the curry leaves and fry again for a few minutes.