

Mahadeva's Bhaga Sasthra

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Tag; Rice, Millets, Breakfast, Dinner, Health Food

The staple food of India is rice. Up until 1970, India was home to nearly 1,10,000 varieties of indegenous rice! Thanks, but no thanks to the Green Revolution, only 6,000 varieties now remain - a result of the green revolution's emphasis on mono culture and hybrid cropping! Be that as it may, India is known for its sheer variety of rice dishes that are prepared and served, no matter what the occasion - sickness, health, family gathering, festivities, Hindu rituals, offering (*naivedya or prasad),* weddings, funerals, even as offerings to ancestors and departed souls.

The variety of rice preparations are indeed many - as widely varied as the cultural diversity of this country - from coast to coast, from the mountains to the valleys, East to West, North to South.

Congee

In its humblest form, rice is made into a gruel or porridge called Congee (also called kanji, ganji, pez, ambil). Valued for the nutritional strength of the starch in this porridge where the rice is boiled to a soft consistency, the congee is the staple food in the poorest homes of India. Leftover rice soaked in water from a previous night and served as breakfast is much sought after in all parts of South India because of its high nutritional value. Its popularity is such that, there are restaurants that serve it as breakfast to office goers. Because of its high nutritional value and easy digestibility, congee is prescribed as diet food for recuperating patients at home.

Congee is also prepared using wheat grits (*daliya)*, foxtail millet, pearl millet *(ragi)*, broken maize, sago, etc.

Preparation

To prepare the dish, rice is boiled in a large amount of water until it softens significantly. Congee can be made in a pot or in a rice cooker. Some rice cookers have a "congee" setting, allowing it to be cooked overnight. The type of rice used can be either short (or broken) - or long-grain, depending on what is available and regional cultural influences.

Congee is bland and therefore its flavor is enhanced with salt, *papadam* or such varieties of crispies, pickle, chutney, vegetables, pure ghee, etc. In some regions of South India, sweet variations of the congee using jaggery, coconut, unprocessed candy sugar, buttermilk, milk, etc. are also made.

Ingredients

The essential ingredients for congee are only two - soaked rice and, 3-4 times its quantity of water.

RICE, PORRIDGE, PANCAKES, INDIAN BREAD

1. Small Rice Making – Congee Drained

Ingredients:

Small Rice	- 1 padi
Water	- 3 padi

Method:

1. Soak small rice for 24 minutes, mix well and drained.

2. Take 3 padi of clean water in a pot which can hold 5 padi of water and heat it.

3. When the water starts to boil, add the drained rice. Stir in the rice well with the boiling water. Cover the pot with a lid.

4. Few minutes later stir it again until the rice is 3/4th cooked and mix well again.

5. Cover the pot with wet cloth and drain the congee. Place on the warm stove, mix well for 5 minutes and keep aside.

Note: 3/4th rice cooked estimation - the rice will be soft upon touching and existence of white steam throughout the mouth of the pot.

2. Small Rice Cooking - Congee Undrained

Suitable for egaputargal who eats once a day. For rest it will give indigestion issues.

Ingredients:

Small Rice	- 1 padi
Clean Water	- 2 padi

Method:

1. Soak small rice for 24 minutes, mix well and drain it.
2. Take 2 padi of clean water in a pot which can hold 4 padi water.
3. Boil water. When the water starts to boil, add the drained rice.
4. Stir in the rice well with the boiling water. Cover the pot with a lid.
5. Few minutes later, once the rice and water starts boiling, stir well again and cover.
6. Check whether the rice has ¾th cooked as mentioned above and mix well again, turn off the stove(take away from stove).
7. Leave it on the off stove(warm) for 5 minutes and keep aside.

3. Big Rice – Drained Congee

Ingredients:

Big Rice	- 1 padi
Clean Water	- 3 padi

Method:

1. Soak big rice for 10 minutes and drained.
2. Place 3 padi of clean water into a pot which can hold 5 padi water.

3. When the water starts to boil, add the drained rice. Stir in the rice well with the boiling water. Cover the pot with a lid.

4. Few minutes later stir it again until the rice is 3/4th cooked and mix well again.

5. Cover the pot with wet cloth and drain the congee. Place on the warm stove, mix well for 5 minutes and keep aside.

Note: 3/4th rice cooked estimation - the rice will be soft upon touching and existence of white steam throughout the mouth of the pot.

4. Big Rice - Undrained Congee

Ingredients:

Big Rice	- 1 padi
Clean Water	- 2 padi

Method:

1. Soak big rice for 10 minutes, mix well and drain.

2. Take 2 padi of clean water in a pot which can hold 4 padi of water.

3. Boil water.Once the water starts to boil, add the drained rice into the boiling water.

4. Stir in the rice well with the boiling water. Cover the pot with a lid.

5. Few minutes later, once the rice and water starts boiling, stir well again and cover.

6. Check whether the rice has ¾th cooked as mentioned above and mix well again, turn off the stove(take away from stove).

7. Leave it on the off stove(warm) for 5 minutes and keep aside.

5. Mixed (Begged Rice) Rice Making

Ingredients:

Mix Rice	- 1 padi
Clean Water	- 3 padi

Method:

1. Soak mix rice for 30 minutes, mix well and drain the water.

2. Clean water – add 3 padi of clean water into a pot which can hold 5 padi of water.

3. Boil the water. Add the drained rice into the water.

4. Stir in the rice well with the boiling water. Cover the pot with a lid.

5. Few minutes later stir it again until the rice is 3/4th cooked and mix well again.

6. Cover the pot with wet cloth and drain the congee. Place on the warm stove, mix well for 5 minutes and keep aside.

Note: 3/4th rice cooked estimation - the rice will be soft upon touching and existence of white steam throughout the mouth of the pot.

6. New Rice

Ingredients:

New Rice	- 1 padi
Clean Water	- 3 padi

Method:

1. Clean and drain the new rice.

2. Take 3 padi of clean water place in a pot which can hold 5 padi of water.

3. Add the rice once the water starts to boil and stir it well.

4. Stir in the rice well with the boiling water. Cover the pot with a lid.

5. Few minutes later stir it again until the rice is 3/4th cooked and mix well again.

6. Cover the pot with wet cloth and drain the congee. Place on the warm stove, mix well for 5 minutes and keep aside.

Note: 3/4th rice cooked estimation - the rice will be soft upon touching and existence of white steam throughout the mouth of the pot.

Note: New rice has a tendency to overcook. To avoid, soak the rice for 15 minutes in warm water (where steam starts to arise) then add it into the boiling water. Some instead, before mixing the rice in plain water, they add 3/8 spoon of ghee so it will prevent from overcooking.

7. Wheat Grits Rice

This rice has the ability for slow digestion. It counteracts the excess air in the body. When taken in an appropriate amount everyday, it will provide energy.

Ingredients:

Clean Water	- 1 padi
Ghee	- 1½ palam
Wheatgrits	- ½ padi

Method:

1. Place 1 padi of water into a pot which can hold 2 padi of water, once it starts to boil, add 1 ½ palam of ghee. Stir well, cover it with a lid.

2. Few minutes later again stir. Once it is ¾th cooked, turn off the fire and stir it again for 5 minutes under the stove with covered.

8. Foxtail & Little Millet Rice:

Ingredients:

Foxtail or Little or Kodo Millet	- ½ padi
Water	- 1¼ padi

Method:

1. Clean the millet by beating,pounding and removing the dirt.

2. Take a vessel which can hold 2 padi water and boil the water.

3. Then add the cleaned millet into it and stir it.

4. Close it with a lid.

5. After it is ¾th cooked again stir it and remove it from the fire after 5 minutes and use it.

9. Corn Rice Or Porridge

Ingredients:

Corn	- 1 padi
Water	- 2 padi

Method:

1. Clean the corn by beating and pounding it. Remove the husk and place it in the pounding machine along with 1/16 veesam padi water.

2. Beat it nicely. Then separate the grits and flour. If there is whole corn in the grits take that alone and pound using 1/16 veesam padi water and repeat the process till there is no whole corn and separate the grits and flour.

3. Take 2 padi water in a vessel which can hold 3 padi water and boil it.

4. When the water starts to boil add the corn grits, mix it and cover it with a lid.

5. When the grits have been ¾th cooked add the flour and stir it. Care should be taken not to form lumps. Stir it twice or thrice for every 2 minutes.

6. Then keep the rice or porridge on a warm stove for half an hour which does not have fire in it. Stir it and serve.

10. Pearl Millet Rice/Porridge

Ingredients:

Pearl Millet Flour	- 1 padi
Clean Water	- 2 padi

Method:

1. Smash pearl millet until the outer layer of the skin is separated from the rice.

2. Sprinkle clean water and separate the grits and flour.

3. Take 2 padi of clean water and pour it into a pot which can hold 3 padi water.

4. Once the water starts to boil, add the flour and grits and mix well until no lumps formed.

5. Mix well repeatedly. Once the grits is 3/4th cooked, turn off the fire and leave the pot on the stove for approximately 1 hour and stir it again and keep it aside.

11. Finger Millet/Sangadi

Since this recipe requires more details with pictures of the ancient vessels used, the description for this recipe will be available in next phase of this book.

Tags; Breakfast, Lunch, Dinner, Health Food, Millets, Wheat, Festive Food

Indian Breads (Rotis) / Pancake

The word *roti* is derived from the Sanskrit word *rotika* meaning ‘bread’. The Indian bread, is a staple food of the wheat growing regions of India, mostly in its Northern and Western belt. Although now, the roti is much in demand and relished even in the rice growing areas of the East and South states of India. This is because consuming rice has been much maligned by pharma companies, quick-buck-making nutritionists, health enthusiasts and doctors, as the no-no food for such lifestyle diseases as heart problems, blood pressure, obesity, diabetes, etc.

The Roti is a round flatbread made from stone ground wholemeal flour (called *atta),* and water that is combined into a dough. Unlike its Western counterpart, the roti does not require a fancy oven, is unleavened (i.e. no raising agent like yeast or baking powder is used in its preparation) and therefore far more healthy than breads made in bakeries.

While wheat is a primary grain used for rotis, a wide variety of gluten-free grains and lentils such as grams, millets, jowar, bajra, maize, rice, amaranth, rajgir flours, are used as healthier alternatives to wheat flour, much to the delight of health conscious and vegan food enthusiasts.

Rotis always need accompaniments such as vegetables, curries, pickles and the like to savour them.

There are a wide variety of flatbreads made of refined flour (*maida)* called *naan,* which are alien to Indian traditional cooking and do not exist in the Bhagasastra.

Preparation

A roti dough is rolled out into flat round, square or triangular shapes, and cooked on a flat or slightly concave iron (or clay) griddle called a *tawa.* There are also a variety of rotis made using a traditional Indian oven called the *tandoor,* especially in the state of Punjab, where the flattened dough is stuck to the inside wall of the tandoor, where it bakes quickly at a high temperature.

In everyday life and homes, the roti rolled out is called *chapati* and is made of whole wheat flour mixed into dough with water, edible oil or ghee and optional salt in a mixing utensil called a *parat*, and is cooked on the tava. Variations of the chapati include the phulka (in Punjab, Maharashtra, Gujarat) and *maani* in Sindhi.

Some roti recipes do use a home-made souring process called *khameer*, as also buttermilk, yoghurt, etc., for variety and healthier options.

Ingredients

The primary ingredients in rotis/pancakes are stone ground flour, salt (optional), and water to form the dough.

Rotis are made into savories with the use of jaggery, coconut, etc.

12. Corn, Pearl Millet, Finger Millet Pancake

Ingredients:

Corn/Pearl Millet/ Finger Millet Flour	- ½ padi
Salt	- ⅛ palam

Method:

1. Take ½ padi of any one of the grains mentioned above, smash it and remove the skin. Grind it until it becomes as flour and keep aside.

2. Add salt to the flour.

3. Add boiled water and knead it well and leave it for about 1 hour.

4. Later knead it again and take a mango size dough and flatten it using hand on a flat surface. Make it into thin circles.

5. Using a dosa pan cook the pancake evenly on both the sides.

6. Turn over once it turns slightly red and cooked. Place it aside.

7. Also we can add jaggery to it.

8. Put adequate amount of jaggery dilute into the boiled/ warm water, mix along with dough and knead it well.

9. Can eat this pancake with kootu(a stew made of many vegetables, gravy, or curd.

13. Wheat Flour or Grits Pancake or Roti (Indian Bread)

Ingredients:

Wheat Grits or Flour	- ½ padi
Ghee	- 1½ palam
Salt	- ⅜ palam

Method:

1. Mix well all the above ingredient, add adequate water and make it into uniform dough.

2. Keep the dough for 1 ½ hour. Then take a lemon size ball from the dough, place it on the rolling board and roll it into standard size as dosai(crepe) shape with half inch thickness.

3. Dust the wheat flour on the roller as well as on the dough before rolling to prevent sticking.

4. Place it on the pan(turn on the fire) which is made up of either sand/stone/ steel.

5. Once the bubbles appear on the pancake, flip it over once redness starts to appear.

6. Follow the same step for rest of the dough.

7. We can also use our palm to do this roti.

8. Some will place ghee on hand,or will take 3-4 spoons of ghee and water in same amount and place it on both side of the roti/ pancake once it removed from the pan.

9. This will maintain the softness of the roti.

10. We can eat this roti with any gravy, stew, dhal. Spicy mango/banana paste(jam) also can be spread over the roti.

14. Khameer(Sour) For Roti Preparation

In North India, to prepare roti they add some sort of sour ingredient. They call it as khameer.

There are few types:

1st Type:

Ingredients:

Clean Water	- ½ padi
Bengal Gram	- 2 ru.e
Wheat Flour	- ½ padi

Method:

1. Take 2 bowls which can contain ½ padi of water
2. Wash both well. Add few drops of gingely oil into the bowl, spread well, add clean water and let it boil.
3. Once it's starts to boil, turn off the fire and let the temperature of the water to reduces to warm.
4. Add 2 ru.e of bengal gram.
5. Take the another same size bowl and close it over the first bowl.
6. Make sure both are in the same size so that the mouth of both the bowls are evenly covered.
7. Keep the bowls carefully into the ash and burry it . After 3 hrs, the clean water will appear foamy and it has a sour smell.

8. Add ½ padi wheat flour to the above mixture. Clean the bengal gram with water and use this water also to the flour and knead it well.

9. Keep it for 72 min or 96 min. Now the khameer is ready.

10. To do roti, mix 40 r.e of wheat flour with 1r.e of khameer.

11. How much ever khameer we are taking, equal amount of wheat should be added to maintain the same amount of khameer.

12. Once the amount decreases, follow the above step to prepare the sour water(by mixing water and bengal gram) and add and mix into the left out khameer.

2nd Type:

Method:

1. Same steps to be followed as in the first method.

2. Instead of bengal gram, add 3 palam of sugar into boiling water.

3rd Type:

Method:

1. Instead of bengal gram, mix 1¾ r.e sour curd, 15 r.e wheat flour/grits, powdered saunf or fennel seeds place it on a cloth, tie it and hang it.

2. Check whether it has puffed up.

3. Add the flour little by little and use it as mention in previous type.

4. Do not let this type to get more sour.

15. Khameer Roti

Ingredients:

Wheat Flour/Grits	- ½ padi
Khameer	- ½ palam
Salt	- ¼ palam

Method:

1. Mix well all the above items with sufficient clean water.
2. Knead it well and make it into a dough.
3. Keep it in a warm environment. Later make it into multiple small round like dough.
4. Roll it to make roti. Place it on a clean wet cloth and flatten it.
5. Cover it with another wet cloth and leave it for another 30 minutes.
6. Heat a pan which is made up of sand/steel/ stone. Place the roti and cook it well.
7. Turn over once the roti starts to puff.
8. Some will sprinkle (buttermilk) while turning over the roti. This also can be cooked on a dosa(crepe) pan.

16. Sirmari Roti

Ingredients:

Milk	- ½ padi
Khameer	- 1¼ palam
Cream Of Milk	- 5 palam

Wheat Grits	- ½ padi
Salt	- ¼ palam
Curd	- veesam 1/16 padi
Milk	- veesam 1/16 padi

Method:

1. Combine milk and khameer and mix it nicely.

2. Combine cream of milk, wheat grits. Add salt to it.

3. Now add the milk and kameer mixture to the grits mixture. Mix it gently and knead it into a soft pliable dough.

4. Leave this dough for sometime without disturbing. After some time it would have raised in volume. Then take a lemon size ball from the dough and roll it into a thin circle of half inch thickness.

5. Combine the curd and milk together and spread this mixture evenly on all the roti's.

6. Place all the roti's on a clean wet cloth and cover it with a wet cloth for 36 minutes.

7. After 36 minutes it will be puffed up. Then put some 2 to 3 holes on the center of the roti and cook it.

8. It should become slightly red in colour and puff up. Till then we have to sprinkle sour buttermilk evenly on the roti.

9. Once the center portion gets cooked show the roti on a live coal without smoke so that the edges get cooked.

17. Vegetable And Potato Mixed Pancake

Ingredients:

Tapioca	– ½ veesai
Wheat Grits	– 7 palam
Salt	– ⅛ palam

Method:

1. Steam the tapioca until it is cooked. Then remove the skin.
2. Mix wheat grits, salt, and the tapioca to uniform consistency.
3. Add adequate water to mix it and make dough.
4. Then make small balls out of the dough. Place the small dough on the rolling board and roll it.
5. Now place it on the dosa pan and cook it as for roti.
6. Similarly, we can also do this roti with potato/pumpkin/raw banana. But must steam/roast it and remove the skin prior to making.
7. Then mix with semolina and do the roti.

Kushka (Aromatic Dishes)

Tags; Lunch; Rice, Festive Food, Naivedyam

In common parlance, kushka food is akin to the eponymous *biryani*, yet vastly different from it. Biryani is the invader's import into the potpourri now called Indian cuisine and fairly recent compared to kushka rice defined in the 60,000 years old Indian cuisine text, the Bhagashastra. However, in current day culinary books and restaurants, kushka rice has become synonymous with biryani, the aromatic rice served mostly in South Indian restaurants.

Kushka dishes are prepared in an excited and fun way. In the original text of the Bhagashastra, it is eaten using curd, milk, sugar, lemon and the like. Kushka rice cannot be combined with such dishes as dal soup, rasam or kootu which is either tangy or spicy or bitter.

Preparation

Kushka, is a rice dish made with spices, aromatic rice such as the basmati, or small rice such as jasmine or jeera variety and ghee. A present day Kushka is a lunch dish, primarily served with *kurma or korma* and very popular in Southern India. The spices and condiments used in it could include

cardamom, cinnamon, bay leaves, coriander and mint leaves, apart from ghee, ginger, onions. The dish retains the white color of rice even with the light seasoning of spices.

In the Bhagashastra, the Kushka rice dishes uses simpler and authentic ingredients for aroma. For e.g. a recipe described below uses actual fragrant flowers such as the jasmine in the rice preparation, rather than the flavored rice used in modern day recipes.

Kushka rice dishes have to be cooked in such a way that each grain must be separate and not as solid mass or mushy. The grains should not stick to the finger. The process, as you will notice from the recipes below, requires patience, as they are long, tedious and need a lot of care in their preparation.

18. Sameli Kushka

Ingredients:

Jasmine Flower	- ¼ padi
Water	- ½ padi
Small Rice	- ½ padi
Water	- ½ padi

Method:

1. Select good variety of Pink jasmine or Winter jasmine. After it flowers remove the green stem.

2. Divide the flower into 4 equal parts and tie it in a muslin cloth separately.

3. Take the water in a vessel and heat it. Tie a piece of cloth on the mouth portion of Bogini (a pot like vessel which has small mouth at the top and wider middle portion so that when it is used for cooking the vapour does not escape easily from the mouth and the item gets cooked quickly and evenly).

4. Place a first batch of muslin cloth on the bogini which has the flower and pour 2 ladles of boiling water on it by turning the cloth in all directions. Repeat the process for the rest of the three flower batches.

5. Then keep this fragrant water covered separately.

6. Then wash and clean the small rice with water. Filter the water completely.

7. Take the water in a vessel that can hold 2 padi water and heat it. When it starts to boil put the cleaned rice,stir it and close it with a lid.

8. When the rice has half cooked pour the clean fragrant water to the rice and stir it.

9. Tie a clean and white cloth on the mouth of the vessel in which the rice is cooking. Then cover using a vessel or a plate on the cloth so that no water vapour escapes from the vessel.

10. After 2 or 3 minutes place the vessel on a stove which does not have smoke for sometime.

11. When it is ready take it out and serve.

19. Mamooli Kushka

Ingredients:

Rice	- ½ padi
Thick Curd	- 1¼ palam + 1¼ palam
Water	- 1 padi
Milk	- ⅛ padi + ⅛ padi
Powdered Salt	- ½ palam
Ghee	- 2½ palam

Method:

1. Wash and clean the rice nicely. Then drain the water completely.

2. Add the curd to the cleaned rice and mix it. Then again add some water and drain it.

3. Repeat this process with curd and water. This time after adding curd leave it for 1½ hours and the wash with water.

4. Mix the water and milk in a vessel which is rust free and heat it. When it is boiled and reduced into half add the cleaned rice and stir it. Also add the salt to it and close it with a lid.

5. When the rice is half cooked take it out and filter the water using a clean white cloth.

6. Take a vessel which has not become sticky by frequent cooking and cook the rice along with the milk. The rice granules should be cooked to the right consistency(flower like).

7. Lastly add the pure ghee to the rice and mix it evenly. Then keep this rice on a live coal without smoke for sometime and then use.

20. Keelani Kushka

Ingredients:

Rice	- ½ padi
Water	- 1½ padi
Salt	- 1¾ palam
Thick Curd	- 2½ palam
Big Lemon	- 1
Ghee	- 1¾ palam
New Mud Pan	- 1
Milk	- veesam 1/16 padi + veesam 1/16 padi

Method:

1. Wash and clean the rice with water and filter the water completely.

2. Boil the water in a vessel which is rust free. Then add the cleaned rice and close it with a lid.

3. After some time when the rice has half cooked add the powdered salt mix it and when it again starts to boil add the lemon juice,ghee and curd one by one and stir it.

4. When the rice has completely cooked take it out from the fire and filter it using a clean white cloth.

5. Take a clean new mud pan and keep it on the stove. Then sprinkle the milk on all sides of the pan . When the milk has reduced add the cooked rice.

6. Then add the milk and stir it. Keep covered so that rice gets cooked properly. During this process the flame should be in low to medium.

7. When the rice gets cooked to the right consistency(flower like) take it out and serve.

21. Mohasam Kani Kushka

Ingredients:

Rice	- ½ padi
Ghee	- 3 veesam 3/16 padi
Water	- ¾ padi
Cream Of Milk	- 5 palam
Rock Candy or Unrefined Sugar	- 10 palam

Note: When we heat the milk for more time in a slow flame a thick layer settles on the top which is called the cream of milk.

Method:

1. Wash and clean the rice with water and drain it completely. Leave it for sometime.

2. Heat the ghee in a wide pan. Then add the cleaned rice and fry it till it becomes golden brown in colour.

3. Take the water in a vessel which can hold 2 padi water and boil it. Then add the fried rice,stir it and cook it in a medium flame.

4. The rice granules should be cooked to the right consistency(separate granules).

5. After it has cooked remove from fire and keep it on a live coal without smoke for sometime.

6. Then transfer it to a clean metal plate. Add the cream of milk and sugar, mix it and serve.

Sojji And Adai Or Roti

Tags; Breakfast, Fasting, Naivedya, Snacks, Festivals

Sojji is rice, generally of the small variety, that is dry roasted for preparation of various kinds of dishes in the Bhagashastra. This rice is also called Usali in the cuisine of Maharashtra and Karnataka. This rice is prepared on festivals such as *Ekadasi,* where people have to fast. With the dry roasted rice or sojji once established, various dishes can be prepared by varying the seasoning.

A basic seasoning is described below, which can be varied as per taste local ingredients.

22. Seasoning

Ingredients:

Ghee/Sesame oil
Red Chilies
Urad Dal/Black Gram
Asafoetida
Curry Leaves

Method:

1. Ghee or Sesame oil- Heat this in a saute pan(wok) or iron ladle or mud pot or a vessel which is rust free until the spluttering sound stops.

2. Red Chillies – Remove the stems and break it into smaller pieces and drop it in the ghee or oil and leave it until it is half-cooked.

3. Urad Dal or Black gram- Add this to the red chillies and keep it until the spluttering sound stops.

4. Then put this seasoning in the desired dish and mix it. If you want to add asafoetida and curry leaves, you can add it when the mustard seed stops spluttering.

5. It is necessary to follow the above procedure correctly for seasoning. Some people add the mustard, red chillies etc before the oil is heated and take it out of the stove before the spluttering stops.

6. If it is done this way, the taste of the dish will be spoiled and there are many ailments caused in the body.

23. Normal Sojji

Ingredients:

Small Rice	- 1 padi
Water	- 3 padi

Method:

1. This dish is also called fried rice. This is eaten by people who are sick and unable to fast during festival days. This controls vomiting, fever and diarrhea.

2. Fry small rice 1 padi in a pan until golden brown. Pour 3 padi water in a 5 padi water holding capacity pot and boil it. Soak the fried rice in water.

3. When the water boils, drain the water from the rice and immediately put it in the boiling water. Refer to recipe number one for rice made from draining the water procedure.

24. Seasoned Sojji

Ingredients:

Small Rice	- 1 padi
Water	- 2 padi
Turmeric Powder	- ⅛ r.e
Salt	- ½ palam
Pepper	- ⅛ palam
Cumin Seed	- ⅛ palam
Ghee	- 2 palam

For Seasoning:

Ghee	- 3 padi
Red Chillies	- ¼ palam
Urad Dal/Black Gram	- ½ palam
Mustard Seeds	- ¼ palam
Curry Leaves	- ⅛ palam

Method:

1. Add small rice to a pan and fry it in smaller quantities. Pour 3 padi ghee in a 5 padi water holding capacity pot and heat it.

2. Refer to the 22nd recipe method for seasoning by adding red chillies, urad dal and mustard. Add curry leaves to the seasoning and when the spluttering sound stops, add 2 padi water to the prepared seasoning.

3. Put turmeric powder in the water. When the water boils, add the fried rice after cleaning it thoroughly in water and draining the water. Stir well and close it with a lid.

4. After some time see if the rice is ¾th boiled. Add powdered salt to the boiling sojji and stir it with a ladle.

5. Heat ghee in an iron ladle or pan and after it is fully heated, add pepper, cumin seed and pour it in ghee. Add asafoetida in this and after it becomes crispy, take it out of the ghee.

6. Add the ghee with pepper and cumin seed in the sojji. Mix it and keep it for 5 minutes and remove from the fire.

7. You can add this seasoning of cumin seed, pepper and asafoetida before adding the cleaned rice. By doing this, the aroma of cumin seed, pepper and asafoetida will spread all over the dish.

25. Green Moong Dal Sojji

Ingredients:

Rice	- ¾ padi
Roasted Green Moong Dal	- ¼ padi
Water	- 2 padi
Turmeric Powder	- ⅛ r.e
Salt	- ½ palam
Pepper	- ⅛ palam
Cumin Seed	- ⅛ palam

For Seasoning:

Ghee	- 3 padi
Red Chillies	- ¼ palam
Urad Dal/Black Gram	- ½ palam
Mustard Seeds	- ¼ palam
Curry Leaves	- 1/8 palam

Method:

1. Fry small rice in smaller quantity until golden brown. Fry green moong dal. Whole green lentils have to be fried until golden brown. After it is fried it can be broken and used. By doing this the lentils will be tasty and aromatic. Mix this with the fried small rice.

2. Pour 3 padi ghee in a 5 padi water holding capacity pot and heat it. Refer to the 22nd recipe for seasoning by adding red chillies, urad dal and mustard. Add curry leaves to the seasoning and when the spluttering sound stops, add 2 padi water to the prepared seasoning. Put turmeric powder in the water. When the water boils, add the fried rice along with fried dal after cleaning it thoroughly in water and draining the water. Stir well and close it with a lid. After some time see if the rice and dal is ¾th boiled. Add powdered salt to the boiling sojji and stir it with a ladle.

3. Heat ghee in an iron ladle or pan and after it is fully heated, add pepper, jeera and pour it in ghee. Add asafoetida in this and after it becomes crispy, take it out of the ghee. Add only the ghee with pepper and cumin seed in the sojji. Mix it and keep it for 5 minutes and remove from the fire.

4. You can add this seasoning of cumin seed, pepper and asafoetida before adding the cleaned rice. By doing this, the aroma of jeera, pepper and asafoetida will spread all over the dish.

26. Coconut Milk Sojji

Ingredients:

Rice	- ¾ padi
Green gram/moong dal	- ¼ padi
Grated Coconut	- 10 palam
Water	- 2 padi
Turmeric Powder	- ⅛ r.e

For Seasoning:

Ghee	- 3 palam
Red Chillies	- ¼ palam
Urad Dal/Black Gram	- ½ palam
Mustard	- ¼ palam
Curry Leaves	- ⅛ palam
Pepper	- ⅛ palam
Cumin Seed	- ⅛ palam

Method:

1. Fry small rice in smaller quantity until golden brown. Fry green moong dal. Whole green lentils have to be fried until golden brown. After it is fried it can be broken and used. By doing this the lentils will be tasty and aromatic. Mix this with the fried small rice.

2. Grind smoothly grated coconut in a stone grinder by sprinkling water and dissolve it in 2 padi water. Squeeze the milk out of this and throw the remnants. Heat ghee in a coated vessel. Refer to 22nd recipe for seasoning by adding red chillies, urad dal and mustard.

3. Add curry leaves and when it stops spluttering, add the coconut milk prepared above. Put turmeric powder into the coconut milk. After it starts boiling, clean and drain the fried rice and lentil and add to the coconut milk.

4. Stir well and close it with a lid. After some time see if the rice and dal is ¾th boiled. Add powdered salt to the boiling sojji and stir it with a ladle.

5. Heat ghee in an iron ladle or pan and after it is fully heated, add pepper, cumin seed and pour it in ghee. Add asafoetida in this and after it becomes crispy, take it out of the ghee. Add only the ghee with pepper and cumin seed in the sojji. Mix it and keep it for 5 minutes and remove from the fire.

6. You can add this seasoning of cumin seed, pepper and asafoetida before adding the cleaned rice. By doing this, the aroma of cumin seed, pepper and asafoetida will spread all over the dish.

27. Maharashtra Sojji

Ingredients:

Rice	- 1 padi
Ghee	- 6 palam
Cumin seed	- ¼ palam
Fried Red Chilli Powder	- ¼ palam
Salt	- 1 palam
Turmeric Powder	- ⅛ r.e
Copra	- 5 palam
Milk	- ½ padi
Ghee	- 5 palam

Method:

1. Soak 1 padi rice in water after frying it little by little, to golden brown in a pan. Heat ghee in a 5 palam water holding capacity pan. Drain the water from the soaked rice, and add it to the ghee. Add cumin seed, fried red chilli powder, powdered salt, turmeric powder to the rice which is cooking in the pan.

2. Fry the grated copra , powder it and add it to the rice and stir well. Divide milk into 4 portions. Take one portion, sprinkle it in the sojji, stir it and close it.

3. After 5 minutes, repeat this and close the pan. Do this process four times. While doing this, reduce the fire in the stove. A little heat is enough for this process.

4. Add ghee to the sojji and stir it well. Keep it in slow fire. After 5 minutes take out from the fire and use. The pan and the ladle used should be rust-free.

28. Masala Sojji

For The Masala:

Coriander Seeds	- 1¼ palam
Grated Copra	– 2½ palam
Cloves	- 1/8 palam
Cumin Seed	- 1/8 palam
Shajeera/Caraway Seeds	- 1/8 palam
Pepper	- 1/8 palam
Cinnamon	- 1/8 palam
Nagakesar/Cobra Saffron	– 1/8 palam
Cardamom	– 1/8 palam
Asafoetida	- 1/18 palam
Red Chillies	– 5/8 palam
Turmeric	- 1/8 palam

Ingredients:

Rice	- ½ padi
Ghee	- 5 palam
Salt	- ¾ palam
Pure Water	- 1 padi

Method:

1. Fry all the ingredients separately in little ghee except (shah jeera and asafoetida). Fry asafoetida in the pan until it becomes crispy. Powder the shahjeera along with it.

2. Clean small rice and drain the water completely. Then add the masala powder prepared and mix well.

3. Heat 2 and ½ palam ghee in a rice pot and put the rice and masala mixture in it. Stir well for 5 minutes. Add pure water to the fried rice and stir again. When the rice is half done, add powdered salt.

4. Mix again and when the rice is almost done, add 2 and ½ palam ghee. Keep it in slow fire for 5 minutes and remove to use.

Breakfast with Rice, Broken Wheat, Flattened Rice

Tags; Breakfast, Health Food, Rice, Wheat, Snacks

Unlike the cuisine in North of India, the food of the South is predominated by rice as a primary ingredient - long, short, small, broken, flattened. This variety makes for some of the most healthy and interesting breakfast recipes, especially in Southern & Western India, particularly Tamil Nadu, Karnataka, Gujarat and Maharashtra.

In Southern kitchens, *upma* as breakfast has an ubiquitous presence. Quick, easy, nutritious and filling, a stomach full of upma can sustain a person for several hours without getting hungry or craving for the next feed. Upma is usually made of coarsely ground rice or wheat (called semolina), enhanced with seasoning in ghee (such as one described in 22) and a fair amount of vegetables such as beans, carrots, green peas, etc.

Another popular breakfast, a standard fare particularly in the states of Gujarat and Maharashtra, is a variety of preparations made from flattened rice or *Poha.*

Preparation
The key aspect of breakfast food such as upma, poha, porridge is its quickness and ease of preparation - the whole process does not take more than 15 minutes, from start to finish. Hence, it is an ideal item to prepare when the number of people to feed is large or one is pressed for time.

Ingredients
As the recipes below will show, the basic ingredients are coarsely ground rice or wheat or flattened rice, seasoning with ghee and water as required. Nowadays, upma is also prepared using different kinds of millets, coarsely ground bajra, jowar, maize, etc.

29. Plain Upma (Thick Porridge)

Ingredients:

Pure Water	- 3/8 padi
Salt	- ½ palam
Rice Flour	- ¼ padi
Grated Coconut	- 5 palam
Asafoetida	- veesam 1/16 r.e

For Seasoning:

Ghee Or Oil	- 1½ palam
Red Chillies	- ¼ palam
Urad Dal/Black gram	- ½ palam
Mustard Seeds	- ¼ palam
Curry Leaves	- ¼ palam

Method:

1. Heat ghee or oil in a 2 padi water holding capacity pot. After it boils, add red chillies, mustard, urad dal, and refer to recipe 22nd for seasoning.

2. Clean curry leaves and add it to the dish. Add pure water. Add powdered salt. Mix rice flour and grated coconut and put it in the boiling water and stir continuously. It should not form lumps.

3. After the flour is cooked remove it from fire and keep it in slow fire for 5 minutes and remove to use.

4. The rice flour should be ground coarsely for this dish. You may even add toor dal to the rice while grinding. If you want to add asafoetida, add soon after the seasoning is ready and just before the water is added.

30. Cracked Wheat Thick Porridge

Ingredients:

Cracked Wheat	- ¼ padi
Powdered Salt	- ¼ palam
Sour Butter Milk	- ⅜ padi
Ghee	- 2½ palam

For Seasoning:

Red Chillies	- 1/16 palam

Mustard	- 3 veesam 3/16 palam
Urad Dal/Black Gram	- ¼ palam
Cumin Seeds	- veesam 1/16 palam
Asafoetida	- 4 ku.e
Curry Leaves	- veesam 1/16 r.e

Method:

1. Heat ghee in a half padi rice holding capacity vessel. Refer to the 22nd recipe for seasoning and add, mustard, urad dal, cumin, asafoetida and curry leaves.

2. Add cracked wheat to the seasoning and stir well. After it is fried to golden brown and the aroma of the ghee spreads, add powdered salt to the cracked wheat. Take sour butter milk in a cup in the left hand and pour it little by little in the dish, also stirring continuously with the right hand. After all the buttermilk is poured, keep it on slow fire for 5 minutes and set aside for use.

3. Some people may just use water instead of butter milk. But using butter milk is best and it should be thick and not watery.

31. Plain Pan Thick Porridge

Ingredients:

Rice Flour	- ¼ padi
Salt	- ¼ palam
Sour Butter Milk	- 3/8 padi
Grated Coconut	- 2 palam

For Seasoning:

Ghee Or Sesame Oil	- 1½ palam
Red Chillies	- 1/8 palam
Mustard	- 3 veesam 3/16 palam
Urad Dal	- ½ palam
Curry Leaves	- 1/8 palam
Asafoetida	- veesam 1/16 r.e

Method:

1. Put coarsely ground rice flour in a rust-free vessel. Add powdered salt and sour butter milk to the rice flour and mix well.

2. Refer to the 22nd recipe for seasoning and add ghee or sesame oil, red chillies, mustard, urad dal, curry leaves, asafoetida.

3. Set aside the asafoetida. Pour the rice flour into the seasoning and stir well with an iron rod continuously so that the flour becomes smooth.

4. The butter milk used here should be sour and thick. This dish should be eaten hot.If necessary grated coconut can be added to the butter milk and used.

32. Cracked Wheat Pan Upma

Ingredients:

Ghee	- ½ palam
Cracked Wheat	- ¼ padi
Sour Butter Milk	- ⅜ padi
Powdered Salt	- ¼ palam

For Seasoning:

Ghee	- ⅛ palam
Red Chillies	– ⅛ palam
Mustard	- ¼ palam
Urad Dal/Black Gram	- ¼ palam
Cumin Seeds	- 1/16 palam
Curry Leaves	- ⅛ palam
Asafoetida	- veesam 1/16 r.e

Method:

1. Heat ghee in a pan and after it boils, add cracked wheat in it and fry well until golden brown. The aroma of the ghee should emerge out of the dish.

2. Add sour butter milk. Put this in a lead coated vessel and add the fried cracked wheat in it. This vessel should be clean and rust-free.

3. Add powdered salt to it and mix well.

4. Heat ghee in a pan and add red chillies, mustard, urad dal, cumin seeds, curry leaves, asafoetida and refer to the 22nd recipe for seasoning.Set aside the asafoetida.

5. Pour the cracked wheat into the seasoning and stir well with an iron rod continuously so that it is cooked properly. The butter milk used here should be sour and thick.

6. This dish should be eaten hot. If necessary grated coconut can be added to the butter milk and used.

33. Seasoned Flattened Rice/Poha

Ingredients:

Aval/Flattened Rice/Poha	- ½ padi
Water	- ¾ padi
Salt	- ¾ palam
Grated Coconut	- 3 palam

For seasoning:

Ghee	- 1/16 padi
Urad Dal/Black Gram	- ½ palam
Red Chillies	- 1 r.e
Mustard	- ½ palam
Cumin Seeds	- ⅛ r.e
Curry Leaves	- ¼ r.e

Method:

1. Soak the flattened rice in water and drain the water. Heat ghee in a rust free vessel. Refer to the 22nd method for seasoning and add urad dal, red chillies, mustard, cumin seeds and curry leaves.

2. After the seasoning is done add the flattened rice/poha and powdered salt, grated coconut and stir well. Remove after 10 minutes from the stove. Fry cashewnuts in ghee and add to the dish.

34. Seasoned Flattened Rice With Curd

Ingredients:

Salt	- 1 palam
Flattened rice	- ½ padi
Sour butter milk	- ¾ padi

For Seasoning:

Ghee	- veesam 1/16 padi
Urad Dal	- ½ palam
Red Chillies	- 1 r.e
Mustard	- ½ palam
Curry Leaves	- ¼ r.e

Method:

1. Soak powdered salt and flattened rice in sour buttermilk. After it is soaked well refer to 22nd recipe for seasoning.

2. Add ghee, urad dal, red chillies, mustard, curry leaves. Pour this in the flattened rice and mix well to use.

35. Seasoned Flattened Rice With Tamarind

Ingredients:

Flattened rice	- ½ padi
Tamarind	- 2 palam
Pure Water	- ¾ padi
Turmeric Powder	- veesam 1/16 r.e
Salt	- 1 palam
Jaggery	- ½ palam
Red Chillies	- ¼ palam
Fenugreek	- ¼ palam
Asafoetida	- veesam 1/16 r.e
Chana Dal/Bengal Gram	- veesam 1/16 padi
Grated Coconut	- 2 or 3 palam

For Seasoning:

Sesame oil	- veesam 1/16 padi
Red Chillies	- ¼ palam
Urad Dal	- ½ palam
Mustard	- 1/2 palam
Curry Leaves	- ¼ r.e

Method:

1. Pound flattened rice to cracked rice consistency in a pounder. Mix tamarind in pure water and remove the seeds from it. Add salt, turmeric powder and jaggery to the tamarind.

2. Fry red chillies, fenugreek, asafoetida in oil and put it in the tamarind juice. Soak chana dal in water for some time and fry it in ghee and mix the cracked flattened rice to it and add it to the tamarind juice. Soak well.

3. Refer to the 22nd recipe for seasoning method and use sesame oil, red chillies, urad dal, mustard, curry leaves. Add the tamarind mixture to this and fry well for 3 minutes. Remove from fire and use.

4. Grated Coconut 2 or 3 palam can be added to the tamarind juice before adding it to the seasoning. Flattened rice can be used without pounding.

36. Flattened Rice With Sour Lemon Juice

Ingredients:

Flattened Rice	- ½ padi
Lemon Juice	- veesam 1/16 padi
Red Chillies	- ¼ palam
Asafoetida	- veesam 1/16 r.e
Fenugreek	- ¼ palam
Salt	- 1 palam
Turmeric Powder	- 1/16 r.e
Chana Dal/Bengal Gram	- veesam 1/16 padi

For seasoning:

Ghee	- veesam 1/16 padi
Red Chillies	- ¼ palam
Urad Dal	- ½ palam
Mustard	- ½ palam
Curry Leaves	- ¼ r.e

Method:

1. Pound flattened rice to cracked rice consistency in a pounder. Soak it in water for some time. Fry red chillies, asafoetida and fenugreek in oil and powder it. Add powdered salt and turmeric powder to the lemon juice and mix it with the flattened rice.

2. Soak chana dal in water for some time and dry it in the shade. Fry this in little ghee and add it to the flattened rice. Refer to the 22nd seasoning method and use ghee, red chilli, urad dal, mustard, and curry leaves. Add the flattened rice to this seasoning and remove from

fire after 2 or 3 minutes to use. This dish can also be prepared without cracking the flattened rice in the pounder.

37. Milk Flattened Rice

Ingredients:

Flattened Rice	- ½ padi
Pure Water	- ½ padi
Jaggery	- 10 palam
Milk	- ¼ padi
Cardamom/Elaichi	- ¼ r.e
Fried Cashewnuts	- 3 palam
Saffron	- ¼ r.e

Method:

1. Pound the flattened rice. Boil pure water in a vessel and add jaggery or brown sugar. Put the flattened rice in this and mix well. Close it with a lid. Keep this for 2 or 3 minutes.

2. Then add milk and stir well. Put elaichi/cardamom powder , fried cashew nuts one by one and stir again. Keep it on slow fire for some time and set aside. If needed you can add saffron dissolved in milk.

Adai Or Rotti

Tags; Breakfast, Snack, Vegan

If the North has pancakes or rotis made of wheat flour, the Southern equivalent of it is the *adai* or rotti. Made from a mix of ground rice and a variety of lentils, this mouth watering dish is protein rich and a great alternative for the experimental vegan, transitioning from a non-veg lifestyle and constantly worrying about, “where do I get my proteins”?

Given its high protein content, the must-add ingredients in adai are the pungent asafoetida, ginger and cumin seeds, to enable easy digestion.

Preparation

Unlike in the roti of the North, the ingredients for adai/rotti are washed thoroughly, dried in the sun and then coarsely ground into flour. The dough is prepared by boiling pure water and pouring into the measured out flour followed by the seasoning that is poured over it.

38. Thavalai Adai (Pancakes)

Ingredients:

Rice	- ¼ padi
Chana Dal/Bengal Gram	- veesam 1/16 padi
Toor Dal/Pigeon Pea	- veesam 1/16 padi
Moong Dal	- veesam 1/16 padi
Pure Water	- 3 veesam 3/16 padi
Grated Coconut	- 3 palam
Cumin Seeds	- ¼ r.e
Asafoetida	- 4 ku.e
Powdered Salt	- ½ r.e
Ghee	- 1¼ palam
Mustard	- ¼ r.e
Urad Dal/Black Gram	- ¼ palam
Red Chillies	- ¼ r.e
Ghee	- 1 and ¼ palam

Method:

1. Wash rice, chana dal, moong dal, toor dal and drain the water. Dry these items well and coarsely grind it to flour. Pour pure water in a pan and boil it. Add grated coconut, cumin seeds, asafoetida, powder salt, one by one into the pan. Also add the ground flour, stir and transfer it into a tray.Refer to 22nd recipe for seasoning and add ghee, mustard, urad dal, red chillies. Put this seasoning into the flour, knead the dough and make lemon-sized balls out of it.

2. Heat ghee. Remove from the fire and turn the pan in a clockwise and anticlockwise direction to smear the ghee all over the pan. Take ½ inch gooseberry size balls(dough) pat it round and make a hole in the middle and stick it to the inside of the pan. Keep this pan in the slow fire. Take another vessel filled with water and close this pan. When the water is boiled, test the pancakes if they are cooked and golden brown.

39. Another Variety Of Thavalai Adai (Pancake)

Ingredients:

Rice flour	- ⅛ padi
Pure Water	- ⅛ padi
Grated Coconut	- 1 palam
Chana Dal/Bengal Gram	- ¼ palam
Moong dal/Yellow or Green gram	- ¼ palam
Salt	- ¼ r.e
Ghee	- ¼ palam
Red Chillies	- ¼ r.e
Mustard	- ½ r.e
Urad Dal/Black Gram	- ¼ palam

Method:

1. Clean rice and coarsely grind it to flour. Boil water, put the flour in it and knead it. Add grated coconut, soaked chana dal, soaked moong dal, powdered salt to the kneaded flour and knead again.

2. Refer to 22nd recipe for seasoning method and use ghee, red chilli, mustard, urad dal. Put this to the kneaded flour and knead it once again. Make lemon sized balls out of this dough.

3. Take a pan and smear with sesame oil on all sides to the inside of the pan. Take gooseberry size of dough and flatten it in the palm of the hand and make a hole in the middle of the flour.

4. Heat ghee. Remove from the fire and turn the pan in a clockwise and anticlockwise direction to smear the ghee all over the pan. Take ½ inch gooseberry size balls(dough) pat it round and make a hole in the middle and stick it to the inside of the pan. Keep this pan in the slow fire. Take another vessel filled with water and close this pan. When the water is boiled, test the adai/pancakes if they are cooked and golden brown.

40. Roti/Indian Bread (Dasami)

Ingredients:

Cracked Wheat or Wheat flour	- ½ padi
Ghee	- 1½ palam

Method:

1. This dish is usually done in Mumbai, Pune and Maharashtra.

2. Knead cracked wheat or wheat flour in ghee. Add enough milk to knead it. Make lemon sized balls out of it. Make rotis in a papad making block of wood. Refer to 13th recipe to make rotis. Put this in a pan and cook the rotis.

3. This is also kneaded with water instead of milk.

Pongal

Just as Poha is synonymous to Maharashtra and Gujarat, Pongal is synonymous with the states of Tamil Nadu, Karnataka and Andhra Pradesh although the Bhagasastra gives us recipes from other regions of the country as well.

41. Temple Pongal

Ingredients:

Small rice	- ½ padi
Fried Moong Dal/Yellow/Green Gram	– ¼ padi
Pure Water	- 1 ½ padi
Pepper Pods	- ½ palam
De Skinned And Grated Ginger	– ½ palam
Powdered Salt	- 5/8 palam
Ghee	- 12 palam

Asafoetida - ⅛ r.e

Method:

1. Fry whole moong dal until aroma arises. Then split the dals and use it. This will make the dals tasty.

2. Clean the rice and dal thoroughly. Boil pure water in a 4 padi water holding capacity pot and transfer the rice and dal into it. Close the lid after stirring it well. When the rice is 3/4th cooked, add pepper,ginger, salt and ghee. Dissolve asafoetida in water and add to the Pongal. Reduce the fire and cook for 5 minutes. Remove the skin of cashew nuts, slice them into pieces, fry in ghee and garnish.

42. Yellow Or Green Gram Pongal

Ingredients:

Broken Rice (Small Rice)	- ½ padi
Fried Moong Dal/Green Gram	- ¼ padi
Turmeric Powder	- veesam 1/16 palam
Butter	- 1½ palam
Pure Water	- 1½ padi
Pepper	- ¼ palam
Cumin Seeds	- ¼ palam
Grated Ginger	- 1 r.e
Powdered Salt	- ½ palam
Ghee	- 6 palam
Asafoetida	- veesam 1/16 r.e
Grated Coconut	- 4 palam
Cashewnuts	- 5 palam

Method:

1. Fry whole moong dal until the aroma arises. Then split the dals and use it. Add turmeric and butter to the rice, dal mixture. Boil pure water in a 4 padi water holding capacity pot and add the rice, dal mixture to it. Close the lid. When the rice is 3/4th boiled, add pepper, cumin seeds and ginger. Mix the dish well.

2. Add ghee and stir the Pongal. Keep it on slow fire. Dissolve asafoetida in water and pour it into the Pongal. Add grated coconut and keep the Pongal on slow fire for 5 minutes. Stir well and remove. Instead of coconut, cashew nuts can be added. Remove the skin of cashew nuts, cut it into pieces and add it to the Pongal.

43. Another Variety Of Moong Dal Pongal

Ingredients:

Broken Rice (Small Rice)	- ½ padi
Fried Moong Dal/Green Gram	- ¼ padi
Turmeric Powder	- veesam 1/16 palam
Butter	- 1 and ½ palam
Pure Water	- 1 and ½ padi
Pepper	- ¼ palam
Cumin Seeds	- ¼ palam
Grated Ginger	- 1 r.e
Powdered Salt	- ½ palam
Butter	- 9 palam
Asafoetida	- veesam 1/16 r.e
Grated Coconut	- 4 palam
Cashewnuts	- 5 palam
Cloves	- veesam 1/16 palam
Nutmeg	- veesam 1/16 palam
Mace	- veesam 1/16 palam

Method:

1. Fry whole moong dal until the aroma arises.Then split the dals and use it. Add turmeric and butter to the rice, dal mixture.Boil pure water in a 4 padi water holding capacity pot and add the rice, dal mixture to it. Close the lid. When the rice is 3/4th boiled, add pepper,ginger,cloves,powdered nutmeg,powdered mace and cumin seed. Mix the dish well.

2. Add butter and stir the Pongal. Keep it on slow fire. Dissolve asafoetida in water and pour it into the Pongal. Add grated coconut and keep the

Pongal on slow fire for 5 minutes. Stir well and remove. Instead of coconut, cashew nuts can be added. Remove the skin of cashew nuts, cut it into pieces and add it to the Pongal.

3. Butter is added instead of ghee in this pongal.

44. Pigeon Pea (Toor Dal) Pongal

Ingredients:

Pure Water	- 1¾ padi
Toor Dal	- ¼ padi
Ghee	- ½ palam
Turmeric Powder	- veesam 3/16 r.e
Small Rice	- ½ padi
Cumin Seeds	- 1/8 palam
Pepper	- ¼ palam
Powdered Salt	- ½ palam
Ginger	- ½ palam
Ghee	- 3¾ palam
Asafoetida	- veesam 1/16 r.e
Grated Coconut	- 2 palam

Method:

1. Boil water in a 4 padi water holding capacity pot. Add pigeonpea, ghee and turmeric in the boiling water and close the lid. Soak rice for ½ hour, wash and drain the water. After the dal is cooked, add the rice, stir and close the lid. After the rice is cooked 3/4th, add pepper, cumin seeds, powdered salt and ginger pieces one by one to the Pongal. Add ghee and mix well. Dissolve asafoetida in water and mix it with the pongal.

2. Grated Coconut can be added and the Pongal can be kept in slow fire for 5 minutes and then removed from the stove. Instead of coconuts, 5 palam of cashew nuts can be de-skinned, fried in ghee and added.

45. Masala Pongal

Ingredients:

Broken Rice/Small Rice	- ½ padi
Moong Dal/Yellow or Green Gram	- ¼ padi
Pure Water	- 1 and ½ padi
Salt	- 1 palam
Masala Podi	- as required
Ghee	- 8 palam
Ghee	- 5 palam
Asafetida	- ⅛ r.e
Mustard	- ¾ palam
Grated Coconut	- 3¼ palam
Cashewnuts	- 5 palam

Ingredients for Masala:

Coriander Seeds	- 1¼ palam
Grated Copra	– 2½ palam
Cloves	- 1/8 palam
Cumin Seed	- 1/8 palam
Shajeera/Caraway Seeds	- 1/8 palam
Pepper	- 1/8 palam
Cinnamon	- 1/8 palam
Nagakesar/Cobra Saffron	– 1/8 palam
Cardamom	– 1/8 palam
Asafoetida	- 1/18 palam
Red Chillies	– 5/8 palam
Turmeric	- 1/8 palam

Method:

1. Fry all the ingredients mentioned under masala separately in little ghee except (shah jeera and asafoetida). Fry asafoetida in the pan until it becomes crispy. Powder the shahjeera along with it.

2. Wash rice and yellow lentils/green lentils and drain the water. Boil pure water in 4 padi water holding capacity pot and transfer the rice and dal

into it. Add salt and masala podi into the Pongal. Add 8 palam ghee and stir well. Keep it on slow fire for 5 minutes. Refer to the 22nd seasoning method for seasoning the Pongal.

3. Add grated coconut to the dish. Instead of coconut, cashew nuts can be added. Remove the skin of cashewnuts, fry it in ghee and add it to the Pongal.

46. Cracked Or Broken Wheat Pongal

Ingredients:

Moong Dal/Yellow/Green Gram	- ¼ padi
Pure	- 2 padi
Ghee	- 10 palam
Cracked/Broken Wheat	- ½ padi
Turmeric	- veesam 1/16 palam
Cumin Seeds	- ¼ palam
White Pepper	- ½ palam
Powdered Salt	- ½ palam
Ghee	- 5 palam
Grated Coconut	- 8 palam

Method:

1. Soak yellow or green moong dal in water for 24 minutes. Drain the water and spread it in white cloth and dry the dal. If you soak the dal for a longer period, the dal will become mashed during the cooking period.

2. Heat ghee in a 3 padi water capacity pan. Add the cracked wheat to the ghee and keep stirring for 5 minutes. Add the dal which is dried in the cloth. Add one ladle full of boiling water to the dish and keep stirring.

3. Repeat this process of adding hot water and stirring the cracked wheat, dal mixture. Avoid pouring the boiling water all at one time.

After the cracked wheat is cooked, add turmeric powder and cumin seeds.

4. The cumin seeds have to be crushed in the palm of your hands.Add broken white pepper. Soak the pepper pods in water for a whole night and drain the water.

5. Crush it in a gunny bag to remove the skin. This pepper will then become white in color. This is called white pepper. Add powdered salt and 5 palam ghee and stir for 5 minutes on slow fire. Grated Coconut can be added. Instead of coconut, de-skinned and cut cashew nuts can also be added.

47. Maharashtra Pongal

Ingredients:

Rice	- 1/2 padi
Moong Dal/Yellow/Green Gram	– ¼ padi
Ghee	- ¼ palam
Ghee	- 5 palam
Mustard	- ½ palam
Asafoetida	- veesam 1/16 r.e

Method:

1. Wash rice and yellow or green lentils and drain the water thoroughly. Mix ghee to this. Boil 5 palam ghee in a 4 padi water holding capacity pot and add mustard and asafoetida. Follow the 22nd seasoning.

2. Pour pure water to the seasoning. Dissolve saffron in water and add the rice and dal to it. After it is half done, add powdered salt and crushed pepper to the dish. Add cardamom powder also. Fry cloves and grated copra separately in ghee and add to the dish. Pepper can be soaked overnight, dried in a gunny bag and crushed to remove the skin. Then it can be added to the Pongal.

3. Add cumin seeds along with the cloves and copra. Remove the skin of almonds, slice it and add to the dish. Heat ghee 5 palam in a pan and

keep it on slow fire for five minutes. Remove from the fire and add grated coconut. Instead of coconut, de-skinned and sliced cashew nuts can be fried in ghee and added.

48. Gujarati Pongal

Ingredients:

Ghee	- ¼ padi
Sliced Onions	- 5 palam
Garlic	- 7/8 palam
Cloves	- ¼ r.e
Cinnamon	- ¼ r.e
Cardamom	- ¼ r.e
Pepper	- ¼ r.e
Cumin Seeds	- 7/8 palam
Yellow/Green Lentils/Moong Dal	- 1/4 padi
Rice	- ¼ padi
Pure Water	- 1 padi
Ginger	- 7/8 palam
Salt	- 7/8 palam

Method:

1. Heat ghee in a pan and add cut onions, cut garlic, cloves, cinnamon, cardamom, pepper and cumin seeds. Fry all these except the cumin seeds separately and set aside. Add the cumin seeds and grind it to a fine paste. Fry de-skinned moong dal in the same ghee and remove the rest of the ghee.

2. Wash rice and remove the water and mix the ground masala in this. Take water in a 2 padi water holding capacity pot and when it boils, add the masala, rice, dal mixture in it. When it is almost done, add ginger and salt after removing the skin of ginger.

3. Keep on slow fire for five minutes and remove the Pongal. Add the ghee and mix well again.

49. Himathkani Pongal (Kichadi)

Ingredients:

Moong Dal/Yellow/Green Gram	– ¼ padi
Rice	- ¼ padi
Cloves	- ¼ r.e
Cardamom	- ¼ r.e
Pepper	- ¼ r.e
Cinnamon	- ¼ r.e
Salt	- 7/8 palam
Ghee	- 7 and ½ palam
Milk	- 1 padi
Ghee	- 7 and ½ palam
Almonds	- 5 palam
Cashewnuts	- 5 palam

Method:

1. Wash rice and moong dal and drain the water thoroughly. Powder and fry in ghee cloves, cardamom, pepper, cinnamon and add to the rice and dhal mixture. Add powdered salt also. Add ghee in a pan and fry the rice with the masala. Pour milk in a pot and add the rice when it starts boiling. Boil it on slow fire. When all the milk is absorbed and the rice and dal is cooked well, add ghee again and keep it on.

2. Keep the fire slow . Fried cashewnuts and almonds can be added when the rice is being cooked.

50. Keerai Pongal

Ingredients:

Pure Water	- ¾ padi
De-skinned Green Gram	– ¼ padi
Rice	- 1/8 padi
Salt	- ½ palam
Dal Green Leaves	– 3 palam

Cloves	- ¼ r.e
Cinnamon	- ¼ r.e
Cardamom	- ¼ r.e
Pepper	- ¼ r.e
Ghee	- 5 palam
Onions	- 5 palam

Method:

1. Boil pure water in a pot. Wash rice and green gram and drain the water. Put this in the boiling water and cook the dal in it.

2. After the dal is cooked, add the rice to it. Add the greens, cloves, cinnamon, cardamom powder and pepper after frying these ingredients in ghee.

3. Add powdered salt to it. After it is boiled, add ghee and fry the onions in it.

4. Fry until the onions are brown. Add the fried onions to the pongal, stir it and take it out from the fire.

5. Keep it on a live coal without smoke for sometime and serve.

51. Onion Pongal

Ingredients:

Water	- 2 ¾ padi
Onion	- 1 veesai
Turmeric Powder	- ¼ r.e
Green Moong Dal (Lentils)	- ¾ padi
Rice	- ½ padi
Salt	- 2 palam
Ginger	- 2 palam
Ghee	- 12 palam
Pepper	- ½ palam
Cumin Seed	- ½ palam
Asafoetida	- veesam 1/16 r.e

Method:

1. Boil the water in a vessel which can hold 5 padi water. Remove the outer skin, bottom and edges of the onion and cut into thin slices.

2. Add the sliced onions into the boiling water and when it has cooked completely add the turmeric powder and the green moong dal and stir it.

3. When the dal has half cooked, clean the rice and drain it. Then add it to the dal.

4. Powder the salt and remove the outer skin of the ginger and grate it into thin pieces.

5. Add the salt and ginger to the rice dal mixture, stir it nicely.

6. Heat the ghee in a vessel and fry the pepper, cumin seed and asafoetida and mix it when the rice and dal gets cooked completely. Stir it nicely and serve.

Note: Since this recipe uses onion which is not sattvic it is not advice to cook.

52. Seasoned Onion rice

Ingredients:

Small Rice	- 1 padi
Ghee	- ¼ padi
Onion	- 1 palam
Cloves	- ¼ r.e
Cardamom	- ¼ r.e
Cinnamon	- ¼ r.e
Water	- 2 padi
Salt	- 1 palam
Dry Grapes	- ½ palam

Cashew	- ¾ palam
Almond	- ¾ palam
Bay Leaf	- ½ r.e
Boiled Milk	- ¼ padi

Method:

1. Clean the rice 3 times with water and drain it completely.

2. Heat the ghee in a vessel which can hold 3 padi water. Remove the outer skin, edge and bottom of the onion and cut into thin slices like grated coconut.

3. Fry the onion, cloves, cardamom, cinnamon in ghee till they turn slightly red in colour.

4. Add water and salt to the above tempered mixture. Soak the almonds in hot water for sometime. Then remove the outer red skin and cut into thin slices. Also remove the outer skin of the cashew and fry it. Remove the stalk, dirt from the dry grapes. Clean it with water and drain it completely. Pat dry the grapes with a piece of cloth. Then fry it with a little ghee.

5. Add the grapes, cashew, almonds, bay leaf to the boiling water. Immediately add the drained rice to it,stir it and close it with a lid.

6. When it starts to overflow care should be taken not to drain the water. So keep the flame in low and stir it occasionally.

7. When the rice is 3/4th cooked add the boiled and stir it. Now close the mouth of the vessel using a clean wet cloth. Place a plate on the Cloth.

8. Take some of the hot coal and place the vessel which has the rice mixture and spread some more coal on the plate which is placed on the wet cloth. When the steam starts to come out ensure that all the items are cooked properly and then take it out and serve.

Note: Since this recipe uses onion which is not sattvic it is not advice to cook.

53. Rice & Green Gram Roti

Ingredients:

Rice Flour	- 1/4 padi
Moong Dal Flour	– ¼ padi
Salt	- ¾ r.e
Ghee	- 1 palam
Pepper	- ¼ palam
Cumin Seeds	- ¼ palam
Asafoetida	- ¼ r.e
Ghee	- 3 palam

Method:

1. Knead rice and yellow or green gram flour with salt and water. Make 8 or 10 balls out of it. Make these balls into flat rotis. Pour ghee in the centre of a flat pan and put the rotis in this. Pour another spoon of ghee on top of it. Turn the sides. After it is fried well on both sides and becomes red, remove from fire.

2. You can refer to the 24th recipe for seasoning and add flavoured ghee to this before kneading, by adding pepper, cumin seeds, asafetida in ghee and seasoning the flour before kneading. Grated ginger can also be added.

54. Bengal Gram Flour Roti (Indian Bread)

Ingredients:

Bengal Gram Flour	– ½ padi
Wheat Flour	- ¼ padi
Salt	- ¼ palam
Ghee	- 1 palam

Method:

1. Knead Bengal Gram flour, wheat flour, salt and ghee to a soft dough. Make lemon sized balls out of it and put this in a papad making machine.

2. Make rotis out of it. You can also add flavoured ghee to this by adding cumin, pepper and asafoetida in ghee and seasoning the flour before kneading.

55. Another Variety Of Bengal Gram Roti

Ingredients:

Besan/Bengal Gram flour	- ½ padi
Wheat flour	- 3/8 padi
Salt	- ¼ palam
Ghee	- ¼ palam
Ginger Juice	- ½ r.e
Powdered Cinnamon Sticks	- ¼ r.e
Thick Curd	- 1/8 padi
Milk	- ½ padi

Method:

1. Mix together Bengal Gram flour, wheat flour, salt and ghee. Add ginger juice, powdered cinnamon sticks and thick curd in a coated tray and knead well for 2 hours.

2. Add milk, curd and the flour. Knead again and make lemon sized balls out of it. Roll it using a rolling pin and cook it on both sides.

Sweet Pongal, Sweet Rice & Indian Breads

56. Sugar Syrup Procedure

1. Boil together water and brown sugar in a rust-free pan. After it boils, remove from fire. Take another vessel and tie a cloth to the mouth of the vessel. Distil the sugar syrup by pouring it on top of the cloth. Wash the rust -free pan used to make the syrup and place it beneath the vessel. The sugar water will fall into the pan. Boil the syrup again.

2. Mix milk and water and sprinkle some milk into the boiling syrup. Remove with a ladle, the black dirt which comes as a froth on top of the syrup. Put this dirt into another vessel.

3. Continue to sprinkle milk and remove all the dirt from the sugar syrup.

4. Dissolve saffron in little milk and pour it in the clean sugar syrup. Boil the syrup again. Test the consistency of the syrup. Once in 5 or 10 minutes take spoon full of the syrup, touch it with your forefinger and keep it on your thumb. When you separate the fingers, the syrup should come up like a wire. That is called tender sugar syrup. This type of syrup can be used for jalebi, mango, gooseberry sweet pickles.

5. If you boil the syrup for some more time and check it after 5 or 6 minutes, by dropping a drop of the syrup on the floor, the syrup should not spread on the floor. This is called aged syrup.

6. This type of sugar syrup is used for many varieties of sweet rice and laddu etc. This syrup can be done without using saffron also. But it is best done with saffron. How turmeric powder is added to salty, sour and bitter items, the same way saffron is added to the snack items. By adding saffron the dishes will be healthy, good flavored and looks good too.

57. Milk Pongal

Ingredients:

Good Quality Rice - ½ padi
Ghee - 4 palam

Milk	- 1 padi
Pure Water	- ½ padi
Grated Coconut	- 5 palam
Brown Sugar	- 15 palam
Cardamom Powder	- ½ r.e

Method:

1. Clean rice, wash it with water and spread it in a white cloth. Let it dry well. Heat ghee in a 4 padi water holding capacity pot and fry the rice until golden brown. Pour milk and water into the rice and mix. After the rice is almost done, add grated coconut to the rice. Add brown sugar and stir it and keep it in fire for 10 minutes.

2. After it is done, add cardamom powder to the Pongal. Almonds can be soaked in hot water. Remove the skin and cut it into pieces. Fry it in ghee and add it to the Pongal. Cashew nuts can be fried in ghee and added. Edible green camphor can be powdered and mixed with the Pongal. If ghee is added, the milk smell will reduce.

58. Bengal Gram & Yellow/Green Gram Pongal

Ingredients:

Pure Water	- 1 ¾ padi
Ghee	- ½ palam
Bengal Gram	- 1/8 padi
Yellow or Green Gram Dal	– 1/8 padi
Rice (good quality)	- ½ padi
Milk	- ¼ padi
Grated Coconut	- 4 palam
Jaggery	- 20 palam
Cardamom Powder	- ¼ palam
Cashewnuts	- 5 palam
Ghee	- 6 palam

Method:

1. Boil pure water in a four padi water holding capacity pot and add ghee to the boiling water. Add Bengal Gram to the water and when it is half cooked, add yellow or green moong dal and mix well. Wash and drain the rice and add it to the lentils.

2. Close the lid. After the rice is 3/4th cooked, add milk, grated coconut, jaggery, cardamom powder and stir well. Remove the skin of cashewnuts and fry it in ghee and add to the Pongal. Add ghee 6 palam to the Pongal and keep it on a live coal without smoke for sometime and then take it out and serve.

59. Yellow Or Green Lentils Pongal

Ingredients:

Good Quality Rice	- ½ padi
Yellow or Green Gram	- ¼ padi
Pure Water	- 1½ padi
Ghee	- 5 palam
Milk	- 1/8 padi
Jaggery	- 15 palam
Grated Coconut	- 3 palam
Cardamom Powder	- ¼ palam
Cashewnuts	- 5 palam

Method:

1. Wash and drain rice and yellow gram. Boil water in a 4 padi water holding capacity pan and add the rice and lentils.

2. Close the lid until the rice is 3/4th done. Add ghee, milk, jaggery and grated coconut one by one to the Pongal. Add cardamom powder and cashewnuts fried in ghee to the Pongal.

60. Another Method Of Yellow/Green Moong Gram Pongal

Ingredients:

Small/Broken rice	- ½ padi
Fried Yellow Gram	- 1/8 padi
Saffron	- 1/8 r.e
Pure Water	- 1¼ padi
Butter	- 2 palam
Powdered Rock Sugar/Brown Sugar	- 15 palam
Ghee	- 12 palam
Cloves	- ¼ palam
Almonds	- 1½ palam
Raisins	- 1 palam
Cardamom Powder	- ¼ palam
Ginger	- 1 r.e
Edible Raw Green Camphor	- 1/8 r.e

Method:

1. Fry whole moong dal until the aroma arises and then split it before using. Wash and drain both rice and dal. Dissolve saffron in water and add it to the washed rice and boil water in a 3 padi water holding capacity pot and when it boils, add the rice mixture in it.

2. Close the lid. When the rice is 3/4th cooked, add butter, powdered rock salt or brown sugar and ghee. Cloves can be fried in ghee and added to the Pongal. Soak and remove the skin of almonds. Fry it in ghee and add it to the dish.

3. Almonds should be soaked in hot water, de skinned and cut into pieces. Then it can be added to the Pongal. Clean the raisins by removing the stems, wash and dry them. Then fry it in ghee and add to the Pongal.

4. Remove the skin of ginger, grate it and add to the dish. Add cardamom powder and stir the Pongal. Ginger and cloves are added for quick digestion and not for taste.

61. Sweet Rice

Ingredients:

Pure Water	- 1½ padi
Ghee	- 1¾ palam
Rice	- ½ padi
Saffron	- ¼ palam
Brown Sugar	- 20 palam
Raisins	- 3 palam
Almonds	- 3 palam
Ghee	- 7 pala
Rock Sugar	- 5 palam
Cardamom Powder	- ½ palam
Raw Green Edible Camphor	- 1/8 r.e

Method:

1. Boil pure water in 3 padi water holding capacity pot. Add ghee to the boiling water. Clean,wash and drain the rice and add to the boiling water. Drain the water and transfer it into a tray.

2. When the rice cools down, dissolve saffron in water, keep it on slow fire and then transfer it to the rice in the tray.Soak almonds in hot water, remove the skin and slice it.

3. Add it to the rice without frying it. Raisins should be cleaned, washed and dried and then added to the rice. Boil ghee and add the rice to it.

4. Then before serving add rock sugar, cardamom powder and raw edible camphor to it. Powder these ingredients and add it one by one into the Pongal. You can add jackfruit or other fruits cut into pieces to this Pongal.

62. Coconut Sweet Rice

Ingredients:

Pure Water	- 1½ padi
Ghee	- 2 r.e
Small Rice/Broken rice	- ½ padi
Saffron	- 1 r.e
Grated Coconut	- 12 palam
Brown Sugar	- 25 palam
Cardamom	- 1 r.e
Raisins	- 4 palam
Almonds	- 4 palam
Ghee	- 10 palam
Cloves	- ¼ r.e
Rock Sugar	- 6 palam

Method:

1. Boil water in a 3 padi water holding capacity pot. Add ghee to the boiling water. By adding the ghee, the rice grains will not stick together. Wash and drain the rice and add it to the boiling water.

2. After the rice is cooked, drain the rice and transfer the cooked rice into a coated tray. Cool the rice and dissolve saffron in 1 r.e water and mix it with the cooked rice. Then add grated coconut and cleaned brown sugar. Add cardamom powder, raisins and almonds into the rice.

3. Soak almonds in hot water, remove the skin and fry them in ghee and add to the rice. Raisins have to be cleaned, washed and fried in ghee and then added to the Heat ghee in a coated vessel and add the cloves to it.

4. After the cloves are fried, add it to the rice and mix well. Keep it on slow fire for 10 minutes and remove. Sprinkle finely powdered rock candy and serve.

63. Another Variety Of Coconut Sugar Rice

Ingredients:

Small Rice/Broken Rice	- ½ padi
Pure Water	- 1½ padi
Ghee	- 2 r.e
Saffron	- ¼ palam
Grated Coconut	- 12 palam
Brown Sugar	- 25 palam
Milk	- ¼ padi
Raisins	- 2 palam
Almonds	- 2 palam
Cardamom Powder	- 1 r.e
Ghee	- 10 palam
Cloves	- 1/8 palam
Rock Sugar	- 5 palam

Method:

1. Boil water in a three padi water holding capacity pot and put little ghee into it. Add the rice into it. After the rice is cooked, drain the water and spread it in a tray and cool the rice.

2. Dissolve saffron in milk and pour it into the rice and mix well. Add grated coconut into it. Make sugar syrup out of brown sugar by following the sugar syrup recipe at the beginning of this chapter.

3. Mix with the rice.Soak almonds in hot water and remove the skin and slice them. Wash raisins in water, remove the stem and dry them.

4. Fry both almonds and raisins in ghee and add it to the rice. Cardamom Powder can be mixed to the rice. Heat 10 palam ghee in a coated pan and fry the cloves in it.

5. Remove the cloves and add the rice to this ghee. Then keep the vessel in slow fire and add the powdered rock candy to the rice.

64. Mango Juice Rice

Ingredients:

Good Quality Rice	- ½ padi
Ghee	- 1 palam
Mango Juice	- 2 padi
Brown Sugar	- 25 palam
Cardamom Powder	- ½ palam
De-skinned Almonds	- 5 palam
Raisins	- 5 palam
Ghee	- 15 palam
Rock Sugar	- 5 palam

Method:

1. Wash and drain the rice thoroughly. Add ghee to a pan and add the rice when it is heated. Fry until it becomes red.

2. Pick juicy and sweet mangoes and squeeze the juice out of it. Strain the juice and boil it in a 3 padi water holding capacity pan. After it boils well, add the rice and stir it.

3. When the rice is 3/4th boiled, add brown sugar, cardamom powder, almonds and raisins. Almonds should be soaked in hot water, de skinned, sliced and fried in ghee.

4. Raisins can be cleaned, washed, dried with a cloth and fried in ghee and added.

5. Add pure ghee to the rice and keep the rice in a slow fire for 5 minutes. Before serving the rice add powdered rock candy to it.

65. Saanja

Ingredients:

Ghee	- 2 palam
Wheat Grits	- ½ padi
Pure Water	- 1 padi
Brown Sugar	- 20 palam
Cardamom Powder	- 1/4 palam
Cashewnuts or almonds	– 3 palam

Method:

1. Fry ghee in a pan and add the grits to it. Fry it to slight brown in color. Remove and set aside. Boil water in a pot and add the grits to it.

2. Add brown sugar, cardamom powder, almonds or cashew nuts to it.

3. Almonds should be soaked in hot water, de- skinned, sliced and fried in ghee. Add ghee to the rice.

66. CHIRA

Ingredients:

Ghee	- 1 palam
Wheat Grits	- ¼ padi
Milk	- ¾ padi
Brown Sugar	- 10 palam
Raisins	- 2½ palam
Almonds	- 2 palam
Cardamom Powder	- ¼ palam
Saffron	- 4 r.e
Ghee	- 5 palam
Rock Candy	- 5 palam

Method:

1. Heat ghee in a pan. Add semolina and fry until light brown. Heat milk in a pan and when it boils, add the semolina.

2. Stir well. Add brown sugar to it. Add raisins,almonds and cardamom powder. Almonds should be soaked in hot water, de skinned, sliced and fried in ghee.

3. Dissolve saffron in milk and mix it with the dish. Add ghee and keep it for 5 minutes.

4. Powdered rock candy is added before serving the halwa.

67. Thiruvathirai Kali(Sweet)

Ingredients:

Rice	- 1 padi
Pure Water	- 2 ½ padi
Fried Yellow Or Green Gram	– veesam 1/16 padi
Chana Dal/Bengal Gram	- veesam ½ padi
Grated Coconut	- 5 palam
Jaggery	- ½ veesam
Cashewnuts	- 5 palam
Cardamom Powder	- ½ r.e
Ghee	- 1/8 padi

Method:

1. Clean the rice, fry it in a pan little by little until it is golden brown and make flour out of it. Boil pure water in a pot. Fry the whole moong dal and then split it to use it.

2. Add the fried moong dal and Bengal Gram to the boiling water. When it is half boiled, add grated coconut and jaggery to it. When the jaggery is dissolved, add the rice flour to it. Stir and close the lid.

3. After some time add cashewnuts, cardamom powder and ghee. Add it one by one to the kali. Keep it on slow fire for sometime and remove from fire.

4. You can soak the rice, grind it and then fry the ground flour to make this dish. If you want the kali to be dry, the water used to cook this should be less.

5. If you need the dish to be like a solid mass, the water has to be more.

68. Karadai

Ingredients:

Good Quality Rice	- 1 padi
Chana Dal/Bengal Gram	- 1/8 padi
Pure Water	- ¾ padi
Coconut pieces	- 5 palam
Jaggery	- ½ veesai
Cardamom Powder	- 1/2 r.e

Method:

1. Wash and soak good quality rice, grind it to a flour and fry it until golden brown. Fry Bengal Gram in ghee until golden brown. Boil pure water and after it boils, add the jaggery.

2. After the jaggery dissolves, add the rice flour, Bengal Gram, coconut pieces, cardamom powder etc. mix well and remove from fire. Transfer it to a tray. After it cools down, sprinkle some water and knead.

3. Make balls as big as mango. Flatten it like pancake by keeping it in the centre .Take a wide mouth vessel and pour water into it. Place it on fire. Place some hay or straw on top of it and keep the pancake on this hay.

4. Cover the pancake with some more hay and close it. After 10 minutes check the pancake to see if it is done (hard).

5. Repeat the procedure for the rest of the pancake also. In this type of pancake along with the Bengal Gram, cowpeas and cashew nuts can be added.

69. Wheat Grits & Almond Roti (Indian Bread)

Ingredients:

Wheat Grits	- ½ padi
Ghee	- ¼ padi
Almonds	- 7 ½ palam
Pista	- 7 ½ palam
Rock Candy	- ½ veesai
Kasturi	- 4 pinches
Saffron	- 8 pinches
Rose water	- veesam 1/16 padi

Method:

1. Powder almonds, pista and rock candy. Add it to the grits. Add ghee and knead well. Make balls out of it.

2. Dissolve kasturi and saffron in rosewater. Add it to the kneaded balls and knead again. Make lemon sized balls out of it and flatten it.

3. Keep this rolled dough in a coated plate and close it with another plate. Allow fire on top of the plate and under the plate.

4. When the roti's are done and the aroma arises, remove from fire and set aside.

Variety Rice

70. Tamarind Rice

Ingredients To Make Rice:

Rice	- ½ padi
Water	- 1½ padi

Gingely oil	- 3 palam

Ingredients To Make Tamarind Paste:

Water	- ½ padi
Tamarind pulp	- 6 palam
Salt	- 1½ palam

For Tempering:

Gingely Oil	- 6 palam
Red Chilly	- 2 palam
Mustard Seeds	- ¼ palam
Fenugreek Seeds	- ½ r.e
Asafoetida	- ⅛ r.e
Turmeric Powder	- ¼ r.e
Curry Leaves	- 1 r.e

Method:

1. Heat the water and mix the rice and boil till it gets cooked properly. Drain the excess water. Put the rice in a clean stone surface.When the rice is still hot add the gingely oil and keep mixing with hand.

2. Take a lead coated vessel , add the tamarind and water. Squeeze the tamarind as much u can and extract the juice out of it. Discard the seed and pulp. Take the crystal salt and powder it. Add it to the tamarind juice.

3. Take a brass vessel and heat the oil till it gets medium heated. Add red chilly, mustard seeds,fenugreek seeds and asafoetida and temper based on the way prescribed in the 22nd recipe.

4. To the above tempered mixture add turmeric powder and curry leaves and mix it gently.

5. Then add the tamarind mixture and stir continuously till all the water gets completely absorbed into the mixture.

6. The end mixture should be very thick in consistency. Add the paste to the rice kept on a stone surface and mix it gently .

7. If we tie the mixture in an areca leaf(palm leaf) it will stay good for 10-15 days.

71. Sesame Seed Powder

Ingredients:

For Making Rice:

Small Rice	- ½ padi
Water	- 1½ padi
Turmeric Powder	- ¼ r.e
Gingely Oil	- 3 palam
Powdered Crystal Salt	- ½ palam

To Roast And Grind:

Pepper	- ¼ palam
Cumin Seeds	- ⅛ palam
Fenugreek Seeds	- 1/16 palam
Coriander Seeds	- ¼ palam
Red Chilly	- ¼ palam
Black Gram	- 1½ palam

For making tamarind paste:

Water	- ¼ padi
Tamarind Pulp	- 3½ palam
Powdered Crystal Salt	- ½ palam

For tempering:

Gingely Oil	- 6 palam
Red Chilly	- 1 palam
Mustard Seeds	- ½ palam

Soaked bengal Gram	- 6 palam
Curry Leaves	- ¼ palam
Solid Asafoetida	- ⅛ r.e
De-Skinned Sesame Seed Powder	- 2 palam

Method:

1. Mix turmeric powder and water. Let it boil. Then add rice and boil till it gets cooked properly.

2. When the rice is still on stove add the first portion(3 palam) of gingely oil and mix it gently till it gets evenly coated. Put a lid and keep covered for 3 min. Then spread the rice on a clean stone surface and let it cool.

3. Roast the ingredients one by one given under the table to roast using little gingely oil. After it is cooled, powder it and mix gently to the cooked rice. Lastly add the powdered crystal salt to the rice.

4. Now add the 2 palam of gingely oil to the rice kept on a clean stone surface. Gently mix it with hand and make a heap.

5. Take a lead coated vessel, add the tamarind and water. Squeeze the tamarind as much u can and extract the juice out of it. Discard the seed and pulp. Take the crystal salt and powder it. Add it to the tamarind juice.

6. Heat the gingely oil in a skillet till it gets medium heated. Break the red chilly into two and add it to the oil. When it is half cooked add the mustard seeds. When it crackles along with red chilly and gets half cooked add the soaked bengal gram. Ensure that there should not be any water in the bengal gram. Then keep the tempered items separately.

7. Then add the curry leaves and asafoetida to the above mixture when it is still hot. After the crackle sound has stopped take the asafoetida and powder it and again add it to the tempered mixture.

8. Add the tamarind juice to the skillet along with the tempered mixture and boil it. The mixture should become thick in consistency.

9. Add it to the cooked heaped rice . Finally roast the de-skinned sesame seed powder and add it to the rice mixture . Gently mix everything completely and use.

P.S: Consume this rice in a small quantity. Otherwise increase in thirst and dizziness will happen. After consuming this rice it is always advisable to drink hot water to enable smooth digestion.

72. Sesame Powder Rice

Ingredients:

For Making Rice:

Rice	- 1/2 padi
Water	- 1½ padi
Melted Ghee	- 1½ palam

To Roast and Grind:

De-skinned Sesame Seed	- ⅛ padi
Red Chilly	- ¼ palam
Crystal Salt	- ½ palam

For Tempering:

Ghee	- 6 palam
Red Chilly	- ¼ palam
Black Gram	- ½ palam
Mustard Seed	- ¼ palam
Curry Leaves	- ¼ r.e

Method:

1. Heat the water and mix the rice and boil till it gets cooked properly. Drain the excess water. Put the rice in a clean stone surface.When the rice is still hot add the ghee and keep mixing with hand.

2. Soak the sesame seed in water for few minutes and drain the water completely. Place it on a clean surface and rub it with hands till all the skin is removed.

3. Roast the sesame seed till it gets browned and then add red chilly.

4. Now take a mortar and pestle . Add the roasted sesame seed , chilly and crystal salt and powder it.

5. Add the powder to the rice mixed with ghee. Gently mix with hands.

6. Take a brass vessel and heat the ghee till it gets medium heated. Add red chilly, mustard seeds, black gram and curry leaves and temper based on the way prescribed in the 22nd recipe.

7. Add the above tempered mixture to the rice and mix nicely and use.

P.S: As said before consume this rice in a small quantity.

73. Coconut and Mustard Rice

Ingredients:

For Making Rice:

Rice	- ½ padi
Water	- 1½ padi
Powdered Crystal Salt	- ¾ palam

To Grind:

Mustard Seed	- ½ palam
Red Chilly	- ¼ palam
Grated Coconut	- 2½ palam
Turmeric Powder	- ⅛ palam

Lemon Juice:

Big Size lemon	- 4

For Tempering:

Ghee	- 6 palam
Red Chilly	- ¼ palam
Mustard Seeds	- ¼ palam
Black Gram	- 1/2 palam
Solid Asafoetida	- 1/8 r.e
Curry Leaves	- 1/4 palam

Method:

1. Heat the water and mix the rice and boil till it gets cooked properly. Drain the excess water. Put the rice in a clean stone surface. Let it cool.

2. Mix mustard seed,red chilly,grated coconut and turmeric powder and grind using water to smooth paste. Add the paste to the rice. Then add powdered crystal salt.

3. Take the lemon and roll it with palms and cut it into two. Take out the juice by squeezing it. If we squeeze it very hard along with the juice the bitterness from the skin also comes out.

4. Take a skillet and add ghee. Let it be heated. Add red chilly, mustard seeds, black graml and curry leaves and temper based on the way prescribed in the 22nd recipe. Then add crushed solid asafoetida to the above mixture.

5. Lastly add curry leaves to the tempered mixture and mix it gently with the rice and use.

P.S: Since the mustard used in this rice has the capacity to control rheumatic disease and remove the tumor(cyst) formed in stomach, so people suffering from Rheumatic disease and tumor (cyst) in stomach can consume this rice

frequently and others can consume less frequently and moderately. But Pregnant women should not even consume this rice.

74. Coconut Rice

Ingredients:

For making Rice:

Rice	- 1/2 padi
Water	- 1½ padi
Melted ghee	- 1½ palam

For Tempering:

Ghee	- 6 palam
Red Chilly	- 1/4 palam
Black Gram	- 1/2 palam
Mustard Seed	- 1/4 palam
Curry Leaves	- 1/4 r.e

To Roast and Grind:

Grated Dry Coconut	- 5 palam
Powdered Crystal Salt	- 1/2 palam

Method:

1. Heat the water and mix the rice and boil till it gets cooked properly. Drain the excess water. Put the rice in a clean stone surface. Let it cool. Add the ghee and keep mixing with hand.

2. Take a skillet and add ghee. Let it be heated. Add red chilly, mustard seeds, black gram and curry leaves and temper based on the way prescribed in the 22nd recipe. Keep the mixture separately.

3. In the same skillet add the grated dry coconut and roast till it becomes light brown in colour. Grind it and then add salt. Combine this mixture with rice.

4. Then also add the tempered mixture and mix gently with hands. Leave it for a while and use.

Important Note: We can also use freshly grated coconut(10 palam) instead of dry coconut. Just roast it and use.

75. Black Gram Powder Rice

Ingredients:

For Making Rice:

Rice	- 1/2 padi
Water	- 1 1/2 padi
Ghee	- 1 1/2 palam

To Roast and Grind:

Black Gram	- 1/8 padi
Bengal Gram	- 7 1/2 r.e
Green Gram	- 7 1/2 r.e

For Tempering:

Ghee	- 6 palam
Red Chilly	- 3/8 palam
Black Gram	- 1/2 palam
Mustard Seed	- 1/4 palam
Curry Leaves	- 1/2 r.e

Method:

1. Heat the water and mix the rice and boil till it gets cooked properly. Drain the excess water. Put the rice in a clean stone surface. Let it cool. Add the ghee and keep mixing with hand.

2. Roast each lentils separately till they are lightly browned and grind it to a smooth powder.

3. Add the lentil powder and powdered crystal salt to the rice and mix it gently.

4. Take a skillet and add ghee. Let it be heated. Add red chilly, mustard seeds, black gram and curry leaves and temper based on the way prescribed in the 22nd recipe.

5. Finally add the tempered mixture to the rice and mix it gently and use.

76. Lemon Rice

Ingredients:

For Making Rice:

Rice	- 1/2 padi
Water	- 1½ padi

For Making Lemon Juice:

Powdered Crystal Salt	- 3/4 palam
Lemon Juice	- 2 palam
Turmeric Powder	- 1/4 r.e

For Tempering:

Ghee	- 6 palam
Red Chilly	- 1/2 palam
Mustard Seeds	- 1/4 palam
Black Gram	- 1/4 palam
Bengal Gram	- 1/2 palam
Slit Green Chilly	- 1/2 palam
Curry Leaves	- 1/4 palam

Method:

1. Heat the water and mix the rice and boil till it gets cooked properly. Drain the excess water. Put the rice in a clean stone surface. Let it cool.

2. Take the powdered crystal salt in a vessel that is rust free. In the same vessel add the lemon juice and turmeric powder. Mix the mixture to the cooled rice .

3. Take a skillet and add ghee. When it gets heated add red chilly, mustard seeds, bengal gram,black gram,slit green chilly and curry leaves and temper based on the way prescribed in the 22nd recipe.

4. Add the tempered mixture to the rice and gently mix it. Let it be on the stove for 5 min and serve.

77. Bitter Orange (Narthangai) Rice

Ingredients:

For Making Rice:

Rice	- 1/2 padi
Water	- 1½ padi

For Making Bitter Orange(Narthangai) Juice:

Powdered Crystal Salt	- 3/4 palam
Bitter Orange Juice	- 1 3/4 palam
Turmeric Powder	- 1/4 r.e

For Tempering:

Ghee	- 6 palam
Red Chilly	- 1/2 palam
Mustard Seeds	- 1/4 palam
Black Gram	- 1/4 palam
Bengal Gram	- 1/2 palam
Slit Green Chilly	- 1/2 palam
Curry Leaves	- 1/4 palam

Method:

1. Heat the water and mix the rice and boil till it gets cooked properly. Drain the excess water. Put the rice in a clean stone surface. Let it cool.

2. Take the powdered crystal salt in a vessel that has not become sticky by frequent cooking. In the same vessel add the wild lemon(narthangai) juice and turmeric powder. Mix the mixture to the cooled rice .

3. Take a skillet and add ghee. When it gets heated add red chilly, mustard seeds, bengal gram,black gram,slit green chilly and curry leaves and temper based on the way prescribed in the 22nd recipe.

4. Add the tempered mixture to the rice and gently mix it. Let it be on the stove for 5 min and serve.

78. Bitter Pomegranate Juice Rice

Ingredients:

For Making Rice:

Rice	- 1/2 padi
Water	- 1½ padi

For Making Bitter Pomegranate Juice:

Powdered Crystal Salt	- 3/4 palam
Bitter Pomegranate Juice	- 1 3/4 palam
Turmeric Powder	- 1/4 r.e

For Tempering:

Ghee	- 6 palam
Red Chilly	- 1/2 palam
Mustard Seeds	- 1/4 palam

Black Gram	- 1/4 palam
Bengal Gram	- 1/2 palam
Slit Green Chilly	- 1/2 palam
Curry Leaves	- 1/4 palam

Method:

1. Heat the water and mix the rice and boil till it gets cooked properly. Drain the excess water. Put the rice in a clean stone surface. Let it cool.

2. Take the powdered crystal salt in a vessel that has not become sticky by frequent cooking. In the same vessel add the bitter Pomegranate juice and turmeric powder. Mix the mixture to the cooled rice .

3. Take a skillet and add ghee. When it gets heated add red chilly, mustard seeds, bengal gram,black gram,slit green chilly and curry leaves and temper based on the way prescribed in the 22nd recipe.

4. Add the tempered mixture to the rice and gently mix it. Let it be on the stove for 5 min and serve.

79. Sour Pomegranate Juice Rice

Ingredients:

For Making Rice:

Rice	- 1/2 padi
Water	- 1½ padi

For Making Sour Pomegranate Juice:

Powdered Crystal Salt	- 3/4 palam
Sour Pomegranate Juice	- 2½ palam
Turmeric Powder	- 1/4 r.e

For Tempering:

Ghee	- 6 palam
Red Chilly	- 1/2 palam
Mustard Seeds	- 1/4 palam
Black Gram	- 1/4 palam
Bengal Gram	- 1/2 palam
Slit Green Chilly	- 1/2 palam
Curry Leaves	- 1/4 palam

Method:

1. Heat the water and mix the rice and boil till it gets cooked properly. Drain the excess water. Put the rice in a clean stone surface. Let it cool.

2. Take the powdered crystal salt in a vessel that has not become sticky by frequent cooking. In the same vessel add the sour pomegranate juice and turmeric powder. Mix the mixture to the cooled rice .

3. Take a skillet and add ghee. When it gets heated add red chilly, mustard seeds, black gram,bengal gram,slit green chilly and curry leaves and temper based on the way prescribed in the 22nd recipe.

4. Add the tempered mixture to the rice and gently mix it. Let it be on the stove for 5 min and serve.

80. Mango Juice Rice

Ingredients For Making Rice:

Rice	- 1/2 padi
Water	- 1½ padi

For Making Mango Juice:

Powdered Crystal Salt	- 3/4 palam

Mango Juice	- 2½ palam
Turmeric Powder	- 1/4 r.e

For Tempering:

Ghee	- 6 palam
Red Chilly	- 1/2 palam
Mustard Seeds	- 1/4 palam
Black Gram	- 1/4 palam
Bengal Gram	- 1/2 palam
Slit Green Chilly	- 1/2 palam
Curry Leaves	- 1/4 palam

Method:

1. Heat the water and mix the rice and boil till it gets cooked properly. Drain the excess water. Put the rice in a clean stone surface. Let it cool.

2. Take the powdered crystal salt in a vessel that is rust free. In the same vessel add the mango juice and turmeric powder. To prepare the juice take a sour mango and peel the skin and grate it using a scraper. Then take the grated mixture in a stone mortar and beat using a pestle without ferrule.Then tie the mixture in a clean thick cloth and squeeze the required amount of juice. Mix the juice to the cooled rice.

3. Take a skillet and add ghee. When it gets heated add red chilly, mustard seeds, black gram,bengal gram,slit green chilly and curry leaves and temper based on the way prescribed in the 22nd recipe.

4. Add the tempered mixture to the rice and gently mix it. Let it be on the stove for 5 min and serve.

81. Mango Rice

Ingredients:

For Making Rice:

Rice	- 1/2 padi
Water	- 1½ padi

To Grind:

Mustard Seed	- 1/2 palam
Red Chilly	- 1/4 palam
Grated Coconut	- 2½ palam
Turmeric Powder	- 1/4 r.e
Powdered Crystal Salt	- 3/4 palam
Grated Sour Mango	- 3 palam

For Tempering:

Ghee or Gingely Oil	- 6 palam
Red Chilly	- 1/4 palam
Mustard Seeds	- 3/8 palam
Black Gram	- 1/2 palam
Bengal Gram	- 1/2 palam
Asafoetida	- 1/8 r.e

Method:

1. Heat the water and mix the rice and boil till it gets cooked properly. Drain the excess water. Put the rice in a lead coated vessel. Let it cool.

2. Take the mustard seed,red chilly,grated coconut,turmeric powder and salt in a grindstone and grind it to a smooth paste like butter using little water at a time.

3. Gently mix the above paste with the rice till it is uniformly mixed. Then mix the grated sour mango also with the rice.

4. Take a skillet and add ghee or gingely oil. When it gets heated add red chilly, mustard seeds, bengal gram,black gram,asafoetida and temper based on the way prescribed in the 22nd recipe.

5. Add the tempered mixture to the rice and gently mix it. Let it be on the stove for 5 min and then serve.

82. Baby Brinjal Rice (Vangi Bath)

Ingredients:

To Roast And Grind:

Ghee	- 2½ palam
Coriander Seed	- 1/2 palam
Red Chilly	- 1/2 palam
Pepper	- 1/8 palam
Cumin Seed	- 1/16 palam
Nutmeg	- 1/8 palam
Mace	- 1/8 palam
Clove	- 1/16 palam
Black Gram	- 2 palam
Grated Dry Coconut	- 3 palam
Powdered Crystal salt	- 2¾ r.e

To Make Tamarind Juice:

Tamarind	- 3/4 palam
Water	- 1½ palam

To Cook Baby Brinjal:

Baby Brinjal	- 34 palam
Water	- 1½ palam

For Tempering:

Ghee	- 4 palam
Red Chilly	- 1/4 palam

Mustard Seeds	- 1/4 palam
Black Gram	- 1/2 palam
Bengal Gram	- 1/2 palam

To Make Rice:

Water	- 1 padi
Rice	- 1/2 padi
Turmeric Powder	- 1/16 palam
Ghee	- 3 palam
Lemon Juice	- 2 nos

Method:

1. Separately take the ingredients to roast using little ghee for each and grind it separately. Then mix all the powder.

2. Also mix the grated dry coconut and powdered crystal salt to the above mixture and grind it once. Then divide the spice mixture or curry into two equal portions.

3. Take a lead coated vessel , add the tamarind and water. Squeeze the tamarind as much u can and extract the juice out of it. Discard the seed and pulp. To this add one half of the curry or spice mixture and mix it.

4. Take the baby brinjal and cut ¾ th of the stem. Make 4 slits in each brinjal without cutting into halves. Fill the slit with equal amount of tamarind spice mixture and prepare it.

5. Take a vessel which is rust free and which can hold 300 palam of water. Add the ghee and heat it. Then add the red chilly,mustard seeds,black gram,bengal gram and temper based on the way prescribed in the 22nd recipe.

6. Finally add the baby brinjal filled with the tamarind spice mixture to the tempering. Then sprinkle water on the brinjal, cover it and cook. Repeat the process after some time by sprinkling some more water till the brinjal is ¾th cooked.

7. Mix turmeric powder and water. Let it boil. Then add rice and boil till it gets half cooked.

8. Next add the ghee and mix it with the rice,cover it and cook.

9. When the rice is ¾ cooked add the remaining half of the curry or spice mixture and give a stir.

10. Lastly add the baby brinjal to the rice and keep the rice in a low flame for 4 minutes. Cut the lemons into half and squeeze the juice without the seed in the rice and mix gently and serve.

83. Baby Brinjal Rice (Another Version)

Ingredients:

For Making Rice:

Rice	- 1/2 padi
Ghee	- 1/2 palam
Turmeric Powder	- 1/8 r.e
Water	- 1½ padi

To Roast And Grind:

Ghee	- 2½ palam
Coriander Seed	- 1/2 palam
Red Chilly	- 1/2 palam
Pepper	- 1/8 palam
Cumin Seed	- 1/16 palam
Nutmeg	- 1/8 palam
Mace	- 1/8 palam
Clove	- 1/16 palam
Black Gram	- 2 palam
Grated Dry Coconut	- 3 palam
Powdered Crystal salt	- 2¾ r.e

To Make Tamarind Juice:

Tamarind	- 3/4 palam
Water	- 1½ palam

To cook baby brinjal:

Baby Brinjal	- 34 palam
Water	- 1½ palam

For Tempering:

Ghee	- 4 palam
Red Chilly	- 1/4 palam
Mustard Seeds	- 1/4 palam
Black Gram	- 1/2 palam
Bengal Gram	- 1/2 palam

Method:

1. Take the rice and clean it (removing impurities). Completely drain the water.

2. Then add the ghee and turmeric powder to the rice.Heat the water and mix the rice and boil till it gets cooked properly. Put the rice in a lead coated vessel. Let it cool.

3. Separately take the ingredients to roast using little ghee for each and grind it separately. Then mix all the powder into one.

4. Also mix the grated dry coconut and powdered crystal salt to the above mixture and grind it once. Then divide the spice mixture or curry into two equal portions.

5. Take a lead coated vessel , add the tamarind and water. Squeeze the tamarind as much u can and extract the juice out of it. Discard the seed and pulp. To this add one half of the curry or spice mixture and mix it.

6. Take the baby brinjal and cut ¾ th of the stem. Make 4 slits in each brinjal without cutting into halves. Fill the slit with equal amount of tamarind spice mixture and prepare it.

7. Take a vessel which is rust free and which can hold 300 palam of water. Add the ghee and heat it. Then add the red chilly,mustard seeds,bengal gram,black gram and temper based on the way prescribed in the 22nd recipe.

8. Finally add the baby brinjal filled with the tamarind spice mixture to the tempering. Then sprinkle water on the brinjal, cover it and cook. Repeat the process after some time by sprinkling some more water till the brinjal is ¾th cooked.

9. Mix turmeric powder and water. Let it boil. Then add rice and boil till it gets half cooked.

10. Add the baby brinjal to the rice . When the rice is ¾ cooked add the remaining half of the curry or spice mixture and give a stir.

11. Lastly add the ghee to the rice and keep the rice in a low flame for 4 minutes and serve.

84. Maharashtra Baby Brinjal Rice

Ingredients:

To Make Curry Or Spice Powder:

Coriander Seed	- 2½ palam
Grated Dry Coconut	- 5 palam
Clove	- 1/4 palam
Cumin Seed	- 1/4 palam
Caraway Seed	- 1/4 palam
Pepper	- 1/4 palam
Cinnamon	- 1/4 palam
Cardamom	- ¼ palam
Asafoetida	- 1/4 palam
Red Chilly	- 1 palam
Turmeric	- 1/4 palam
Salt	- 2¼ r.e

To Cook Brinjal:

Baby Brinjal	- 40 palam
Mustard Seed	- 1/2 r.e
Ghee	- 5 r.e

For Making Rice:

Rice	- 1/2 padi
Ghee	- 1/2 palam
Water	- 1 padi

Tempering for rice:

Ghee	- 5 palam
Clove	- 1/4 palam

For Garnishing:

Ghee	- 10 palam
Grated Coconut	- 5 palam

Method:

1. Except the caraway seed separately roast each ingredient using ghee. Powder the roasted ingredients along with caraway seed and salt.

2. Take the baby brinjal and cut half of the stem. Make 4 slits in each brinjal without cutting into halves. Fill the slit with half the amount of curry or spice powder and prepare it.

3. Take the ghee in a vessel which is rust free and heat it. Then add the mustard seeds,when the crackle sound has stopped add the baby brinjal filled with spice powder and cook it by sprinkling some water.

4. Take the rice and clean it (removing impurities) with water. When the water has completely drained add the ghee and rest of the spice powder and gently mix with the rice.

5. Take a vessel which can hold 4 padi of water and heat it with ghee. Then add the clove and saute it. After some time remove the clove and add the rice which is mixed with spice powder and saute for 3 minutes.

6. Then add the water and mix it . Let the rice cook . When it is cooked to ¾th take out ¼ of the rice and keep it separately. To the remaining rice add the baby brinjal filled with spice mixture. Then add the ¼ th rice on top like a layer. Then close it with a lid.

7. After sometime add ghee to the rice and mix it gently. Keep it in a low flame for 10 minutes.

8. Lastly add the grated coconut for garnishing before serving.

85. Methi leaves Rice (Sabjabath)

Ingredients:

For making Rice:

Rice	- 1/2 padi
Water	- 1½ padi
Turmeric Powder	- 1/16 palam

To Roast and Grind:

Ghee	- 2½ palam
Coriander Seed	- ½ palam
Red Chilly	- ½ palam
Pepper	- ⅛ palam
Cumin Seed	- 1/16 palam
Nutmeg	- 1/8 palam
Mace	- 1/8 palam
Clove	- 1/16 palam
Black Gram	- 2 palam

Grated Dry Coconut	- 3 palam
Powdered Crystal salt	- 2¾ r.e

To Make Tamarind Juice:

Tamarind	- 3/4 palam
Water	- 1½ palam

To Cook Methi Leaves:

Tender methi leaves	- 24 palam
Water	- 3/4 padi
Salt	- 1/4 palam

For Tempering:

Ghee	- 6 palam
Red Chilly	- 1/4 palam
Mustard seed	- 1/4 palam
Black Gram	- 1/2 palam
Bengal Gram	- 1/2 palam

To Garnish:

Lemon	- 2 nos

Method:

1. Mix turmeric powder and water. Let it boil. Then add rice and boil till it gets cooked properly.

2. Separately take the ingredients to roast using little ghee for each and grind it separately. Then mix all the powder into one.

3. Also mix the grated dry coconut and powdered crystal salt to the above mixture and grind it once. Then divide the spice mixture or curry into two equal portions. Mix the first portion of spice powder to the rice.

4. Take a lead coated vessel , add the tamarind and water. Squeeze the tamarind as much u can and extract the juice out of it. Discard the seed and pulp. To this add the other half of the curry or spice mixture and mix it.

5. Take the tender methi leaves and discard the root and finely chop it.

6. Take a vessel (which can hold 1½ padi of water) and heat the water. Then add the finely chopped methi leaves and salt and let it cook.

7. When the leaves is half cooked take out from the stove and add cold water. Then squeeze it gently and spread it. Then add the tamarind juice mixed with spice powder to the leaves.

8. Take a vessel which is rust free and heat the ghee. Add mustard seed,red chilly,bengal gram,black gram and temper based on the way prescribed in the 22nd recipe.

9. Then add the methi leaves mixed with tamarind juice and spice powder followed by rice mixed with spice powder. Mix gently and keep in low flame for 5 minutes.

10. Before serving squeeze the lemon juice.

86. Dal Soup (Kuzhambu) Rice

Ingredients:

To Cook Dal:

Water	- 2 padi
Pigeon Pea	- 1/4 padi
Ghee or Gingely Oil	- 1/2 palam
Turmeric Powder	- 1/8 palam
Rice	- 1/2 padi

To Roast & Grind:

Red Chilly	- 1/2 palam

Coriander seed	- 1/2 palam
Pepper	- 1/4 palam
Cumin seed	- 1/8 palam
Fenugreek Seed	- 1/16 palam
Black Gram	- 1 palam
Nutmeg	- 1/8 palam
Mace	- 1/8 palam
Clove	- 1/8 palam
Cinnamon	- 1/8 palam

To Make Tamarind Paste:

Tamarind	- 3 palam
Water	- 1/4 padi
Salt	- 1½ palam
Ghee Or Gingely oil	- 3 palam

To make Masala paste:

Grated Dry Coconut	- 4 palam
Rice Flour	- 1/2 palam
Water	- 1/8 padi

To Temper:

Ghee or Gingely Oil	- 3 palam
Red Chilly	- 1/8 palam
Mustard seed	- 1/4 palam
Black Gram	- 1/2 palam
Asafoetida	- 1/8 r.e
Curry Leaves	- 1/4 palam

Method:

1. Take a vessel (which can hold 4 padi of water) and heat the water. When it boils add the pigeon pea,ghee or gingelly oil,turmeric powder and close it with lid.

2. Soak the rice for 24 minutes. After that clean it and strain the water completely.

3. Roast the ingredients one by one separately with little ghee or gingelly oil. Then make it into a fine powder using a mortar .

4. When the dal is cooked nicely add the cleaned rice and mix it gently. When it boils add the above powder ,mix it and close it with a lid.

5. Take a lead coated vessel , add the tamarind and water. Squeeze the tamarind as much u can and extract the juice out of it. Discard the seed and pulp .Take the crystal salt and powder it. Add it to the tamarind juice. Also add some ghee or gingelly oil and boil the tamarind juice till it becomes solid like paste.

6. When the rice gets cooked to 3/4th add the tamarind paste and stir it using a lead coated spoon and turn off the stove. Close the vessel with a lid.

7. Take the grated dry coconut,rice flour in a mortar and make it to a paste using water. Mix the paste to rice and again cover it.

8. Take a skillet and add ghee or gingelly oil. Let it be heated. Add red chilly, mustard seeds,black gram and temper based on the way prescribed in the 22nd recipe. Then add crushed solid asafoetida and curry leaves to the above mixture.When the spluttering sound completely stops add the tempering to the rice and mix gently and serve.

87. Curd Rice (Thathiyodhanam)

Ingredients:

For Making Rice:

Water	- 1½ padi
Rice	- 1/2 padi

Milk	- 1/2 padi
Sour Curd	- 1/4 padi
Butter	- 2 palam
Powdered salt	- 1/2 palam

To Temper:

Ghee	- 1½ palam
Red Chilly	- 1/2 r.e
Mustard seed	- 1/2 r.e
Black Gram	- 1/4 palam
Bengal Gram	- 1/4 palam
Curry Leaves	- 1/8 palam

For Garnishing:

Pepper	- 1/8 palam
Ginger	- 1/4 palam
Asafoetida	- 1/8 r.e

Method:

1. Heat the water and mix the rice and boil till it gets cooked properly. Drain the excess water. Put the rice in a lead coated vessel. Let it cool.

2. Add the milk,sour curd,butter and salt to the rice and mix it gently.

3. Take a skillet and add ghee. When it is heated add red chilly,mustard seed,black gram,bengal gram and temper based on the way prescribed in the 22nd recipe. Then add curry leaves and when the crackling sound stops mix the tempering to the rice.

4. Take the pepper and powder it coarsely and mix it with the rice. Also take the ginger and discard the outer skin and grate it. Mix it with rice.

5. Soak the solid asafoetida in water for sometime and sprinkle the water infused with asafoetida and mix with rice and serve.

P.S: We can also substitute dry ginger(¼ palam) in the place of ginger. Also we can garnish with grated coconut(5 palam).

88.Alternate Curd Rice (Bagalabath)

Ingredients:

For making Rice:

Water	- 1½ padi
Rice	- 1/2 padi
Boiled & Reduced Milk	- 1 padi
Thick Curd	- 1/2 padi
New Butter	- 6 palam
Salt	- 1/2 palam

To Temper:

Ghee	- 3 palam
Red Chilly	- 1/4 palam
Mustard seed	- 1/8 palam
Black Gram	- 1/4 palam
Bengal Gram	- 1/4 palam
Green chilly	- 1/2 palam
Curry Leaves	- 1/8 palam

Method:

1. Heat the water and mix the rice and boil till it gets cooked properly. Drain the excess water. Put the rice in a lead coated vessel which can hold 4 padi of water. Let it cool and mash it with hands.

2. Mix the thick curd,boiled and reduced milk,butter and salt with the rice and mash it gently using a spindle.

3. Take a skillet and add ghee. When it is heated add red chilly,mustard seed,black gram,bengal gram ,finely chopped green chilly and temper based on the way prescribed in the 22nd recipe. After that add curry leaves. When the crackling sound stops add the tempering to the rice and mix gently and serve.

P.S: We can also add ¼ palam of cardamom powder.

89. Curd Porridge

Ingredients:

For making Rice:

Cream of rice	- 1/4 padi
Sour Curd	- 3 padi
Water	- 1/2 padi
Salt	- 4 r.e

To Temper:

Ghee	- 4 r.e
Red Chilly	- 1/2 r.e
Mustard seed	- 1/2 r.e
Black Gram	- 1 r.e
Curry Leaves	- 1 palam

To Garnish:

Green Chilly	- 1 r.e
Coriander Leaves	- 1/2 r.e
Dry ginger	- 1/2 r.e

Method:

1. Clean the cream of rice (removing stone,sand etc) and soak it for an hour.

2. Take a lead coated vessel(which can hold 4 padi of water) and mix the sour curd and water. Lastly add the cream of rice and cook it. When it has cooked add the salt.

3. Finely chop the green chilly and coriander leaves and mix it with the porridge.

4. Add the dry ginger and stir it with a ladle. Then saute the curry leaves and mix it in the porridge.

5. Take a skillet and add ghee. When it is heated add red chilly,mustard seed,black gram and temper based on the way prescribed in the 22nd recipe.

6. Add this tempering to the porridge when it is about to serve.

Dals

This Dals are used mainly for the main meals, chapattis , adai dosas etc. These are very tasty as well as tend to build muscle energy. The dhal usually used for cooking is toor dhal, urad dhal and Bengal Gram is also used by some for cooking. But in the place of kerala the main dal is horse gram.

90. Ordinary Dal

Ingredients:

Water	- 1 padi
Pigeon Pea(Lentil)	- ¼ padi
Turmeric Powder	- veesam 1/16 r.e

Ghee	- ½ palam
Powdered salt	- ¼ palam

Method:

1. Take the water in a big pot. When it gets boiled add the pigeon pea,turmeric powder, ghee and mix it.

2. Then close the pot with a lid.

3. When the lentil has cooked completely like cotton consistency add the powdered salt.

4. Then mash the lentil using brass ladle. When the water in the lentil has completely absorbed and has become thick ,take it off from the stove and serve.

91. Lemon Juice Dal

Ingredients:

Water	- 1 padi
Pigeon Pea	- ¼ padi
Ghee	- ½ palam
Turmeric Powder	- veesam 1/16 r.e
Salt	- ¼ palam
Lemon	- 2
Ghee	- ½ palam
Red Chilly	- ⅛ palam
Black Gram	- ¼ palam
Mustard Seed	- ⅛ palam
Curry Leaves	- ⅛ palam
Green Chilly	- ¼ palam

Method:

1. Take the water in a big pot. When it gets boiled add the pigeon pea,turmeric powder , ghee and mix it.

2. Then close the pot with a lid.

3. When the lentil has cooked completely like cotton consistency add the powdered salt.

4. Then mash the lentil using brass ladle. When the water in the lentil has completely absorbed and has become thick ,take it off from the stove and let it cool.

5. Take big size juicy lemon and cut into halves. Remove the seeds. Then squeeze the juice into the lentil and mix it nicely.

6. Heat the ghee in a vessel. Add chilly,mustard seed,black gram and temper as prescribed in the 22nd recipe.

7. Cut the green chilly into pieces and remove the curry leaves from the stalk.

8. When the sound has stopped from tempering add the chilly and curry leaves. When the chilly has fried nicely add the tempered items into the lentil and mix it slowly and serve.

92. Maharashtra Normal Dal

Ingredients:

Pigeon Pea	- ¼ padi
Ghee	- ¼ palam
Water	- 1 padi
Turmeric Powder	- ⅛ r.e
Powdered Salt	- 1 r.e
Ghee	- 1 r.e
Jaggery	- 1 r.e
Asafoetida	- 2 r.e

Method:

1. Mix pigeon pea with water ,clean it and filter the water completely.

2. Add the ghee to the pigeon pea . Take the water in a vessel and heat it.

3. When the water gets boiled add the dal and stir it. Add the turmeric powder when the dal starts to boil.

4. When the dal has cooked completely(cotton like consistency) add the salt,jaggery,ghee,asafoetida and stir it nicely.

5. After sometime take it out from stove and mash it with a brass ladle and serve.

93. Maharashtrian Spicy Dal

Ingredients:

Water	- 1 padi
Pigeon Pea	- ¼ padi
Turmeric Powder	- ⅛ r.e
Ghee	- ¼ palam
Powdered Salt	- 1 r.e
Jaggery	- ½ r.e
Cumin Seed	- ¼ r.e
Red Chilly	- ½ r.e
Grated Copra	- 1 palam
Asafoetida	- 1/16 r.e
Ghee	- 1 palam
Red Chilly	- ¼ r.e
Mustard Seed	- ½ r.e

Method:

1. Boil the water in a big vessel. Add the dal mixed with ghee,turmeric powder and close it with a lid.

2. When the dal has completely cooked add the salt and jaggery and mix it.

3. Fry separately cumin seed,red chilly,grated copra in ghee and powder it nicely. Then add it to the dal.

4. Dissolve the asafoetida in water and add it to the dal.

5. Using ghee,red chilly and mustard seed temper as prescribed in the 22nd recipe.

6. Add the tempered items into the dal ,mix it nicely and serve.

94. Pigeonpea Lentil Using Tamarind

Ingredients:

Water	- 1 padi
Pigeon Pea	- ¼ padi
Ghee	- ½ palam
Turmeric Powder	- veesam 1/16 r.e
Red Chilly	- ½ palam
Pepper	- ⅛ palam
Coriander Seed	- ⅜ palam
Cumin Seed	- ¼ r.e
Cinnamon	- ⅛ r.e
Grated Copra	- 2 palam
Ghee	- 1 palam
Water	- ⅛ padi
Tamarind	- 1 ½ palam
Salt	- ¾ palam
Water	- veesam 1/16 padi
Raw Rice Flour	- 1 r.e
Ghee	- 1½ palam
Red Chilly	- ⅛ palam
Mustard Seed	- ⅛ palam
Curry Leaves	- 1 r.e
Asafoetida	- 2 r.e

Method:

1. Boil the water in a lead coated vessel. Add the dal,turmeric powder,ghee to the boiling water and close it with a lid.

2. Fry the red chilly in gingely oil and keep it aside. Separately fry pepper,coriander seed,cumin seed,cinnamon and grated copra in ghee. Then using water grind these items into a fine paste(butter consistency) along with red chilly.

3. Mix this fine paste in little water and add it to the dal after it has completely cooked. Also add ghee(1 palam) to the dal and mix it.

4. Then mix the water and tamarind together in a lead coated vessel to get the juice extract and remove the seeds and residue. Add the tamarind juice to the dal which is cooking.

5. Then add the salt also to the dal. Mash the dal using a brass ladle and after 5 minutes we should check the dal whether it is watery or solid like by lifting it and pouring into the vessel.

6. If it is watery separately mix water with raw rice flour and add it to the dal by stirring it immediately. If we did not stir it immediately it may get burnt or lumps will be formed. Adding the rice flour with water is not necessary if the dal is thick like consistency.

7. Using ghee,mustard seed,red chilly,curry leaves temper it as prescribed in the 22nd recipe and add it to the dal.

8. Mix the asafoetida in half palam water and dissolve it. Then add it to the dal and mix it nicely and serve.

9. People who don’t like cinnamon can avoid it and use.

95. Ridge Gourd Lemon Dal

Ingredients:

Water	- 1¼ padi
Pigeon Pea	- ¼ padi
Ghee	- ½ palam
Turmeric Powder	- veesam 1/16 r.e
Ridge Gourd	- 18 palam
Green Chilly	- 1 palam
Salt	- ¾ palam
Rice Flour	- ½ r.e
Ghee	- 1 palam
Red Chilly	- ¼ palam
Black Gram	- ¼ palam
Asafoetida	- veesam 1/16 r.e
Lemon	- 2

Method:

1. Boil the water in a lead coated vessel. Add the dal,turmeric powder,ghee and close it with a lid.

2. When the dal has ¾th cooked add the ridge gourd which has been cut into pieces after removing the outer skin.

3. Mash it with a brass ladle after the dal has been completely cooked.

4. Cut the green chillies into pieces and fry them in little ghee and add it to the dal along with salt.

5. If the dal is too watery add raw rice flour to the dal and stir it and take it out from the fire immediately.

6. Temper using ghee,chilly,urad dal as prescribed in the 22nd recipe and mix it to the dal.

7. Dissolve the asafoetida in water and add it to the dal.

8. Select big size juicy lemon and squeeze the juice by discarding the seeds. Mix this juice to the dal at the time of serving.

96. Ridge Gourd Tamarind Dal (Another Method)

Ingredients:

Water	- 1¼ padi
Pigeon Pea	- ¼ padi
Ghee	- ½ palam
Turmeric Powder	- veesam 1/16 r.e
Ridge Gourd	- 18 palam
Chilly	- ⅜ palam
Pepper	- ⅛ palam
Coriander Seed	- ½ palam
Cumin Seed	- 3 veesam 3/16 palam
Fenugreek Seed	- veesam 1/16 r.e
Cinnamon	- ⅛ r.e
Grated Copra	- ½ palam
Ghee	- 3 palam
Water	- veesam 1/16 padi
Tamarind	- 1½ palam
Salt	- ⅞ palam
Ghee	- 1 palam
Chilly	- ¼ palam
Black Gram	- ¼ palam
Asafoetida	- veesam 1/16 r.e

Method:

1. Boil the water in a lead coated vessel.

2. Add toor dal,turmeric powder and ghee one by one to the boiling water,mix it and close it with a lid.

3. Remove the outer skin of the ridge gourd and cut into pieces. Add it to the dal when the dal has 3/4th cooked and again close it with a lid.

4. Fry chilly,coriander seed,pepper,cumin seed,fenugreek seed,cinnamon and grated copra separately in ghee and grind it to a fine paste using water.

5. Mix this paste with little water and add it to the dal after it is completely cooked.

6. Mix water and tamarind and extract the juice by removing the seed and residue. Add this tamarind juice along with salt to the dal and mash it.

7. After 5 minutes if the dal is too watery add raw rice flour and mix it immediately and remove it from the fire.

8. Do the tempering using ghee,black gram,red chilly as prescribed in the 22nd recipe and add it to the dal.

9. Dissolve asafoetida in water and add this also to the dal and serve.

10. As mentioned earlier people who don't like cinnamon can avoid it and use.

97. Ridge Gourd Dal Without Tamarind

Ingredients:

Water	- 1¼ padi
Pigeon Pea	- ¼ padi
Ghee	- ½ palam
Turmeric Powder	- veesam 1/16 r.e
Ridge Gourd	- 18 palam
Pepper	- ¼ palam
Black Gram	- 1 palam
Grated Copra	- 2½ palam
Water	- ⅛ padi

Salt	- ¾ palam
Ghee	- 1 palam
Chilly	- ¼ palam
Mustard Seed	- ⅛ palam
Urad Dal	- ¼ palam
Asafoetida	- 2 ku.e

Method:

1. Boil the water in a vessel. Add pigeonpea,ghee,turmeric powder to the boiling water and close it with a lid.

2. When the dal is 3/4th cooked add the ridge gourd by removing the outer skin and cutting into pieces. Again close with a lid.

3. Fry pepper,black gram,grated copra separately in ghee and grind it into a fine paste using water. Mix ⅛ padi water with the grinded paste and add it when both the dal and the vegetable gets completely cooked. Then add salt.

4. Temper using ghee,red chilly,mustard seed,black gram as prescribed in the 22nd recipe and add it the cooked dal.

5. Dissolve the asafoetida in water and add this also to the dal and serve.

98. Cucumber, Snake Gourd & Brinjal Dal

Method:

We can prepare this recipe as we did in earlier dal with ridge gourd. We can either prepare it by removing the outer skin or in some of the vegetables we can cook it along with the outer skin and seeds.

99. Dal Using Onion

Method:

People who wants to add onion with dal,they have to add when the dal is half cooked. We have to remove the thick outer skin,edge and the bottom part of the onion and cut into fine pieces. Then fry it in little ghee or gingely oil and add it to the dal. Then we have to add turmeric powder,salt and tempering necessary for onion and dal. Some people add it without frying. But frying the onion is essential.

If we want to cook ½ padi pigeonpea then we have to add 5 palam of onion. If we want to add onion while cooking dal with vegetables ,we have to add it along with dal and vegetables.

Bhojana Patharthangal (Meal Items)

100. Vegetable & Tuber Pachadi

Ingredients:

Vegetables/Tuber	- 12 palam
Curd	- ¼ padi
Salt	- ¼ palam
Green Chillies	- ½ palam

For Seasoning:

Ghee	- ½ palam
Red Chillies	- ⅛ palam
Black Gram	- ¼ palam
Mustard	- ⅛ palam

Bengal Gram - ¼ palam

Method:

1. The vegetables used here are pumpkin, snake gourd, goose berries, mangoes, raw bananas, cucumbers, ladies finger etc. The root vegetables are potatoes, colocasia, beetroot, radish, turnip or shalgam etc.

2. Select good and big vegetables and keep it on fire. Turn it so that it cooks on all sides. These vegetables can be burnt in the fire or cooked in the water. After cooking, cool the vegetables.

3. Put curd and salt in a coated vessel. Remove the edges of the green chillies and cut it into smaller pieces. Fry it in ghee and mix it with the curd along with the fried or cooked vegetable. If the vegetables are hot, the curd will leave water.

4. Mash well.

5. Refer to the 22nd recipe for seasoning procedure.

101. Vegetable Milk Pachadi

Ingredients :

Any Vegetables or Tubers -12 palam
Milk - ¼ padi
Grated Coconut - 1 palam
Salt - ⅛ palam

For Seasoning :

Ghee	- ½ palam
Mustard	- ⅛ palam
Black Gram	- ¼ palam
Bengal Gram	- ¼ palam

Method :

1. Vegetable like brinjal, gooseberry, raw banana, pumpkin or root vegetables like sweet potatoes, turnip and beetroot can be used.

2. Boil or fry any one of the vegetables. Take a lead coated vessel and add milk, grated coconut and powdered salt.

3. Add the cooked and cooled vegetables and mash well.

4. Refer to the 22nd recipe for seasoning.

102. Sour Pachadi Of Vegetables

Any vegetables like pumpkin, snake gourd, gooseberry, mangoes, raw banana,cucumbers, ladies finger or root vegetables like potatoes, sweet potatoes, cola caccia, turnip, beetroot etc.

Ingredients :

Vegetables	- 12 palam
Cardamom	- ⅛ padi
Tamarind	- ¾ palam
Salt	- ⅜ palam
Green Chillies	- ½ palam

For Seasoning :

Ghee	- ½ palam
Red Chillies	- ¼ palam
Black Gram	- ¼ palam
Bengal Gram	- ¼ palam
Mustard	- ⅛ palam

Method :

1. Boil or fry any one type of vegetable and cool them.

2. Put cardamom and tamarind in a coated vessel and dissolve the tamarind in the water.

3. Remove the seeds and add salt to it. Add the cooked vegetables and mash them.

4. Fry green chillies in the ghee and add to the dish.

5. Refer to the 22nd seasoning method for the seasoning.

103. Curd Pachadi

Ingredients :

Vegetables or Tubers	- 9 palam
Salt	- 3/16 r.e
Water	- ¼ padi
Red Chillies	- ⅛ palam
Asafoetida	- ⅛ palam
Cumin Seed	- 1/16 palam
Mustard	- 1/16 palam
Grated Coconut	- 2 palam

Curd	- ¼ padi
Salt	- ¼ palam

For Seasoning :

Red Chillies	- ⅛ palam
Mustard	- ⅛ palam
Black Gram	- ¼ palam
Ghee	- ½ palam

Method:

1. Pumpkin, snake gourd, gooseberry, mango, raw banana, cucumber, lady's finger,potato, sweet potato and turnip are some of the vegetables and root vegetables which can be used.

2. Select good vegetables, cut and remove the veins.

3. Boil it in ¼ padi of pure water in a vessel along with the salt and drain the water.

4. Fry red chillies, asafoetida, cumin seed, mustard in ghee and fry it. Grind it by adding little water.

5. Add grated coconut to the ground mixture and grind it again smoothly. Set aside curd in a coated vessel and add this ground mixture and the boiled vegetables. Mix well.

6. Add powdered salt to the vegetables.

7. Refer to 22nd seasoning section for seasoning.

104. Another Variety Of Curd Pachadi

Ingredients :

Vegetables	- 12 palam
Water	- ¼ padi
Salt	- 3/16 r.e
Mustard	- ⅛ palam
Red Chillies	- ⅛ palam
Turmeric Powder	- veesam 1/16 palam
Grated Coconut	- 1½ palam
Salt	- ¼ palam

Method :

1. Select good variety vegetables or tubers and cut them.

2. Boil water with salt in a vessel and add the cut vegetables to it. Drain the water.

3. Grind mustard, red chillies, turmeric powder, grated coconut smoothly. Take a lead coated vessel and add curd to it.

4. Mix the ground paste to the curd. Add powdered salt and cooked cooled vegetables to the curd mixture. Mash it well.

5. Follow the 22nd seasoning method for seasoning.

6. Pumpkin, snake gourd, gooseberry, mango, raw banana, cucumber, ladies finger,potatoes, sweet potatoes, turnip, beetroot are the vegetables to be used.

105. Another Recipe For Pachadi (Sour)

Ingredients :

Any Vegetable	- 12 palam
Salt	- ⅛ palam
Tamarind	- ⅝ palam
Mustard Seeds	- ¼ palam
Red Chillies	- ¼ palam
Sesame Seeds	- ¼ palam
Grated Coconut	- 2 palam
Turmeric	- ⅛ r.e
Salt	- ¼ palam
Asafoetida	- 2 ku.a

Method:

1. Boil 1 padi of pure water and add any variety of cut vegetables or tubers. After it is 3/4th boiled, add salt to it.

2. Then set aside from the fire and drain the water. Dissolve and de seed tamarind in 3/8 padi pure water in a lead coated vessel and boil it.

3. Put the vegetables in it. Sprinkle water and grind to a smooth paste using mustard seeds, red chillies, sesame seeds,grated coconut and turmeric.

4. Mix it with ¼ padi water and pour it into the pachadi. Add salt to the pachadi and mix well.

5. After 10 minutes remove it from fire and season it. Dissolve asafoetida in water and mix it with the pachadi.

6. White pumpkin, snake gourd, gooseberry, mango, raw banana, cucumber, lady's finger can be used. Potato, sweet potato, turnip, beetroot are the tubers which can be used.

106. Methkootma Puli Pachadi

Before making this pachadi we should prepare Methkootma in the following way.

Ingredients For Methkootma :

Black Gram	- 12 palam
Bengal Gram	- 11 ½ palam
Yellow Gram	- 12 ¾ palam
Pigeon Pea	- 10 ½ palam
Wheat	- 11 palam
Cumin Seeds	- ½ palam
Asafoetida	- ¼ palam
Mustard	- ½ palam
Turmeric	- ¼ palam
Coriander Seeds	- 1 palam
Curry Leaves	- 1 palam

Ingredients For Pachadi :

Tamarind	- 1½ palam
Salt	- ¾ palam
Green Chillies	- ½ palam
Methkootma	- 1½ palam

For Seasoning :

Ghee	-½ palam
Red Chillies	-⅛ palam
Bengal Gram	-¼ palam

Method :

1. Fry all the ingredients except asafoetida. Put the asafoetida on fire and make it like puffed rice and mix it with the other ingredients.

2. Grind this in a grinding stone finely, and use it when needed.

3. Dissolve tamarind in pure water ¼ padi and remove the seeds. Add powdered salt in the tamarind water.

4. Cut green chillies into small pieces, fry it in ghee and add it in the tamarind juice and press it with the hands. Mix methkoot flour in the tamarind juice.

5. Follow the 22nd recipe method for seasoning. Instead of tamarind, ¼ padi of curd can be used. This flour can be mixed with rice and eaten.

107. Dangarmath Curd Pachadi

Ingredients :

Curd	- ¼ padi
Salt	- ⅜ palam
Green Chillies	- ½ palam
Dangarmath	- 1 palam

For Seasoning :

Ghee	- ½ palam
Red Chillies	- ⅛ palam
Mustard	- ⅛ palam
Black Gram	- ¼ palam
Bengal Gram	- ¼ palam

Method:

1. Dry the black gram and clean it without the husk. Put it in a machine and grind it to smooth powder. This is called Dangarmath.

2. Put curd in a coated vessel and mix and stir well. Put powdered salt in the curd.

3. Cut green chillies into small pieces, fry it in the ghee and put it in the curd. Cut and squeeze a big lemon, deseed it and put it in the curd.

4. Dangarmath can be added into the curd and mixed well without any lumps.

5. Refer to 22nd seasoning method for seasoning.

108. White Pumpkin Doriya Curd Pachadi

Ingredients :

Pumpkin	- 12 palam
Sour Curd	- ½ padi
Salt	- ¾ palam
Green Chillies	- ½ palam
Coriander Leaves	- ¼ palam
Ginger	- ¼ palam

For Seasoning :

Ghee	- ¾ palam
Red Chillies	- ⅛ palam
Mustard	- ⅛ palam
Black Gram	- ¼ palam
Bengal Gram	- ¼ palam

Method:

1. De-skin the pumpkin, remove the seeds and grate it.

2. Put sour curd in a lead coated vessel. Add powdered salt, to the curd and close it. Set aside for the whole night.

3. Cut green chillies, fresh coriander leaves into small pieces, mix it with the curd and pumpkin.

4. Scrape the skin of the ginger and put it in the pachadi and mix well. Refer to the 22nd method of seasoning.

5. Vegetables like pumpkin, cucumber, radish, turnip and squash can be used.

109. Green Chilli, Coriander Curd Pachadi (Denza)

Ingredients :

Curd	- ¼ padi
Salt	- ⅜ palam
Green Chillies	- 2 palam
Coriander Leaves	- 1 palam

For Seasoning :

Ghee	- 1 palam
Chillies	- ⅛ palam
Black Gram	- ¼ palam
Mustard	- ⅛ palam
Asafoetida	- 2 ku.a

Method:

1. Churn the curd well and put this in a lead coated vessel. Add powdered salt to it.

2. Add ground green chillies and fresh coriander to the curd.

3. Squeeze the juice of one big lemon into the pachadi (after removing the seeds).

4. Refer to 22nd recipe for seasoning method. Dissolve asafoetida in water and add it to the pachadi.

110. Bengal Gram Flour Pachadi (Joonka)

Ingredients :

Water	- 1⅛	padi
Salt	- ⅝	palam
Fried Red Chilli Powder	- ¼	palam
Jeera Powder	- ¼	r.e
Grated Copra	- 1	palam
Coriander Leaves	- ¼	palam
Bengal Gram Flour	- ¼	padi

For Seasoning :

Ghee	- 1	palam
Chillies	- ⅛	palam
Black Gram	- ¼	palam
Mustard	- ⅛	palam
Asafoetida	- 2	ku.a

Method:

1. Churn the curd well and put this in a lead coated vessel. Add powdered salt to it.

2. Add ground green chillies and fresh coriander to the curd. Squeeze the juice of one big lemon into the pachadi (after removing the seeds).

3. Refer to 22nd recipe for seasoning method. Dissolve asafoetida in water and add it to the pachadi.

111. Adding Onions In The Pachadi

If you want to add onions to boiled or fried vegetables or roots, add 5 palam onions and it has to be fried in ghee or oil and mashed. Season this and use it.

112. Tamarind Curries

Ingredients For Curry Powder :

Red Chillies	- 2 palam
Black Gram	- 5½ palam
Coriander Seeds	- 5½ palam
Pepper Whole	- ½ palam
Fenugreek	- 2 palam
Cumin Seeds	- 1 palam
Crushed Sesame Seeds	- 5½ palam
Copra	- 3 palam

Method:

1. Fry red chillies in sesame oil separately.

2. Fry all other ingredients except copra without oil separately.

3. Mix and powder it.

4. Add the grated copra and pound it again to a fine powder. Use this as curry powder.

113. Vegetable Tamarind Curry

Ingredients :

Vegetables	-12	palam
Tamarind	-1 ½	palam
Curry Powder	-1	palam
Salt	- ⅛	palam
Turmeric Powder	-veesam 1/16	r.e
Rice Flour	-½	palam

For Seasoning :

Ghee	-½	palam
Red Chillies	-⅛	palam
Mustard	-⅛	palam
Asafoetida	-2	ku.e

Method :

1. Some of the vegetables used are brinjal, raw banana, cucumber, snake gourd, squash, broad beans, lady's finger etc.

2. Root vegetables which can be used are potato, sweet potato and colocasia.

3. Cut any one of the vegetables or root vegetables mentioned above.

4. Put ¼ padi water in a lead coated vessel which can hold 1 padi water.

5. Close the lid and let the vegetables be half cooked.

6. Pour ¼ padi of pure water in tamarind in a lead coated vessel. Dissolve and de seed the pulp.

7. Add curry powder, salt and turmeric powder to the half cooked vegetables. If the dish is watery, dissolve rice flour in 1 veesam padi water to add to the dish.

8. Stir well after adding the rice flour. Follow the 22nd seasoning procedure and season this curry.

9. Dissolve asafoetida in one-rupee coin size water and add to the curry.

114. Brinjal Tamarind Curry (Rasavangi)

Ingredients :

Tender Brinjals	- 18	palam
Red Chillies	- ½	palam
Coriander Seeds	- ½	palam
Yellow or Green Gram	- 2	palam
Pepper	- ⅛	palam
Fenugreek	- veesam 1/16	palam
Grated Copra	- 2 ½	palam
Salt	- 1 ½	palam
Pure Water	- ½	padi
Tamarind	- 1 ½	palam
Bengal Gram Flour	- ½	palam

For Seasoning :

Ghee	- 1½	palam
Red Chillies	- ¼	palam

Black Gram	- ½	palam
Mustard	- ¼	palam

Method:

1. Remove the edges and slit the tender eggplants into 4 portions. Care should be taken not to separate the pieces.

2. Fry red chillies, coriander seeds, moong dal, pepper, fenugreek in ghee and pound it in the pounder. Then add the grated copra, pound it and add salt and further pound it.

3. Fill this mixture inside the slit brinjals. Refer to the 22nd method of seasoning to season.

4. Then add the stuffed brinjals to the seasoning. Sprinkle water, close and cook. Pour ¼ padi water in the tamarind in a coated vessel, remove the seeds and dissolve the tamarind. Add it to the vegetable.

5. After the vegetables are cooked, stir well and close the lid. Add bengal gram flour little by little and stir as you are adding it, so that it does not form any lumps.

6. Remove from fire after 5 minutes.

115. Vathal Kuzhambu

Ingredients:

Pure Water	- ½	padi
Tamarind	- 1½	palam
Salt	- ¾	palam
Curry Powder	- ½	palam
Jaggery	- ⅛	palam
Rice Flour	- ¼	palam
Oil or Ghee	- 1	palam

Red Chillies	- ⅛ palam
Mustard Seeds	- ⅛ palam
Vathal	- 1½ palam
Turmeric Powder	- ⅛ r.e
Asafoetida	- veesam 1/16 r.e

Method:

1. Bitter Gourd vathal(dry form of bitter gourd), turkey berry vathal,black night shade or sun berry vathal can be used for this tamarind curry.

2. Add pure water with tamarind and remove the seeds from it.

3. Crush the tamarind and dissolve it and add salt, curry powder, jaggery and rice flour. Mix well.

4. Pour oil or ghee in a lead coated vessel and heat it.

5. Remove the stems from the red chillies and add it to the ghee. After the chillies are half fried, add mustard along with one of the vathals. Add turmeric to the seasoning.

6. Pour the tamarind juice mixture in it. Boil this until the gravy becomes thick. Dissolve asafoetida in water and pour it in the curry.

7. When we are using sour vegetables vathal we should fry them separately in oil and then use it. When using turkey berry first crush it and remove the seeds,wash it in water and fry it.

8. When adding these vegetables to the tempering see to it the spluttering sound has stopped. After it has stopped we can add the fried vegetables,turmeric powder and tamarind juice and other process should be done.

116. Fenugreek Curry

Ingredients :

Fenugreek Seeds	- 1 palam
Sesame Oil	- ¼ palam
Pure Water	- ½ padi
Tamarind	- 1½ palam
Salt	- ¾ palam
Curry Powder	- ½ palam
Jaggery	- ⅛ palam
Rice Flour	- ¼ palam
Oil or Ghee	- 1 palam
Red Chillies	- ⅛ palam
Mustard Seeds	- ⅛ palam
Turmeric Powder	- ⅛ r.e
Asafoetida	- veesam 1/16 r.e

Method :

1. Take fenugreek seeds and fry it in sesame oil. Add pure water with tamarind and remove the seeds from it.

2. Crush the tamarind and dissolve it and add salt, curry powder, jaggery and rice flour. Mix well. Pour oil or ghee in a lead coated vessel and heat it.

3. Remove the stems from the red chillies and add it to the ghee. After the chillies are half fried, add mustard, fried fenugreek seed and turmeric powder to the seasoning.

4. Pour the tamarind juice mixture in it. Boil this until the gravy becomes thick. Dissolve asafoetida in water and pour it in the curry.

117. Lady's Finger Tamarind Curry

Ingredients :

Lady's Finger	- 9 palam
Tamarind	- 1½ palam
Salt	- 1 palam
Grated Coconut	- 2 palam
Cleaned Sesame Seeds	- ½ palam
Rice	- ½ palam
Red Chillies	- ⅜ palam
Coriander Seeds	- ¼ palam
Cumin Seeds	- ⅛ palam
Mustard	- ⅛ palam
Fenugreek	- ⅛ palam

For Seasoning :

Ghee or Oil	- 1½ palam
Red Chillies	- ⅛ palam
Mustard	- ⅛ palam

Method :

1. Select tender lady's finger. Cut the edges and scrape it to remove the thorns and cut it lengthwise.

2. Pour water and tamarind in a lead coated vessel. Dissolve this and add salt to it.

3. Fry red chillies, coriander seeds, cumin seeds, mustard and fenugreek in little ghee or oil separately, powder it and add to the tamarind juice.

4. Fry separately grated coconut, cleaned sesame seeds and rice in oil. Mix together and sprinkle water. Grind it to a fine paste.

5. Add it to the tamarind juice.Pour ghee or oil in a coated vessel and heat it.

6. Refer to 22nd seasoning method and add red chillies, mustard to it. Fry the lady's finger in it.

7. Add the tamarind pulp and after it is boiled and thickened, remove it from fire.

8. Same way we can prepare using bitter gourd.

Dal Curry

118. Ordinary Dal Curry

Ingredients :

Ghee or Oil	- veesam 1/16 palam
Turmeric Powder	- veesam 1/16 palam
Pigeon Pea	- ¼ padi
Tamarind	- 1½ palam
Fenugreek	- ¼ r.e
Salt	- 1¼ palam
Rice Flour	- ¼ palam
Red Chillies	- ⅜ palam
Curry Leaves	- ¼ palam

For Seasoning :

Ghee or Oil	- ¼ palam
Red Chillies	- ⅛ palam
Mustard Seeds	- ⅛ palam

Method:

1. Boil water 2 padi in a lead coated vessel and add ghee or oil and turmeric powder to it.

2. Add toor dal or pigeon pea to the boiling water and close the lid. When the dal is cooked well, add water 1/8 padi.

3. Squeeze the juice of tamarind, remove the seeds and mix it with the dal. Fry the fenugreek separately in oil until it is brown.

4. Powder and put this in the curry. Then add rice flour after dissolving it in 1 veesam padi water.

5. Fry the red chillies in oil to dark brown and squeeze it in the curry. Add curry leaves after frying in the fire.

6. Immediately add ghee or oil, red chillies and mustard and refer to 22nd seasoning method for seasoning.

119. Dal Curry

Ingredients :

Pigeon Pea	- ½ padi
Ghee	- 1 palam
Turmeric Powder	- ⅛ palam
Red Chillies	- ⅞ palam
Coriander Seeds	- ½ palam
Pepper	- ⅛ palam
Cumin Seeds	- 1/16 palam
Fenugreek Seeds	- ⅛ palam
Grated Coconut	- 2½ palam
Cloves	- ⅛ palam

Tamarind	- 3	palam
Salt	- 2¼	palam
Rice Flour	- 1½	palam

For Seasoning :

Ghee	- 1	palam
Red Chillies	- ¼	palam
Mustard Seeds	- ¼	palam
Asafoetida	- 2	ku.a

Method :

1. Boil water 4 padi in a 6 padi water holding capacity vessel. Add toor dal or pigeon pea, ghee,turmeric one by one and close the lid.

2. Fry red chillies in ghee or oil.

3. Fry coriander seeds, pepper, cumin seeds, fenugreek seeds, grated coconut,cloves (optional) separately in ghee or oil.

4. Add the fried chillies, mix well and grind it in the grinder. Dissolve tamarind in ¼ padi water and remove the seeds.

5. Add the ground mixture and the powdered salt to this and keep it on fire. After it boils, test the consistency of the curry.

6. If it is still watery, mix 1/8 padi water to rice flour. Dissolve it in water and pour it in the curry.

7. Then refer to 22nd seasoning method for seasoning. Dissolve asafoetida in water and pour it in the curry. Keep stirring.

8. After it boils, remove the vessel from fire.

120. Tubers And Vegetable Dal Curry

Ingredients :

Vegetables	-18 palam
Pigeon Pea	-½ padi
Ghee or Oil	-1 palam
Turmeric Powder	-⅛ palam
Red Chillies	-⅝ palam
Coriander Seeds	-½ palam
Pepper	-¼ palam
Cumin Seeds	-⅛ palam
Fenugreek Seeds	-⅛ palam
Crushed Sesame Seeds	-1 palam
Grated Coconut	-2 palam
Tamarind	-3 palam
Salt	-2¼ palam
Rice Flour	-1 palam

For Seasoning :

Ghee or Oil	-1½ palam
Red Chillies	- ¼ palam
Mustard	- ¼ palam
Asafoetida	- 2 ku.a

Method:

1. White pumpkin(Ash Gourd), yellow pumpkin , cucumber, drumstick and brinjal can be used. Tubers like potatoes, radish can also be used for this curry.

2. Remove the stem of any one types of vegetable and cut it into pieces.

3. Boil 4 padi water in a 6 padi water holding capacity pot and boil it.

4. Add toor dal or pigeon pea, ghee or oil and turmeric powder to this.

5. After the dal is cooked well, add the cut vegetables and close the lid. Fry separately in ghee or oil red chillies, coriander seeds, pepper, cumin seeds, fenugreek, cleaned sesame seeds, grated coconut.

1. Grind all these together smoothly by adding water in small quantities. Set aside in a vessel.

2. Dissolve tamarind in ¼ padi water, put this in a lead coated vessel remove the seeds from the tamarind and stir in the ground mixture. Keep this on fire and boil it.

3. After it boils well, pour the dal and vegetables into the tamarind water. Boil again and add water if the curry is less. Add salt.

4. Mix rice flour in pure water ⅛ padi. Pour this in the curry and stir well. Otherwise the rice flour will form lumps. After it boils once, refer to the 22nd seasoning method for seasoning.

10. Add asafoetida after dissolving in one-rupee coin size water. If this curry is just 2 ½ padi, this will be tasty.

121. Vathal Dal Curry

Ingredients :

Tamarind	- 1½ palam
Black Gram	- ½ palam
Cleaned Sesame Seeds	- ½ palam
Pepper	- ½ palam
Red Chillies	- ⅛ palam
Grated Coconut	- ¼ palam
Salt	- ¾ palam
Vathal	- ½ palam
Ghee	- 1½ palam
Bengal Gram Flour	- 1 palam

For Seasoning :

Ghee	- ½	palam
Red Chillies	- ⅛	palam
Mustard Seeds	- ¼	palam
Black Gram	- ¼	palam
Asafoetida	- 2	ku.a

Method :

1. Vathals can be done with brinjal, bitter gourd, colocasia, clustered beans, turkey berry, black nightshade (wonder cherry) can be used.

2. Dissolve tamarind in ½ padi water in a coated vessel and remove the seeds.

3. Fry separately in ghee or oil black gram, cleaned sesame seed, pepper, chillies, grated coconut. Mix this with the tamarind pulp and keep it on fire and boil it.

4. Boil 2 ladleful of pigeon pea and salt to the boiling mixture. Add any type of vathal and fry it in ghee and add it to the boiling curry.

5. Press and stir it with a heavy ladle. Mix water ¼ padi to bengal gram flour and put it in the curry.

6. After it boils once, refer to seasoning method 22nd to season the dish.

122. Colocasia Dal Curry

Ingredients :

Pigeon Pea(cooked)	- 2 ladle full
Tamarind	- 1½ palam
Salt	- ½ palam
Castor Leaves	- 12 palam
Colocasia	- 12 palam
Red Chillies	- ¼ palam
Coriander Seeds	- ½ palam
Pepper	- ⅛ palam
Copra	- 1 palam
Cleaned Sesame Seeds	- ½ palam
Rice Flour	- ½ palam

For Seasoning :

Ghee	-1 palam
Red Chillies	-⅛ palam
Mustard Seeds	-⅛ palam
Asafoetida	-2 ku.a

Method :

1. Add tamarind to water 2 and ¼ padi. Put this in a lead coated vessel and remove the seeds. Add salt and castor leaf. Adding castor leaf controls, the itching sensation caused by the root vegetables or tubers.

2. Add colocasia to the tamarind pulp along with the castor leaf and keep it on fire and boil well. After it is cooked, remove the tuber and wash it with water and remove the skin and cut it lengthwise.

3. By doing this, the itchiness of the tuber is removed. Mix 2 ladle full of boiled toor dal to the cooked tubers and close the lid.

4. Fry separately in ghee, red chillies, coriander seeds, pepper, copra, cleaned sesame seed. Grind it smoothly. Dissolve it in ¼ padi water and pour it in the curry.

5. Dissolve rice flour in little water and mix well. Add to the curry. Refer to 22nd method for seasoning.

6. Dissolve asafoetida in one-rupee coin size water and pour it in the curry.

123. Sukkankai Dal Kuzhambu (Gravy)

Ingredients :

Tamarind	-1½ palam
Green Chillies	-1½ palam
Sukkankai	-8 palam
Cooked Pigeon Pea	-1½ palam
Black Gram	- ½ palam
Cleaned Sesame Seeds	- ½ palam
Green Chillies	-1½ palam
Red Chillies	- ⅛ palam
Grated Coconut	- ¼ palam

Method :

1. Add tamarind to pure water ½ padi in a coated vessel. Fry separately in ghee or oil black gram, cleaned sesame seeds, pepper, chillies, grated coconut. Mix this with the tamarind pulp and keep it on fire and boil it.

2. Add pepper to the mixture. Cut green chillies into small pieces and fry it in the ghee and put it in the curry.

3. Add cooked toor dal to the curry. Instead of vathal, add sukkankai after removing the skin.

124. Curry Leaves Gravy

Ingredients :

Tamarind	-½ palam
Salt	-¼ palam
Red Chillies	-⅛ palam
Ghee	-½ palam
Black Gram	-½ palam

For Seasoning :

Ghee	-½ palam
Red Chillies	-⅛ palam
Black Gram	-¼ palam
Mustard	-⅛ palam
Asafoetida	-2 ku.a

Method:

1. Add tamarind to ½ padi pure water and dissolve it. Put this in a lead coated vessel and remove the seeds from the tamarind.

2. Add salt to it. Fry separately red chillies, black gram, pepper, curry leaves in ghee. Then sprinkle water and grind it smoothly.

3. Add it to the tamarind pulp and boil it. After it thickens, use the 22nd seasoning method to season this dish.

4. Dissolve asafoetida in one- rupee coin size water and pour it in the curry.

125. Dhal Balls Curry

Ingredients :

Pigeon Pea	- 3	veesam 3/16 padi
Green Chillies	- 2	palam
Coriander Leaves	- 1	palam
Salt	- ⅜	palam
Ginger	- ½	palam
Asafoetida	- 3	ku.a
Grated Coconut	- 1½	palam
Lemon	- 3	
Ghee	- 2	palam
Tamarind	- ¾	palam
Red Chillies	- ⅛	palam
Coriander Seeds	- ¼	palam
Cleaned Sesame Seeds	- ½	palam

For Seasoning :

Ghee	-½	palam
Red Chillies	-⅛	palam
Mustard Seeds	-⅛	palam
Asafoetida	-2	ku.a

Method :

1. Soak pigeonpea in water for half an hour and drain the water after cleaning it thoroughly.

2. Mix green chillies, green coriander leaves, salt, ginger, asafoetida and grated coconut to the dal. Grind it well and squeeze the lemon into the pigeon pea mixture.

3. Flatten it to palm size and to the thickness of the finger. Steam cook it in the idli cooker by placing it in the banana leaf and applying ghee or oil on that leaf. Cut it into smaller pieces.

4. Boil ghee in an iron pan. Add the cut dal pieces and fry it well. Add tamarind to 1 padi water in a lead coated vessel and remove the seeds.

5. Add ½ palam salt to the tamarind pulp. Fry red chillies, coriander seeds, cleaned sesame seed. Fry these in ghee separately.

6. Then mix it and grind it smoothly and add it to the tamarind pulp. Boil it well and when it thickens, put the fried dal pieces and boil again.

7. Refer to 22nd method for seasoning. Dissolve asafoetida in 2-rupee coin size water and put it in the curry.

126. Onion Dal Curry

Not used in Ashram

Morkuzhambukal (Yogurt Coconut Gravy)

This is an accessory preparation very similar to dhal, pacchadi(side dish), tamarind kuzhambu(gravy), dhal kuzhambu(gravy) etc. that goes well with rice which is our traditional main food.

127. Simple Morkuzhambu

Ingredients :

Curd	- 1	padi
Water	- ¼	padi

Salt	- ¾ palam
Rice Powder	- ¼ palam
Turmeric Powder	- ⅛ ru.a
Red Chilli	- ½ palam
Bengal Gram	- 1½ palam
Grated Coconut	- 1½ palam
Green Chilly	- ¾ palam
Coriander Leaves	- ½ palam
Cumin Seed	- ¼ palam
Curry Leaves	- ¼ palam
Ghee	- ½ palam
Red Chilly	- ¼ palam
Mustard Seed	- ¼ palam

Method :

1. Thick and sour curd is taken in a lead coated vessel that can hold 2 ½ padi of water.

2. Pour ¼ padi of water into the vessel containing curd and blend nicely till it becomes buttermilk. Add salt,rice flour and turmeric powder one by one into the vessel containing curd and mix it.

3. Soak bengal gram in water till it becomes soft and grind it nicely like butter consistency along with red chilly and grated coconut. Sprinkle little water and grind nicely.

4. Add this paste into the vessel containing curd and place it on fire. Cut green chillies and coriander leaves into small pieces and add it to the morkuzhambu and mix well.

5. Heat it till it is about to boil. Place cumin seeds between the palms and using the thumb squeeze it and add to the morkuzhambu and mix.

6. Saute a bunch of curry leaves and add it to the morkuzhambu. Do not allow it to boil too much and remove it from fire.

7. Temper using ghee,red chilly and mustard seeds by following the instructions in 22nd recipe.

128. Simple Mor Kuzhambu (Raw)

Ingredients :

Curd	- ½ padi
Salt	- ½ palam
Turmeric Powder	- veesam 1/16 ru.a
Grated Coconut	- ¾ palam
Mustard	- ¼ palam
Green Chillies	- ¾ palam
Ghee	- ½ palam
Red Chilli	- ⅛ palam
Black Gram	- ¼ palam
Mustard	- ¼ palam
Curry Leaves	- ¼ r.e

Method :

1. Take curd in a lead coated vessel and mix ¼ padi of water and blend it with spoon.

2. Add salt and turmeric powder one by one into the vessel containing curd and mix it.

3. Grind grated coconut, mustard seed and green chilly using little water into butter like consistency and mix it with the curd.

4. Temper using ghee, black gram, red chilly and mustard seeds by following the instructions in 22nd recipe.

5. Fry few curry leaves and mix it to the curd along with tempering.

129. Bengal Gram Flour Morkuzhambu

Ingredients :

Curd	- 1 padi
Powdered Salt	- ¾ palam
Fried Chilli Powder	- ¼ palam
Fried Fenugreek Powder	- ⅛ palam
Coriander Leaves	- ¼ palam
Green Chilli	- ½ palam
Pure Water	- ¼ padi
Tamarind	- ½ palam
Bengal Gram Flour	- ½ palam
Turmeric Powder	- ⅛ palam
Ghee	- ½ palam
Chilli	- ⅛ palam
Mustard	- ⅛ palam
Curry Leaves	- ¼ palam

Method :

1. Take curd in a lead coated vessel and mix water and blend it with spoon.

2. Add salt, roasted red chilly powder and roasted methi seed powder one by one into the vessel containing curd and mix it.

3. Cut green chilly and coriander leaves into small pieces and place them between the palms and squeeze them nicely and mix it with the curd.

4. Mix water and tamarind in a lead coated vessel and squeeze it. Discard seed and residue. Add bengal gram flour to the tamarind juice and boil.

5. Add turmeric powder to the boiling tamarind juice and after it gets boiled nicely add the spice mixed curd and when it is reduced to half temper using ghee,red chilly and mustard seeds by following the instructions in 22nd recipe and mix it with curd.

6. Fry few curry leaves and mix it to the curd along with tempering.

130. Bengal Gram Flour Raw Morkuzhambu

Ingredients :

Curd	- ½ padi
Powdered Salt	- ⅜ palam
Fried Chilli Powder	- ⅛ palam
Turmeric Powder	- veesam 1/16 ru.a
Fried Fenugreek Powder	- veesam 1/16 palam
Bengal Gram Flour	- ½ palam
Green Chilly	- ½ palam
Coriander Leaves	- ⅛ palam
Ghee	- ½ palam
Red Chilly	- ⅛ palam
Mustard	- ⅛ palam

Method :

1. Take curd in a lead coated vessel and mix water and blend it with spoon.

2. Add salt, roasted red chilly powder and roasted methi seed powder,turmeric powder and bengal gram flour one by one into the vessel containing curd and mix it.

3. Cut green chilly and coriander leaves into small pieces and mix it with the curd.

4. Temper using ghee,red chilly and mustard seeds by following the instructions in 22nd recipe and mix it with curd.

131. Mustard Coconut Morkuzhambu

Ingredients :

Curd	- 1 padi
Powdered Salt	- ¾ palam
Turmeric Powder	- ⅛ palam

Grated Coconut	- 1½ palam
Mustard	- ¼ palam
Chilly	- ¼ palam
Soaked Bengal Gram	- 1 palam
Green Chilli	- ½ palam
Coriander Leaves	- ⅛ palam
Turmeric Powder	- ⅛ palam
Ghee	- ½ palam
Chilli	- ⅛ palam
Mustard	- ⅛ palam
Curry Leaves	- ¼ palam

Method :

1. Take the curd in a lead coated vessel, mix it with water and blend it nicely.

2. Add powdered salt, turmeric powder to the curd mixture.

3. Grind grated coconut, mustard,chilly and soaked bengal gram and mix it with the curd.

4. Take the green chilli and coriander leaves and cut into pieces and gently pound it and add this into the spicy curd.

5. Temper using ghee,mustard,red chilli and fry few curry leaves and mix it with the curd.

132. Morkuzhambu With Vegetables

Vegetables such as pumpkin, snake gourd, lady’s finger, bottle gourd, cucumber and tubers can be used for preparing this type of morkuzhambu.

Ingredients :

Vegetable or Tuber	- 12 palam
Pure Water	- ¼ padi +⅛ padi
Tamarind	- ½ palam

Salt	- ¾ palam
Roasted Chilli Powder	- ⅛ palam
Roasted Fenugreek Powder	- veesam 1/16 palam
Turmeric Powder	- veesam 1/16 palam
Green Chilli	- ⅜ palam
Coriander Leaves	- ¼ palam
Ginger	- ⅛ palam
Curd	- ½ padi
Bengal Gram Flour	- 1 palam
Ghee	- ½ palam
Mustard Seed	- ⅛ palam
Red Chilli	- ⅛ palam
Curry Leaves	- ¼ palam

Method :

1. Remove the stem of the vegetables and cut into small pieces.

2. Take ¼ padi water in a lead coated vessel that can hold 1 ½ padi water and boil it. When it starts to boil add the cut vegetables and close with a lid.

3. Take ⅛ padi water and tamarind in a lead coated vessel and squeeze the tamarind. Discard the seeds and residue.

4. Cut the green chilli and coriander leaves into small pieces.

5. Now add salt, roasted chilli powder, roasted fenugreek powder, turmeric powder, green chilli and coriander leaves to the tamarind mixture and mix it.

6. Remove the outer skin of the ginger and grind it. Add it to the tamarind water.

7. Now mix curd with little water and stir it nicely. Add this to the tamarind mixture.

8. When the vegetable or tuber is 3/4th cooked add this tamarind mixture to it.

9. When this mixture reduces to half mix gram flour with little water and add it to the vegetable. When it nicely boils temper using ghee,mustard,red chilli and curry leaves as before and serve.

133. Colocasia Morkuzhambu (Incomplete)

Ingredients :

Pure Water	- 2 padi
Tamarind	- 1 palam
Salt	- ½ palam
Aamanakku (Castor) Leaves	- 12 palam
Colocasia Tuber	- 12 palam
Tamarind	- ½ palam
Salt	- ¾ palam
Roasted Chilli Powder	- ⅛ palam
Roasted Fenugreek Powder	- veesam 1/16 palam
Turmeric Powder	- veesam 1/16 palam
Green Chilli	- ⅜ palam
Coriander Leaves	- ¼ palam
Ginger	- ⅛ palam
Curd	- ½ padi
Bengal Gram Flour	- 1 palam
Ghee	- ½ palam
Mustard Seed	- ⅛ palam
Red Chilli	- ⅛ palam
Curry Leaves	- ¼ palam

Method :

1. Mix water and tamarind in a lead coated vessel and boil it.

2. Add salt and cut the castor leaves into small pieces and add it to the boiling tamarind mixture.

3. Now add the colocasia and close it with a lid. Let it boil for some time.

4. When the tuber has cooked properly just take the tuber alone and wash it nicely. Remove the skin and cut into small pieces. This process removes the tingling effect of the tuber.

5. Take ⅛ padi water and tamarind in a lead coated vessel and squeeze the tamarind. Discard the seeds and residue.

6. Cut the green chilli and coriander leaves into small pieces.

7. Now add salt, roasted chilli powder, roasted fenugreek powder, turmeric powder, green chilli and coriander leaves to the tamarind mixture and mix it.

8. Remove the outer skin of the ginger and grind it. Add it to the tamarind water.

9. Now mix curd with little water and stir it nicely. Add this to the tamarind mixture.

10. When the vegetable or tuber is 3/4th cooked add this tamarind mixture to it.

11. When this mixture reduces to half mix gram flour with little water and add it to the vegetable. When it nicely boils temper using Ghee, mustard, red chilli and curry leaves as before and serve.

134. Another Variety Of Simple Morkuzhambu With Vegetables/Tubers

Vegetables such as white pumpkin, snake gourd, ladies finger and tubers such as colocasia and potato can be used for making this type of morkuzhambu. If you choose to use colocasia, the same should be processed with tamarind extract as described before.

Ingredients :

Any Vegetables/Tubers	- 12 palam
Pure Water	- ¼ padi
Curd	- 1 padi
Pure Water	- ¼ padi

Salt	- ¾ palam
Turmeric Powder	- ⅛ palam
Rice Powder	- ½ palam
Chilli	- ½ palam
Bengal Gram	- 1½ palam
Grated Coconut	- 1½ palam
Green Chilli	- ¾ palam
Coriander Leaves	- ½ palam
Cumin Seed	- ¼ palam

Method :

1. Remove the stem of the vegetables or tubers used.

2. Take ¼ padi water in a vessel which can hold 1 ½ padi of water and boil it. Then add the vegetable or tuber into it.

3. Take thick and sour curd in a lead coated vessel that can hold 2 ½ padi water. Add ¼ padi water into it and beat it.

4. Add salt and turmeric powder to the well beaten curd. Now add the rice flour and mix it.

5. Now blend bengal gram, red chilli and grated coconut into a smooth paste using little water. Add this paste to the curd and begin to cook on fire.

6. Cut the green chilli and coriander leaves into small pieces and squeeze it using palms. Now add this to the curd and mix it. When it boils add the vegetable or tuber after it gets cooked completely.

7. Now allow to cook for few minutes. When it is reduces in volume take some cumin seeds and squeeze it between palms and add it to the dish.

8. Then temper using ghee,red chilli,mustard and curry leaves as before and mix it with the curd.

135. Pepper Jeera Raw Morkuzhambu

Ingredients :

Curd	- ½ padi
Salt	- ½ palam
Cumin Seed	- ¼ palam
Pepper	- ¼ palam
Coconut	- ¼ palam
Curry Leaves	- ⅛ palam
Ghee	- ½ palam
Rice	- ⅛ palam
Cumin Seed	- ⅛ palam

Method :

1. Take the curd and ⅛ padi water in a lead coated vessel and mix it nicely. Add salt.

2. Fry cumin seed and pepper in ghee and grind it to a smooth paste along with grated coconut.

3. Add this smooth paste to the curd and mix it. Fry curry leaves in heat and add this also to the curd.

4. Take ghee in a vessel and heat it. Fry the rice and lastly add the cumin seed. Care should be taken not to burn it.

5. When it stops spluttering add this temper to the curd.

136. Erupuli or Kaalan

Ingredients :

Ripe Plantains	- 6 palam

Yam	- 10 palam
Turmeric Powder	- veesam 1/16 ru.a
Sour Curd	- veesam 1/16 padi
Salt	- 6 palam
Turmeric Powder	- 10 palam
Pepper	- ½ palam
Red Chilli	- ½ palam
Sour Curd	- 6 padi
Curry Leaves	- 1 palam
Coconut	- 2
Cumin Seed	- ¼ palam
Coconut Oil	- 2 palam
Mustard	- 1 palam
Fenugreek	- ¼ palam

Method :

1. Remove the front part,bottom part and outer skin of the ripe banana and cut into strips of 1 inch thickness. In the same way remove the outer skin of the yam and cut into 4 pieces.

2. Mix turmeric powder and sour curd together and add it to the plantain and yam. Gently mix it with curd mixture for sometime. Then remove them and wash it using water.

3. Then soak them in water. Let the vegetables be half soaked in water.

4. Next grind pepper and red chilli using water. Now add salt,turmeric powder and the grounded paste to the soaked vegetables.

5. Cook the vegetables nicely.

6. Now add the curd and curry leaves to the above boiling vegetable. When the curd reduces to 5 padi grate the coconut and grind it into smooth paste along with cumin seed.

7. Add this paste to the dish and mix it and remove from the fire.

8. Temper using coconut oil,mustard and fenugreek seed by following the 22nd recipe.

9. This dish can be prepared using elephant yam, pumpkin and potato.

Kootukal

Very similar to dhal fry, pachadi and curry, kootu is a tasty side dish as well as a very healthy food. If tamarind is not added, this side dish is called as "poricha kuzhambu".

137. Poricha Kuzhambu With Vegetables/Tubers

Vegetables such as cluster beans, snake gourd, cucumber, ridge gourd, broad beans, raw banana, yellow pumpkin, white pumpkin, drumstick and tubers such as potato and colocasia (treat this to get it remove its itching component following the procedure given in morkuzhambukal section) can be used to make Poricha kuzhambu.

Ingredients :

Any Vegetable or Tuber	- 12 palam
Water	- ½ padi
Pepper	- ¼ palam
Red Chilli	- ⅛ palam
Black Gram	- 1 palam
Grated Coconut	- 1½ palam
Milk	- ¼ padi
Salt	- ½ palam
Roasted Gram Flour	- 1 palam
Curry Leaves	- ¼ palam
Ghee	- 1 palam
Mustard Seed	- ⅛ palam
Black Gram	- ¼ palam
Bengal Gram	- ¼ palam

Method :

1. Take any vegetable or tuber. Peel off the skin and stalk and cut them into small pieces.Take the water in a lead coated vessel that can hold about 1 padi water and allow to boil.

2. Put the cut vegetables/tubers into the boiling water and cook nicely.Fry pepper, red chilli, black gram and grated coconut adding a little ghee or oil. After frying grind to a smooth paste using little water.

3. Add milk,salt and roasted bengal gram flour into the vessel containing ground paste of coconut etc. Add this mixture to the vegetables/tubers once they are nicely cooked and heat further to cook more.

4. Take a bunch of curry leaves, saute it in fire and add to the kuzhambu(gravy) and mix.

5. Using ghee,mustard, black gram and bengal gram temper by following the 22nd recipe and add to the kuzhambu.If we want we can add ⅛ padi cooked and mashed pigeonpea to the kuzhambu before adding chilli etc.

138. Poricha Kuzhambu With Turnip

Ingredients :

Turnip	- 24 palam
Water	- ½ padi
Red Chilly	- ⅛ palam
Pepper	- ¼ palam
Black Gram	- 1½ palam
Grated Coconut	- 1½ palam
Milk	- ¼ padi
Powdered Salt	- ½ palam
Roasted Gram Flour	- ½ palam
Curry Leaves	- ¼ palam

Ghee	- 1 palam
Red Chilly	- ⅛ palam
Mustard Seed	- ⅛ palam
Black Gram	- ¼ palam

Method :

1. Cut each turnip into four pieces, cook them well in water, peel off the skin and cut them into small pieces.

2. Pour water into a lead coated vessel which can hold 1 ½ padi of water and boil. Add the cooked vegetable pieces to it.

3. Fry red chilli,pepper,black gram and grated coconut individually with a little ghee or oil. Cool them and grind into a nice paste using a little water and keep aside.

4. Add the ground paste to milk and pour into the vessel containing the cooked turnip.Add the salt to the poricha kuzhambu and boil to thicken.

5. Mix roasted gram flour with little water and pour into the kuzhambu and boil.

6. Saute curry leaves and add to the kuzhambu. Season using ghee, red chilli and black gram following the 22nd procedure and add to the kuzhambu.

7. If dhal need to be added, follow the procedure given for the previous poricha kuzhambu.

8. Alternatively, beetroot, carrot and yellow pumpkin can be used instead of turnip. Milk can be replaced by water, if needed in these both procedures.

139. Kootu With Vegetables/Tubers

Ingredients :

Any Vegetable / Tuber	- 18 palam
Water	- ½ padi
Red Chilly	- ⅛ palam
Pepper	- ¼ palam
Black Gram	- 1½ palam
Grated Coconut	- 2½ palam
Cleaned Sesame Seed	- ½ palam
Water	- ¼ padi
Tamarind	- 1 padi
Powdered Salt	- ¾ palam
Curry Leaves	- ¼ palam
Ghee	- ½ palam
Red Chilly	- ⅛ palam
Mustard Seed	- ⅛ palam
Black Gram	- ¼ palam

Method :

1. Vegetables such as raw banana, snake gourd, ridged gourd and tubers such as potato and colocasia can be used to prepare this kootu.(Colocasia should be treated with tamarind as described in the recipe 133)

2. Peel off the skin and clean the vegetable /tuber and cut them into small pieces. Take water in a lead coated vessel that can hold 1 ½ padi of water and add the cut vegetable/tuber into it and boil to cook.

3. Fry chilli, pepper, black gram, grated coconut and cleaned sesame seed one by one using a little ghee or oil and grind them into a nice paste adding a little water.

4. Take water and tamarind in a lead coated vessel and blend nicely, take the extract and add to the cooked vegetable/tuber. When the vegetable/tuber is nicely cooked add the ground masala and mix.

5. Add the powdered salt to the kootu and allow it to thicken.Saute curry leaves and add.Season using ghee,red chilly,mustard and black gram follow the 22nd recipe and add to the kootu.

6. Optional: Cook ⅛ padi of pigeon pea and add to the kootu when the vegetable/tuber is nicely cooked and before adding masala. While adding the curry leaves a handful of ground nut fried either in oil or ghee can also be added.

140. Bitter Gourd Kootu

Ingredients:

Bitter Gourd	- 18 palam
Lemon	- 3
Powdered Salt	- ¼ palam
Water	- ½ padi
Red Chilly	- ⅛ palam
Pepper	- ¼ palam
Black Gram	- 1½ palam
Grated Coconut	- 2½ palam
Cleaned Sesame Seed	- ½ palam
Water	- ¼ padi
Tamarind	- 1 padi
Powdered Salt	- ¾ palam
Curry Leaves	- ¼ palam
Ghee	- ½ palam

Red Chilly	- ⅛ palam
Mustard Seed	- ⅛ palam
Black Gram	- ¼ palam

Method :

1. Cut the bitter gourd as round pieces and take in a lead coated vessel. Take the juice from lemon and add to the cut bitter gourd.

2. Add the salt to the bitter gourd and gently mix with soft hand for 24 minutes. Marinate for 15 minutes and squeeze the juice. By doing this the bitterness will be reduced.

3. Take water in a lead coated vessel that can hold 1 ½ padi of water and add the bitter gourd into it and boil to cook.

4. Fry chilli, pepper, black gram, grated coconut and cleaned sesame seed one by one using a little ghee or oil and grind them into a nice paste adding a little water.

5. Take water and tamarind in a lead coated vessel and blend nicely, take the extract and add to the cooked bitter gourd. When the it is nicely cooked add the ground masala and mix.

6. Add the powdered salt to the kootu and allow it to thicken. Saute curry leaves and add.

7. Season using ghee,red chilly,mustard and black gram follow the 22nd recipe and add to the kootu.

8. Optional: Cook ⅛ padi of pigeon pea and add to the kootu when the vegetable/tuber is nicely cooked and before adding masala. While adding the curry leaves a handful of ground nut fried either in oil or ghee can also be added.

141. Bitter Gourd Kootu- Another Method

Ingredients :

Water	- ¼ padi
Tamarind	- ½ palam
Salt	- ¼ palam
Jaggery	- ⅛ palam
Bitter Gourd	- 6 palam
Ghee or Oil	- 1½ palam
Water	- 1⅛ palam
Tamarind	- 1 palam
Black Gram	- 1½ palam
Red Chilly	- ¼ palam
Pepper	- ¼ palam
Grated Coconut	- 2 palam
Salt	- ⅜ palam
Ghee or Oil	- ½ palam
Red Chilly	- ⅛ palam
Mustard Seed	- ⅛ palam
Asafoetida	- 2 ku.a

Method :

1. Take the water and tamarind in a lead coated vessel. Extract the juice. Add the salt and jaggery to the tamarind extract.

2. Cut the bitter gourd into round pieces and add to the tamarind extract and cook very well. Cool it, take out the bitter gourd pieces and wash with fresh water and keep it ready.

3. Take ghee in a pan and add the washed bitter gourd pieces and fry till they become brown in colour. Take care not to over-fry.

4. Again mix water and tamarind. Add to a lead coated vessel and take the extract of tamarind. Remove the fibres and seed, if any.

5. Fry black gram, red chilli, pepper and grated coconut these individually either in ghee or in oil and grind them into a nice paste sprinkling some water. Add this paste to the tamarind extract and boil.

6. When it boils once, add the bitter gourd pieces to it and continue to cook. Add salt to the kootu and allow the kootu to thicken. Mix asafoetida with little water and add to kootu.

142. Kootu With Variety Of Vegetables

Ingredients :

Water	- 3 padi
Pigeon Pea	- ⅜ padi
Turmeric Powder	- ⅛ palam
Ghee	- ½ palam
Ridge Gourd	- 6 palam
Raw Banana	- 6 palam
Cluster Beans	- 3 palam
Broad Beans	- 6 palam
Snake Gourd	- 3 palam
Groundnut	- 3 palam
Black Gram	- 2 palam
Red Chilly	- ½ palam
Coriander Seed	- ⅜ palam
Pepper	- ¼ palam
Cumin Seed	- ⅛ palam

Grated Coconut	- 3 palam
Water	- ⅜ padi
Tamarind	- 1¾ palam
Salt	- 1 palam
Ghee	- 1 palam
Red Chilly	- ⅛ palam
Mustard Seed	- ¼ palam
Asafoetida	- 2 ku.a

Method :

1. Take the water in a lead coated vessel which can hold 3 ½ padi of water. Bring the water to boil. Add the pigeon pea, turmeric powder and ghee one after another into the boiling water and keep the vessel closed.

2. Peel off the skin of ridge gourd and raw banana and cut it into small pieces. Clean and cut the cluster beans and broad beans into small pieces.

3. Cut the snake gourd into round pieces and add all the five cut-vegetables one after the another when the pigeon pea is three fourth cooked. Fry the ground nut with a little ghee, remove the skin and add it to the vessel.

4. Optionally we can also use bengal gram or butter beans or cowpeas (black eye beans) or all the four.

5. Fry black gram,red chilly, coriander seeds, cumin seeds and grated coconut individually with little ghee or oil and grind them together into a nice paste adding little water.

6. Combine water and tamarind and prepare tamarind extract as before. Add the ground paste to it and add the mixture to the cooked vegetables and pigeon pea.

7. Add the salt to kootu and mix well. Allow the kootu to thicken. Using ghee, red chilli and mustard season using the 22nd method of seasoning.

8. Dissolve asafoetida in about 1 ru.a of water and add to the kootu. Optionally, you can add 5 or 6 fried papads broken to pieces or pieces of "curry vadagam" to the kootu.

9. This kootu can be alternatively prepared using any one the vegetables/tubers.

143. Arai Keerai (Amaranthus Tricolor) With Tamarind

Ingredients :

Water	- ½ padi
Pigeon Pea	- ⅛ padi
Tender Amaranthus Tricolor	- 24 palam
Water	- ⅛ padi
Tamarind	- 1 palam
Salt	- 1¼ palam
Red Chilly	- ¼ palam
Pepper	- ¼ palam
Cumin Seed	- ⅛ palam
Fenugreek Seed	- ⅛ palam
Grated Coconut	- 1½ palam
Roasted Gram Flour	- ½ palam
Ghee	- ½ palam
Red Chilly	- ⅛ palam
Mustard Seed	- ⅛ palam
Asafoetida	- 2 ku.a

Method :

1. Take the water in a lead coated vessel which can hold 1 ½ padi of water and bring it to boil.

2. When the water begins to boil add the pigeon pea to the water and keep the vessel closed.

3. Take the tender greens and wash it nicely with water and remove the dirt, dry leaves etc. When the pigeon pea is 3/4 th cooked add the greens to it, mix well and keep the vessel closed.

4. Take the tamarind and water in a lead coated vessel, mix and press nicely and take the tamarind extract and add it to the boiling pigeonpea and greens when they are completely cooked.

5. Add the salt and then fry red chilly,pepper,cumin seeds,fenugreek seeds and grated coconut one after another in a little ghee and mix together and grind using a little water and add to the cooked greens, mix well and allow to thicken.

6. Add the roasted gram flour to the greens, mix well and after two minutes season using ghee,red chilly and mustard seed by following the 22nd recipe and mix with the greens.

7. Mix the asafoetida in 1 palam water and add it to the greens. Following the above procedure greens such as fenugreek leaves, spinach, amaranthus tender and flowers of Sesbania grandiflora and banana flower, vegetables such as brinjal, cucumber and potato can be cooked.

144. Nendran(Ripe Plantains) Erissery

Ingredients :

Ripe Plantains	- 10 palam
Sour Butter Milk	- veesam 1/16 padi
Turmeric Powder	- ¼ ru.a
Pepper	- ⅛ palam
Turmeric Powder	- ⅛ ru.a
Red Chilly	- ¾ palam
Salt	- ½ palam
Coconut	- 1
Cumin Seed	- ⅛ ru.a
Coconut Oil	- 2 palam
Mustard Seed	- ¼ palam
Black Gram	- ¼ palam

Method :

1. Peel off the skin, stalk and remove the tip and split the ripe banana. Cut them vertically into four pieces.

2. Make thin slices of them and take them in a lead coated vessel and keep aside. Mix the sour butter milk and turmeric powder with cut ripe banana, add water to it, wash well and discard the water.

3. Now add enough pure water so that the cut pieces of ripe banana gets immersed and the water level should be ½ inch above the banana. Mix turmeric powder,pepper, red chilli and salt and grind them into a fine paste.

4. Add the paste to the ripe banana and mix well. Keep it on the fire and bring to boil. Mash the banana with spoon and make a paste out of it when it is completely cooked and before the water has not drained fully.

5. Grate the coconut and divide it into three equal portions. Mix cumin seeds with one portion and grind nicely. Add little water, mix well and add to Ericheri. When it starts boiling, take it out of fire. Now take a vessel to hold the whole of Erissery, add the rest of the two parts of coconut shreds and keep on fire.

6. Mix grated coconut slowly till it becomes dry. Add the coconut oil to the grated coconut which is getting fried and when the oil heats up add mustard seeds, black gram to the hot oil and when the mustard splutters, add the Erissery to it and mix well.

7. Following the same procedure, Erissery can be prepared with yam, rasthali(type of plantain), sweet pumpkin and chinese long bean(snake bean).

145. Fried Erissery

Ingredients :

Ripe Banana	- 10 palam
Coconut Oil	- 10 palam
Turmeric Powder	- ¼ ru.a
Pepper	- ⅛ palam
Turmeric Powder	- ⅛ ru.a
Red Chilly	- ¾ palam
Salt	- ½ palam
Coconut	- 1
Cumin Seed	- ⅛ ru.a
Coconut Oil	- 2 palam
Mustard Seed	- ¼ palam
Black Gram	- ¼ palam

Method :

1. Clean and slice ripe banana as before. Add the coconut oil to a pan and heat it up. When hot, add the ripe banana slices and fry them. Break them a little.

2. Now add enough pure water so that the cut pieces of ripe banana gets immersed and the water level should be ½ inch above the banana. Mix turmeric powder,pepper, red chilli and salt and grind them into a fine paste.

3. Add the paste to the ripe banana and mix well. Keep it on the fire and bring to boil. Mash the banana with spoon and make a paste out of it when it is completely cooked and before the water has not drained fully.

4. Grate the coconut and divide it into three equal portions. Mix cumin seeds with one portion and grind nicely. Add little water, mix well and add to Erissery.

5. When it starts boiling, take it out of fire. Now take a vessel to hold the whole of Erissery, add the rest of the two parts of coconut shreds and keep on fire.

6. Mix grated coconut slowly till it becomes dry. Add the coconut oil to the grated coconut which is getting fried and when the oil heats up add mustard seeds, black gram to the hot oil and when the mustard splutters, add the Erissery to it and mix well.

146. Avial (Vegetable Stew)

Ingredients :

Any Vegetables	- 20 palam
Salt	- 1½ palam
Red Chilly	- 1 palam
Turmeric Powder	- ⅛ palam
Water	- 1 padi
Tamarind	- 2 palam
Coconut	- 1
Green Chilly	- ½ palam
Cumin Seed	- ¼ palam
Coconut Oil	- 1 palam

Vegetables : Pieces of Raw Banana, Pumpkin, Cucumber, Jackfruit Seed

Method :

1. Take all the vegetables and remove the skin and seeds, cut into small pieces and add to a lead coated vessel. Take the salt, red chilli, turmeric powder and grind these nicely into a paste and add it to the cut vegetables.

2. Add water enough to cover them and bring to boil and allow to thicken. Mix water and tamarind and extract the juice after removing the fibres and skin, if any.

3. Add to the vegetables and allow to become thick. Shred the coconut, mix with green chilli,cumin seeds and grind into a nice paste.

4. Mix the above paste with ¼ padi sour curd and when it boils add a bunch of curry leaves. Add Coconut oil and mix this with avail and serve.

5. This avial can be prepared with any available vegetable.

Avial (Stew) : It is a thick mixture of vegetables and coconut seasoned with coconut oil and curry leaves. Avial is considered an essential part of the the Keralite vegetarian feast.

147. Olan

Ingredients :

Big Pumpkin	- 10 palam
Red Beans	- ⅛ padi
Salt	- ⅛ palam
Coconut	- 1
Coconut Oil	- 1½ palam
Water	- 1½ palam

Method :

1. Select tender pumpkin and cut it into long pieces of approximately 1 inch long, ½ inch broad and as thick as a paddy and take in a vessel. Take beans in a vessel with water and cook.

2. When beans is cooked, add pumpkin pieces with little water and cook well.

3. Powder the salt and add it to avial. Shred the coconut.

4. Take out coconut milk add to the cooked vegetable and beans etc. If we want we can mix coconut oil with water and add it to Olan.

148. Rasam Powder

Ingredients:

Red Chillies	- 20 palam
Coriander Seed	- 12 palam
Cumin Seed	- 1 palam
Fenugreek Seed	- ½ palam
Pepper	- 4 palam

Method :

1. Remove the stem of the red chillies, add 1 spoon gingelly oil and fry it until reddish black.

2. Transfer it to a tray. Fry the rest of the ingredients separately without oil, powder it and mix it together.

3. Grind the chillies to a powder and mix it with the rest of the powder. Store it in an airtight container so that the aroma does not escape.

4. These ground powders can also be stored separately, to use as per requirement for separate rasam recipes. For some recipes certain powder is used more than the other.

149. Pigeon Pea Rasam

Ingredients :

Water	- 4 padi
Pigeonpea	- ½ padi
Ghee or Gingely Oil	- ½ palam
Turmeric Powder	- ⅛ palam
Red Chillies	- ⅝ palam
Coriander Seeds	- ⅜ palam
Pepper	- veesam 3/16 palam
Fenugreek	- ⅛ palam
Cumin Seeds	- ⅛ palam
Water	- ½ padi
Tamarind	- 3 palam
Asafoetida	- 2 ku.a
Curry Leaves	- 1 palam
Coriander Leaves	- ⅛ palam
Ghee	- ½ palam
Mustard Seed	- ⅛ palam

Method :

1. Boil pure water in a vessel that can hold 4 padi water. Add pigeonpea, ghee and turmeric powder one by one in the vessel and close it with another vessel filled with water.

2. When the lentils are cooked well, remove from fire. Fry separately in ghee or oil, red chillies, coriander seeds, pepper, cumin seeds and asafoetida and grind it to a smooth paste.

3. Boil ½ padi water in a vessel that can hold 2 and ½ padi water and which is lead coated. Add tamarind to this water. Remove the seeds from the tamarind and extract the the tamarind juice and boil it. Add the ground mixture to this tamarind water.

4. Add salt to the tamarind. Fry curry leaves and add it in the tamarind water. Wash coriander leaves in water, remove the stems and put it in the tamarind water.

5. When the tamarind water becomes 1/4th amount, pour the water from the cooked dal into the tamarind water. If the vessel is not filled, add some more water to the dal, mash well and add it to the dal.

6. Remove 4 or 5 ladle full of lentil and keep it in another lead coated vessel . When the rasam is fully boiled and comes up add this lentil to the rasam. By doing this, the rasam will not leak out of the vessel. Then add ghee to a pan and follow the 22nd recipe method for seasoning. Dissolve asafoetida in little water and add the juice to the rasam.

150. Another Variety Of Pigeon Pea Rasam

Ingredients :

Ghee or Oil	- ½ palam
Turmeric Powder	- ⅛ palam
Tamarind	- 3 palam
Salt	- 2¼ palam
Roasted Chilli Powder	- ⅝ palam
Roasted Coriander Powder	- ⅜ palam
Roasted Cumin Seed Powder	- ⅛ palam
Roasted Fenugreek Powder	- veesam ⅛ palam
Fried Mustard Powder	- veesam 1/16 palam
Asafoetida	- 2 ku.a

Method :

1. Boil pure water in a vessel that can hold 6 padi water. Add pigeonpea, ghee or oil and turmeric powder to the boiling water one by one and place a vessel filled with water on top of it.

2. Then when the pigeon pea is fully cooked remove from fire. Mix water and tamarind in a vessel that can hold 2 1/2 padi water and that is lead coated. Remove the seeds from the tamarind and extract the juice and boil it.

3. Add salt, roasted red chilli powder, roasted coriander seed powder, roasted cumin seed powder, roasted fenugreek seed powder, roasted mustard seed powder one by one to the boiling tamarind water.

4. You can add 1 and ¼ the palam of the rasam powder prepared instead of these individual powders. Add curry leaves fried in fire to the rasam.

5. Cut the roots of coriander leaves,wash it and add it to the rasam and allow the rasam to reduce to ¼ th amount by boiling it. Add the mashed lentil to the rasam.

6. Remove 4 to 5 ladleful of lentil in another vessel. Heat ghee in a pan and add mustard seeds to it. When the mustard seed stops spluttering, pour it into the rasam.

7. When the rasam is boiling, add the lentil from the other vessel. Dissolve asafoetida in water and pour it into the rasam.

8. If the rasam is less than 2 ½ padi water then the salt, tamarind, chilli will be more. If the rasam is vessel full then the salt and chilli will be correct.

151. Onion, Garlic Lentil Rasam

Ingredients :

Water	- 4 padi
Pigeonpea	- ½ padi
Ghee	- ½ palam
Turmeric Powder	- ⅛ palam
Red Chilli	- ¾ palam
Coriander Seed	- ½ palam
Pepper	- 3 veesam 3/16 palam
Cumin Seed	- ⅛ palam
Fenugreek Seed	- veesam 1/16 palam
Mustard Seed	- veesam 1/16 palam
Black Gram	- ¼ palam
Bengal Gram	- ¼ palam
Cleaned Sesame Seed	- ½ palam
Grated Coconut	- 1 palam

Onion	- 1½ palam
Garlic	- ½ palam
Water	- ½ padi
Tamarind	- 3¼ palam
Salt	- 2¼ palam
Curry Leaves	- 1 palam
Coriander Leaves	- ⅛ palam
Ghee	- 1½ palam
Mustard Seed	- ¼ palam
Asafoetida	- 2 ku.a

Method :

1. Boil 4 padi pure water in a 6 padi water holding capacity vessel. Add pigeonpea, ghee and turmeric powder one by one into it. Close this with another vessel filled with water.

2. If the vessel is half filled, the vapours may escape outside. Take red chillies, coriander seeds, pepper, cumin seeds, asafoetida, mustard, black gram, chana dal, cleaned sesame seed, grated coconut, onion and garlic.

3. Fry all the ingredients except onion and garlic in 2 palam ghee separately. Fry onion and garlic in ¼ palam ghee after removing the skin and cutting them into pieces. Grind all the ingredients into a fine paste.

4. Boil water and tamarind in a lead coated vessel that can hold 2 ½ padi water and remove the seeds of the tamarind and extract the juice. Put salt in the tamarind juice. After 5 minutes dilute the ground masala with little water and add it to the boiling tamarind juice.

5. After it boils for 3 minutes, add the curry leaves and coriander leaves. After the dal is cooked well pour it into the rasam along with its water.

6. If the vessel containing the rasam is not full crush the lentils and add more water and pour it into the rasam. Remove 2 or 3 ladleful of the lentil into another lead coated vessel.

7. When the rasam starts boiling well, heat ghee in a pan and put mustard seeds. When the seeds stop crackling, pour this and the ladleful of dal kept aside, into the rasam. Dissolve asafoetida in water and add this to the rasam.

152. Another Type Of Onion, Garlic Lentil Rasam

Ingredients :

Water	- 2¼ padi
Pigeonpea	- ⅜ padi
Ghee	- ¼ palam
Salt	- 1 palam
Roasted Red Chilli Powder	- ½ palam
Roasted Coriander Seed Powder	- ⅜ palam
Roasted Pepper Powder	- 3 veesam 3/16 palam
Roasted Cumin Powder	- veesam 3/16 palam
Roasted Fenugreek Powder	- veesam 1/16 palam
Roasted Mustard Powder	- veesam 1/16 palam
Bengal Gram	- ¼ palam
Black Gram	- ¼ palam
Cleaned Sesame Seeds	- ½ palam
Grated Coconut	- ½ palam
Onion	-½ palam
Garlic	- ¼ palam
Groundnut	- 1½ palam
Pepper	- ¼ palam
Curry Leaves	- ½ palam
Coriander Leaves	- ⅛ palam
Ghee	-1 palam
Red Chillies	-⅛ palam
Mustard Seeds	- ⅛ palam
Asafoetida	- 2 ku.a
Lemons	- 2 big size

Method :

1. Boil pure water in a vessel that can hold 4 padi water. Add pigeonpea, ghee and turmeric to the boiling water one by one. Close it with another vessel filled with water.

2. When the lentil is cooked well, add salt, roasted red chilli powder, roasted coriander seed powder, roasted pepper powder, fried cumin seed powder, fried asafoetida powder and fried mustard seed powder.

3. Fry Bengal gram, black gram, cleaned sesame seed, grated copra separately in ghee. Fry sliced onion and garlic in ghee. Grind all the fried ingredients together.

4. Grind groundnuts in ¼ padi water smoothly. Fry pepper pods in ghee and crush it. Add the ground masala and the crushed pepper to the lentil.

5. Add the curry leaves and coriander leaves. Heat ghee and add mustard and red chillies. When the mustard stops spluttering, add this to the rasam.

6. Follow the 22nd recipe for seasoning method. Pour the seasoning into the rasam and close the lid of the vessel.

7. Dissolve asafoetida in water and pour this into the rasam. Before serving the rasam, squeeze the juice of 2 lemons after removing the seeds.

153. Bengal Gram Rasam

Ingredients :

Water	- 4 padi
Bengal Gram	- ½ padi
Ghee	- ¼ palam
Salt	- 1 palam
Turmeric Powder	- ⅛ palam
Red Chillies	- ⅝ palam
Coriander Seeds	- ⅜ palam
Pepper	- veesam 3/16 palam
Fenugreek	- ⅛ palam
Cumin Seeds	- ⅛ palam
Water	- ½ padi
Tamarind	- 3 palam
Asafoetida	- 2 ku.a
Curry Leaves	- 1 palam
Coriander Leaves	- ⅛ palam
Ghee	- ½ palam
Mustard Seed	- ⅛ palam

Method :

1. Take the water in a vessel that can hold 5 padi water and boil it.

2. Add bengal gram, ghee and turmeric to the boiling water one by one. Close it with another vessel filled with water.

3. When the lentils are cooked well, remove from fire. Fry separately in ghee or oil, red chillies, coriander seeds, pepper, cumin seeds and asafoetida and grind it to a smooth paste.

7. Boil ½ padi water in a vessel that can hold 2 and ½ padi water and which is lead coated. Add tamarind to this water. Remove the seeds from the tamarind and extract the the tamarind juice and boil it. Add the ground mixture to this tamarind water.

8. Add salt to the tamarind. Fry curry leaves and add it in the tamarind water. Wash coriander leaves in water, remove the stems and put it in the tamarind water.

9. When the tamarind water becomes 1/4th amount, pour the water from the cooked dal into the tamarind water. If the vessel is not filled, add some more water to the dal, mash well and add it to the dal. Remove 4 or 5 ladle full of lentil and keep it in another lead coated vessel. When the rasam is fully boiled and comes up add this lentil to the rasam. By doing this, the rasam will not leak out of the vessel. Then add ghee to a pan and follow the 22nd recipe method for seasoning. Dissolve asafoetida in little water and add the juice to the rasam.

154. Yellow Gram Rasam

Water	- 3 ½ padi
Roasted Yellow Gram	- ½ padi
Tamarind	- 2 ½ palam
Salt	- 2 palam
Ghee or Gingely Oil	- ½ palam
Turmeric Powder	- ⅛ palam
Red Chillies	- ⅝ palam
Coriander Seeds	- ⅜ palam
Pepper	- veesam 3/16 palam

Fenugreek	- ⅛ palam
Cumin Seeds	- ⅛ palam
Water	- ½ padi
Asafoetida	- 2 ku.a
Curry Leaves	- 1 palam
Coriander Leaves	- ⅛ palam
Ghee	- ½ palam
Mustard Seed	- ⅛ palam

Method :

1. Boil pure water in a vessel that can hold 4 padi water. Add roasted yellow dal, ghee and turmeric powder one by one in the vessel and close it with another vessel filled with water.

2. When the lentils are cooked well, remove from fire. Fry separately in ghee or oil, red chillies, coriander seeds, pepper, cumin seeds and asafoetida and grind it to a smooth paste.

3. Boil ½ padi water in a vessel that can hold 2 and ½ padi water and which is lead coated. Add tamarind to this water. Remove the seeds from the tamarind and extract the the tamarind juice and boil it. Add the ground mixture to this tamarind water.

4. Add salt to the tamarind. Fry curry leaves and add it in the tamarind water. Wash coriander leaves in water, remove the stems and put it in the tamarind water.

5. When the tamarind water becomes 1/4th amount, pour the water from the cooked dal into the tamarind water. If the vessel is not filled, add some more water to the dal, mash well and add it to the dal.

6. Remove 4 or 5 ladle full of lentil and keep it in another lead coated vessel. When the rasam is fully boiled and comes up add this lentil to the rasam. By doing this, the rasam will not leak out of the vessel. Then add ghee to a pan and follow the 22nd recipe method for seasoning. Dissolve asafoetida in little water and add the juice to the rasam.

155. Butter Beans Rasam

Ingredients :

Pure Water	- 2 padi
Butter Beans	- ¼ padi
Turmeric Powder	- veesam 1/16 palam
Tamarind	- 1½ palam
Salt	- 1¾ palam
Rasam Powder	- 1½ palam
Curry Leaves	- 1 palam
Fresh Coriander Leaves	- ¼ palam
Ghee	- 1 palam
Mustard Seeds	- ⅛palam
Black Gram	- ¼ palam
Cumin Seeds	- ⅛ palam
Fenugreek Seeds	- veesam 1/16 palam
Asafoetida	- 2 ku.a

Method :

1. Boil pure water in a 2½ padi water holding capacity vessel. Add butter beans, turmeric powder to the boiling water one by one.

2. Close it with a vessel filled with water. Dissolve tamarind in water in a lead coated vessel and remove the seeds from it. Add salt to the tamarind juice.

3. If the butter beans are cooked well, add the tamarind juice and the rasam powder to it. Add curry leaves.

4. Boil ghee and add mustard seeds, black gram, cumin seeds, fenugreek seeds and follow the procedure of 22nd seasoning method. Dissolve asafoetida in water and add it to the rasam and remove from the fire.

156. Horsegram Rasam

Ingredients :

Pure Water	- 3 padi
Roasted Horsegram	- ½ padi
Gingelly Oil or Ghee	- ¾ palam
Turmeric Powder	- ¼ palam
Red Chillies	- ½ palam
Pepper	-¼ palam
Coriander Seeds	- ½ palam
Cumin Seeds	- ⅛ palam
Fenugreek Seeds	- veesam 1/16 palam
Mustard Seeds	- veesam 1/16 palam
Grated Coconut	- 2 ½ palam
Pure Water	- ½ padi
Tamarind	- 2 ¾ palam
Salt	- 1¾ palam
Curry Leaves	- 2 palam
Coriander Leaves	- ⅛ palam
Ghee or Gingely Oil	- 1¼ palam
Red Chillies	- ¼ palam
Mustard Seeds	- ⅛ palam
Bengal Gram	- ⅛ palam
Asafoetida	- 2 ku.a
Onion	- ¾ palam
Garlic	- ⅜ palam

Method :

1. Boil water in a 5 padi capacity water holding vessel. Add roasted horse gram, gingely oil or ghee and turmeric powder into this water one by one. Close it with a vessel filled with water.

2. Fry red chillies, pepper pods, coriander seeds, cumin seeds, asafetida and mustard in ghee or oil separately. Fry grated coconut and add this to the above ingredients and grind it to a fine paste by sprinkling ¼ padi water to it.

3. Dissolve tamarind in pure water and remove the seeds of the tamarind. Add salt to the boiling tamarind. Add curry leaves and coriander leaves.

4. After the rasam is boiled and the water is reduced, mash the cooked horse gram and pour the dal into the rasam.

5. Take 4 or 5 ladleful of the rasam when it boils well. Heat ghee or oil and add red chillies, mustard and bengal gram. Refer to the 22nd recipe and season the dish.

6. Add asafoetida after dissolving in water to the rasam. If needed, onion and garlic can be cut and roasted in ghee and added to the rasam.

157. Butter Beans Rasam

Ingredients :

Pure Water	- 4 padi
Pigeon Pea	- ½ padi
Turmeric Powder	- ⅛ palam
Ghee	- ½ palam
Red Chilli	- ⅝ palam
Coriander Seeds	- ½ palam
Pepper	- ¼ palam
Cumin Seeds	- ⅛ palam
Asafoetida	- veesam 1/16 palam
Mustard Seeds	- veesam 1/16 palam
Black Gram	- ¼ palam
Bengal Gram	- ¼ palam
Cleaned Sesame Seed	- ½ palam
Grated Coconut	- 1½ palam
Groundnut	- ½ palam
Fresh Butter Beans	- ½ padi
Ghee	- 3 palam
Pure Water	- ½ padi
Tamarind	- 3 palam
Salt	- 2¼ palam

Method :

DOUBT

1. Boil pure water in a vessel that can hold 6 padi water and add pigeonpea, turmeric powder and ghee. Close it with a vessel filled with water. Add red chillies, coriander seeds, pepper, cumin seeds, asafoetida, mustard seed, black gram, bengal gram, cleaned sesame seeds and grated coconut.

2. Fry all these ingredients in ghee or oil separately and grind it to a fine paste. Put ground nuts and fresh butter beans in a lead coated vessel.

Mix the ground masala to it. Heat 3 palam ghee in 2 and ½ water holding capacity pan and fry the nuts and beans in it. Close it with a lid.

3. Check if the pigeon pea is cooked well and add the water of the dal to the rasam. Soak tamarind in water, remove the seeds and pour the pulp into the rasam.

4. If the rasam is not vessel full, add some more water to the pigeonpea, crush and pour the water to the rasam. Take 2 or 3 ladleful of rasam and set aside in a different vessel.

5. Boil the rasam with all the items. Heat ghee in a pan. Add mustard and red chillies to it. Refer to the 22nd recipe for seasoning method. Dissolve asafoetida and add to the rasam.

158 and 159 recipes are not available in the Bhaga Shastra Book

160. Another Type Of Kottu Rasam

Ingredients :

Pure Water	- 1 padi
Red Chilly	- ⅛ palam
Pepper	- ¼ palam
Cumin Seed	- ⅛ palam
Black Gram	- ¼ palam
Grated Coconut	- ½ palam
Salt	- ½ palam
Curry Leaves	- ⅛ palam
Tamarind	- 1½ palam
Ghee	- ½ palam
Pepper	- ⅛ palam
Mustard Seed	- ⅛ palam
Asafoetida	- 2 ku.a

Method :

1. Fry red chillies, pepper, cumin seeds, black gram and grated coconut separately in ghee and grind to a fine paste using little water.

2. Take 1 padi pure water and mix this paste in that water. Boil this dish by adding salt to it. Fry curry leaves in slow fire and add it to the rasam.

3. Make tamarind as a ball and put it into the rasam. When the rasam boils well, season it by referring to the 22nd seasoning recipe. Add ghee, pepper and mustard for seasoning.

4. Dissolve asafoetida in water and pour this also into the rasam.

161. Pepper Rasam

Ingredients :

Pure Water	- 1 padi
Pepper	- ½ palam
Pigeon Pea	- 1 palam
Black Gram	- ¼ palam
Red Chilli	- ⅛ palam
Grated Coconut	- 1½ palam
Salt	- ½ palam
Milk	- ¼ padi
Curry Leaves	- 1 palam
Ghee	- ½ palam
Cumin Seed	- ¼ palam

Method :

1. Fry pepper pods, pigeon pea, black gram, red chillies and grated coconut separately in ghee. Sprinkle water and grind it to a fine past.

2. Mix this well in 1 padi pure water. Boil this mixture by adding salt. Fry curry leaves in slow fire and add it to the rasam.

3. Heat ghee in a pan and add cumin seeds to it. When the seeds are fried well, add it to the rasam.

162. Another Type Of Pepper Rasam

Ingredients :

Pure Water	- ½ padi
Pepper	- ½ palam
Grated Coconut	- ½ palam
Salt	- ¼ palam
Milk	- ¼ padi
Ghee	- ½ palam
Cumin Seed	- ⅛ palam

Method :

1. Fry pepper pods and grated coconut separately in ghee. Sprinkle water and grind it to a fine paste.

2. Take ½ padi water in a 1 padi water holding capacity coated vessel and mix the paste in it.

3. Add salt and milk to the rasam and boil well. Heat ghee in a pan and add cumin seeds to it. When the seeds are fried, add it to the rasam.

163. Another Type Of Pepper Rasam

Ingredients :

Ghee	- 1 palam
Red Chillies	- ⅛ palam
Mustard Seed	- ⅛ palam
Black Gram	- ⅛ palam
Bengal Gram	-¼ palam
Pure Water	- ½ padi
Curry Leaves	- 1 palam
Ghee	- ½ palam
Pepper	-½ palam
Grated Coconut	- 1½palam
Salt	- ¼ palam
Milk	- ¼ padi

Method :

1. Heat ghee in a 1 and ½ padi water holding capacity lead coated vessel and season it using the 22nd seasoning method. Use red chillies, mustard, black gram and Bengal gram.

2. Pour pure water into the seasoning. Add curry leaves after frying it in the slow fire.

3. Heat ghee in another vessel and add pepper pods after frying and crushing the pods. Grind grated coconut, mix it with water and pour it into the rasam. Add salt and milk and boil the rasam.

4. Remove from fire and set aside.

164. Cumin Rasam

Ingredients :

Pure Water	- 1 padi
Cumin Seed	- ½ palam
Pepper	- ⅛ palam
Red Chilli	- ⅛ palam
Coriander Seed	- ¼ palam
Salt	- ½ palam
Tamarind	- ¾ palam
Ghee	- ½ palam
Fenugreek Seed	- ⅛ palam
Cumin Seed	- ⅛ palam

Method :

1. Pour pure water in a 1 and ½ padi water holding capacity lead coated vessel. Soak cumin seeds in 1/8 padi water.

2. Fry pepper pods, red chillies and coriander seeds, separately in ghee. Then grind it with the soaked cumin seeds using the same water.

3. Mix this with the 1 padi water kept aside. Boil this with the salt. Dissolve the tamarind in water, remove the seeds and pour this into the rasam.

4. Use the 22nd seasoning method to season the rasam. Add ghee, fenugreek and cumin seeds for seasoning.

165. Jaggery And Tamarind Rasam

Ingredients :

Pure Water	- 2 padi
Tamarind	- 1¼ palam
Salt	- ⅝ palam
Jaggery	- ½ palam
Curry Leaves	- 1 palam
Ghee	- 1 palam
Red Chilli	- ½ palam
Mustard Seed	- ¼ padi
Asafoetida	- 2 ku.a

Method :

1. Dissolve tamarind in pure water and remove the seeds. Add salt and jaggery to the tamarind juice and boil it.

2. Fry curry leaves in slow fire and add it to the rasam. When the rasam boils and thickens, season it. Follow the procedure of 22nd seasoning method.

3. Use ghee, red chillies and mustard for seasoning. Remove from fire. Dissolve asafoetida in water and pour it into the rasam.

166. Fried Rasam

Ingredients :

Pure Water	- 2 padi
Pigeonpea	- ¼ padi
Ghee	- ¼ palam
Turmeric Powder	- ⅛ palam
Pepper	- ⅜ palam
Cumin Seed	-⅛ palam
Coriander Seed	- ¼ palam
Red Chilli	- 3 veesam 3/16 palam
Black Gram	- ½ palam
Grated Coconut	- 1 palam
Salt	- ½ palam
Curry Leaves	- 1 palam
Ghee	- ½ palam
Fenugreek Seed	- ⅛ palam
Cumin Seed	- ⅛ palam

Method :

1. Boil pure water in a 2½ padi water holding capacity lead coated vessel. Add pigeonpea, turmeric and ghee one by one into the boiling water.

2. Close it with a vessel filled with water. Fry separately pepper, cumin seeds, coriander seeds, red chillies and black gram in ghee. Add grated coconut to the above ingredients and grind it to a fine paste.

3. Dissolve the paste in little water and add salt. Fry curry leaves in slow fire. When the rasam thickens, heat the ghee and add fenugreek, cumin seeds and when they are fried, add the seasoning to the rasam and remove the rasam from the fire.

4. Squeeze a lemon before serving.

167. Fenugreek Kottu Rasam

Ingredients :

Pure Water	- 2 padi
Tamarind	- 6 palam
Salt	- ¾ palam
Fenugreek	- ¼ palam
Pigeonpea	- 1 palam
Red Chilli	- ⅜ palam
Pepper	-⅛ palam
Grated Coconut	- 1½ palam
Curry Leaves	- 1 palam
Coriander Leaves	- ⅛ palam
Ghee	- ½ palam
Red Chillies	- ⅛ palam
Mustard	- ⅛ palam
Asafoetida	- 2 ku.a

Method :

1. Soak tamarind in water for half an hour and remove the seeds. Take out 1 and ¼ clear water from the tamarind juice and boil it in a coated vessel.

2. Add salt to this. Fry fenugreek, pigeon pea, red chillies and pepper in ghee or oil separately.

3. Add coconut, sprinkle water and grind all the ingredients together. Mix this with the tamarind pulp. Fry curry leaves in slow fire and add it along with the coriander leaves to the rasam.

4. Refer to the 22nd method for seasoning and add ghee, red chillies and mustard seeds to the rasam.

5. Dissolve asafoetida in water and pour it into the rasam.

168. Green Leaves Rasam

Ingredients :

Pure Water	- 1½ padi
Kalavankeerai Leaves	- 24 palam
Red Chilli	- ⅛ palam

Cumin Seed	- 1/16 palam
Pepper	- ⅛ palam
Coriander Seed	- ¼ palam
Garlic	- ¼ palam
Onion	- ½ palam
Salt	- ⅜ palam
Ghee	- ½ palam
Mustard Seed	- ¼ palam
Fenugreek Seed	- ⅛ palam
Cumin Seed	- ⅛ palam
Lemon	- 2

Method :

1. Boil 1½ padi water in 2½ padi water holding capacity pot. Wash kalavankeerai(greens) thoroughly and strain the water and put this in boiling water.

2. Fry separately red chillies, cumin seeds, pepper, coriander seeds, garlic and onions in ghee. Tie these ingredients in a cloth and dip it in the boiling keerai.

3. When the green leaves are cooked, strain the water into another coated vessel. Untie the masala and grind it with a little of that strained water and mix this ground paste in the strained water.

4. Add salt to this. Refer to the 22nd recipe for seasoning and heat ghee in a pan. Add mustard seeds.

5. When it stops spluttering, add cumin seeds and fenugreek. Pour this seasoning into the rasam.

6. Squeeze two lemons into the rasam.

169. Broken Dal Rasam

Ingredients :

Pure Water	- 1 ¾ padi
Pigeonpea	- ¼ padi
Ghee	-1½ palam
Pepper	- ½ palam

Red Chillies	- ¼ palam
Cumin Seed	- ⅛ palam
Coriander Seed	- ¼ palam
Turmeric Powder	- veesam 1/16 palam
Salt	- ¾ palam
Curry Leaves	- 1 palam
Coriander Leaves	-⅛ palam
Ghee	-½ palam
Mustard Seed	- ⅛ palam
Cumin Seed	- ⅛ palam
Lemon	- 2

Method :

1. Boil water in a 3 padi water holding capacity lead coated vessel. Heat ghee and add the pigeon pea and fry until golden brown.

2. Put this in a grinder and break the lentil into small pieces. Tie this broken lentils in a thin white cloth and dip this cloth into the boiling water.

3. When the lentil is cooked well, that is when the boiling water becomes yellow in color, remove the white cloth and grind the masala by sprinkling some lentil water in it.

4. Dissolve this masala in little water and strain it. Then add this to the boiling water and boil the water again. Add salt. Fry curry leaves in fire and add this along with the cleaned coriander leaves.

5. Refer to the 22nd seasoning method and use ghee, mustard and cumin seeds.

6. Squeeze the juice of 2 lemons into the rasam.

170. Mango Vathal Rasam (mango fryums)

Ingredients :

Pure Water	- 1½ padi
Mango Vathal	- 2 palam
Roasted Red Chill Powder	- veesam 1/16 palam

Roasted Pepper Powder	- ¼ palam
Salt	- ½ palam
Black Gram	- ½ palam
Grated Coconut	- 1 palam
Ghee	- ½ palam
Red Chilli	- ⅛ palam
Mustard Seed	- ⅛ palam
Black Gram	- ¼ palam
Bengal Gram	- ¼ palam
Asafoetida	- 2 ku.a

Method :

1. Boil water in 2 ½ water holding capacity lead coated vessel. Select good mango fryums and put it into boiling water and close it with another vessel filled with water.

2. Fry red chillies with little oil and fry the pepper without oil and powder both. Put this in the mango fryums. Fry black gram in oil and grind it along with the grated coconut.

3. Refer to the 22nd method for seasoning. Use ghee, red chillies, mustard, black gram and bengal gram. Pour it into the rasam and remove from fire.

4. Dissolve asafoetida in water and pour the water into the rasam.

171. Sugar Cane Juice Rasam

Ingredients :

Sugar Cane Juice	- ½ padi
Roasted Pepper Powder	- ⅛ palam
Powdered Salt	- ¼ palam
Ghee	- ½ palam
Red Chilli	- ⅛ palam
Mustard Seed	- ⅛ palam
Lemon	- 1

Method :

1. Put sugarcane juice in a coated vessel and boil it. Add roasted pepper powder and salt to the boiling juice. Refer to the 22nd seasoning method to season this dish.

2. Use ghee, red chillies and mustard. Remove from fire after seasoning it. Squeeze the juice of 1 lemon, after removing the seeds to the rasam.

172. KOTTU RASAM

Ingredients :

Pure Water	- 1½ padi
Tamarind	- 2 palam
Roasted Red Chilli Powder	- ¼ palam
Roasted Pepper Powder	- ⅛ palam
Coriander Leaves	- ⅛ palam
Ghee	- ½ palam
Red Chilli	- ⅛ palam
Mustard Seed	-⅛ palam
Turmeric Powder	- veesam 1/16 palam
Asafoetida	- 2 ku.a

Method :

1. Dissolve tamarind in water and remove the seeds from it. Add fried red chilli powder, roasted pepper powder and salt.

2. Add one bunch of curry leaves after frying it in slow fire. Clean coriander leaves, remove the stem and add it into the rasam.

3. Refer to the 22nd seasoning recipe method and use ghee, red chillies and mustard seeds. Dissolve asafoetida in water and add it to the rasam.

173. Gram Flour Rasam

Ingredients :

Water	- 1 padi
Tamarind	- 1 palam

174. Kalavamparuppu Rasam

Ingredients :

Pure Water	- 3 ½ padi
Kalavamparuppu	- ½ padi
Ghee or Oil	- ½ palam
Turmeric Powder	- veesam 1/16 palam
Tamarind	- 3 ¾ palam
Salt	- 2 ½ palam
Roasted Red Chilli Powder	- ⅝ palam
Roasted Coriander Powder	- ⅜ palam
Roasted Pepper Powder	- ¼ palam
Roasted Fenugreek Powder	- veesam 1/16 palam
Roasted Mustard Powder	- veesam 1/16 palam
Roasted Cumin Powder	- ⅛ palam
Curry Leaves	- 1 palam
Coriander Leaves	- ⅛ palam
Ghee	- ½ palam
Red Chillies	- ¼ palam
Mustard Seeds	- ⅛ palam
Asafoetida	- 2 ku.a

Method :

1. Pour pure water in a 5 padi water holding capacity pot and add ghee or oil, turmeric powder and kalavamparuppu and heat the water. Close the pot with another pot filled with water.

2. Remove from fire after the dal is cooked well. Dissolve tamarind in 2 and ½ padi water and remove the seeds of the tamarind. Add salt to it.

3. Add roasted red chilli powder, roasted coriander powder, fried pepper powder, roasted fenugreek powder, roasted mustard powder and roasted cumin seed powder to the tamarind pulp.

4. You can also add 1 and ¾ palam rasam powder also instead of all these powders. Curry leaves can be fried in slow fire and added to the rasam.

5. Wash and cut the roots of coriander leaves and add it to the rasam. After the rasam thickens, add the cooked dal to it. Add enough water to the rasam so that it is vessel full.

6. Take 3 or 4 ladleful of the rasam and pour it into another vessel. When the rasam boils well, refer to the 22nd seasoning method and use ghee, red chillies and mustard seeds to it.

7. Remove from fire and add asafoetida dissolved in water.

Kalavamparuppu : Mixture of ¼ padi of roasted horse gram, ⅛ padi of pigeon pea, veesam padi green gram and veesam padi bengal gram or butter beans.

175. Tender Brinjal Rasam

Refer to the 150th recipe for this rasam. But tender brinjal should be cut and fried in ghee and

added to the masala and tamarind juice. Cut the stem of the brinjal before using.

176. Tender Shikakai Leaves Rasam

Ingredients :

Pepper Pod	- ⅜ palam
Pigeonpea	- ⅜ palam
Red Chilli	- ⅛ palam
Curry Leaves	- ⅛ palam
Pure Water	- 2 padi
Tender Leaves of Shikakai	- 2 palam

Salt	- ¾ palam
Ghee	- ¾ palam
Mustard Seed	- ⅛ palam
Cumin Seed	- ⅛ palam
Fenugreek Seed	- veesam 1/16 palam

Method :

1. Fry separately pepper pods, pigeonpea, red chillies, curry leaves in ghee and grind it together. This can be ground without frying also.

2. Take 2 padi pure water and dissolve the masala in the water and boil it. Add tender shikakai leaves in the boiling water and after it boils, add salt to it.

3. Refer to the 22nd seasoning method for seasoning. Fry mustard, cumin seeds and fenugreek in ghee and pour the seasoning into the rasam. This rasam is good to cure acidity.

Karigal, Uperigal and Podigal

177. Karima Powder

Ingredients :

Red Chilly	- 2½ palam
Pepper	- ¼ palam
Cumin Seed	- ⅛ palam
Coriander Seed	- 4 palam
Turmeric	- ⅛ palam
Asafoetida	-Veesam 1/16 palam
Bengal Gram	-2½ palam
Black Gram	-2½ palam
Rice	-3 palam
Curry Leaves	-½ palam

Method :

1. Roast all the above ingredients separately except red chilly and asafoetida. Care should be taken not to burn the ingredients.

2. Place the asafoetida on the fire and make it into powder. Then combine everything and grind into a smooth paste and place it in a stone vessel.

3. Later wherever it is mentioned as karima powder in any of the dish just replace this powder.

178. Brinjal curry

Ingredients :

Brinjal	- 12 palam
Ghee or Oil	- 1½ palam
Chilly	- ¼ palam
Mustard Seed	- ⅛ palam
Black Gram	- ¼ palam
Water	- ⅛ padi
Tamarind	- ¼ palam
Powdered Salt	- ½ palam
Karima Powder	- ½ palam
Cooked Pigeon Pea	- 2 spoon
Grated Coconut	- 2½ palam

Method :

1. Take out the stem from all the brinjal and cut into small pieces and put them in water. Take the oil or ghee in a vessel which did not become sticky by frequent cooking.

2. When the oil or ghee is heated add the chilly,black gram,mustard seed and temper as described in the 22nd recipe. Then add the brinjal pieces and sprinkle some water and close with a lid.

3. Take the water and tamarind in a lead coated vessel and squeeze the pulp without any seed or residue. Pour this tamarind water in the vessel in which brinjal is cooking.

4. Stir nicely from all the four sides and close with a lid till brinjals are evenly cooked. Lastly add the salt,karima powder,cooked pigeon pea one by one into the curry and stir nicely.

5. After 2 minutes take out from the fire and add the grated coconut.

179. Raw Banana Curry

Ingredients:

Raw Banana	- 12 palam
Ghee or Oil	- 1 palam
Chilly	- ⅛ palam
Mustard Seed	- ¼ palam
Black Gram	- ¼ palam
Water	- 1 ½ padi
Tamarind	- ½ palam
Turmeric Powder	- veesam 1/16 palam
Jaggery	- ¼ palam
Roasted Chilly Powder	- ⅛ palam
Powdered Salt	- ¼ palam
Karima Powder	- ½ palam
Grated Coconut	- 2 palam

Method :

1. Apply some water or gingely oil in hand and remove the stem and skin of the raw banana. Cut into small pieces and put them in water so that it will not turn into black.

2. Take oil or ghee in a vessel which has not become sticky by frequent cooking and heat it. Temper with mustard seed ,red chilly and black gram as mentioned in 22nd recipe.

3. Add the cut raw banana into the temper, sprinkle some water and stir nicely with a spoon and close with a lid. If we stir with iron spoon banana will become black.

4. Take the water and tamarind in a lead coated vessel and squeeze the pulp without any seed or residue.

5. Add turmeric powder,jaggery to the tamarind extract and when the banana is half cooked add the chilly powder,salt,karima powder to it and stir it nicely.

6. When it is completely cooked add the grated coconut and mix it.

180. Snake Gourd Curry

Ingredients :

Snake Gourd	-	12 palam
Ghee or Oil	-	1 palam
Chilly	-	⅛ palam
Mustard Seed	-	⅛ palam
Black Powder	-	¼ palam
Powdered Salt	-	¼ palam
Karima Powder	-	½ palam
Grated Coconut	-	1 ½ palam

Method :

1. Select the snake gourd which is tender and remove the stem and edges. Then cut into strips.

2. Take oil or ghee in a vessel which has not become sticky by frequent cooking and heat it. Temper with mustard seed, red chilly and black gram as mentioned in 22nd recipe. After tempering add the snake gourd and sprinkle some water and close with a lid.

3. When it is ¾ th cooked add the salt, karima powder and grated coconut one by one and stir it nicely .

181. Broad Beans Curry

Ingredients :

Broad Bean	-	9 palam
Ghee or Oil	-	1 palam
Chilly	-	⅛ palam
Mustard Seed	-	⅛ palam
Black Gram	-	¼ palam
Water	-	⅛ padi
Chilly Powder	-	⅛ palam
Powdered Salt	-	⅜ palam
Karima Powder	-	½ palam
Cooked Pigeon Pea	-	2 spoon
Grated Coconut	-	1 ½ palam

Method :

1. Cut the stem and edges of the broad beans and cut them into two or three pieces. Check whether there is no worms in it. Take oil or ghee in a vessel which has not become sticky by frequent cooking and heat it.

2. Temper with mustard seed ,red chilly and urad dal as mentioned in page 22. Then add the broad beans into it. Add the water and stir it with spoon. Cook it with closed lid till all the water gets evaporated .

3. If it is not cooked properly add some more water and cook it. After that add chilly powder,salt,karima powder one by one. Then add the

cooked toor dal and mix it nicely. After 5 minutes when it is cooked take it out from the fire and add the grated coconut to it.

182. Lady's Finger Curry

Ingredients :

Lady's Finger	-	24 palam
Ghee or Oil	-	1 ½ palam
Chilly	-	¼ palam
Mustard Seed	-	⅛ palam
Black Gram	-	¼ palam
Water	-	⅛ padi
Tamarind	-	1 palam
Powdered Salt	-	1 palam
Karima Podi	-	1 palam
Cooked Pigeon Pea	-	2 spoon
Grated Coconut	-	2 ½ palam

Method :

1. Take out the stem from all the lady's finger and cut into small pieces. Take the oil or ghee in a vessel which did not become sticky by frequent cooking. When the oil or ghee is heated add the chilly,black gram,mustard seed and temper as described in the 22nd recipe.

2. Then add the lady's finger and sprinkle some water and close with a lid. Take the water and tamarind in a lead coated vessel and squeeze the pulp without any seed or residue.

3. Pour this tamarind water in the vessel in which lady's finger is cooking. Stir nicely from all the four sides and close with a lid till it is evenly cooked.

4. Lastly add the salt,karima podi,cooked toor dal one by one into the curry and stir nicely. After 2 minutes take out from the fire and add the grated coconut and serve.

183. Alternative Method (Lady's Finger Curry)

Ingredients :

Lady's Finger	-	12 palam
Sour Curd	-	⅛ padi
Chilly Powder	-	⅛ palam
Turmeric Powder	-	veesam 1/16 palam
Powdered Salt	-	⅜ palam
Ghee	-	1 ½ palam
Chilly	-	⅛ palam
Mustard Seed	-	⅛ palam
Black Gram	-	¼ palam
Karima Powder	-	½ palam
Cooked Pigeon Pea	-	2 spoon

Method :

1. Remove the edges and stem of the lady's finger. Cut into small pieces and put them in a lead coated vessel. Add the sour curd,chilly powder,turmeric powder and salt to the lady's finger and mix it so that it is coated evenly.

2. Take the ghee in a vessel which has not become sticky by frequent cooking and heat it. Then temper with chilly,urad dal,mustard seed as described in the 22nd recipe.

3. Add this temper to the lady's finger mixed with curd and mix it nicely and close with a lid . Give a stir now and then till it is cooked completely. After it has been cooked thoroughly add the karima powder and mix it. Then add the cooked toor dal and mix it and serve.

184. Cluster Beans Curry

Ingredients :

Cluster Bean	- 18 palam
Water	- ½ padi
Ghee or Oil	- 1 palam
Chilly	- ¼ palam
Mustard Seed	- ⅛ palam
Black Gram	- ¼ palam
Water For Cluster Bean	- 1 palam
Water For Tamarind Paste	- 1 palam
Powdered Salt	- ⅜ palam
Cooked Pigeon Pea	- 2 spoon
Karima Powder	- ⅜ palam
Grated Coconut	- 2 palam

Method :

1. Cut the stem and edges of the cluster beans and cut them into two or three pieces. Take some water in a vessel and bring to boil. Then add the cluster beans into the water and cook it nicely.

2. After it is cooked properly drain the water completely. Take the ghee or oil in a vessel which has not become sticky by frequent cooking and heat it. Then temper with chilly,black gram,mustard seed as described in the 22nd recipe.

3. Add this temper to the cooked cluster beans and sprinkle some water and close with a lid. Cook for 5 min. Take the water and tamarind in a lead coated vessel and squeeze the pulp without any seed or residue.

4. Add the salt to the tamarind extract and add it to the cluster bean and stir it. Then add the cooked pigeon pea,karima powder,grated coconut to the cluster bean and mix it nicely and serve.

185. Bitter Gourd Curry

Ingredients :

Bitter Gourd	- 12 palam
Lemon	- 2
Powdered Salt	- ¼ palam
Chilly Powder	- ⅛ palam
Turmeric Powder	- ⅛ palam
Ghee or Oil	- 1 ½ palam
Chilly	- ¼ palam
Mustard Seed	- ⅛ palam
Black Gram	- ¼ palam
Water	- ⅛ padi
Powdered Salt	- ¼ palam
Karima Powder	- ¼ palam
Jaggery or Natural Unrefined Cane Sugar	- ⅛ palam
Cooked Pigeon Pea	- 2 spoon
Grated Coconut	- 1 ½ palam

Method :

1. Remove the stem and edges of the bitter gourd and cut into strips and put it in a lead coated vessel. If the bitter gourd is too ripe then discard the seed. Cut the lemon and extract the juice and mix it with the bitter gourd.

2. To that add salt,chilly powder,turmeric powder and gently mix and keep it for 1 hour. The mixture will leave water. After 1 hour squeeze the water out . By doing this we can take out the bitterness from the gourd or take ½ padi water with ½ padi salt and ½ padi tamarind and squeeze it.

3. Now boil this mixture and put the bitter gourd and cook it. Then discard the water and rinse the gourd with good water. We can use either of the ways to get rid off the bitterness.

4. Take the ghee or oil in a vessel which has not become sticky by frequent cooking and heat it. Then temper with chilly,black gram,mustard seed as described in the 22nd recipe. Add the gourd to the tempered mixture and sprinkle some water and close with a lid for 10 minutes.

5. In between we should take out the lid and stir the mixture twice. Then add salt,karima powder,jaggery or natural unrefined cane sugar,cooked pigeon pea and mix it nicely and cook for 5 minutes. Then take out from the fire and mix the grated coconut and serve.

186. Capsicum Curry

Ingredients :

Water	- ¼ padi(for cooking capsicum)
Capsicum	- 9 palam
Gingely Oil	- 2 palam
Mustard Seed	- ⅛ palam
Black Gram	- ¼ palam
Bengal Gram	- ⅛ palam
Cooked Pigeon Pea	- 2 spoon
Tamarind	- 1 palam
Water	- ⅛ padi
Powdered Salt	- ¾ palam
Karima Powder	- ½ palam
Grated Coconut	- 5 palam

Method :

1. Heat the water required for cooking capsicum in a vessel which has not become sticky by frequent cooking. Remove the stem and cut the capsicum into small pieces.

2. Put the capsicum into the boiling water and close it with a lid and allow it to cook. When it is 3/4th cooked take it from the fire and discard the water.

3. Take the ghee or oil in a vessel which has not become sticky by frequent cooking and heat it. Then temper with mustard seed,pigeon pea,bengal gram as described in the 22nd recipe.

4. Add the cooked capsicum to this and stir nicely. Add the cooked toor dal to the capsicum and close it with a lid for 5 minutes. Take the water and tamarind in a lead coated vessel and squeeze the pulp without any seed or residue.

5. Add this tamarind water to the curry and cook until all the water is absorbed. Then add salt,karima powder and grated coconut to the curry and mix nicely. An alternative method is that we can use juice from 2 lemons instead of tamarind water and add it before adding the coconut and serve.

187. Oil Brinjal Curry

Ingredients :

Tender Brinjal	- 24 palam
Ghee	- 2 palam
Clove	- ⅛ palam
Nutmeg	- ⅛ palam
Mace	- ⅛ palam
Black Gram	- 1½ palam
Grated Dried Kernel Of Coconut	- 4 ½ palam
Coriander Seed	- ½ palam
Chilly	- ⅜ palam
Powdered Salt	- 1 palam

Water	- ⅛ padi
Tamarind	- 1 palam
Ghee or Gingely Oil	- 9 palam
Chilly	- ¼ palam
Mustard Seed	- ¼ palam
Black Gram	- ¼ palam
Bengal Gram	- ½ palam

Method :

1. Remove ¾ of the stem of brinjal and slit into four and put it in water. Don’t separate the pieces. Take a kadai and heat the ghee. First put the clove,nutmeg and mace and fry and take it out.

2. Next put black gram,grated dried kernel of coconut,coriander seed and chilly. Fry everything separately and make it into a powder. Add salt to the powder.

3. Take the water and tamarind in a lead coated vessel and squeeze the pulp without any seed or residue. Then add the spice powder to the tamarind water. Then take each of the slit brinjal and fill equal mixture of this spicy tamarind paste.

4. Take the ghee or oil in a vessel which has not become sticky by frequent cooking and heat it. Then temper with mustard seed,black gram,bengal gram and chilly as described in the 22nd recipe.

5. Lastly add the stuffed brinjal to the tempered mixture and sprinkle required water and cook it with closed lid. Every 3 minutes open the lid and stir it. Cook till it is completely cooked and serve.

188. Cucumber Curry

Ingredients :

Cucumber	- 24 palam
Ghee	- 1½ palam
Chilly	- ¼ palam
Mustard Seed	- ¼ palam
Black Gram	- ¼ palam
Bengal Gram	- ¼ palam
Powdered Salt	- ¼ palam
Cooked Pigeon Pea	- 2 spoon
Karima Powder	- ½ palam
Grated Coconut	- 1½ palam

Method :

1. Take the cucumber and cut its bottom in the shape of 50 paise coin and take that round piece and rub it in the same place. When we do this the bitterness comes out like lather.

2. Remove the lather carefully and peel the outer skin. Cut into small pieces and if it is too ripe take out the seed.Take the ghee or oil in a vessel which has not become sticky by frequent cooking and heat it.

3. Then temper with mustard seed,black gram,bengal gram and chilly as described in the 22nd recipe. Then add the cucumber pieces into the tempered mixture and sprinkle some water and cook it with closed lid.

4. When it is fully cooked add salt,karima powder and cooked toor dal and mix it. Lastly add the grated coconut after taking out from the fire and serve.

189. Snake Gourd Curry With Bengal Gram

Ingredients :

Snake Gourd	- 24 palam
Water	- ½ padi
Bengal Gram	- ¼ padi
Powdered Salt	- ½ palam
Karima Powder	- ½ palam
Ghee	- 1 palam
Chilly	- ¼ palam
Mustard Seed	- ¼ palam
Black Gram	- ¼ palam

Method :

1. Take the snake gourd and cut its top and bottom in the shape of 50 paise coin.

2. Take water in a lead coated vessel and bring to boil. Add the bengal gram to the boiling water and cook it with closed lid. When it is completely cooked add the cut snake gourd.

3. Mix it nicely and keep it closed. When the snake gourd is completely cooked drain the excess water. Add the salt,karima powder and mix it and take out from the fire.

4. Take the ghee or oil in a vessel which has not become sticky by frequent cooking and heat it.

5. Then temper with mustard seed,black gram and chilly as described in the 22nd recipe. Add this and grated coconut to the cooked snake gourd and serve.

190. Grated Ridge Gourd Curry

Ingredients :

Ridge Gourd	- 24 palam
Green Gram	- ⅛ padi
Ghee	- 1½ palam
Chilly	- ¼ palam
Mustard Seed	- ⅛ palam
Black Gram	- ½ palam
Powdered Salt	- ⅜ palam
Karima Powder	- ¼ palam
Grated Coconut	- 2½ palam

Method :

1. Remove the stem and edges of the ridge gourd. Also remove the skin which has nerve like thing and grate it. Take out the stone and sand from green gram and mix it with the grated ridge gourd and keep it for 48 minutes.

2. Take the ghee or oil in a vessel which has not become sticky by frequent cooking and heat it.

3. Then temper with mustard seed,black gram and chilly as described in the 22nd recipe. Add the ridge gourd along with moong dal to the tempered mixture and sprinkle some water and cook it with closed lid.

4. In between stir twice or thrice. When the dal has cooked completely add the salt,karima powder and mix it nicely and cook for a while. Then remove it from the fire and add the grated coconut and serve.

191. Grated Cucumber Curry

Ingredients :

Cucumber	- 24 palam
Green Gram	- ⅛ padi
Ghee	- 1 ½ palam
Chilly	- ¼ palam
Mustard Seed	- ⅛ palam
Black Gram	- ½ palam
Powdered Salt	- ⅜ palam
Karima Powder	- ¼ palam
Grated Coconut	- 2 ½ palam

Method :

1. Take the cucumber and cut its bottom in the shape of 50 paise coin and take that round piece and rub it in the same place. When we do this the bitterness comes out like lather.

2. Remove the lather carefully and peel the outer skin and grate it. Take out the stone and sand from green gram and mix it with the grated cucumber and keep it for 48 minutes.

3. Take the ghee or oil in a vessel which has not become sticky by frequent cooking and heat it. Then temper with mustard seed,black gram and chilly as described in the 22nd recipe.

4. Add the cucumber along with moong dal to the tempered mixture and sprinkle some water and cook it with closed lid. In between stir twice or thrice.

5. When the dal has cooked completely add the salt,karima powder and mix it nicely and cook for a while. Then remove it from the fire and add the grated coconut and serve.

192. Bottle Gourd Curry

Ingredients :

Water	- ¼ padi
Bengal Gram	- 2 palam
Bottle Gourd	- 6 palam
Powdered Salt	- ¼ palam
Karima Powder	- ⅜ palam
Grated Coconut	- 1 ½ palam
Ghee	- ½ palam
Chilly	- ⅛ palam
Mustard Seed	- ⅛ palam
Bengal Gram	-⅛ palam

Method :

1. Take the water in a lead coated vessel and bring it to boil. Then add the bengal gram to the boiling water and cook it with closed lid.

2. Remove the outer skin of the bottle gourd and cut into small pieces and when the dal has ¾ th cooked add the bottle gourd to it and close with a lid.

3. After it has cooked completely add the salt,karima powder,grated coconut and mix it. Take out from the fire and take the ghee or oil in a vessel which has not become sticky by frequent cooking and heat it.

4. Then temper with mustard seed,black gram and chilly as described in the 22nd recipe. Add this to the curry and mix it gently and serve.

193. Grated Raw Banana Curry

Ingredients :

Raw Banana	- 24 palam
Green Gram	- ⅛ padi
Ghee	- 2 ½ palam
Chilly	- ¼ palam
Mustard Seed	- ¼ palam
Black Gram	- ½ palam
Bengal Gram	- ½ palam
Water	- 3 veesam 3/16 padi
Water	- ⅛ padi
Tamarind	- ½ palam
Powdered Salt	- ½ palam
Karima Powder	- ½ palam
Grated Coconut	- 3 palam

Method :

1. Remove the edges and skin of the raw banana and grate it. Take out the stone and sand from the green gram and mix it with grated banana along with little water.

2. Gently mix and remove the water,by doing it we can avoid small dirt from the raw banana and dhal.Take the ghee or oil in a vessel which has not become sticky by frequent cooking and heat it.

3. Then temper with mustard seed,bengal gram and chilly as described in the 22nd recipe. Add the required water to the tempered mixture and then mix the dal and banana mixture to the water and cook it with closed lid.

4. Take the water and tamarind in a lead coated vessel and squeeze the pulp without any seed or residue.Add this water to the banana when the dal has completely cooked.

5. Then add salt,karima powder and mix it nicely and cook for 7 or 8 minutes or until all the water has been absorbed and the curry is little dry. After taking out from the fire add the grated coconut and serve.

194. Grated Radish Curry

Ingredients :

Radish	- 24 palam
Water	- ¼ padi
Green Gram	- ⅛ padi
Ghee	- 1½ palam
Chilly	- ¼ palam
Mustard Seed	- ⅛ palam
Black Gram	- ¼ palam
Bengal Gram	- ½ palam
Powdered Salt	- ½ palam
Karima Powder	- ½ palam
Grated Coconut	- 1½ palam

Method :

1. Take some tender radish, remove the skin and wash it nicely and grate it. Boil the water in a vessel and put the grated radish. When it gets boiled twice remove it and squeeze the radish from the water.

2. Remove sand and stone from the moong dal and mix it with the cooked radish. Leave it for 48 minutes. Take the ghee or oil in a vessel which has not become sticky by frequent cooking and heat it.

3. Then temper with mustard seed,black gram and chilly as described in the 22nd recipe. Then add the radish and dal mixture and cook it with closed lid. In between stir it twice or thrice.

4. When it has been completely cooked add the salt,karima powder and mix it nicely. After taking out from the fire add the grated coconut and serve.

195. Pumpkin Curry

Ingredients :

Pumpkin	- 12 palam
Water	- ¼ padi
Jaggery	- ½ palam
Powdered Salt	- ¼ palam
Karima Powder	- ½ palam
Ghee	- 1 palam
Chilly	- ⅛ palam
Mustard Seed	- ⅛ palam
Black Gram	- ¼ palam
Bengal Gram	-½ palam
Grated Coconut	-1 ½ palam

Method :

1. Cut the pumpkin into pieces by peeling the skin and removing the seeds. Boil the water in a lead coated vessel and add the jaggery and pumpkin pieces and cook it with a closed lid.

2. After it has been completely cooked add the salt,karima powder and mix it with the curry. Take the ghee or oil in a vessel which has not become sticky by frequent cooking and heat it.

3. Then temper with mustard seed,black gram,bengal gram and chilly as described in the 22nd recipe. Finally add the tempered mixture and grated coconut to the curry and serve.

196. Raw Jackfruit Curry

Ingredients :

Raw Jackfruit	-18 palam
Powdered Salt	- ¾ palam
Gingely Oil	- 1 ½ palam
Turmeric Powder	- ⅛ palam
Gingely Oil	-1 ½ palam
Chilly	- ¼ palam
Mustard Seed	-¼ palam
Black Gram	-½ palam
Soaked Groundnut	-3 palam

Method :

1. If we cut the outer layer of a jackfruit inside it should be white in colour. Because that fruit only we can use it for making curry. If it is yellow in colour it will not cook fast.

2. Cut 3/4th of the jackfruit skin and apply gingely oil. Boil 5 padi water in a vessel which can hold the jack fruit and water fully. After it is boiled put the sliced jackfruit into it and close with a lid and leave it for 1 hour.

3. Then drain the water and using a long sharp knife powder the jackfruit. While cutting discard the middle stem part and cut the remaining part or we can cut it without cooking the jackfruit.

4. Boil 1 padi water in a lead coated vessel and add the gingely oil and turmeric powder and add the powdered jackfruit and cook it with a closed lid. Take the jackfruit out of the fire and discard the water.

5. Then add the salt and stir it nicely. After 5 minutes take the ghee or oil in a vessel which has not become sticky by frequent cooking and heat it.

6. Then temper with mustard seed,black gram,soaked groundnut and chilly as described in the 22nd recipe. Add this to the jackfruit and stir it nicely and serve.

197. Foam Ridge Gourd Curry

Ingredients :

Foam Ridge Gourd	-12 palam
Water	- ¼ padi
Green Gram	- veesam 1/16 padi
Powdered Salt	- ⅜ palam
Roasted Chilly Powder	- ⅛ palam
Karima Powder	- ½ palam
Ghee	- 1 palam
Mustard Seed	- ¼ palam
Black Gram	- ¼ palam
Grated Coconut	- 1 ½ palam

Method :

1. Remove the outer skin of the ridge gourd and cut into pieces. Heat the water in a lead coated vessel and when it comes to boil add the green gram and close with a lid till it is 3/4th cooked.

2. Then add the ridge gourd and cook it by closing the lid. When it is cooked add the salt,chilly powder,karima powder and mix it nicely. Then take it out from the fire.

3. Take the ghee or oil in a vessel which has not become sticky by frequent cooking and heat it.

4. Then temper with mustard seed,black gram as described in the 22nd recipe. Add this tempered mixture and grated coconut to the curry and serve.

198. Raw Banana Powder

Ingredients :

Raw Banana	- 24 palam
Ghee	- 1 palam
Chilly	- 1 ½ palam
Black Gram	- ¼ palam
Bengal Gram	- ½ palam
Powdered Salt	- ¼ palam
Ghee	- 1 palam
Chilly	- ⅛ palam
Mustard Seed	- ⅛ palam
Black Gram	- ½ palam
Bengal Gram	- ½ palam
Asafoetida	- 2 Ku.A
Cooked Pigeon Pea	- 2 spoon
Grated Coconut	- 1 ½ palam

Method :

1. Apply gingely oil on the raw banana and place it in a smokeless fire and cook it by adding fire on the top. Then let it cool. Heat a kadai with ghee and fry the chilly, black gram,bengal gram and powder it.

2. Add the salt to the powder and mix it with the raw banana after peeling its skin. Then grind the banana with the powder. It will be dry like powder rather than soggy.

3. Take the ghee or oil in a vessel which has not become sticky by frequent cooking and heat it. Then temper with mustard seed,black gram,bengal gram and chilly as described in the 22nd recipe.

4. Add the asafoetida to the tempered mixture. When it becomes like powder take it out and add the rest of the tempered mixture to raw banana and mix it.

5. Then add cooked pigeon pea and give a nice stir and take it out from the fire. Lastly add grated coconut and mix and serve.

199. Alternative Method (Raw Banana Powder)

Ingredients :

Raw Banana	- 24 palam
Gingely Oil or Ghee	- 2 palam
Black Gram	- 2 palam
Chilly	- ¼ palam
Bengal Gram	- ½ palam
Mustard Seed	- ½ palam
Cumin Seed	- ⅛ palam
Methi Seed	- Veesam 1/16 palam
Powdered Salt	- ½ palam
Tamarind	-1 palam
Ghee or Oil	- 1 palam
Mustard Seed	- ⅛ palam
Asafoetida	- 2 Ku.A

Method :

1. Apply gingely oil on the raw banana and place it in a smokeless fire and cook it by adding fire on the top.Then let it cool.

2. Take a kadai and heat the ghee or oil fry black gram,chilly,bengal gram,mustard seed,cumin seed,methi seed separately one by one and powder them together. Add salt to it.

3. Then peel the skin of the raw banana and grind it along with the powder and make it into powder. Mix tamarind and water and extract the juice without any residue or seed and mix it with raw banana mixture or we can also use juice of 2 lemon and mix it.

4. Take the ghee or oil in a vessel which has not become sticky by frequent cooking and temper with mustard seed and asafoetida as described in the 22nd recipe.

5. When the asafoetida has become powder take it out and mix the tempered mixture with the raw banana and stir it and serve.

200. Plantain Flower Curry

Ingredients:

Plantain Flower	- 24 palam
Water	- ¾ padi
Pigeon Pea	- ⅛ padi
Tamarind	- ¼ palam
Powdered Salt	- ½ palam
Roasted Chilly Powder	- ¼ palam
Dried Coconut Kernel	- 2 palam
Coriander Leaves	- ¼ palam
Ghee or Gingely Oil	- 1 palam
Mustard Seed	- ⅛ palam
Black Gram	- ¼ palam
Turmeric Powder	- veesam 1/16 palam
Asafoetida	- 2 ku.a
Karima Powder	- ½ palam

Method :

1. Take the plantain flower and remove the outer red skin . Now inside the flower there will be a thick stem like thing,remove that also. Cut the remaining flower into small pieces and soak it in either butter milk or water used for washing rice for half an hour.

2. Then squeeze the water with both the hands. Take the water and toor dal along with cut plantain flower in a lead coated vessel and heat it.

In another small lead coated vessel take the tamarind and some water and squeeze the tamarind without any seed or residue.

3. Then add it to the plantain flower which is cooking with the dal. After the flower gets cooked ,take it out from the fire ,cool it and squeeze it and keep it in a separate vessel. Add salt,roasted chilly powder,dried coconut kernel to the plantain flower and mix it.

4. Cut the fresh coriander leaves into small pieces and add it to the flower mixture. Take the ghee or oil in a vessel which has not become sticky by frequent cooking and temper with mustard seed and black gram,turmeric powder and asafoetida as described in the 22 recipe.

5. Remove the asafoetida after it has tempered. Now take the plantain flower mixture and add it to the tempered mixture and give a nice stir. Finally add the karima powder,mix it and serve.

201. Plantain Stem

Ingredients

Plantain stem	- 24 palam
Moong dal	- ⅛ padi
Ghee	- 1 ½ palam
Red Chilly	- ⅛ palam
Mustard seed	- ⅛ palam
Urad dal	- ¼ palam
Bengal gram	- ½ palam
Roasted chilly powder	- ⅛ palam
Powdered salt	- ¼ palam
Karima powder	- ¼ palam
Grated coconut	- 1 ½ palam

First take out thread like nerves from the stem and cut the remaining stem into pieces. Then hold 4 or 5 pieces at a time and cut into small pieces. Mix the moong dal with the plantain stem and keep it for 2 hrs. Take the ghee or oil in a vessel which has not become sticky by frequent cooking and heat it. Then temper with mustard seed,urad dal,bengal gram and chilly as described in the 22nd recipe. Put the plantain stem and dal mixture to this,mix it with a spoon and sprinkle some water and close with a lid. When the dal has been completely cooked add

the red chilly powder,karima powder and salt and give it a mix. After 3 or 4 minutes add the grated coconut and serve.

202. Type of Bitter Gourd curry

Ingredients

Bitter gourd	- 24 palam
Salt	- ½ palam
Lemon	- 2
Water	- 1 padi
Ghee	- 1 ½ palam(for frying bitter gourd)
Chilly	- ¼ palam
Pepper	- ⅛ palam
Coriander seed	- ⅛ palam
Cumin seed	- veesam 1/16 palam
Methi seed	- veesam 1/16 palam
Grated coconut	- 1 ½ palam
Mustard seed	- ⅛ palam
Turmeric powder	- veesam 1/16 palam
Asafoetida	- 2 ku.a
Ghee	- 1 ½ palam(for tempering)
Chilly	- ⅛ palam
Mustard seed	- ⅛ palam
Urad dal	- ¼ palam
Water	- ⅛ padi
Tamarind	- ½ palam
Powdered salt	- ½ palam
Jaggery	- ⅛ palam
Karima powder	- ½ palam

Remove the edges and stem of the bitter gourd and cut into pieces. Keep it in a lead coated vessel. Take the juice from 2 lemons . Add the juice and salt to the bitter gourd and keep it for 1 hour. After a hour gently squeeze out the water and discard it. By doing this we can get rid of the bitterness of the gourd. Heat the water in a lead coated vessel and when it is boiled add the bitter gourd. When it gets cooked discard the water. Take the ghee in a vessel which has not become sticky by frequent cooking and heat it. Then put the bitter gourd and fry gently without burning it. Separately fry chilly,pepper,coriander seed,cumin seed and methi seed in 1 palam ghee and grind it into a fine powder along with grated coconut,mustard seed,turmeric powder,asafoetida into a smooth paste(like butter) by adding water. No need to fry coconut,mustard seed,turmeric powder and asafoetida. Add the smooth paste to the bitter gourd and mix it well. Take the ghee or oil in a vessel which has not become sticky by frequent cooking and temper with mustard seed ,chilly and urad dal as described in the 22nd recipe. Then add the spice mixed bitter gourd into it and stir with spoon.In a lead coated vessel take the

tamarind and some water and squeeze the tamarind without any seed or residue and add the salt,jaggery to it. Add this tamarind water to the bitter gourd which is cooking and close with a lid. When the tamarind water is fully absorbed add the karima powder and mix it nicely and serve.

203. Potato curry

Ingredients

Potato	- 24 palam
Ghee	- 1 ½ palam
Mustard seed	- ⅛ palam
Cumin seed	- veesam 1/16 palam
Urad dal	- ¼ palam
Chilly	- ⅛ palam
Bengal gram	- ¼ palam
Powdered salt	- ½ palam
Roasted chilly powder	- ⅛ palam
Karima powder	- ¾ palam
Grated coconut	- 2 palam

Cook the potato with water and peel the skin. Wash it once with water and cut into pieces. Take the ghee or oil in a vessel which has not become sticky by frequent cooking and heat it. Then temper with mustard seed,urad dal,bengal gram,cumin seed and chilly as described in the 22nd recipe. Then put the cooked potato into the tempering and mix it. After 5 minutes add the salt,roasted chilly powder,karima powder and mix it . Then take it out from the fire and add the grated coconut and serve.

204. Onion curry

Ingredients

Onion	- 12 palam
Ghee	- 3 palam
Red chilly	- ¼ palam
Urad dal	- ¼ palam
Bengal gram	- ¼ palam
Mustard seed	- ¼ palam
Powdered salt	- ⅜ palam
Roasted chilly powder	- veesam 1/16 palam
Karima powder	- ½ palam
Grated coconut	- 1 palam

Remove the odour from the onion by the same method as described in the recipe 193(onion and dal sambar). Take the ghee or oil in a vessel which has not become sticky by frequent cooking and temper with mustard seed ,bengal gram,chilly and urad dal as described in the 22nd recipe. Then add the onion to this temper and mix it. Add the salt,chilly powder and karima powder to the onion,mix it and after 5 minutes take it out from fire. Lastly add the grated coconut and serve. Even we can add 2 spoon full of cooked toor dal and juice from 1 lemon before adding coconut and serve.

205. Elephant yam curry

Ingredients

Water	- 3 padi
Amanukilai	- 12 palam
Elephant yam	- 24 palam
Gingely oil	- 1 ½ palam
Chilly	- ¼ palam
Mustard seed	- ⅛ palam
Urad dal	- ¼ palam
Bengal gram	- ½ palam
Water	- ¼ padi
Tamarind	- 1 ½ palam
Powdered salt	- 1 palam
Roasted chilly powder	- ¼ palam
Karima powder	- 1 palam
Grated coconut	- 1 ½ palam

Boil the water(3 padi) in a vessel and cut the amanikilai into pieces and put them in the hot water. Remove the skin of the yam and cut into pieces and add this also into the boiling water. After it gets cooked strain the water and wash the yam once again in a clean water. Take gingely oil in a vessel which has not become sticky by frequent cooking and temper with mustard seed, bengal gram,chilly and urad dal as described in the 22nd recipe. In a lead coated vessel take the tamarind and some water and squeeze the tamarind without any seed or residue . Add salt and chilly powder to the tamarind water and add it to the yam curry and cook with closed lid. When the tamarind water is completely absorbed and the yam is cooked add the karima powder,mix it and take it out from fire. Then add grated coconut and serve.

206. Gooseberry curry

Ingredients

Water	- 2 ¼ padi
Rice bran	- ¾ padi
Slaked lime clear water	- ½ padi

Gooseberry	-	12 palam
Ghee or gingely oil	-	1 ½ palam
Chilly	-	⅜ palam
Mustard seed	-	¼ palam
Urad dal	-	½ palam
Powdered salt	-	½ palam
Cooked toor dal	-	2 spoon
Grated coconut	-	1 ½ palam

Boil the water in a vessel. Mix the rice bran and slaked lime water(sunnambu) and put in the boiling water. Cut the gooseberry into half and remove the seed. Put it in the boiling water and cook . When it has been cooked strain the water and wash the gooseberry in clear water. By doing this we can remove the sour and bitter taste from the gooseberry. Take the ghee or oil in a vessel which has not become sticky by frequent cooking and temper with mustard seed ,chilly and urad dal as described in the 22nd recipe. Then add the cooked gooseberry to the tempering,mix it and close with a lid. After 3 minutes add salt,karima powder and cooked toor dal one by one to the curry and mix it. Add the grated coconut after taking it from fire and serve.

208. Dal Powder

Ingredients

Toor dal	-	1 padi
Powdered salt	-	½ palam
Green chilly	-	½ palam
Coriander leaves	-	¼ palam
Ginger	-	½ palam
Asafoetida	-	4 ku.a
Lemon	-	3
Grated coconut	-	1 ½ palam
Ghee	-	3 palam
Chilly	-	¼ palam
Mustard seed	-	¼ palam
Urad dal	-	½ palam

Using toor dal,salt,coriander leaves,green chilly,ginger,asafoetida,lemon,grated coconut prepare the dal balls as we did in the recipe 125(pg 192). Take the ghee or oil in a vessel which has not become sticky by frequent cooking and temper with mustard seed ,chilly and urad dal as described in the 22nd recipe. Then add the steamed dal balls to the tempering and fry it and serve. We can also use moong dal instead of toor dal in this recipe. Also we can powder the balls after steaming it instead of cutting it into pieces.

208. Cabbage curry

Ingredients

Water	-	4 padi
Cabbage	-	24 palam
Onion	-	3 palam
Ghee	-	2 palam
Chilly	-	⅛ palam
Mustard seed	-	¼ palam
Urad dal	-	¼ palam
Bengal gram	-	¼ palam
Powdered salt	-	⅜ palam
Karima powder	-	⅜ palam
Roasted gram flour	-	1 palam
Grated coconut	-	1 palam

Boil the water in a vessel. Remove the stem of the cabbage and cut into 4 pieces and put it in the boiling water. Take the outer skin of the onion and cut into two and put them into the water along with the cabbage. Close with a lid. When the cabbage has completely cooked strain the water and collect the cabbage and onion separately and cut into pieces. Take the ghee or oil in a vessel which has not become sticky by frequent cooking and temper with mustard seed,bengal gram,chilly and urad dal as described in the 22nd recipe. Then add the onion first and add the cabbage and stir it. When we put the vegetables and fry a unique sound will come. After the sound stops add the salt,karima powder,roasted gram flour and lastly add grated coconut and mix it and serve.

209. Cauliflower curry

Ingredients

Water	-	3 padi
Cauliflower	-	6 palam
Ghee	-	¾ palam
Chilly	-	⅛ palam
Mustard seed	-	⅛ palam
Urad dal	-	¼ palam
Bengal gram	-	¼ palam
Powdered salt	-	¼ palam
Roasted gram flour	-	½ palam
Karima powder	-	¼ palam
Grated coconut	-	½ palam

Boil the water in a vessel and put the cauliflower into it and close with a lid. When it is fully cooked drain the water and cool it. Then cut it into halves. Take the ghee or oil in a vessel which has not become sticky by frequent cooking and temper with mustard seed,bengal gram,chilly and urad dal as described in the 22nd recipe. Now put the cooked cauliflower and stir it. After

few minutes again stir it. When the sound has stopped add the salt,karima powder,roasted gram flour and grated coconut to the curry and serve.

210. Brinjal curry mixed with gram flour

Ingredients

Brinjal	-	12 palam
Ghee	-	1 palam
Chilly	-	⅛ palam
Mustard seed	-	¼ palam
Urad dal	-	¼ palam
Powdered salt	-	⅜ palam
Karima powder	-	½ palam
Roasted gram flour	-	1 palam
Grated coconut	-	2 ½ palam

Remove the stem(kaambu) and cut into pieces and put them in water. Take the ghee or oil in a vessel which has not become sticky by frequent cooking and temper with mustard seed,chilly and urad dal as described in the 22nd recipe. Add the brinjal to the tempering,mix it and close with a lid. After some time when it is cooked completely add the salt,karima powder,roasted gram flour and grated coconut and mix it and serve.

211. Turnip curry

Ingredients

Water	-	4 padi
Turnip	-	12 palam
Ghee	-	1 palam
Chilly	-	⅛ palam
Mustard seed	-	⅛ palam
Urad dal	-	¼ palam
Bengal gram	-	¼ palam
Powdered salt	-	¼ palam
Karima powder	-	¼ palam
Roasted gram flour	-	⅜ palam
Grated coconut	-	1 palam

Boil the water in a vessel. Remove the stem and cut into 4 pieces and put them in hot water. After it gets cooked completely drain the water and cool it. Then remove the skin and cut into fine pieces (like grating). Take the ghee or oil in a vessel which has not become sticky by frequent cooking and temper with mustard seed,bengal gram,chilly and urad dal as described in the 22nd recipe. Add the cooked turnip to the tempering and fry. After frying for sometime add

the salt,karima powder,roasted gram flour and grated coconut and mix it well for 2 minutes. Then take it out from fire and serve.

212. Kohlrabi grated curry(red radish curry)

Ingredients		
Kohlrabi	-	18 palam
Ghee	-	1 ½ palam
Chilly	-	¼ palam
Mustard seed	-	⅛ palam
Urad dal	-	¼ palam
Bengal gram	-	¼ palam
Powdered salt	-	⅜ palam
Karima powder	-	¼ palam
Roasted gram flour	-	1 palam
Grated coconut	-	1 palam

Boil the water in a vessel. Remove the stem of the kohlrabi and cut into 4 pieces and put them in hot water. After it gets cooked completely drain the water and cool it. Then remove the skin and cut into fine pieces (like grating). Take the ghee or oil in a vessel which has not become sticky by frequent cooking and temper with mustard seed,bengal gram,chilly and urad dal as described in the 22nd recipe. Then add the cooked kohlrabi and fry it. Then add salt,karima powder,roasted gram flour and grated coconut and mix it for 2 minutes and serve.

213. Purslane greens Curry (Paruppu keerai curry)

Ingredients		
Purslane	-	24 palam
Moong dal	-	3 palam
Ghee	-	1 palam
Chilly	-	⅛ palam
Mustard seed	-	⅛ palam
Urad dal	-	¼ palam
Water	-	⅛ padi
Powdered salt	-	⅜ palam
Karima powder	-	¼ palam
Grated coconut	-	1 ½ palam

Remove the roots of the purslane and wash it nicely and cut into pieces. Take the moong dal and clean it without sand and dirt and mix it with the purslane . Keep it for 2 minutes. Take the ghee or oil in a vessel which has not become sticky by frequent cooking and temper with mustard seed,chilly and urad dal as described in the 22nd recipe. Then fill the vessel with water in which we have done the tempering. Add the moong dal mixed with purslane to the boiling

water and give a stir. Keep closed with a lid. When the purslane gets cooked add the salt,karima powder ,mix it and keep it on the fire for 5 minutes. Then remove from fire and add grated coconut,mix it and serve.

214. Foxtail Amaranth with tamarind curry (thandu keerai)

Ingredients		
Foxtail Amaranth	-	12 palam
Gingely oil	-	1 palam
Chilly	-	¼ palam
Mustard seed	-	⅛ palam
Urad dal	-	¼ palam
Groundnut	-	1 palam
Cooked toor dal	-	2 spoon
Water	-	veesam (1/16) padi
Tamarind	-	½ palam
Powdered salt	-	⅜ palam
Karima powder	-	¼ palam
Grated coconut	-	1 ½ palam

Take the greens and cut into fine pieces and wash it with water. Then drain the water. Take the oil in a vessel which has not become sticky by frequent cooking and temper with mustard seed,chilly and urad dal as described in the 22nd recipe. Before starting to cut soak the groundnut in little water. Now add the soaked groundnut to the tempering and fry it for a minute. Then add the chopped amaranth greens to it and sprinkle some water. Close it with a lid. When it is partially cooked add the cooked toor dal and mix it. Again close it with a lid. In a lead coated vessel take the tamarind and some water and squeeze the tamarind without any seed or residue . Add the tamarind extract to the greens and again close it with a lid. When the greens has completely cooked add the salt,karima powder and mix it. If the water has been completely absorbed take it out from the fire otherwise keep cooking by stirring occasionally. Care should be taken not to burn it. Then take it out from fire and add the grated coconut. Mix it and serve.

215. Arakeerai with tamarind curry

Ingredients		
Arakeerai	-	12 palam
Gingely oil	-	1 palam
Chilly	-	¼ palam
Mustard seed	-	⅛ palam
Urad dal	-	¼ palam
Groundnut	-	1 palam
Cooked toor dal	-	2 spoon
Water	-	veesam (1/16) padi

Tamarind	-	½ palam
Powdered salt	-	⅜ palam
Karima powder	-	¼ palam
Grated coconut	-	1 ½ palam

Take the greens and cut into fine pieces and wash it with water. Then drain the water. Take the oil in a vessel which has not become sticky by frequent cooking and temper with mustard seed,chilly and urad dal as described in the 22nd recipe. Before starting to cut soak the groundnut in little water. Now add the soaked groundnut to the tempering and fry it for a minute. Then add the chopped arakeerai greens to it and sprinkle some water. Close it with a lid. When it is partially cooked add the cooked toor dal and mix it. Again close it with a lid. In a lead coated vessel take the tamarind and some water and squeeze the tamarind without any seed or residue.Add the tamarind extract to the greens and again close it with a lid. When the greens has completely cooked add the salt,karima powder and mix it. If the water has been completely absorbed take it out from the fire otherwise keep cooking by stirring occasionally. Care should be taken not to burn it. Then take it out from fire and add the grated coconut. Mix it and serve.

216. Bladder dock greens with tamarind curry

Ingredients

Water	- ¼ padi (for soaking bengal gram)
Bengal gram	- 2 ½ palam
Bladder dock greens	- 12 palam
Water	- veesam (1/16) padi (for cooking greens and dal)
Powdered salt	- ⅜ palam
Water	- veesam(1/16) padi (for extracting tamarind juice)
Tamarind	- ¼ palam
Roasted gram flour	- ½ palam
Karima powder	- ¼ palam
Ghee	- 1 palam
Chilly	- ⅛ palam
Mustard seed	- ⅛ palam
Urad dal	- ¼ palam
Grated coconut	- 1 palam

Take a vessel and soak bengal gram till it becomes soft. Then drain the water. Then take the greens and wash it with water and chop it finely. Then add it to the soaked dal. Take a lead coated vessel and cook the greens with water by closing it with a lid. When it is fully cooked add salt and mix it with spoon. In a lead coated vessel take the tamarind and some water and squeeze the tamarind without any seed or residue. Mix the roasted gram flour to the tamarind

water and add it to the greens dal mixture and give a stir. Then add karima powder and stir once again. Take the ghee in a big iron spoon and temper with mustard seed,chilly and urad dal as described in the 22nd recipe and add it to the curry. Lastly add the grated coconut to the curry and mix it. In the same way we can cook purslane greens curry with tamarind.

217. Colocasia curry

Ingredients

Colocasia	- 12 palam
Gingely oil	- 1 ½ palam
Chilly	- ¼ palam
Mustard seed	- ¼ palam
Urad dal	- ½ palam
Water	- ¼ padi
Tamarind	- 1 palam
Roasted chilly powder	- ¼ palam
Powdered salt	- ¼ palam
Karima powder	- ½ palam
Grated coconut	- 1 palam

Remove the tingling taste of the colocasia as we did in the 122 recipe (colocasia dhal sambar) . Then remove the skin and cut into pieces. Take the oil in a vessel which has not become sticky by frequent cooking and temper with mustard seed,chilly and urad dal as described in the 22nd recipe. Then add the colocasia into the tempering and cook with a closed lid. In a lead coated vessel take the tamarind and some water and squeeze the tamarind without any seed or residue and add the roasted chilly powder and salt . Mix this tamarind mixture to the colocasia which is cooking. Cook until all the tamarind water gets absorbed. When it is completely done add the karima powder and grated coconut and mix it and serve.

218. Carrot curry

Ingredients

Water	- 3 padi
Carrot	- 18 palam
Curd	- ¼ padi
Mustard seed	- ¼ palam
Chilly	- ⅛ palam
Grated coconut	- 1 palam
Powdered salt	- ⅜ palam
Ghee	- 1 ½ palam
Mustard seed	- ⅛ palam

Chilly	-	⅛ palam
Urad dal	-	¼ palam
Asafoetida	-	2 ku.a

Boil the water in a vessel and add the carrot and cook till it is properly cooked. Then remove the skin and keep it in a lead coated vessel. Mix the curd with kiyarettu and grind the mustard seed,chilly,grated coconut and salt into a fine paste. Add this paste to the carrot curd mixture and mix it well. Take the ghee in a vessel which has not become sticky by frequent cooking and temper with mustard seed,chilly and urad dal as described in the 22nd recipe. Add veesam rubai edai turmeric powder and the carrot to the tempered mixture and cook it till it becomes thick. Mix the asafoetida with water and add it to the curry. When the curry has become dry take it out from the fire and serve.

219. Methi leaves curry

Ingredients

Methi leaves	-	12 palam
Water	-	¼ padi
Ghee	-	1 ½ palam
Chilly	-	⅛ palam
Mustard seed	-	⅛ palam
Urad dal	-	¼ palam
Cooked toor dal	-	2 spoon
Powdered salt	-	¼ palam
Karima powder	-	¼ palam
Grated coconut	-	3 palam

Remove the roots of the methi leaves and finely chop and wash them. Boil the water and add the chopped methi leaves and cook it till soft. Then remove from the water and squeeze it. Take the ghee in a vessel which has not become sticky by frequent cooking and temper with mustard seed,chilly and urad dal as described in the 22nd recipe. Add the cooked methi leaves and sprinkle some water and stir it. After it gets cooked add the toor dal and mix it. Lastly add the salt,karima powder and grated coconut and mix it and serve.

220. August tree leaves curry (agathi keerai)

Ingredients

August tree leaves	-	12 palam
Water	-	¼ padi
Ghee	-	1 ½ palam
Chilly	-	⅛ palam
Mustard seed	-	⅛ palam

Urad dal - ¼ palam
Cooked toor dal - 2 spoon
Powdered salt - ¼ palam
Karima powder - ¼ palam
Grated coconut - 3 palam

Remove the roots of the august tree leaves and finely chop and wash them. Boil the water and add the chopped leaves and cook it till soft. Then remove from the water and squeeze it. Take the ghee in a vessel which has not become sticky by frequent cooking and temper with mustard seed,chilly and urad dal as described in the 22nd recipe. Add the cooked leaves and sprinkle some water and stir it. After it gets cooked add the toor dal and mix it. Lastly add the salt,karima powder and grated coconut and mix it and serve.

221. Drumstick leaves curry

Ingredients
Drumstick leaves - 12 palam
Water - ¼ padi
Ghee - 1 ½ palam
Chilly - ⅛ palam
Mustard seed - ⅛ palam
Urad dal - ¼ palam
Cooked toor dal - 2 spoon
Powdered salt - ¼ palam
Karima powder - ¼ palam
Grated coconut - 3 palam

Remove the thick stem of the drumstick leaves and finely chop and wash them. Boil the water and add the chopped leaves and cook it till soft. Then remove from the water and squeeze it. Take the ghee in a vessel which has not become sticky by frequent cooking and temper with mustard seed,chilly and urad dal as described in the 22nd recipe. Add the cooked leaves and sprinkle some water and stir it. After it gets cooked add the toor dal and mix it. Lastly add the salt,karima powder and grated coconut and mix it and serve.

222. Soyikeerai curry

Ingredients
Soyikeerai greens leaves - 12 palam
Water - ¼ padi
Ghee - 1 ½ palam
Chilly - ⅛ palam
Mustard seed - ⅛ palam
Urad dal - ¼ palam

Cooked toor dal - 2 spoon
Powdered salt - ¼ palam
Karima powder - ¼ palam
Grated coconut - 3 palam

Remove the roots of the leaves and finely chop and wash them. Boil the water and add the chopped leaves and cook it till soft. Then remove from the water and squeeze it. Take the ghee in a vessel which has not become sticky by frequent cooking and temper with mustard seed,chilly and urad dal as described in the 22nd recipe. Add the cooked leaves and sprinkle some water and stir it. After it gets cooked add the toor dal and mix it. Lastly add the salt,karima powder and grated coconut and mix it and serve.

223. Baby bitter gourd curry

Ingredients
Baby bitter gourd - 10 palam
Water - 1 padi
Tamarind - 1 palam
Salt - ¾ palam
Turmeric powder - ⅛ palam
Ghee or gingely oil - 1 ½ palam
Water - ⅛ padi
Tamarind - ½ palam
Salt - ⅛ palam
Jaggery or natural unrefined cane sugar - 2 palam

Select those bitter gourd which is more or less like turkey berry in size. Remove the top and bottom part of the gourd. Take tamarind and some water and squeeze the tamarind without any seed or residue and add the salt,turmeric powder. Boil the tamarind water and add the bitter gourd and cook till it gets cooked properly. Then discard the water. Take the ghee in a vessel and heat it and then add the cooked bitter gourd and stir. Again take the tamarind and water with salt and squeeze it without any seed or residue. Now add the tamarind extract to the gourd which is frying. It should reduce in size like grapes. Lastly add the jaggery or natural unrefined cane sugar to the curry and stir it. When the sugar or jaggery has melted and become dry take it out from the fire and serve.

224. Raw Banana upperi(fry)

Ingredients
Raw Banana - 6 palam
Chilly powder - ¼ palam
Powdered salt - ¼ palam
Sour curd - ⅛ padi

Ghee or gingely oil - 8 palam

Remove the edges and stem of the raw banana and peel the skin. Cut into pieces. Add the salt,sour curd and chilly powder to the sliced banana and soak for 1 hour. Take the ghee or gingely oil in a vessel and heat it. Then add the spice mixed raw banana in 3 rounds and fry it. In the same manner we can prepare potato, kara karunai(a type of yam) upperi.

225.Bitter gourd upperi(fry)

Ingredients
Bitter gourd - 6 palam
Salt - ¼ palam
Lemon - 2
Chilly powder - ¼ palam
Sour curd - ⅛ padi
Ghee or gingely oil - 8 palam

Remove the edges of the bitter gourd and cut into pieces. Powder the salt and sprinkle on the bitter gourd. Squeeze the juice from lemon and add this also to the bitter gourd and keep it for sometime. Then squeeze the gourd so that all its bitterness is removed. Add the salt,sour curd and chilly powder to the sliced bitter gourd and soak for 1 hour. Take the ghee or gingely oil in a vessel and heat it. Then add the spice mixed bitter gourd in 3 rounds and fry it.

226. Colocasia upperi(fry)

Ingredients
Colocasia - 6 palam
Salt - ¼ palam
Lemon - 2
Chilly powder - ¼ palam
Sour curd - ⅛ padi
Ghee or gingely oil - 8 palam

Remove the edges of the colocasia and peel the skin. Cut into pieces. Add the salt,sour curd and chilly powder to the sliced colocasia and soak for 1 hour. Take the ghee or gingely oil in a vessel and heat it. Then add the spice mixed colocasia in 3 rounds and fry it.

227. Ripe Plantains with sugar upperi (fry)

Ingredients
Ripe plantains - 10 palam

Coconut oil - 10 palam
Water - veesam (1/16) padi
Salt - ½ palam
Jaggery - 7 palam
Water - 1/8 padi
Dry ginger powder - ¼ ru.a
Cumin powder - ¼ ru.a
Ela arisi powder - ¼ ru.a
Sugar - 2 palam

Remove the top and bottom part of the plantain and peel the skin. Cut into two halves. Then cut it into pieces with 1 inch thickness. Heat the coconut oil and put the plantain pieces and fry it till it becomes golden colour. It will have some sound when it is frying. Mix the water and salt and add it to the frying plantain. Fry it till the sound is heard. Then mix the jaggery and water and heat it till it becomes like a string. When it has become like a string add the plantain to it and mix it and cook it till it becomes dry. Then first add the dry ginger powder and cumin powder and mix it. Lastly add the sugar and ela arisi powder and mix and serve.

228 PAYASANGAL (KHEER)

RICE PAYASAM

Ingredients

Pure water - 1 and ½ padi

Rice - veesam 3/16 padi

Chana dal/Bengal gram - veesam 1/16 padi

Milk - ½ padi

Jaggery - 15 palam

Cardamon powder - ¼ palam

Pour pure water one and ½ padi in two and ½ padi water holding capacity pot and

boil it. Put rice, chana dal. Put rice and dal in the boiling water and close the lid.

When it is cooked well, add milk in the cooked rice and dal.

Add jaggery and mash it well in a brass ladle and remove from fire. Powder elaichi and add to the payasam. Instead of milk, coconut milk of 6 palam grated coconut can be added. Dissolve ground coconut I in ½ padi water and remove the remnants.

229 CHANA DAL/BENGAL GRAM PAYASAM

Ingredients

Chana dal/Bengal gram 1/8 padi

Milk ½ padi

Jaggery/brown sugar 15 palam

Grated coconut 2 and ½ palam

Cardamon powder 1/8 palam

Pour ¾ padi water in a 2 padi water capacity holding pot. Add chana dal to the boiled water. After the dal is boiled, add to it. Add sugar to the payasam. Add grated coconut to the payasam and mash it with a brass laddle. Mix powdered to the payasam.

230 MOONG DAL PAYASAM

Ingredients

Moong dal/yellow and green gram - 1/8 padi

Milk - ¼ padi

Brown sugar - 15 palam

Cardamom - 1/8 palam

Pour ¾ padi water in a 2 padi water holding capacity pot and boil it. Fry and boil

moong dal in a closed vessel. Pour milk, brown sugar in the dal/lentil. Mash well and add powdered cardamom and mix well.

Fry and boil dal in a closed vessel. Pour milk and brown sugar in the dal. Mash well and add powdered cardamom.

231 BROKEN WHEAT PAYASAM (SEMOLINA)(RAVAI)

Ingredients

Ghee - 1 palam

Semolina - 6 palam

Milk - ½ padi

Brown sugar/jaggery -15 palam

Cardamom powder -1/8 palam

Pour water into a 2 padi water holding capacity pot and boil well. Boil ghee in a pot. Fry semolina in ghee by stirring it with a ladle. Mix it with boiling water and close with a lid. Stir it continuously to avoid forming lumps. Instead of pouring the whole semolina into the water, add it in smaller quantities and stir it often. After the semolina is half cooked, add milk to it. Add brown sugar before removing from fire and mix well. Add powdered cardamom to the payasam. Almonds have to be soaked in hot water. The skin has to be removed. Cut them into pieces, fry the almonds in ghee and add it to the payasam. The same procedure can be done for cashewnuts also.

232 PAL PAYASAM

Ingredients

Milk	2 padi
Ghee	1 palam
Rice	1 palam
Brown sugar	18 palam
Almonds	1 palam
Cardamom powder	¼ palam
Nutmeg powder	1/8 palam
Mace	1/8 palam

Pour milk in a 3 padi water holding capacity pot and boil it. Heat ghee in an iron laddle and fry rice. Mix it with the milk and keep it until well done. Add brown sugar to the milk.

Soak almonds in hot water, remove the skin and slice it with a knife. Fry them in ghee and add to the payasam. Add cardamom powder, nutmeg powder, mace (jathipathiri podi). Mix these powders one by one into the payasam.

233 APPEE PAYASAM

Ingredients

Semolina/broken wheat	6 palam
Milk	4 palam
Ghee	10 palam
Milk	2 padi

Brown sugar	18 palam
Almonds	1 palam
Khus khus/poppy seeds	½ palam
Cardamom powder	1/8 palam
Mace powder	1/8 palam
Nutmeg powder	1/8 palam

Take a tray and put semolina into it and set aside. Add milk (4 palam) to the semolina and knead well. After an hour, pound it in the pounder to soften it. Sprinkle some milk while pounding the flour. Take gooseberry sized balls from it and make it into a pappad. While the pappad is wet, refer to 73 page diagram and make cross marks in it. By doing this, the pappads will not break into pieces when put in the payasam.

Boil ghee in an iron pot and fry the pappad one by one and smash it into smaller pieces. Keep it in a vessel. Boil milk in a 3 padi water capacity holding pot. Stir it continuously with an iron ladle. Otherwise the milk may burn from the bottom and over boil or leak away.

When the milk thickens, add sugar along with the smashed and powdered pappads. Soak almonds in hot water, remove the skin and cut them into slices. Fry the almonds in ghee and add it along with the fried poppy seeds. Add powdered cardamom, nutmeg powder and mace to the payasam.

234 FRIED SEMIGAI PAYASAM

Ingredients

Semolina	1/8 padi
Salt	veesam 1/16 palam
Ghee	¼ palam
Milk	2 padi
Ghee	2 and ½ palam
Brown sugar	18 palam
Almonds	1 and ½ palam
Nutmeg powder	1/8 palam
Mace	1/8 palam
Cardamom powder	¼ palam
Raisins	1 and ½ palam
Saffron	¼ rupee coin size

Keep semolina in a tray and add water three ¾ palam. Knead it well in circular motion and set aside for an hour. Pound it in a pounder until it becomes soft. Add little water if necessary and pound again. Add salt, hardened ghee. Grind this both and add it to the kneaded semolina. Pound again until well mixed. Stretch it lengthwise like a ling thin wire and put it to dry on a stick. After it dries set it aside without breaking it much. This is called semigai.

Pour milk into a three padi water holding capacity pot, keep it on the stone and stir it often with a brass ladle. When the milk condenses to half, take ghee. Heat the ghee in the iron pot. Fry the semigai and put it in the thickened milk. Stir it

with the ladle and when it becomes thick, add sugar to the semigai kheer. Soak almonds in hot water, remove the skin. Fry almonds in ghee and add it to the payasam. Also add nutmeg powdered, mace, cardamom separately and put it in the payasam. Fry raisins in ghee and add to the payasam. Saffron can be dissolved in little milk and added to the kheer.

235 SEMIGAI (VERMICILLI) PAYASAM

Ingredients

Semigai/vermicelli - 5 palam

Milk - 1 padi

Brown sugar - 15 palam

Cardamom powder - ¼ palam

Pour 1 padi pure water into a wide mouthed vessel and boil it. Semigai 5 palam. Refer to 234 recipe and fry the semigai and boil it in the water. Remove from stove and pour 1 and ½ padi water in it. Pour milk 1 padi in 2 padi water capacity pot and boil it. When the milk condenses, add brown sugar 15 palam and stir it. Then drain the water from the semigai and mix it with the sugar and milk. Put cardamon powder ¼ palam in the payasam.

236 ONION PAYASAM (NOT DONE IN THE ASHRAM)

237 GOOSEBERRY PAYASAM

Ingredients

Rice husk ¼ padi

Gooseberry 6 palam

Milk	½ padi
Brown sugar	7 and ½ palam
Almonds	1 palam
Cardamom powder	¼ palam
Nutmeg powder	1/8 palam
Mace powder	1/8 palam
Raisins	½ palam
Saffron	veesam 1/16-rupee coin size

Pour 1 padi water in the vessel and boil rice husk in that water. After it boils, add gooseberry and soak it for half an hour. Remove the water and pour fresh water in it. Cut the gooseberries and remove the seeds from it. Boil the milk until it thickens. Put the gooseberries in it and after 2 minutes, add sugar. Stir it for 5 minutes.

Soak almonds in hot water, remove the skin and cut them into slices. Grind the almonds with milk and pour this in the payasam. Add cardamom powder, nutmeg, mace and raisins. Clean the raisins and remove the stem. Wash it with water, dry it in a thin cloth, fry it in the ghee and add it to the kheer. You may also add saffron dissolved in milk.

238 RED BANANA KERALA FRUIT PRATHAMAN

Ingredients

Ghee - 2 palam

Plaintain (red Kerala fruit) - 25

Brown sugar - 30 palam

Coconut milk - 4 and ½ padi

Copra - 2 palam

Ghee - veesam 1/16 padi

Pour ghee in a 3 padi capacity water holding pot and smear ghee on all sides of the pot. Peel red and ripe bananas and place it in the ghee smeared pot. Pour two feet pure water and keep it on fire and mash it. Stir well so that it does not stick to the bottom of the pot. After all the water is evaporated and the banana thickens,

Extract milk from big coconuts. Grate 6 big coconuts and pour water to extract 1 padi milk out of it. Out of the remnants of the extract, pour water to extract 1 and ½ padi milk more. Out of these left overs, add water to extract 2 padi milk. Keep these extracted milk separately.

Pour the third time extracted milk into the bananas. Put sugar into this. Boil well and when it has thickened, add the second time extracted milk and keep stirring it on fire until it has thickened. Lastly pour the first time extracted milk. Grate the copra thinly and fry it in ghee and put this into the prathaman. Pour ghee after heating it. Jaggery can be used instead of sugar and cow's milk instead of coconut milk.

Part 3 –

239. THOGAYAL (CHUTNEYS)

PARUPPU THOGAYAL (DAL CHUTNEY)

Ingredients

Sesame oil/Til oil - ½ palam
Red chillies - ¼ palam
Dals - 2 palam
Grated coconut - 1 and ½ palam
Salt - ½ palam
Asafetida - 3 pinches (gundalavu)

These are called Thogayal or Thuvayal or Chutneys. This should be ground coarsely.
Heat sesame oil in an iron pan. Remove the stem of red chillies and fry it in the oil.
Take one of the following dals like Urad dal (black gram), Chana dal (bengal gram), Toor dal (pigeon pea), Moong dal (yellow or green gram) and fry with the half fried red chillies.
Fry grated coconut along with the red chillies and dal. After it is fried to golden brown, add salt and tamarind (after removing the seeds). Add asafetida and sprinkle water and grind all the ingredients coarsely.

240. VEGETABLES AND TUBER CHUTNEY

Ingredients

Vegetables - 3 palam
Sesame oil - 1 palam
Red chillies - ¼ palam
Mustard - 1/8 palam
Grated coconut - 1 palam
Salt - 3/8 palam
Tamarind - ¼ palam
Asafetida - 3 pinches (gundalavu)

This chutney can be done with brinjal, snake gourd, raw banana, citrus medica (narthankai), vilankai (limonia acidissima), ginger, and veldt grape (cissus quadrangularis) (pirandai)
Take any one of the vegetables, scrape the skin and cut it into smaller pieces. Refer to the 22nd method for seasoning and add ghee or sesame oil, red chillies, mustard, urad dal to season. Add grated coconut and mix it with the vegetables. Fry it for 2 or 3 minutes. Put salt, tamarind, asafetida. Grind it in the grinder.
Raw banana, brinjal, vilankai (elephant apple) can be directly burnt in the fire, de-skinned and used for chutney. Veldt grape (pirandai) and Citrus medica or Narthankai should be shallow fried in oil or ghee before seasoning. Ginger can be used directly after scraping the skin.

241. COCONUT CHUTNEY

Ingredients

Sesame oil - 1 and ½ palam
Red chillies - 1 palam
Mustard - ½ palam

Urad dal - 6 palam
Grated coconut - 6 palam
Asafetida - 3 (gundalavu)
Salt - 1 palam
Tamarind - 1 and 12 palam
Refer to 22nd seasoning method and use sesame oil, red chillies, mustard, urad dal. Fry grated coconut (stir twice in a ladle). Put it in the grinder along with other ingredients. Fry asafetida until crisp and add it to the coconut. Add salt and tamarind after removing the seeds from it. Sprinkle some water and grind it coarsely.
If this item is powdered without water, it can be kept for 10 to 15 days. If water is added, it spoils the next day itself.

242. FRESH CORIANDER LEAVES CHUTNEY

Ingredients
Coriander leaves - 1 palam
Red chillies - ¼ palam
Mustard - ¼ palam
Urad dal/black gram - 1 palam
Cumin seeds - 1/8 palam
Asafetida - 5 (gundalavu)
Salt - ½ palam
Tamarind - ¾ palam
Cut the roots of fresh coriander leaves and cut it into smaller pieces. Fry separately red chillies, mustard, urad dal, cumin seeds. Put sesame oil in a pan and fry all these items separately. Fry the cleaned coriander leaves for some time and transfer all these into a pounder. Keep asafetida 5 pinches, in the fire until crisp and add it to the mixture.
Pound these ingredients for some time and add salt and de-seeded tamarind and pound it well again. Salt and tamarind has to be added after pounding the other ingredients first. Otherwise the chillies and lentils will not be powdered well enough.

243. MANGO CHUTNEY

Ingredients
Mangoes - 4 and ½ palam
Sesame oil/Til oil - ½ palam
Fenugreek/methi seeds - 1/8 palam
Mustard seeds - 3/8 palam
Red chillies - 3/8
Salt - 5/8
Scrape out the skin of mangoes, cut it into small pieces and throw the seeds away. Heat sesame oil in a pan and add fenugreek or methi seeds and mustard. Put the fenugreek first in

the heated oil and when it becomes brown, add the mustard. When the mustard stops spluttering remove from fire and set aside.
Fry red chillies in sesame oil and put it in the grinder. Put salt in the chillies and the cut mangoes in it. Pound it well until all the ingredients are powdered. Then add the fenugreek and mustard in the pan and pound it again. This chutney will last for one week or so.

244. GREEN CHILLIES AND FRESH CORIANDER LEAVES CHUTNEY

Ingredients
Sesame oil/Til - ¼ palam
Asafetida - 6 pinches (gundalavu)
Mustard - 3/8 palam
Grated copra - ½ palam
Tamarind - 3/4th palam
Salt - ½ palam
Green chillies - 1 and ¼ palam
Coriander leaves – ¾ palam
Pour sesame oil in a pan and heat it. Fry asafetida in the fire until it is crispy and set aside. Then add mustard in the same oil and when it stops spluttering, remove from fire. Add grated copra in the mustard and fry well. Remove seeds from the tamarind. Grind tamarind along with the other ingredients in the grinder.
Add salt, green chillies, fresh coriander leaves along with the ground tamarind and grind it. When it is almost done, add the fried asafetida and grind again. After that add the mustard and coconut to grind again.

245. SUKKANKAI THUVAYAL (CHUTNEY)

Ingredients
Sukkankai - 8 and ¾ palam
Red chillies - 3/8 palam
Tamarind - 3/8 palam
Salt - ¾ palam
Turmeric powder - ¼ rupee coin size
Asafetida - 8 pinches (gundalavu)
Remove the skin and de-seed the sukkankai. Cut it into smaller pieces. Fry red chillies in sesame oil. Add tamarind after removing the seeds and grind it. Add salt and grind again with the sukkankai. Add turmeric powder, and fried asafetida to the ingredients.
Pour sesame oil to a pan and heat it. Once heated, add fenugreek seeds and fry it brown. Then add the mustard seeds and mix well with the ingredients above. Grind it again to use. Fresh coriander leaves and green chillies can be used instead of red chillies.

246. TENDER SOUR LEAVES CHUTNEY

Ingredients
Green leaves (any one variety) - 2 and ¼ palam
Red chillies - 5/8 palam
Sesame oil/Til - ¾ palam
Asafetida - 1/16-rupee coin size
Fenugreek - veesam 3/16 palam
Turmeric - veesam 1/16-rupee coin size
Mustard - ¾ palam
Salt - ½ palam
Sour leaves, gongura, and roots of vetiver (mariamkozhundu) can be used for this chutney.
Take one type of green leaves and fry it in the pan and set aside. Fry red chillies in little oil.
Heat til oil in a pan, and add asafetida until it is crispy and remove from the fire.
Fry fenugreek, turmeric, and mustard in the same oil in which asafetida is fried. When the mustard stops spluttering, remove and set aside. Grind the fried green leaves, salt, along with the red chillies. After it is coarsely ground add the mustard, fenugreek, turmeric and grind again.

247. VEPPILAI KATTI

Ingredients
Red chillies - ¾ palam
Asafetida - 1/8-rupee coin size
Ajwain - ¼ palam
Sour leaves (mixed) - 6 palam
Remove the stem of red chillies and add salt and pound it thin.
Mix tender leaves of narthankai (citrus medica), lemon leaves, kozhinji leaves, gongura leaves, vilankai leaves, sour pomegranate leaves. Remove the middle veins of these leaves and pound it in a pounder. Add the red chillies and pound again.
Put asafetida in fire and fry it until crisp. Add this to the veppilai katti and stir this well before use.
This is a very tasty and healthy dish. Some may add ajwain to this dish.

248. PARUPPU PODI

Ingredients
Chana dal (Bengal gram) - ¼ padi
Toor dal (Pigeon Pea) - 3/8 padi
Urad dal (Black gram) - veesam 1/16 padi
Salt - ¾ palam
Red chillies - 1/8 palam
Fry separately chana dal, toor dal, urad dal until golden brown.

Fry separately salt, red chillies and mix it to the dal. Put this in a grinder little by little and grind it to a flour. Pour ghee to the rice and sprinkle the powder on top of it to eat the dish. You can even squeeze one lemon to this before using.

249. PULIYANKAI THOKKU (SOUR THOKKU)

Ingredients
Tamarind - 5 veesai
Salt - 1 and ¼ padi
Turmeric powder - 1 and ¼ palam
Red chillies - 5 palam
Fenugreek - ¼ palam
Mustard - 1 palam
Urad dal - ½ palam
Asafetida - ¼ palam

The tamarind fruit has to be raw or about to ripe. Take 5 veesai of this fruit. Add salt to the tamarind fruit and pound well. Add turmeric powder to the pounded tamarind, mix well and grind it again. Put this in a mud pot or a coated vessel and after two days remove the seeds and veins. Then pound it again and set aside. This pound item can be kept for a year. One week's portion of this item can be removed separately in a smaller mud pot for use. This portion can be further improved as follows:

Heat sesame oil in a pan. Put red chillies in the oil and fry until brown and remove the chillies and set aside. Refer to the 22nd seasoning method and use fenugreek, mustard, urad dal to season this dish.

Crush asafetida and put this in the seasoning. Pound the chillies and the asafetida. Take ½ veesai of the tamarind thokku and put the asafetida and chillies in it. Mix well and pound it again and add the seasoning to it.

Green chillies can be used instead of red chillies. This is done during the season of the tamarind fruit.

250. GOOSEBERRY THOKKU

Ingredients
Gooseberry - 20 padi
Salt - 2 and ½ padi
Turmeric - ½ palam
Sesame oil - 7 and ½ palam
Red chillies - 7 and ½ palam
Fenugreek - ½ palam
Urad dal - ½ palam
Mustard - 1 and ½ palam
Asafetida - ½ palam

Pound gooseberry with a rust-free iron pounder. Remove the seeds, clean and set aside. Pound it again and mix well. Set aside in a rust-free pot or a stone vessel. Add salt and turmeric powder. Add this to the gooseberry and pound it again. Remove it in a pot. This is done for a whole year.
One week's consumption for your family can be kept aside and the following method has to be used. Pour til or sesame oil in a pan and add red chillies to it. Remove the stem of the chillies and fry this in oil until brown. Remove the red chillies from it. Refer to the 22nd seasoning method and add fenugreek, urad dal, mustard to the oil in which red chillies are fried.
Crush asafetida and add it to the seasoning. Then add the fried red chillies and crushed asafetida to the pounder and pound it again.
Take 20 palam out of the gooseberry and mix the red chillies and asafetida and pound it again.
During the gooseberry season, a certain amount of the berries to be consumed per day, can be plucked to make thokku out of it.

251. KADUKAI THOKKU (YELLOW MYROBALAN)

Ingredients
Yellow Myrobalan - 1 veesai
Salt - 10 palam
Turmeric - ¼ palam
Pick tender Yellow Myrobalan. Pound it in a rust-free iron rod into pounder. Add salt 10 palam and turmeric powder into it. Pound it again. Transfer it into a coated vessel. After 15 days remove and refer to the 250 recipe procedure for seasoning method. This is a very healthy dish. Use it wisely.

252. PULI INJI

Ingredients
Tamarind fruit (Puliyankai) – 40 palam
Ginger - 20 palam
Red chillies - 20 palam
Fenugreek - 5 palam
Turmeric - 1 and ½ palam
Asafetida - 1 palam
Powdered Salt - ½ padi
Sesame Oil - 20 palam
Mustard - 5 palam
Select tamarind which is about to ripe. Break it into two and remove the seeds. Pound it in the pounder, remove the hard skin and powder it. Remove the skin of ginger and cut it into small rice like pieces. Fry red chillies, asafetida and turmeric in sesame oil separately, powder it and set it aside. Mix powdered salt in the chillie powder and further add to the powdered tamarind. Heat sesame oil in a pan and add mustard to it. After the mustard stops fluttering, add this to the tamarind mixture. Transfer this mixture to a mud pot and close it tightly with a lid.

10 palam red chillies can be added if you need to make this dish more spicer. This item is in a powdered form. One (alaku) measurement hot water can be sprinkled to make it like a paste. This can be stored for a year. But if the tamarind is not so sour, 4 or 5 lemons can be squeezed into it instead of the hot water. Then one week's requirement can be taken out from this and used. This item is very tasty and healthy also.

Urgayum Vatralgalum

This comes as complementary or side-dish when you mix rice with thogayal or curd. This is mostly done once in year and used for the rest of time in that year. The pickle is stable for long time because of the ingredients added such as chilli, salt, Vendhayam (Fenugreek seeds), turmeric, nalla ennai (oil), karayam, and in this salt, nalla ennai, turmeric can be added more always. If you done add more of these ingredients, the pickle won't be soft and will become black. Take out the seeds of chilli from the chilli powder and these seeds are the reason for the insects to come. The Jadi is the best option to keep the pickles. Also, pickles are kept in sand vessels and stone vessel. If you are putting the pickles in sand-vessel, you have to apply kungaliyam in the inner walls of the vessel for using and the insects won't come. The process to make the sand or rock-vessel ready for pickle is,

1) Keep a new sand vessel on stove and heat. After it is heated, pour 5 palam nalla ennai on the hot vessel (some people use candle instead of nalla ennai) . After it is boiled nicely, powder 1 palam kungaliyam and put it in the hot oil . Immediately wrap a cloth on a stick and stir the stick such a way it touches the inner walls of the vessel. Later you can use the same cloth for covering the mouth of the vessel.

253) Pachai podi sertha vendhaya Mangai (Page no 157)

Mango – (100 pieces)

Salt – 2.5 Padi

Pepper – 40 Palam

Turmeric powder – 8 palam

Vendhayam – 7.5 palam

Kayam – 2.5 palam

Ginely oil – 20 palam

Mango – (100 pieces) Each piece is cut into 8 portions with the seed and, clean and soak in some water.

Filter the water and place all mango pieces in a plate.

Salt – 2.5 Padi measurement

Pepper – 40 Palam

Turmeric powder – 8 palam. Dry all these above three things, grind them and make powder like

kungumam Senthur.

Vendhayam – 7.5 palam – Use 1 plam of Ginely oil with the Vendhayam and fry it till it becomes reddish.

Kayam – 2.5 palam. Mix this kayam with the vendayam fried above and grind it to powder, Take this

mixture and add it to the above three things/powder and spread it in a new moram or plate that is plated by Eeeam.

Ginely oil – 20 palam – pour the gingely oil in the above mixture which is in Moram or plate and mix gently. Keep some part of this mixture in another moram/plate and rest of mixture is mixed with the mango that is cut above. Mix the mango with spice and place it in either stone vessel satti or Jadi or sand pot, and slowly miss the rest of mixture and mango and put it in the vessel. If you don't follow the said
process step by step and if you are trying to put all mango pieces and powder at once, in some parts it will be mixed and in some places it won't be mixed properly. After placing all the complete mixture in a container said before, cover the mouth of the container with a cloth and place a wood board or a vessel. After 2 or 3 days, With agapai or with any fork that is coated with Eeam stir the mixture and shake up and down the whole mixture. After 8 days, you can start using this pickle and as days passes this pickle will be more tastier.

254. Pachai Podi Serndha Kadumangai

Mango – (100 pieces)

Salt – 2.5 padi,

Chilli powder – 1 padi,

Mustard powder – 0.5 padi,

Turmeric powder – 0.25 padi.

Kayam – 2 Palam

Gingely oil – 20 palam

Raw groundnut – 0.25 padi

Raw fenugreek seed

Mango – (100 pieces) Each piece is cut into 8 portions with the seed and, clean and soak in some water.

Filter the water and place all mango pieces in a plate.

Salt – 2.5 padi, Chilli powder – 1 padi, Mustard powder – 0.5 padi, Turmeric powder – 0.25 padi. In this, take salt, chilli, mustard, turmeric dry it separately and grind to powder like Kunkumam and keep separately.

Kayam – 2 Palam. Grind kayam into powder and mix it with the things in the previous paragraph, and keep it in a moram. After that, Gingely oil – 20 palam . Mix the gingley oil with the mixture prepared above in moram. After that take a handful of powder in moram and spread it in the vessel and then take a handful of mango pieces and spread on it, continue with next handful of mixture and followed by handful of mango pieces and complete it.

Raw groundnut – 0.25 padi – Raw fenugreek seed - Mix both groundnut and fenugreek seed and spread over on the mango in vessel. Do the same steps for the rest of mango and mixture, one handful each time mango and then mixture. After that, Gingely oil – 40 palam. Pour the gingley oil in the mango and cover the vessel with a cloth. After 3 days shake the vessel / pot upside down. Like this for a month, take the vessel shake up and down and This mango pickle is very tasty and very nutritious and it won’t decay from the day it is made to the day it is used completely. This is highly prepared by people living in telugu areas such as Vishakapatinam and Kanjam.

255. Varuthapodi serntha Vendhayamangai

Mango – 100 pieces

Salt – 2.5 padi,

Chilli – 30 palam,

Turmeric – 7.5 palam,

Fenugreek seed – 10 palam

Ginely oil – 20 palam

Kayam – 2 palam

Mango – (100 pieces) Each piece is cut into 8 portions with the seed and, clean and soak in some water.

Filter the water and place all mango pieces in a plate.

Salt – 2.5 padi, Chilli – 30 palam, Turmeric – 7.5 palam, Fenugreek seed – 10 palam. Take all the said ingredients except salt, fry them individually with little gingely oil and grind them to powder like Kunkumam. Grind the salt to powder and mix salt and all powder we prepared to get a mixture.

Ginely oil – 20 palam – Pour it in a frying pane and heat it on the stove.

Kayam – 2 palam – Put the kayam in the heat oil we prepared above, once it becomes reddish, take the pane from stove. Take the Kayam from the pane and grind it to powder. Mix the kayam powder with chilli powder. Pour and mix oil with this and chilli powder. As we saw in the previous pickle chapter, Mix it with the mango pieces we have cut and place it in a vessel as we seen before.

256. Lemon Pickle

Lemon – 100 lemons

Ginely oil – 15 palam

Kayam – 1.5 palam.

Chilli – 15 palam,

Turmeric – 3 palam,

Fenugreek seed – 5 palam,

salt – 1.5 padi

This pickle is very tasty and very nutritious.

Chilli – 15 palam, Turmeric – 3 palam, Fenugreek seed – 5 palam, salt – 1.5 padi. Except salt, for all the

other things take each ingredient little by little fry it with oil and grind them separately to become like Kukumam . Powder the salt and mix salt and other things we prepared into one mixture.

Ginely oil – 15 palam. Heat it in pane and after the oil is heated,

Kayam – 1.5 palam. Fry this kayam powder with the gingely oil and powder it. Mix this powder with the other mixture we given in the 1st paragraph, then mix this powder gently with oil in the pane.

Lemon – 100 lemons. Each lemon has to be 1.5 palam complete and they have to be matured riped well.

Each lemon is pierced into 4 parts without going apart. The mixture is put above and in the lemons and

they are placed in the vessel and rest mixture is put into it. Cover the vessel and keep a heavy vessel on it. The after 2 or 3 days, open the cover and shake the vessel upside down, and do this process for next 20 days, and you can use it.

When you use the pickle, take the pickle only by wooden stick or (kalimberadha fork). After the rasam got one with pickle, take a soft skin-peeled ginger and make it into pieces or take green chillies remove its kambu and cut into 4 pieces and you can put it into the pickle. Apart from this, you can also use magalikalangu with its skin removed and been cut into small small pieces. Even the powders said in
the pickle are used without frying, but Fenugreek seed is always heated fried before using.

257. Another method Lemon pickle

Ginely oil – ¾ vesai

Lemon – 100

Chilli – 30 palam,

Turmeric – 3 palam,

Fenugreek – 5 palam,

Salt – 1.24 padi,

Gingely oil – 10 palam,

Kayam – 1 palam

Ginely oil – ¾ Veesai. Pour this gingely oil in a clay vessel or rock vessel and heat it.

Lemon – 100. Put all the lemons in the hot oil and shake them well up and above. Then cover this with a vessel or plate that is full of water. By this, the water will be evaporated by the heat and it will become drops and heat the lemon. In an interval of 2 to 3 minutes, shake the vessel and lemons up and down, and when the lemon becomes reddish and soft, remove the vessel from stove and keep it down.

After that,

Chilli – 30 palam, Turmeric – 3 palam, Fenugreek – 5 palam, Salt – 1.24 padi, Gingely oil – 10 palam,

Kayam – 1 palam – Use all this ingredients and prepare the hot powder as given in 256th pickle preparation process. Now on the plate the lemons are cut into 4 parts without getting separated and it is filled with the hot powder we prepared, put all the powder in the lemon. Shake all the lemons up and down, and you can use this after 3 or 4 days.

If you want to use this pickle on the first day itself, Before frying the lemon, cut into 4 halves, fill it with powder, and then fry it and use it. By doing this, the salt and hot powder will get well mixed with the pickle.

258. Narthangai Pickle (White lemon pickle)

Narthangai (White lemon) – 100 fruits

Chilli – 1 Veesai,

Fenugreek – 5 palam,

Salt – 2.5 padi,

Turmeric – 10 palam,

Kayam – 3 palam,

Ginely oil – 1 veesai

Fruits Such as Kinchilakai or Kadarangai (white lemon) that has souring juice inside can be used to make

this pickle.

Chilli – 1 Veesai, Fenugreek – 5 palam, Salt – 2.5 padi, Turmeric – 10 palam, Kayam – 3 palam, Ginely oil

– 1 veesai – Using all this ingredients make the pickle powder as we did in the 256th pickle preparasion

process.

Narthangai – 100 – put this in water for about or less than 4 or 5 hours, and then take dry it with a cloth.

It is put in water to remove some solution from the fruit. Likewise take the fruit that has the solution

removed, cut it like a coil without it getting separated. Then remove the (pilaipu) and seeds with a stick

only. Now take a handful of pickle powder made for each fruit and fill it, and pour the powder on the

fruit also. Then for a month, every 2 or 3 days, the whole thing is shaken up and down, and later used.

This pickle instead of cutting the fruit like a coil, it can also be cut into 2 halves, and then each half into

four, then each piece is cut into 4 parts and used to make the pickle.

259) Another way of Narthangai Pickle

Narthangai – 100 fruits

Salt – Half (1/2) Padi,

Gingely oil – (1/4 visai)

Mustard – 1 palam

Chilli powder

Narthangai – 100 fruits. As said in the last 258, soak the narthangai in water to remove the acidity

(thailam) from it. As said in the last para of last 258, cut the lemon into 4 equal parts and place them in

a plate that is coated with lead (eeam) or clay vessel and then,

Salt – Half (1/2) Padi, grind it and mix with the narthangai and close it for 4 days. After 4 days it is closed,

5th day dry the clear water inside and dry the fruits. Before the fruit becoming hard, in the tender stage

Gingely oil – (1/4 visai). Place this in a vessel and on a stove and heat it. After it is heated,

Mustard – 1 palam. Put it in the heat oil and heat it till the ‘sada pada’ sound stops. After that put the

tender lemons and stir it, half or quarter padi water is sprinkled on it. After closing this for 2 minutes,

Chilli powder – After preparing the chilli powder as said in the last chapter 258, the powder is mixed well

with the fruits above and stir it nicely, then take the vessel out of stove and close the mouth of the

vessel by a cloth.

The salt that is added here, not like previous pickle, should be added a half padi extra and complete. The

salt is the one that adjusts the bitter (kaipurashathai) taste of this fruit.

260) Fasting Narthangai (white lemon) Pickle

Narthangai – 100 fruits

Salt – 2.5 padi

Narthangai 100 fruits as said in the previous chapter 258, soak it in water till the acidity (thailathai) is

gone. Cut the fruit as coils and remove the seeds from it,

Salt – 2.5 padi. Grind it into powder and mix and fill this the same manner to all the fruits, and keep it

like that for 4 or 5 days. After that dry the water inside and dry the fruit till and can be used. This is good

for fasting for diseased people.

261) Mangai thihipu vurgai (Mango sweet pickle)

Mango - 40 palam

Sugar – 3 visai

Kunguma flower – ¼ palam

Elarisi podi – quarter (1/4) plam

Kalimberadh plate

Mango – 40 palam – The fruit skin is removed gently and the fruit is cut as (villai villayai). 2 padi water is boiled and after it is nicely boiled, pour the mango pieces in it and boil till it is 2 times boiled, then pour the water out. The fruit now is spread on a cloth that is folded twice, and also put another cloth on the mango pieces. Press it gently till the heat goes and is kept as said above.

Sugar – 3 visai - boil it with 2.25 padi of water and then remove the dust as said in page number 113.

Kunguma flower – ¼ palam. After removing the dust from kungma flower, add the kunguma poo in the above cleaned sugar , as said in that page 113 this mixture is made as young paagu, then adding all the mangoe pieces. After doing this, the paagu in liquid state is boiled (for 2 kothis) till it becomes like a solid metal.

Elarisi podi – quarter (1/4) plam. Mix this with the mango with paagu, mix this softly and take it away from stove and cool. After that pour it in a (kalimberadha) plate and close the mouth of the

vessel. For every 4 or 5 days this is kept in the sun light. Like this three or four times when it is new and after kept in hot, this can be used.

This pickle is not done by this country people, but this is done easily by people in Bobay, Calcutta and rajasthan. This is a side dish for roti, adai, puri. This is extensively used by diseased people. This pickle will not become bad for 1 or 2 years and as time pass on this will be more tasty and good for health.

Some people also put beacon, nutmeg, mace of nutpeg, cubeb, Elysium, lavanga with each one with

(1/2) Ru. Aa podi before taking it out from stove.

262) Alumbichangai thithipu vurgai (Sweet lemon pickle)

Lemon – 100 fruits

Rock candy – 53 palam

Elarisi podi – ½ palam

Hard laundry waserman cloth (keti chalavai thuni) – 5 muzham

Lemon – 100 fruits. Remove the skin of the fruit and in the outer part, small small holes are created.

Kalkandu (Rock candy) – 53 plam. Grind this into powder like noyi rice (broken rice).

Elarisi podi – ½ palam – grind this and mix this with the rock candy grinded above.

Hard laundry waserman cloth (keti chalavai thuni) – 5 muzham. Two people have to hole the 4 corners of the cloth in the sunlight, put the lemon prepared above, and elarisi podi and rock candy powder, and shake it as you do a (saldai), do this for 1 samam time. By doing this rock candy powder get into the holes pierced in lemon. Now cover this in a cloth and hang it from top for a day, keep a lead coated plate down. Next day also this same process is repeated.

Rock candy – 53 palam – Grind this rock candy into powder and this is shaken as said before, then the lemon fruit and the juice from it are put in a kalimberadha vessel and the mouth is covered. Also this is shown in sunlight often. After this is nicely mixed, this can be started to use. This stops the pitha (heat) disease. Also this is very tasty.

263) Vilangai thithipu vurgai (Sweet Monkey fruit pickle)

Matured Vilangai

Sugar – 3 parts

Matured Vilangai is broken, the flesh inside is peeled out, then boiled little, then spread in a cloth and the pickle is prepared as said in the 261 pickle preparation. If Vilangai is 1 part, sugar for pagu is 3 parts.

This sweet pickle condems the heat disease and (oshathathai othairukum). Also it is very tasty.

264) Sotrukarazhai thithipu Vurgai (Indian aloe sweet pickle)

Indian aloe

Matured Indian aloe's madalgal is cut, the rice inside is taken, nicely washed in good water and rinsed in the water and taken again and washed, dried by a cloth without wet remaining, boiled little and water is filtered and again put in cloth to dry the wet and as said in 268 Vilangai pickle the same sugar level is used here also and made paagu and the pickle is made in the same way. This pickle condemns the heat related disease and (Nabiranathaium kandikum). Also it is very tasty.

265) Nellikai thithipu vurgai (Amla sweet fruit)

Amla fruit – 40

Limstone (Sunambu)

Amla – 40 fruits. This fruit has to be good and big, holes are made on the outer skin by sharp brass stick or some other sharp stick. Little lime stone is mixed with water, and that water is taken and put in the holes of fruit and kept for sometime. Then it is boiled in water, it is taken after a single boil, then dried using a cloth. As in 261 sweet mango pickle, the same sugar is used and pagu is prepared in the same way and fruits are put in it and sweet pickle is made.

This pickle quality is like sweet mango pickle, but it is used in fasting. (Arosagam) will be cured.

266) VaduMangai (Bonsai Mango pickle)

Bonsai mangoe – 10 Padi

Salt – 2 ½ padi

This also as previous pickle can be as one thing for one year stock.

Bonsai mangoe – 10 Padi – very souring and picked from the tree with stem (kambu) , very small in size like (mullika), those bonsai mangoes are washed nicely and their Kaambu is little cut, and kept without

Salt – 2 ½ padi – this salt is grinded to powder, and take a vessel or container that can hold the above all cleaned mangoes and the powdered salt, first salt is spread and little mangoes are put, then salt is spread over it, followed by mangoes and then salt over it, and the vessel is covered by a cloth to prevent air from going in and out, then taken at times and shaken up and down for the salt to get well mixed
with mangoe, and this can be used after 10 to 15 days.

267) Maroru vagai vadu managai (Another way of Bonsai Mangoe)

Bonsai Mangoe (Mavadu) – 10 padi

Salt – 3 Padi

Chilli – 2 visai

Vendhayam (Fenugreek) – ¼ padi

Turmeric – 2 palam

Kayam (Asofoteida)– 2 palam

Oil – ½ padi

Mustard – ¼ plam

This is also like other pickles prepared as yearly stock.

Bonsai Mangoe (Mavadu) – 10 padi – These mangoes are choosen and cleaned as said in the previous

pickle preparation 266.

Salt – 3 Padi

Chilli – 2 visai

Vendhayam (Fenugreek) – ¼ padi

Turmeric – 2 palam

Kayam (Asofoteida)– 2 palam

In this the salt is grinded to powder, salt, chilli, Fenugreek are individually fried in little oil and powdered like Kunkum powder, and kayam also fried and powdered, and all are mixed, then they are mixed in 3 padi of good water. A big vessel that can hold this chilli water, chilli and mangoes is taken and everything is put in it,

Oil – ½ padi

Mustard – ¼ plam

Using oil and mustard, they are fired and thaligm is prepared and poured in the vessel that has vadu mangai and the chilli water, and mixed very well. This vessel's mouth is tied by a cloth, and kept minimum 15 days, and shaken up and down for a kg.

268) Green chilli vatral (Pachai milagai vatral)

Green chilli – 40 palam.

This chilli has to be young and long and big, kambu is stripped little, from the tip it is cut a little parallel to the axis of the chilli, this is dried for 2 days by putting in a moram and then,

Curd – 1/8 padi

Salt – 4 palam

Kayam Asofetida – 1/8 palam

All the three can be put in a lead coated plate, then the dried chillies are also put in this and mixed for 2 days and then 3rd day morning this is dried in sun light. After it is dried for 2 or 3 days, as said above again this is mixed with 3 above ingredients soaked, and then dried. This dried vatral whenever needed can be taken and fried by oil or ghee, and used.

Without even cutting the chili, even 2 or 3 small holes can be put in the chilli and used.

269) Vegetable vatral

Ladys finger, Sundaikai (turkey berry), Bitter guard, Kothavarangai (cluster beans), manathakalikai (sun

berry), kurumathangai, kathirikai (brinjal), avaraikai (English bean) are the vegetables.

In this vegetable, the tender one is choosen, in this lady's finger's both tip ends are cut into small pieces of ½ inch; same bitter guard fruits's both tip ends are cut and cut as vilvai vilayayi; turkey berry is crushed, Brinjal is cut according to the length axis, Kurumathangai is cut as vilvai vilayayi; For sun berry, English bean and cluster beans nothing is done, they are dried as vathal and in any one of item is fried with needed ghee or oil, and powdered salt is spread on it and can be used as Vatral. This can also be added in Kulambu as vegetables. As it can be used as two ways, like the above chilli vatral this is not added to salt.

270. Yellowmoong daal Kosambari

This kosambari is a mix of the below ingredients,

Yellowmoong – 200 grams (soak in water for some time, filter without and keep it aside)

Lemon – 1

Salt – 10 grams

Cucumber – 37.5 grams (should be cut like small rice grains), can also use green mango instead of cucumber and lemon

Green chilly – 5 grams (To be sautéed and added)

Grated coconut – 75 grams

Ghee and oil mix – 37.5 grams

Hing – 1 veesam (I think it's a pinch)

Seasoning: (Thadukka)

Mustard – 10 grams, urud dhal – 10 grams, red chilly – 5 grams

(Keep everything ready, to be mixed and just before eating)

271. Channa daal Kosambari

Same like the above, instead of yellowmoong use channa daal

Another variety of channa daal

kosambari

(Channa daal – 200 grams (soak for 10 minutes, and then spread in a white cloth and allow it to dry for

10 minutes, and then keep it in one pathram)

Kalkandu – 90 grams, elachi – little may be 2 grams,

Mix all the above and serve, if u want u can also add 60 grams of grated dry coconut.

272. Another Variety of Channa Daal Kosambari

273. Banana stem curd kosambari

Water – 750 ml, Butter milk – 200 ml, salt – 2.5 grams (Mix all the three and set it aside

Banana stem – 375 grams (take the tender part, not the root part) cut this like uniform small rice grains

and soak in the above buttermilk water mix. Then squeeze and take it out and keep it aside.

Curd – 500 ml (soak the above banana stem in the curd)

Salt – 10 grams (add salt)

Green chilly – 4.6 grams, ginger – 4.6 grams (chop like small rice grains and mix with the above.

Final seasoning

Oil ghee mix – 37.5 grams, hing – 1 veesam (may be a pinch), mustard, urud dhal – 14 grams, chilli – 4.6

grams

274. Another type of Banana stem kosambari

Water – 750 ml, butter milk – 200 ml, salt – 2.5 grams (Mix all the three and set it aside)

Banana stem – 375 grams (take the tender part, not the root part) cut this like uniform small rice grains and soak in the above buttermilk water mix. Then squeeze and take it out and keep it aside.

Lemon – 2 nos, squeeze it on top of the above banana stem.

Salt – 10 grams (add salt)

Green chilly - 4.6 grams (chop like small rice grains and mix with the above.

Turmeric – little

Final seasoning

Oil – 37.5 grams, hing – 1 veesam (may be a pinch), mustard, urud dhal – 14 grams, chilli – 4.6 grams

275. Cucumber jaggery tamarind kosambari

Cucumber – 370 grams, (remove the skin and inside seeds and cut into small uniform pieces and keep it in a vessel.

Tamarind – 37.5 grams(take 3 times of water and mix with tamarind) (remove the seed and skin of tamarind and take only the essence and keep it aside)

Add the below

Salt – 9.3 grams, jaggery – 37.5 grams, turmeric little, cardamom little.

Seasoning – Gingelly oil – 18.75 gram, mustard – 4.6 gram, red chilly – 4.6 gram, urud daal – 4.6 gram,

hing – required

276. Cucumber, shredded coconut and banana mixed curd kosambari

277. Mango kosambari

Mango – 370 grams, (Choose mango in such a way it is sour and does not have fibre) cut into small pieces like rice grains.

Jaggery – 93.5 grams, elachi – 4.6 grams, salt – 14 grams (mix all these three with the above cut mango)

Seasoning: gingelly oil – 18.75 grams, mustard – 4.6 grams, red chilly – 4.6 grams, urud daal – 9.3 grams, hing

VADAGAM

278. Kaarapodi

Ingredients

Asafoetida

Salt

Red chillies

Grind above three ingredients separately. Mix all three grinded ingredients and grind once again.

279. Aval vadagam

Ingredients

Pure water

White aval

Karapodi

Chopped coriander leaves

Rubbed Sesame seed

Finely chopped Green Chilies

Pour pure water of 1 and ½ palam in a vessel and put white aval of ½ padi in the water. Allow it to soak nicely in the water. Afterwards drain the water completely and mix the drained aval nicely. Now mix the karapodi, chopped coriander leaves, sesame seed, finely chopped green chilies with mixed aval. Now make small gooseberry size balls from the mix. Place the balls on a cloth or mat or clean wooden plank to get dried nicely.. After the balls are completely dried, it can be consumed by frying it in ghee or oil.

Note: Sesame seed is added in this recipe to give taste. But it spoils the vadagam soon. So if we want to preserve and use this dish for a longer period we can avoid sesame seed from the recipe as an option.

280. Banana stem mixed aval vadagam

Ingredients

Pure water

White aval

Karapodi

Chopped Bannana stem

Rubbed Sesame seed

Pour pure water of 1 and ½ palam in a vessel and put white aval of ½ padi in the water. Allow it to soak nicely in the water. Afterwards drain the water completely and mix the drained aval nicely. Now mix the karapodi, chopped banana stem, rubbed sesame seed with mixed aval. Now make small gooseberry size balls from the mix. Place the balls on a cloth or mat or clean wooden plank to get dried nicely. After the balls are completely dried, it can be consumed by frying it in ghee or oil.

281. Nel pori/Aval pori/ Puffed rice vadagam

Ingredients

Pure water

Nel pori

Karapodi

Rubbed Sesame seed

Soak Nel pori 1 padi in water 1 padi for one nalligai (24 minutes). Drain the water and put the pori in a tin coated vessel.(eeya paathiram). Now mix the karapodi
the pori in tin coated vessel (eeya paathiram) nicely. Now make small gooseberry size balls from the mix. Place the balls on a cloth or mat or clean wooden plank to get dried nicely . After the balls are completely dried, it can be consumed by frying it in ghee or oil.

282. Pumpkin mixed pori vadagam

Ingredients

Pure water

Nel pori

Grated pumpkin

Karapodi

Rubbed Sesame seed

Soak Nel pori 1 padi in water 1 padi. Drain the water and put the pori in a tin coated vessel.(eeya paathiram). Break the full pumpkin and remove the seeds from inside completely. Peel the outer skin.

Grate the pumpkin with a grater. Now put the grated pumpkin in a thick cloth and squeeze the water out nicely.Take the grated pumpking of 9 palam and put along with the pori in tin coated vessel. Mix the pori, grated pumpkin with the karapodi 7/8 palam, rubbed sesame seed gooseberry size balls from the mix. Place the balls on a cloth or mat or clean wooden plank to get dried nicely. After the balls are completely dried, it can be consumed by frying it in ghee or oil.

283. Muttai pori vadagam

Ingredients

Pure Water

Muttai pori

Karapodi

Finely chopped Bannana stem

Rubbed Sesame seed

Soak Muttai pori 1 padi in water. Drain the water and keep the pori aside. Now mix the karapodi, rubbed sesame seed and finely chopped banana stem with the pori nicely. Now make small gooseberry size balls from the mix. Place the balls on a cloth or mat or clean wooden plank to get dried nicely . After the balls are completely dried, it can be consumed by frying it in ghee or oil.

284. Coconut vadagam

Ingredients

Pure water

Aval

Karapodi

Ripe Grated coconut

Lemon

Soak aval ¼ padi in water and drain the water completely. Put the drained aval in pounding stone (Ural).

Ripe grated coconut 24 palam to be mixed with aval in the pounding stone. Grind the mixture in the pounding stone and put it in a tin coated vessel (eeyam pattiram). Put Karapodi 7/8 palam and Lemon juice out of 7 nos of lemon in the mixture in the vessel and mix nicely. Now make small gooseberry size balls from the mix. Place the balls on a cloth or mat or clean wooden plank to get dried nicely. After the balls are completely dried, it can be consumed by frying it in ghee or oil.

285. Mixed vadagam

Ingredients

Pure water

Nel pori

Aval

Muttai pori

Chopped Bannana stem

Grated pumpkin

Finely chopped Green Chilies

Chopped coriander leaves

Rubbed Sesame seed

Karapodi

Soak Nel pori ¼ padi, aval ¼ padi and muttai pori ¼ padi in water and drain the water completely. Put the drained aval, nel pori and muttai pori in a tin coated vessel (eeyam pattirum). Add the remaining ingredients chopped banana stem, grated pumpkin, finely chopped green chillies, chopped coriander leaves, rubbed sesame seed and karapodi into the mixture in tin coated vessel and mix nicely. Now make balls gooseberry size balls from the mix. Place the balls on a cloth or mat or clean wooden plank to get dried nicely. After the balls are completely dried, it can be consumed by frying it in ghee or oil.

286. Pumpkin vadagamm

Ingredients

water

Split/Whole Black gram *

Pumpkin $

Salt

Red Chilies

Asafoetida

Cumin

Finely chopped Green chilies

Soak peeled black gram in water overnight. Put the grated pumpkin inside a cloth and tie the cloth. Place the cloth with grated pumpking in between two wooden planks and place a weight over the top wooden plank. Nest day grind the soaked black gram nicely to the consistency of butter. Mix the grated pumpkin with Black gram paste. Grind salt, red chilies and asafoetida together to a powder and add the powder with cumin to the mixed paste. Then finely chopped green chillies has to be mixed with paste nicely or can be grinded to the paste to mix well. Now make small gooseberry size balls from the mix. Place the balls on a cloth or mat or clean wooden plank to get dried nicely. After the balls are completely dried, it can be consumed by frying it in ghee or oil. This vadagam can also be used as a seasoning ingredient to make curries.

*Instead of black gram we can also use mixture of Split Bengal gram, Split gram/Yellow lentil/Toor dhal

along with black gram

$ Instead of pumpkin we can also use tender fenugreek seed leaves, Ladies finger or cluster beans chopped finely

287. kool vadagam

Ingredients

Water

Rice

Curd

Powdered salt

Cumin

Rubbed sesame seed

Asafetida

Take cleaned rice ¼ padi and soak it in water 1 padi for 2 days.Drain the water from soaked rice and keep the water in a vessel. Grind the soaked rice into a nice powder with a pounding stone. Put the grinded powder in a vessel. Pour the drained water ¾ padi in a tin coated vessel (eeyam pattirum) and heat it. When the water gets boiled put the rice powder into the boiling water simultaneously stirring the
mixture with a ladle. Once the mixture comes to thick paste remove it from the heat. Next day add curd, powdered salt, cumin and rubbed sesame seed into the thick paste of rice. soak asafoetida in water and put in the rice paste and mix nicely. Now make small gooseberry size balls from the mix. Place the balls on a cloth or mat or clean wooden plank to get dried nicely. After the balls are completely dried, it can be
consumed by frying it in ghee or oil.

288. Another variety of Kool vadagam

Ingredients

Water

Boiled Rice

Curd

Powdered salt

Cumin

Crushed pepper

Rubbed sesame seed

Asafetida

Take boiled rice ¼ padi and soak it in water 1 padi for 2 days. Drain the water from soaked rice and keep the water in a vessel. Grind the soaked rice into a nice powder with a pounding stone. Put the drained water to the grinded powder and mix it nicely like a dosa batter. Mix powdered salt, cumin, rubbed sesame seed, crushed pepper, asafetida and mix it in the batter nicely. Now heat the batter and
continuously stir it with a ladle. Once the mixture comes to thick consistency remove it from the heat. Once the paste is cooled, make small gooseberry size balls from the mix. Place the balls on a cloth or mat or clean wooden plank to get dried nicely. After the balls are completely dried, it can be consumed by frying it in ghee or oil.

Note: Fry only 2 or 3 balls at a time in oil or ghee

APPALAM (PAPPAD)
This item is done on special festival days. This is also done as a substitute to vegetables. We should prepare the appalam flour first.
Smear gingelly oil on big Bengal gram. Dry it in the sun and machine grind it to break it into pieces. Again dry it, remove the black skin and grind it to a fine powder. Some people will soak the black gram, remove the skin, dry it and then powder the dal into flour. This will lessen the taste of the dal.

BLACK GRAM APPALAM WITH LEMON

Ingredients
Pure water - 1/8 padi
Salt - ¾ palam
Black gram flour/urad dal flour - ½ padi
Cardamom powder - 1/8 palam
Pepper pods - ½ palam
Cumin seeds - ¼ palam

Lemons - 7
Asafetida - 1/8-rupee coin size
Gingelly oil/til oil - ½ palam
Crushed sesame seeds - 1 and ½ palam
Rice flour - 2 and ½ palam

Boil pure water and salt in a coated vessel and after it boils remove from fire and set aside. Sieve it into another vessel. Add black gram flour into the salted water and sprinkle cardamom powder, broken pepper pods, cumin seeds into the flour. Squeeze the juice of 7 lemons, after removing the seeds. Dissolve asafetida in water and pour it into the flour. Knead the flour tightly.

Smear gingelly oil in the on the kneaded flour and close it with a lid. Put this on the pounder and pound well. The more you pound, the more the pappad will become soft. You can smear oil while pounding the flour. Make small lemon sized balls out of it. Set aside crushed sesame seeds and rice flour separately. Smear the rice flour on a smooth plank and take a lemon sized ball and flatten it. Also smear the sesame seeds on it. Take the pappad machine and make round shaped appalam. Repeat this process for the rest of the pappad also. Smear the rice flour periodically. You can fry this in oil or ghee or in the fire directly.

290. BLACK GRAM FLOUR APPALAM/URAD DAL APPALAM

Ingredients

Pure water - 3 veesam 3/16 padi
Ghee - ¾ palam
Salt - ¾ palam
Oil vengaram onion vadagam - ½ palam
Appalakaram (appalam) - ½ palam
Black gram flour/urad dal - ½ padi
Cardamom powder - 1/8 palam
Pepper pods - ¼ palam
Cumin seeds - 1/8 palam
Asafetida - ¼ rupee coin size
Rice flour - 2 and ½ palam

Set aside pure water in a coated vessel. Add ghee, salt, oil vengaram and appalakaram to the water and dissolve it. Boil this water and let it stand for some time. Then strain the clear water into another pot. Add black gram flour, cardamom powder, pepper and cumin seeds and asafetida into the pot. Asafetida has to be dissolved in water and the pepper pods should be cracked into pieces. Knead this flour tightly and smear gingelly oil on top of it. The next day pound the flour well. There is no need for sesame seeds for this item.

The more you pound, the more the pappad will become soft. You can smear oil while pounding the flour. Make small lemon sized balls out of it. Smear the rice flour on a smooth plank and take a lemon sized ball and flatten it. Take the pappad machine and make round shaped appalam. Repeat this process for the rest of the pappad also. Smear the rice flour periodically. You can fry this in oil or ghee or in the fire directly.

291. BLACK GRAM FLOUR PAPPAD WITH LADIES FINGER JUICE

Ingredients

Pure water - 3 veesam 3/16 padi
Ladies finger - 3 palam
Salt - ¾ palam
Oil vengaram - ½ palam
Appalakaram - ¼ palam
Lime froth - ¼ palam
Black gram flour/urad dal flour- ½ padi
Cardamom powder - 1/8 palam
Pepper pods crushed - ¼ palam
Cumin seeds - 1/8 palam
Asafetida - ¼ rupee coin size
Gingelly oil - ½ palam

292 BLACK GRAM FLOUR APPALAM WITH VASALAIKEERAI JUICE
APPALAM WITH SPINACH JUICE

Ingredients
Pure water - 3 veesam 3/16 padi
Salt - ¾ palam
Oil vengaram(onions) - ½ palam
Appalakaram (Pappad) - ¼ palam
Lime froth - ¼ palam
Vasalaikeerai rasam - 1 and ½ palam
Black gram flour/urad dal flour- ½ padi
Cardamom powder - 1/8 palam
Crushed pepper -1/4 palam
Asafetida - ¼ rupee coin size
Gingelly oil - ½ palam

Take pure water in a vessel. Add salt, oil vengaram (onions), appalakaram (pappad) and lime froth in the vessel with water. Boil it and strain the water. Add vasalaikeerai (spinach) rasam to it. Dissolve asafetida in water and add to it along with black gram flour, cardamom powder, crushed pepper pods and cumin seeds. Then mix everything well and knead it to a dough. Smear gingelly oil on top of the dough and keep it for the entire day.

The next day put this on the pounder and pound well. The more you pound, the more the pappad will become soft. You can smear oil while pounding the flour. Make small lemon sized balls out of it. Smear the rice flour on a smooth plank and take a lemon sized ball and flatten it. Take the pappad machine and make round shaped appalam. Repeat this process for the rest of the pappad also. Smear the rice flour periodically. You can fry this in oil or ghee or in the fire directly.

293. BLACK GRAM FLOUR APPALAM WITH VELDT GRAPE (ADAMANT CREEPER)

Ingredients
Pure water - ¼ padi
Veldt grape (pirandai) - 5 palam
Salt - ¾ palam
Oil vengaram (onion) - ½ palam

Appalakaram (pappad) - ¼ palam
Black gram flour (urad dal flour) – ½ padi
Cardamom powder - 1/8 palam
Crushed pepper pods - ¼ palam
Cumin seeds - 1/8 palam
Asafetida - ¼ rupee coin size
Gingelly oil/til oil - ½ palam
Cut tender veldt grape, squeeze and remove the left overs and put this juice in the water in the vessel. Add salt, oil vengaram, appalakaram in the water and boil it. Strain the water. Add black gram flour, cardamom powder, crushed pepper pods and cumin seeds in the salted water. Dissolve asafetida in water and add this water.

Knead everything to a dough. Smear gingelly oil on top of the dough and keep it for the entire day. The next day put this on the pounder and pound well. The more you pound, the more the pappad will become soft. You can smear oil while pounding the flour. Make small lemon sized balls out of it. Smear the rice flour on a smooth plank and take a lemon sized ball and flatten it. Take the pappad machine and make round shaped appalam. Repeat this process for the rest of the pappad also. Smear the rice flour periodically. You can fry this in oil or ghee or in the fire directly.

294. RICE FLOUR APPALAM

Ingredients
Rice flour - ½ padi
Pure water - 3/8 padi
Salt - 5/8 padi
Black gram flour/urad dal flour- ¼ padi
Cardamom powder - ¼ palam
Lemons - 3
Asafetida - 1/8-rupee coin size

Take one padi rice and clean it well. Wash it with water and drain it. Dry it in the shade in a white cloth. When the rice is dry, grind it to a flour. Take out ½ padi flour out of the rice. Boil one padi water in a wide mouthed vessel, add salt and after some time, add rice flour into it. Stir it well and pour it into a tray. Knead well. Add black gram flour and cardamom powder into it. Squeeze 3 lemons in it. Dissolve asafetida in water and pour it into the flour. Knead again and if the dough is watery, add black gram to it.

Smear gingelly oil on top of the dough and keep it for the entire day. The next day put this on the pounder and pound well. The more you pound, the more the pappad will become soft. You can smear oil while pounding the flour. Make small lemon sized balls out of it. Smear the rice flour on a smooth plank and take a lemon sized ball and flatten it. Take the pappad machine and make round shaped appalam. Repeat this process for the rest of the pappad also. Smear the rice flour periodically. You can fry this in oil or ghee or in the fire directly.

295. RICE APPALAM

Ingredients
Rice - ½ padi
Lemons - 7

Pure water - 3 veesam 3/16 padi
Salt - ½ padi
Asafetida - veesam 1/16 padi
Appalakaram - 1/8 palam
Unmelted ghee - 1 palam
Cumin seeds - 1/8 palam
Crushed pepper pods – 1/8 palam
Soak rice in water and drain it. Strain the rice and dry it in a white cloth in shade. After it is dried 3/4th, fry it golden brown and grind it smoothly. Squeeze the lemons without the seeds and mix it with the flour. Mix pure water, salt, asafetida and appalamkaram. Strain this water. Boil it. Add lemon water to this. Add ghee, cumin seeds and crushed pepper pods to this. Knead and make this into one dough.
Smear gingelly oil on top of the dough and keep it for the entire day. The next day put this on the pounder and pound well. The more you pound, the more the pappad will become soft. You can smear oil while pounding the flour. Make small lemon sized balls out of it. Smear the rice flour on a smooth plank and take a lemon sized ball and flatten it. Take the pappad machine and make round shaped appalam. Repeat this process for the rest of the pappad also. Smear the rice flour periodically. You can fry this in oil or ghee or in the fire directly.

296. KOPPULA APPALAM (PUFFED APPALAM)

Ingredients
Pure water - ¼ padi
Salt - ¾ palam
Thuthi ver - 1 and ½ palam
Unmelted ghee - 1 and ½ palam
Black gram flour/urad dal flour- ½ padi
Asafetida - ¼ rupee coin size
Set aside pure water and salt in a coated vessel. Crush thuthi ver with a stone and put this in the salt water. Add ghee to this salt water and boil it. Strain this water. Add the black gram flour to it. Dissolve asafetida in the water and pour this into the flour.
Knead and make this into a dough. Smear gingelly oil on top of the dough and keep it for the entire day. The next day put this on the pounder and pound well. The more you pound, the more the pappad will become soft. You can smear oil while pounding the flour. Make small lemon sized balls out of it. Smear the rice flour on a smooth plank and take a lemon sized ball and flatten it. Take the pappad machine and make round shaped appalam. Repeat this process for the rest of the pappad also. Smear the rice flour periodically. You can fry this in oil or ghee or in the fire directly.

297. ANOTHER VARIETY OF KOPPULA APPALAM (PUFFED APPALAM)

Ingredients
Pure water - ¼ padi
Salt - ¾ palam
Appalakaram - ¾ palam
Asafetida - ¼ rupee coin size
Black gram flour/urad dal flour - ½ padi

Pour pure water in a pan. Add salt to it. Add appalakaram and asafetida dissolved in water and boil it. Add black gram flour to the salt water.
Knead and make this into a dough. Smear gingelly oil on top of the dough and keep it for the entire day. The next day put this on the pounder and pound well. The more you pound, the more the pappad will become soft. You can smear oil while pounding the flour. Make small lemon sized balls out of it. Smear the rice flour on a smooth plank and take a lemon sized ball and flatten it. Take the pappad machine and make round shaped appalam. Repeat this process for the rest of the pappad also. Smear the rice flour periodically. You can fry this in oil or ghee or in the fire directly.

298. AVAL APPALAM

Ingredients

Samba aval /flattened rice -1/2 padi
Salt - 3/8 palam
Asafetida - ¼ rupee coin size
Pure water - ½ padi
Cumin seeds - ¼ palam
Powdered pepper pods - 1/8 palam

Dry samba aval and grind it to a powder. Separate thin powder and coarse ones (1/4 padi). Mix together salt, asafetida and pure water and boil it. Then strain the water and divide it into two portions. Add one portion to the coarse aval. Put cumin seeds, crushed pepper into the aval. Soak it and pound it well. Set aside.
Smear the pounder with ghee and sprinkle the other portion of the water now and then and pound it again. Make big balls out of it and close this with a wet cloth. Take lemon sized balls out of this and make pappad like the previous recipe. Smear the thinly ground aval flour on a smooth plank and take a lemon sized ball and flatten it. Take the pappad machine and make round shaped appalam. Repeat this process for the rest of the pappad also. Smear the thin aval flour periodically. You can fry this in oil or ghee or in the fire directly.
Instead of making pappad out of the entire kneaded flour, pappads can be made according to the requirement in small quantities. You can make pappads from ladies finger juice, veldt grape juice, vasalaikeerai juice and thuthi ver juice. The same way yam juice, brinjal root juice can also be included in the appalam. Instead of the appalakaram, cooking soda is also added. By adding the juice of the leaves, roots, vegetables and vengaram, appalakaram etc the appalam becomes big and fluffy.

299. BLACK GRAM DOSA

rice half 750gm

black gram quarter 375gm

Soak rice and black gram in water for an hour. Drain the black gram and grind them in stone ural

add ¼ cup water and grind until the texture is light and fluffy when completely ground. Transfer the

batter into a aluminium pot.

fine salt ¾ dint

Add this salt into the aluminium pot containing the dosa batter. pour ¼ cup water into the pot and mix it

well. Then, use the dosa pan that has been mentioned in page 59 (nom 45 or 46) let it hot and apply

some sesame oil on the pan. Then pour 1 ladle batter on the pan and spread it in a circular manner

according to your preferred size and thickness. After few minutes, once the batter not stick to the

wooden spoon and pan, turn it over and sprinkle some water on it. Repeat the above activity and once

the dosa ready put it on a plate. Do as mentioned till all the dosa batter finished.

Some people will keep the dosa batter for overnight for fermentation.

300. COCONUT DOSA.

grated coconut 12 palam, (420gram)

rice ¼ padi (375 gram)

salt ½ palam (18 gram)

Soak the rice in water for an hour, drain the water; mix the salt and grated coconut. Then grind it with water till the texture is light and fluffy when completely ground. Next, repeat the steps mentioned in 299 for blackgram dosa.

301. FENUGREEK SEEDS

rice ¼ padi (375 gram)

black gram 1/8 padi (176.5gram)

fenugreek seeds 70gram

Soak the rice, black gram and fenugreek in water for an hour. drain rice, black gram and

fenugreek. Then grind it with water till the texture is light and fluffy when completely ground. Keep the

dosa batter for overnight for fermentation. Then add 21.8gram salt, 13gram cumin and 2.18gram

asafetida that stir with water into the dosa batter and mix it well. Then repeat the steps mentioned in

302. ONION DOSA.

Use the same method as nom 299 and 301. Before make the dosa add 175 gram onion, 50gram

green chillies and 15gram coriander leaves that cut into small pieaces and mix well. Add extra salt

according to your tatste. Curry leaf also can be added.

303- 307

308. Ordinary Idli

Ingredients:

Idly Rice- 750 grams (½ padi)
Urad Dal- 375 grams (¼ padi)
Chana Dal- 105 grams (3 Palam)
Powdered salt- 26 grams (¾ Palam)
Green Chilly- 52.5 grams (1 ½ Palam)
Coriander leaves- 17.5 grams (½ Palam)
Asafoetida- 0.78 grams (1/16 ரூ.எ)

Procedure:

- Soak the idli rice for 48 minutes and drain the water. After that drain the rice without water and grind it in the mortar and using a winnow (to free grain from the lighter particles of chaff, dirt, etc., especially by throwing it into the air and allowing the wind or a forced current of air to blow away impurities) separate the part which has become flour and take the part which has rice.
- Soak the urad dal for 3 hours and after that grind it smooth like butter and place it in a lead coated vessel which can hold 6000 gms of water. To this add the part which has rice and mix it using water as needed. Keep the mixture undisturbed for whole day.
- To the above fermented mixture add the chana dal and powdered salt. Also add finely chopped green chilly(without the stem)and coriander leaves (without the root) .
- Dissolve the asafoetida with 35gms of water and add to the fermented batter and mix.
- Take the vessel which is used to steam idli and fill it with half the amount of water. When the water starts to boil close it with the lid. Then place a banana leaf coated with oil on the idli plate and pour 2 laddle full of batter. Again close it with banana leaf coated with oil. Repeat the process for one more idli plate and close it with lid.
- After 15 minutes (when water comes out from the lid like drops) open it. Sprinkle water on the leaf and take the idli out. Repeat the process for the rest of the batter.

P.S : We can also soak the rice and dry it in shadow.Then grind the rice in a hand mill as we do for making rice upma. Then use that rice for making idli.

309. Temple Idli

Ingredients :

Rice - 375 gms (¼ padi)
Urad dal - 187.5 gms (⅛ padi)
Pepper - 8.75 gms (¼ palam)
Cumin seeds - 8.75 gms (¼ palam)
Powdered crystal salt - 43.75 gms (1 ¼ palam)
Ghee - 210 gms (6 palam)
Chopped green chilly - 17.5 gms (½ palam)
Chopped coriander leaves - 8.75 gms (¼ palam)
Gram dal - 52.5 gms (1 ½ palam)
Grated coconut - 105 gms
Asafoetida - 0.78 gms (1/16 ഉ.ത)
Powdered dry ginger - 4.37 gms (⅛ palam)
Lemon - 3
(palasa leaf)

Procedure :

- Soak the rice for half an hour. After that clean the rice and drain the water . Then put the rice in the mortar and grind it .
- Keep the rice in a lead coated vessel which can hold 3000gms of water.

- Soak the urad dal for 1 hour , after that grind it smooth like butter. To this add the rice and mix it using water as needed. Keep the mixture undisturbed for whole day.
- Next day add the pepper,cumin seeds,powdered crystal salt,ghee,chopped green chilly,chopped coriander leaves,gram dal,grated coconut,asafoetida(dissolve it in water),dry ginger powder to the fermented batter.
- Lastly add the lemon juice.
- Take the vessel which is used to steam idli and fill it with half the amount of water. When the water starts to boil close it with the lid. Then place a banana leaf coated with oil on the idli plate and pour 2 laddle full of batter. Again close it with banana leaf coated with oil. Repeat the process for one more idli plate and close it with lid.
- After 15 minutes (when water comes out from the lid like drops) open it. Sprinkle water on the leaf and take the idli out. Repeat the process for the rest of the batter.

310. Cream of Wheat Idli

Ingredients:

Cream Of Wheat - 375 gms (¼ padi)
Ghee - 140 gms (4 palam)
Curd - 375 gms (¼ padi)
Powdered crystal salt - 17.5 gms (½ palam)
Pepper - 8.75 gms (¼ palam)
Cumin seeds - 8.75 gms (¼ palam)
Asafoetida - 0.78 gms (1/16 ഉറുപ്പടി)

Procedure :

- Divide each ingredient into 4 equal parts. Then from that divided part combine 1 part of cream of wheat,1 part of ghee,1 part of curd,1 part of powdered crystal salt,1 part of pepper,1 part of cumin seeds and keep it in a lead coated plate.
- Similarly combine the remaining 3 parts of each ingredient separately as we did earlier and keep it in a lead coated vessel.
- Dissolve the asafoetida in 17.5 gms of water. Divide that water also into 4 equal parts and mix it with each of the combined ingredients in the lead coated vessel.
- Add required amount of water to each of the vessel containing the ingredients so that the consistency of the batter is same as idli batter.
- Take the vessel which is used to steam idli and fill it with half the amount of water. When the water starts to boil close it with the lid. Then place a banana leaf coated with ghee on the idli plate and pour 2 laddle full of batter. Again close it with banana leaf coated with ghee. Repeat the process for one more idli plate and close it with lid.
- After 15 minutes (when water comes out from the lid like drops) open it. Sprinkle water on the leaf and take the idli out. Repeat the process for the rest of the batter.

- If we combine all the ingredients into one without dividing into 4 equal parts and prepare idli it will not be soft and it will be hard .

311. Jaggery Idli

Ingredients :

Rice flour - 750 gms (½ padi)
Jaggery - 525 gms (15 palam)
Cardamom powder - 8.75 gms (¼ padi)
Grated coconut - 227.5 gms (6 ½ palam)
Ghee - 70 gms (2 palam)

Procedure :

- Clean the rice and dry it in shadow. Then grind it coarsely.
- Then add jaggery,cardamom powder,grated coconut and ghee to the coarsely ground rice and make it as a batter using hot water as needed.
- Take the vessel which is used to steam idli and fill it with half the amount of water. When the water starts to boil close it with the lid. Then place a banana leaf coated with ghee on the idli plate and pour 2 laddle full of batter. Again close it with banana leaf coated with ghee. Repeat the process for one more idli plate and close it with lid.
- After 15 minutes (when water comes out from the lid like drops) open it. Sprinkle water on the leaf and take the idli out. Repeat the process for the rest of the batter.

312. Sugar Idli

Ingredients:

Rice flour - 750 gms (½ padi)
Water - 1875(1 ¼ padi)
Grated coconut - 350 gms (10 palam)
Cardamom powder - 8.75 gms (¼ palam)
Sugar - 525 gms (15 palam)

Procedure :

- Soak the idli rice for 48 minutes and drain the water. After that drain the rice without water and grind it in the mortar and using a winnow (to free grain from the lighter particles of chaff, dirt, etc., especially by throwing it into the air and allowing the wind or a forced current of air to blow away impurities) separate the part which has become flour and take the part which has rice.
- Take the water and boil it. In the boiling water add grated coconut,cardamom powder and sugar .

- Lastly add the water to the prepared rice and mix it.
- Take the vessel which is used to steam idli and fill it with half the amount of water. When the water starts to boil close it with the lid. Then place a banana leaf coated with oil on the idli plate and pour 2 laddle full of batter. Again close it with banana leaf coated with oil. Repeat the process for one more idli plate and close it with lid.
- After 15 minutes (when water comes out from the lid like drops) open it. Sprinkle water on the leaf and take the idli out. Repeat the process for the rest of the batter.

313. Coconut Stuffed Dumplings

Ingredients :

Grated Coconut - 420 gms (12 palam)
Jaggery - 420 gms (12 palam)
Cardamom powder - 8.75 gms (¼ palam)
Water - 562.5 gms (⅜ padi)
Rice flour - 750 gms (½ padi)
Rice flour - 93.75 gms (1/16 padi)

Procedure:
- Grate the jaggery and mix it with coconut in a vessel. Fry this mixture for 5 minutes without getting burnt. Then add cardamom powder to the jaggery mixture. This is called stuffing.
- Clean the rice and dry it under shadow. Then grind it to flour.
- Boil the water and then add the rice flour and mix it well. When the flour gets boiled once remove it from the fire and spread it on a plate.
- Then apply gingely oil in hands and knead the rice flour firmly.
- From that rice flour make small round ball(gooseberry size).
- Take each ball and dust it in the rice flour and make a bowl shape. Then keep the required stuffing and close the outer layer. Repeat the process for the rest.
- Cook each dumpling in the same way as we cooked idli in idli plate. Since these are very small dumpling, in one idli plate u can arrange many at a time and cook. Take care they should not touch each other.

P.S : For the stuffing we can also use sesame seed,coconut,variety of dal,cream of wheat . We can mix any one or two or three with sugar or jaggery and cardamom powder and prepare the sweet version. For savoury version we can use variety of dal,salt,green chilly,coriander leaves and cumin seed.

314. Coconut Stuffed Oil Dumplings

Ingredients:

Rice flour - 750 gms (½ padi)

Wheat flour - 187.5 gms (⅛ padi)
Powdered salt - 8.75 gms (¼ palam)
Water - 468.75 gms (5/16 padi)
Grated Coconut - 420 gms (12 palam)
Jaggery - 420 gms (12 palam)
Cardamom powder - 8.75 gms (¼ palam)

Procedure :

- Clean the rice and dry it under shadow. Then grind it to flour. Then add the wheat flour and salt to the rice flour and mix it.
- Take the water and boil it . Slowly add the above flour mixture and gently mix it with hands applying ghee. As earlier divide the mixture into small ball (lemon size) and keep it aside.
- Grate the jaggery and mix it with coconut in a vessel. Fry this mixture for 5 minutes without getting burnt. Then add cardamom powder to the jaggery mixture. This is called stuffing.
- Take each ball and dust it in the rice flour and make a bowl shape. Then keep the required stuffing and close the outer layer. Repeat the process for the rest.
- Inspite of cooking in idli vessel we can cook it in oil or ghee till it becomes golden red.

315. Urad Dal Stuffed Dumplings

Ingredients:

Urad dal - 187.5 gms (⅛ padi)
Cream of rice flour - 105 gms (3 palam)
Chopped green chilly - 35 gms (1 palam)
Chopped coriander leaves - 17.5 gms (1/2 palam)
Powdered salt - 17.5 gms (½ palam)
Powdered pepper - 8.75 gms (¼ palam)
Powdered cumin seed - 4.37 gms (⅛ palam)
Gram dal - 52.5 gms (1 ½ palam)
Asafoetida - 0.78 gms (1/16 ഉ.ത)
Lemon - 3
Water - 187.5 gms (⅛ padi)
Rice flour - 375 gms (¼ padi)

Procedure :

- Soak the dal for 1 hour and drain it. Then grind it and keep it in a lead coated vessel.
- Clean the rice and dry it under shadow. Then grind it to flour like cream of rice. Add the urad dal to the cream of rice and let it ferment.

- Next day add chopped green chilly,coriander leaves,powdered salt,powdered pepper and cumin seed,gram dal to the fermented batter.
- Add the asafoetida(dissolved in water) and also add the lemon juice.
- Soak the rice ,dry it and grind it like flour.
- Boil the water and put the rice flour and mix it gently. When the mixture gets boiled switch off the stove and keep it aside. Then apply gingely oil to the hand and nicely knead it.
- As earlier divide the mixture into small ball (lemon size) and keep it separately.
- Take each ball and dust it in the rice flour and make a bowl shape. Then keep the required urad dal stuffing and close the sides of the outer layer. Repeat the process for the rest.
- Cook it using the vessel used for idli.

PATCHANANGAL (SNACKS)

316 AAMA VADA

Ingredients

Chana dal/Bengal gram -1/4 padi

Urad dal/black gram - ¼ padi

Toor dal/pigeon pea - ¼ padi

Pepper - ¼ palam

Cumin seeds - ¼ palam

Turmeric powder - 1/8 palam

Salt - ¾ palam

Green chillies - 2 palam

Pepper - ¼ palam

Cumin seeds - ¼ palam

Turmeric powder - 1/8 palam

Sesame/til oil - 25 palam

Soak Bengal gram, Black gram and Pigeon Pea and remove the water. Coarsely grind the salt and green chillies along with the dal. Put pepper, cumin seeds, turmeric powder in the ground dal and mix well. Make lemon sized balls and set aside.

Heat sesame oil in an iron pan and when it stops spluttering, flatten the lemon sized balls in an oiled banana leaf and drop it slowly in the oil. Drop 7 or 8 vadas into the oil and turn the vadas when one side is slightly red. Repeat this procedure for all the vadas.

317 ANOTHER TYPE OF AMA VADAI

Ingredients

Toor dal/pigeon pea - 1/8 padi

Chana dal/Bengal gram - ¼ padi

Urad dal/black gram - 1/8 padi

Salt - ½ palam

Green chillies -1 and ½ palam

Red chillies - ¼ palam

Grated coconut - 2 palam

Asafetida - veesam 1/16-rupee coin size

Turmeric powder - 1/8 palam

Sesame oil/til oil - 25 palam

Soak Pigeon Pea, Bengal gram, Black gram/Urad dhal in water. After it is soaked

well, clear the water and put this in the grinder. Add salt, green chillies, red chillies, grated coconut, asafetida. Put all this in the grinder and grind well.

Heat sesame oil in an iron pan and when it stops spluttering, flatten the lemon sized balls in an oiled banana leaf and drop it slowly in the oil. Drop 7 or 8 vadas into the oil and turn the vadas when one side is slightly red. Repeat this procedure for all the vadas.

318 MOONG DHAL AAMA VADAI

Ingredients

Chana dal/Bengal gram - ¼ padi

Urad dal/black gram - veesam 3/16 padi

Toor dal/pigeon pea - 1/8 padi

Moong dal/yellow gram - 1/16 padi

Salt - ¾ palam

Green chillies - 2 palam

Red chillies - 1/8 palam

Turmeric powder - 1/8palam

Asafetida - veesam 1/16-rupee coin size

Sesame oil/til oil - 25 palam

Soak Bengal gram, Black gram, Pigeon Pea, Yellow or Green gram. Soak all these dals in water and after it is soaked well, remove the water and put it in the grinder.

Add salt, green chillies, red chillies, turmeric, asafetida. Put all this in the grinder

and grind well. Heat sesame oil in an iron pan and when it stops spluttering, flatten the lemon sized balls in an oiled banana leaf and drop it slowly in the oil. Drop 7 or 8 vadas into the oil and turn the vadas when one side is slightly red. Repeat this procedure for all the vadas.

319 CASHEWNUT AAMA VADAI

Ingredients

Milk - ½ padi

Cashewnuts - 12 palam

Ghee - 18 palam

Sugar - 6 palam

Cardamom powder -1/2 palam

Pour milk in a pot. Put cashewnuts in the milk after removing the skin. Soak for one hour and grind it. Heat ghee in a pan. Make lemon sized balls out of the ground cashewnuts.

Heat sesame oil in an iron pan and when it stops spluttering, flatten the lemon sized balls in an oiled banana leaf and drop it slowly in the oil. Drop 7 or 8 vadas into the oil and turn the vadas when one side is slightly red. Repeat this procedure for all the vadas.

Mix sugar with cardamom powder. After removing the vadai from the fire, sprinkle sugar on top of the vadai. If the vadai is hot enough, the sugar will melt by itself. This vadai can be done with almonds also. If you wish to add salt and

chillies, sugar and milk can be avoided.

320 CORN AAMA VADA

Ingredients

Corns - ½ padi

Chana dal/Bengal gram - ¼ padi

Salt - 1 and ¼ palam

Cashewnuts - 3 palam

Green chillies - 2 palam

Green coriander leaves - 1 palam

Ginger - ¼ palam

Grated coconut - 5 palam

Asafetida - 1/16-rupee coin size

Lemons - 4

Soak corns and chana dal. Remove the water. Add salt, cashewnuts, green chillies, green coriander leaves, ginger, grated coconut, asafetida. Grind all these ingredients. Add lemon juice squeezed out of 4 lemons and pour it in the grinding dals and grind again. Heat sesame oil in an iron pan and when it stops spluttering, flatten the lemon sized balls in an oiled banana leaf and drop it slowly in the oil. Drop 7 or 8 vadas into the oil and turn the vadas when one side is slightly red. Repeat this procedure for all the vadas.

If you wish to add onions in this, you may add 4 to 5 onions after removing the skin. Cut the onions finely and add to the chillies and coriander leaves while

grinding it. This type of vadai where onions are added is called masala vadai.

321 VADAS AND SUKIYANS

BUTTER VADAI

Ingredients

Urad dal/black gram - ½ padi

Salt - ¾ palam

Ginger - ½ palam

Green chillies - 1 and ½ palam

Coriander leaves -1/2 palam

Asafetida - veesam 1/16 palam

Butter - 3 palam

Sesame oil/til oil -25 palam

Soak Black gram for 2 hours in water, clean and remove the water. Put this in a grinder. Add salt and grind it smoothly. Set aside in a coated vessel.

Remove the skin and grate the ginger, remove the stem of green chillies and cut the roots of fresh coriander leaves. Grind all these in the grinder and squeeze it in the ground urad dal. Throw out the remnants or the left over. Afterwards add butter. Knead well and take lemon sized balls.

Heat sesame oil in an iron pan and when it stops spluttering, flatten the lemon sized balls in an oiled banana leaf, make a hole in the centre of the vada and drop it slowly into the oil. Drop 7 or 8 vadas into the oil and turn the vadas when one

side is slightly red. Repeat this procedure for all the vadas. This can be fried in ghee or oil.

322 LENTILS, WHEAT FLOUR VADA

Ingredients

Chana dal/Bengal gram - ¼ padi

Moong dal/yellow gram - ¼ padi

Wheat flour - 6 palam

Ghee - 3 palam

Salt - 1 palam

Green chillies - 2 palam

Coriander leaves - 2 palam

Ginger - 1 palam

Asafetida - 1/16 palam

Lemon - 3

Sesame oil/ghee - 25 palam

Fry Bengal gram and Yellow lentils separately in ghee. Then mix both and soak it in water. Add salt, green chillies, coriander leaves, ginger, asafetida to the soaking dals. After soaking for an hour, remove the water and set aside. Grind all these without adding much water. Squeeze three lemons to the dal and knead well.

Knead the wheat flour tightly with water. Sprinkle water to the wheat flour which is kneaded above and pat some sesame oil to it and keep it aside for half an hour.

This will make the kneaded flour soft. Take a lemon sized amount and keep it like a cup in your palm and add the ground lentils inside the cup and seal it well. Flatten it carefully and fry it in ghee or oil. Turn the sides when it is slightly red. Repeat this procedure for the rest of the flour also.

323 CURD VADAI

Ingredients

Thick curds - 9 palam

Semolina/broken wheat - 6 palam

Salt - ¾ palam

Coriander leaves - ½ palam

Green chillies - 1 palam

Ginger - 1/8 palam

Sesame oil/til oil - 25 palam

Take a thick white cloth, tie the four corners and put the curds in it. Leave it for a whole day. All the water will be removed. Put this in a coated vessel.

Add to the semolina, powdered salt, cut coriander leaves, cut green chillies and grated ginger. Add the thick curds to it. Knead well in circular motion. Make lemon sized balls out of it.

Heat sesame oil in an iron pan and when it stops spluttering, flatten the lemon sized balls in an oiled banana leaf, make a hole in the centre of the vada and drop it slowly into the oil. Drop 7 or 8 vadas into the oil and turn the vadas when one

side is slightly red. Repeat this procedure for all the vadas. This can be fried in ghee or oil. Instead of semolina, wheat flour can be added. Since this item is made of curds, it should be consumed while it is hot.

324 RICE, URAD DAL, THICK CURDS, BUTTER VADAI

Ingredients

Urad dal/black gram - 1/4 padi

Salt - ½ palam

Rice - 1/8 padi

Pepper - 3/8 palam

Cumin seeds - 1/8 palam

Ginger - ¼ palam

Thick curds - 1 and ½ palam

Butter - 1 and ½ palam

Green chillies - ½ palam

Soak urad dal in water for 2 hours and drain the water. Grind this in the grinder by adding salt to it. Mix pepper, cumin seeds, de-skinned ginger, thick curds, butter, finely cut green chillies, all these to the ground flour.

Soak rice in another vessel. Drain the water and grind well. Mix it like pancake batter. Take a lemon sized ball out of the ground urad dal and dip it in the rice flour batter. Fry it in ghee or oil until it is cooked. Repeat the procedure for the rest of the ground lentils.

325 FROTHY VADAI

Ingredients

Urad dal/black gram - ¾ padi

Salt - ¾ palam

Green chillies - 3 palam

Coriander leaves - 1 and ½ palam

Grated coconut - 3 palam

Asafetida - 1/8-rupee coin size

Red chillies -1/8 palam

Rice flour - 3/16 padi

Butter - 3 palam

Sesame oil - 25 palam

Boil pure water two ¼ padi in a vessel. Boil urad dhal in water and remove from fire. Soak it for half an hour. Grind salt, green chillies, coriander leaves, grated coconut, asafetida, red chillies along with the boiled dal and grind it smoothly. Mix rice flour with the lentils, mash well. If the dal is soft, add rice flour to it. Vadai will become tight.

If the flour is hard, add butter to the rice mixture. This type of vadai has to be thin and not thick.

Heat sesame oil in an iron pan and when it stops spluttering, flatten the lemon sized balls in an oiled banana leaf and drop it slowly into the oil. Drop 7 or 8 vadas into the oil and turn the vadas when one side is slightly red. Repeat this

procedure for all the vadas. This can be fried in ghee or oil.

326 GHEE POORI VADAI

Ingredients

Urad dal/black gram -1/4 padi

Milk -1/8 padi

Brown sugar - 18 palam

Rock sugar - 2 palam

Cardamom powder - ½ palam

Rice flour - 1/8 padi

Butter - 1 palam

Soak Black gram for 2 or 3 hours, clean well, remove the skin and grind it. Keep it overnight. Boil milk in sugar. Refer to the sugar syrup method and make thin syrup. Remove from fire.

Mix powdered rock sugar and cardamom powder together. Add rice flour and butter in the ground Urad dal mixture. Mash this well in the hand. Make thin vadais out of this, cook it in ghee and put it in the sugar syrup. Sprinkle cardamom powder and sugar mixture on the vadais.

327 AMIRTHA VADAI

Refer to recipe 326 ghee poori vada to make this. But do not add rice flour to it.

328 RICE FLOUR VADAI

Pure water - ½ padi

Salt - ½ palam

Pepper - ¼ palam

Cumin seeds - 1/8 palam

Grated coconut - 6 palam

Rice flour - ½ padi

Boil pure water in the stove. Add salt, pepper, cumin seeds, grated to the boiling water.

Add rice flour to the boiling water, stir well, remove from fire and put it on a tray and cool it. Apply oil on the fingers and mash the mixed flour well and make vadais. Fry it in ghee or oil and cook it.

329 COCONUT POORNA SUKIYAN

Ingredients

Grated coconut - 12 palam

Jaggery - 9 palam

Cardamon powder - ¼ palam

Put grated coconut in a pan and fry well. Powder jaggery and add to the fried coconut. When this thickens, remove from fire. Add powdered cardamom. Mix this well and mash. Make gooseberry sized balls and set aside.

330 YELLOW LENTIL/POORA SUKIYAN

Ingredients

Moong dal/Yellow lentil -1/4 padi

Semolina - 1/8 padi

Grated coconut - 1 and ½ palam

Sugar - 6 palam

Cardamom powder - 1/8 palam

Pure water - ¾ padi

Rice flour - 3/16 padi

Fry Yellow dal, semolina separately until golden brown. Boil pure water ¾ padi in a pan and put the fried semolina and dal. After it thickens, remove from fire and transfer it into another tray. Add grated coconut, sugar, cardamom powder to the semolina dal mixture and make a mixture out of it. Make lemon-sized balls out of the mixture.

Make a batter out of pure water ¼ padi and rice flour. Take the balls and dip it in ghee or oil and cook well. Repeat the procedure for the rest of the flour also.

331 POORI, APPAM, ADIRASAM

Ingredients

Broken wheat or semolina - ½ padi

Ghee - 1 palam

Salt - ¼ palam

Mix all the three ingredients, semolina, ghee, salt in water or milk and knead it tightly. Apply ghee on top and pound it well. Make small lemon sized balls and flatten it like a pappad. Fry it in ghee and remove when golden brown. The flour used here to tap on top of these balls should be wheat flour.

Instead of semolina, wheat flour can be used. While frying these pooris, take a

ladleful of ghee and pour it on top of the frying poories. By doing so, the poories may puff like balloons.

332 SRIKANDAM

Ingredients

Thick curds - ½ veesai

Brown sugar - ½ veesai

Saffron - ¼ rupee coin size

Cardamom powder - ¼ rupee coin size

Green edible camphor- veesam 1/16-rupee coin size

Boil the milk and ferment it. Tie the curds in a cloth and hang its edges. After a day, all the water will be drained from the curds. The curd becomes thick and tight. Take ½ veesai of these thick curds.

Take a coated tray and add brown sugar to it and mix it well. Take a wide mouthed vessel and tie it with a cloth. Put the curds on top of the cloth and press it in circular motion. The dirt from this will stand on top of the cloth. Remove the cloth. Dissolve saffron in milk and add cardamom powder. Edible green camphor can also be added. Mix this well with yogurt. This is called srikandam.

333 SWEET POORI

Ingredients

White semolina - 6 palam

Butter - 4 palam

Brown sugar - 6 palam

Cardamom powder - ¼ palam

Green edible camphor – veesam 1/16-rupee coin size

Add water or milk to white semolina and knead well. Soak this for 30 minutes and grind it in a grinder. Keep 4 palam of butter near the grinder and grind the kneaded semolina. Then add the butter little by little until all the butter is used. The flour will become soft like cotton. Take lemon sized balls and flatten it in the palm in round shape evenly. Then fry it in ghee until golden brown and turn the sides. Remove it in a sieve and set aside.

Powder and mix brown sugar, cardamom powder and green edible camphor. After removing the pooris, pat this powder on either sides and set aside. Repeat this procedure for the rest of the pooris also.

334 APPAM

Ingredients

Pure water - 1 padi

Semolina - ½ padi

Salt - ½ palam

Jaggery - 40 palam

Wheat flour - ½ padi

Boil 1 padi water in a stove. Put semolina in the boiling water and stir well without forming lumps and close it. After it is cooked ¾th, add salt, jaggery and mash well. Add wheat flour and mash well. Remove from fire and keep it on tray.

Knead everything together in the tray. Take a lemon sized ball and keep it on the palm of the hand in an oiled banana leaf and spread it round in shape. Fry it in ghee or oil and cook it well. This appam can also be made with rice flour.

You can use jackfruit or white pumpkin to make this appam. Cut these fruits into smaller pieces and boil. After it is almost done, add salt, jaggery and mash well. Remove from fire. Add ½ padi wheat flour and knead well. Follow the procedure for appam.

335 ADIRASAM

Ingredients

Rice - ½ padi

Pure water - ½ padi

Cardamom powder - ¼ palam

Fried poppy seeds - 1 and ½ palam

Ghee - 20 palam

Soak ½ padi rice in water. Clean the rice and drain the water. Dry and powder the rice. Keep this flour aside. Make a syrup out of ½ padi of pure water and jaggery, by boiling both. Add the powdered rice flour and stir well. Remove from fire and place this in a tray and cool it. Add cardamom powder, fried khuskhus to the cooled flour in the tray.

Boil ghee in the pan. Apply the ghee in a banana leaf and take lemon sized flour in the palm of the hand. Flatten the flour and make it round shape. Drop it in the

boiling ghee and cook it. If the kneaded flour is tight, add milk or curds and knead again.

336 ANNARASAM

Ingredients

Rice - ½ padi

Brown sugar - 20 palam

Ghee to knead - 2 and ½ palam

Ghee - 20 palam

Cardamon powder - 1/8 palam

Poppy seeds/khuskhus - 5 palam

Soak rice in water for two days. Remove the water and spread it in a cloth and dry it. Pound it well in a pounder. Mix brown sugar and ghee and pound it well again. Heat the ghee 20 palam in a pan. Add cardamom powder in the pounded flour and knead well. Take a lemon sized ball from the flour and spread it in palm sized banana leaf smeared with ghee. Fry it in the boiling ghee. After removing from fire tap both sides of the annarasam in the cleaned poppy seeds.

Some may tap the poppy seeds on the annarasam before frying it in ghee. Then some poppy seeds may fall into the ghee and become blackened. This may ruin the ghee. So it is best to fry the annarasam and then tap the poppy seeds on top of it.

337 WHITE CHEEDAI

Ingredients

Rice flour - ½ padi

Rice - veesam 1/16 padi

Urad dal - veesam 1/16 padi

Grated coconut - 5 palam

Crushed sesame seeds - 3 palam

Pure water - ½ padi

Jaggery - 10 palam

Cardamom powder - ¼ palam

Ghee - 20 palam

Soak ½ padi rice and clean it. Dry it in the shade and grind it to a flour. Fry until golden brown. Fry rice, urad dhal separately until slightly brown, mix and grind it in a stone grinder. Mix it with the rice flour prepared above.

Fry separately copra or grated coconut, crushed sesame seeds and mix this with the flour above. Boil ½ padi water in a vessel. Put jaggery into it. When this boils add the flour and mix well. Set aside in a tray. Put cardamom powder in the tray and mix well. Take a gooseberry sized ball from it and fry it in 20 palam hot ghee. Fry 10 balls at a time. Instead of ghee you can use pure sesame oil also.

338 THENKUZHAL MANUKUPPU (KARLIPENI)

Ingredients

Urad dal - ½ padi

Rice - ¾ padi

To make flour for Thenkuzhal,

Soak black gram (Urad dhal) in water, clean well, remove the stones, drain the water and dry it. Clean rice, wash it, remove the water and dry it in the shade. After it is dried well, grind both these in the grinder. This is called Thenkuzhal flour.

339 MANUKUPPU MA

Ingredients

Moong dal/yellow or green gram - ¼ padi

Chana dal/Bengal gram - ¼ padi

Rice - ¾ padi

Soak Yellow gram in water for half an hour. Remove the water and dry it well. Put this in a pan and fry it in smaller quantities. Fry Bengal gram without soaking it in water. Clean rice in water and dry it in the shade and fry it in smaller quantities until it becomes hot. Grind the dal and rice. This is called Manukuppu Ma or flour.

340 ORDINARY THENKUZHAL (MAVU MURUKKU)

Ingredients

Thenkuzhal ma - ½ padi

Jeera - ¼ palam

Salt - ½ palam

Water - 3/16 padi

Thenkuzhal Ma ½ padi. Set aside in a vessel. Add jeera ¼ palam and powdered

salt in the Thenkuzhal flour. Add water 3/16 padi to the flour and knead it tight. Refer to 67th page 40th diagram for the machine to prepare the thenkuzhal. Use the machine and squeeze lemon sized flour in the ghee or oil and cook until red. Repeat this procedure for the rest of the flour.

341 ANOTHER TYPE OF PLAIN THENKUZHAI

Ingredients

Rice - ¼ padi

Urad dal/black gram - ¼ padi

Salt - ½ palam

Butter - 3 palam

Soak both rice and black gram in water for half an hour and grind it. Set aside in a vessel. Add salt, butter in the flour. Refer to 67th page 40th diagram for the machine to prepare the thenkuzhal. Use the machine and squeeze lemon sized flour in the ghee or oil and cook until red. Repeat this procedure for the rest of the flour.

342 SPICY THENKUZHAL

Ingredients

Urad dal/black gram - ¼ padi

Rice flour - 4 palam

Salt - ½ palam

Green chillies - 1 and ½ palam

Coriander leaves - ½ palam

Ginger - ¼ palam

Asafetida - 2 pinches (gundalavu)

Butter - 1 and ½ palam

Soak black gram in water overnight. The next day, remove the water and grind the flour smoothly. Add rice flour and powdered salt into the flour. Grind green chillies, coriander leaves, ginger in the grinder. Squeeze the juice out of this into the ground flour by placing it in a white cloth. Dissolve asafetida in one- rupee coin size water and add it to the flour.

Add butter in the flour and knead it. Refer to 67th page 40th diagram for the machine to prepare the thenkuzhal. Use the machine and squeeze lemon sized flour in the ghee or oil and cook until red. Repeat this procedure for the rest of the flour.

343 PLAIN MANUKUPPU

Ingredients

Manukuppu ma - ½ padi

Powdered salt - ½ palam

Crushed sesame seeds - 6 palam

Butter - 1 and ½ palam

Add powdered salt and crushed sesame seeds to the manukuppu flour. Also add butter to the flour and knead it tightly. Refer to page 67 and 40th diagram. Take lemon sized flour ball and use the machine to make crackers. Fry it in ghee or oil

until well cooked.

344 COCONUT MANUKUPPU

Same as plain manukuppu. Except that you add 6 palam of grated coconut along with the salt, sesame and butter. Fry it in oil or ghee until well done.

345 FROTHY MANUKUPPU

Ingredients

Moong dal/yellow or green lentils - ¼ padi

Rice flour - ¼ padi

Salt -1/2 palam

Crushed sesame seeds - 3 palam

Boil 1 padi water and add moong dhal/yellow lentils to the boiling water and cook well. Remove from fire. Add fried rice flour to the cooked moong dhal along with powdered salt, crushed sesame seeds and knead well. Refer to 343 manukuppu flour for further instructions. Fry it in ghee or oil until well done.

346 LAGUMANUKUPPU

Ingredients

Rice ¼ padi

Urad dal/black gram ¼ padi

Salt ½ palam

Sesame seeds crushed 6 palam

Butter 1 and ½ palam

Clean and drain ¼ padi rice. Spread it in a cloth and dry it.

Mix black gram with the dried rice and grind it in the grinder. Add powdered salt and ground sesame seeds along with the butter in the ground flour and knead it with enough water. Do it just like 343 manukuppu flour style recipe.

You can dry the rice in the shade and fry it until slightly hot. Grind it in the machine and store it in the container as flour.

347 OMA PODI- AJWAIN SEEDS – CAROM SEEDS

Ingredients

Chana dal flour/besan -1/4 padi

Rice flour - 1/8 padi

Salt - ¼ palam

Carom seeds/ajwain - 1/8 palam

Ghee - ½ palam

Set aside Chana dal and rice flour in a coated vessel. Melt salt in 1 palam water and pour it in the flour. Add carom seeds and unmelted ghee and mix it well. Knead this with enough water. Refer to page 67 and 40th diagram and take lemon sized kneaded flour and cook it in ghee or oil. Remove from fire with a sieved ladle. Repeat this procedure for the rest of the flour also.

348 ANOTHER RICE CRACKER VARIETY OR MURUKKU

Ingredients

Urad dal/black gram - veesam 1/16 padi

Rice - 1 padi

Crushed til/sesame seeds - 1 and ½ palam

Cumin seeds - 3/8 palam

Asafetida - 1/8 palam

Salt - 2 palam

Clean one padi rice and wash it well. Drain the water well. Grind it in the stone grinder. Remove the husk from the rice flour by sieving it. Fry Urad dal and the rice husk separately until golden brown. Mix both in a vessel and grind it to flour. Then mix it with the above stone ground rice flour.

Add crushed sesame seeds, cumin seeds to the rice flour mixture. Dissolve asafoetida in water and mix it in the flour.

Add 1/8 padi water to 2 palam salt. Add the dissolved salt water into the rice flour mixture and knead tightly. Then spread a cloth and take a ball of the kneaded flour. Take 8 or 9 number hole machine and lengthen the kneaded flour into a long wire and twist it like a rope and make 4 or 5 circles while twisting the flour like a rope. When you reach the inner circle leave a space of the width of your palm. There should be an empty space of your palm size inside the circle. Make this with the rest of the kneaded flour. This is to prevent the rice cracker from bursting while you fry it in ghee or oil. Fry the murukku one by one in ghee or oil until slightly reddish in colour.

You can even knead the rice flour with coconut milk or water.

349 SALTED CHEEDAI

Repeat the recipe 348 and add salt, crushed sesame, jeera and asafoetida. Add grated coconut 10 palam and knead it with enough water. Make small sized balls (slightly bigger than a pea size) Spread a cloth and keep all the balls separately without touching each other. Dry it in the air. Fry 20 to 30 balls in ghee or oil until slightly red in color. Repeat this procedure for the rest of the flour also.

350 BHAJJIS, BONDAS AND PAKODAS

BESAN BHAJJI (PAKODAS)

Chana dal flour/Bengal gram flour - ¼ padi

Salt - ½ palam

Cumin seeds - ¼ palam

Pepper - ¼ palam

Ghee - 1 and ½ palam

Red chillie powder - ¼ palam

Coriander leaves - ¼ palam

Take a vessel and add either milk, sour curds or water to Bengal gram flour. Add only one of the three ingredients and mix it until it is smooth. Crush salt, cumin seeds, pepper and add ghee to the batter. Dissolve asafoetida 4 small pinch in water and add to the batter.

Mix red chillie powder along with finely cut fresh coriander leaves to the paste. Add either milk, sour curds or water again to loosen the paste. Knead well. Take a gooseberry sized amount from the kneaded flour and fry it in ghee or oil little by little. Remove when golden brown.

Instead of Chana dhal flour, Wheat flour or Urad dal flour can be added.

Tender raw banana, snake gourd, bottle gourd and brinjal can be cut in round shape, smeared with salt and chillie powder, dipped in the flour paste and fried in oil until cooked.

351 SNAKEGOURD PAKODA

Ingredients

Snake gourd - 6 palam

Powdered salt - 1/8 palam

Chillie powder - 1/8 palam

Pure water - 3/16 padi

Chana dal flour/besan/Bengal gram flour -1/4 padi

Powdered salt - ¼ palam

Green chillies - 2 palam

Coriander leaves - 1 palam

Lemon - 2

Cut the edges of tender snakegourd and cut them in circles and set aside in a leaf. Sprinkle powdered salt and red chillie powder on top of the snake gourd.

Mix Bengal gram flour to 3/16 pure water. Add powdered salt, cut green chillies, and finely cut coriander leaves to the flour. Squeeze the juice of 2 lemons into the flour mixture. Take the cut snake gourd, dip it in the flour mixture and fry it in oil or ghee until slightly red and cooked.

Wheat flour or Urad dal can be used instead of Chana dal flour. Instead of snake gourd, raw banana, brinjal, cucumber, and bottle gourd can be used. Also these bhajjis can also be made without using vegetable. Just plain flour mixture can be fried as bhajjis.

352 MIXED DAL BONDA (PAKODAS)

Ingredients

Bengal gram/chana dal - 1/8 padi

Moong dal/yellow lentils - 3 palam

Black gram/urad dal - 1 and ½ palam

Soak Bengal gram, Yellow lentils and Black gram in water. Drain the water after it is soaked well. Grind it in the stone smoothly. Add water and follow 351 recipe. Add salt, chillies, coriander leaves, lemon juice and make bhajjis by frying them in oil or ghee.

353 ONION BONDA

Ingredients

Onions - 5 palam

Green chillies - 1 and ½ palam

Ginger - ½ palam

Coriander leaves - ¼ palam

Ghee - 7 and ½ palam

Bengal gram flour/chana dal flour - ¼ padi

Rice flour - 1/8 padi

Salt - 1 palam

Cashewnuts - 2 and ½ palam

Onion, green chillies, ginger and fresh coriander leaves. Cut the edges of onions, remove the stem of green chillies, scrape the skin of ginger, cut the stem of coriander leaves and finely cut all the above ingredients. Put them in a coated vessel which is wide mouthed.

Add solidified ghee to the ingredients and press well with the palm of the hand and knead well until the ghee melts and becomes frothy.

Mix rice flour and Bengal gram flour to the mixture.

Dissolve salt 1 palam in 1/16 padi water. Add to the flour mixture. Add another 3/16 padi water and knead the mixture well.

De-skin the cashewnuts, cut finely and add to the flour mixture.

Heat ghee 7 and ½ palam in a pan. Take betel nut sized amount from the flour and fry it in the ghee. Turn these balls three times at least in a minute with a sieved ladle. Set the ladle aside. Repeat this procedure for the rest of the mixture.

354. POTATO KOLA

Ingredients

Potato - 1 veesai
Wheat flour - ¼ padi
Roasted Bengal gram flour - ¼ padi (pottu kadai)
Green chillies - 1 palam
Fresh coriander leaves - ½ palam
Ginger - 2 palam
Garlic - 1 and ½ palam

Grated coconut - 2 palam
Almonds - 5 palam
Onions - 5 palam
Cloves - ½ rupee coin size
Cardamom - ¼ rupee coin size
Cinnamon sticks - ¼ sticks
Powdered salt - 3 palam
Curds - ¼ padi
Ghee - 30 palam

Boil the potatoes, remove the skin and cool them. Place them in a coated tray along with wheat flour and roasted Bengal gram flour. Grind green chillies, fresh coriander leaves, ginger, garlic and grated coconut and add it to the potatoes and flour.

Soak almonds in hot water, slice them and add it to the ingredients. Remove the skin of onions, slice them finely and saute them in ghee. Add this too to the potatoes. Fry green chillies and coriander seeds in oil and add cloves, cardamom and cinnamon to it. Mix it with the potatoes and other ingredients in the tray. Add salt and curds and knead everything together. Make lemon sized balls out of it.

Heat ghee in a pan and add 3 or 4 balls and cook them accordingly. Before serving, these balls can be cut into 4 or 5 pieces and 2 or 3 lemons can be squeezed on it.

355. KARA BOONDI

Ingredients

Bengal gram/chana dal - 6 palam
Yellow/green gram/moong dal - 4 palam
Black gram/urad dal - 2 palam
Salt - ½ palam
Red chillies - 1/8 palam
Green chillies - 1 palam
Fresh coriander leaves - ½ palam

Soak Bengal gram, black gram and yellow gram and drain the water. Put it in the grinder by adding salt to it. Them remove the ground dals into another container. Grind red chillies, green chillies and fresh coriander leaves to a fine paste and mix it well with the flour. Add little water to smoothen the flour.

Boil ghee or oil in a pan. Take a sieved ladle and keep the ladle to the centre of the pan. Take some ground flour and bring all the fingers together like a cup and press the flour into the ghee. By doing this the flour will fall like pearls inside the ghee pan. This is called Boondi. Take another ladle and turn the boondis and remove when done. Repeat the procedure until all the flour is done.

356. ANOTHER TYPE OF KARA BOONDI

Ingredients

Rice flour - ¼ padi
Bengal gram flour/chana dal flour - 1/8 padi
Cumin seeds - 1/8 palam

Pepper pods - 1/8 palam
Salt -1/4 palam
Unmelted ghee - 2 and ½ palam
Add powdered cumin seeds and powdered pepper pods to rice flour and Bengal gram flour. Dissolve salt in water and add to the above flour and mix well. Boil ghee or oil in a pan. Take a sieved ladle and keep the ladle to the centre of the pan. Take some flour and bring all the fingers together like a cup and press the flour into the ghee. By doing this the flour will fall like pearls inside the ghee pan. This is called Boondi. Take another ladle and turn the boondis and remove when done. Repeat the procedure until all the flour is done.

357- 369 --- Boligal

370 LADDUS

MOHANA BHOGA LADDU

Ingredients

Ghee - 12 palam

Semolina - 1/2padi

Milk - ½ padi

Brown sugar - 24 palam

Ghee - 1 palam

Cloves - ¼ palam

Cardamom powder – ¼ palam

Heat ghee 12 palam in a pan and add semolina in it. Stir and fry for 7 to 8

minutes.

Sprinkle ½ padi milk to the ghee mixture in the pan in small quantities and

continue frying. Fry until all the milk is over. When all the milk is absorbed, add

powdered granulated refined sugar or brown sugar 24 palam into it. Fry for

another 10 minutes and remove from fire.

Heat ghee 1 palam in a big ladle. Add cloves into the ghee and after it is fried, add it to the mixture. Add powdered cardamom into the mixture and mix well. Make balls out of the mixture. Dissolve saffron in ghee and add this also. Edible green camphor (pachai karpooram), and almonds can also be added.

371 WHEAT FLOUR LADDU (PORI VILANGAI BALLS)

Ingredients

Ghee - 2 and ½ palam

Wheat flour - 12 palam

Milk - 3 palam

Brown sugar - 12 palam

Grated coconut – 3 palam

Cardamom powder – ¼ palam

Heat ghee in a pan. Add wheat flour into the heated pan and fry. Transfer this into another pan. Pour milk into a pan and boil it. Add brown sugar into the milk and boil it. When it comes to the consistency of a string, add coconut or dessicated coconut (copra). Add this to the sugar syrup along with the fried wheat flour and stir well. Remove from fire. Add cardamom powder to the wheat flour mixture and stir well. Pat milk into your hands and make balls or laddus while the flour is hot.

372 ANOTHER VARIETY OF KOOLPAPPAD / PORI VILANGAI BALLS

Soak and wash the whole wheat ½ padi and remove the husk. Dry it well. Clean Bengal gram/Chana dhal ¼ padi, mix it with the cleaned wheat and grind it to flour. Refer to recipe 371 from here. But brown sugar and ghee has to be increased in this recipe. Yellow gram/ Moong dhal can be used instead of Chana dhal /Bengal gram and rice instead of wheat flour.

373 BENGAL GRAM/ CHANA DHAL LADDU/BESAN LADDU

Ingredients

Ghee - 12 palam

Besan/Bengal gram flour/chana dal flour – ½ padi

Milk - 1/8 padi

Sugar - 24 palam

De-skinned almonds – 2 and ½ palam

Rock sugar -2 and ½ palam

Cardamom powder - ¼ palam

Heat ghee in a pan. Stir Chana dal flour into the ghee. When it is fried well and you get the aroma of the flour, sprinkle milk little by little into the flour and fry for some more time. Since the milk is sprinkled and fried, the flour becomes very soft and fluffy and vessel full. During that time remove from the stove and add brown sugar, fried skinned almonds, cardamom powder and powdered rock sugar into the Chana dal flour mixture. Make balls (laddus) out of this mixture.

Black gram/Urad dhal, Yellow gram/Moong dhal can also be used to make laddus.

374 SANSANA BESAN LADDU (CHANA DHAL BALLS)

De-skinned Chana dhal has to be dried and ground coarsely. Fry 12 and ½ (palam) ghee in a pan, until the aroma arises. Sprinkle milk little by little, fry and repeat the procedure like Besan laddu (373). Add cut almonds, brown sugar, cardamon powder etc and make laddus out of it.

375 WHEAT GERM LADDU/SEMOLINA LADDU

Ingredients

Ghee - 1 palam

Wheat flour - ¼ padi

Coarsely ground wheat- ¼ padi

Milk - 1 palam

Brown sugar - 24 palam

Almonds - 5 palam

Cardamom powder - ¼ palam

Brown sugar - 5 palam

Pour 1 palam ghee and 1 palam milk in coarsely ground ¼ padi wheat and another 1 palam ghee and 1 palam milk in the ¼ padi wheat flour. Mix well and set aside. Then take 2 and ½ palam ghee and fry these two separately in that ghee.

Mix ghee 10 palam and brown sugar 24 palam by pressing it with the palm of your hand until it becomes smooth like butter. Mix de-skinned almonds 5 palam, cardamom powder, brown sugar 5 palam with the wheat germ/semolina and the brown sugar preparations. Make lemon-sized balls and set aside. These

balls/laddus may be tight initially but they will loosen up.

376 BOONDI LADDU

Ingredients

Brown sugar - 2 veesai

Pure water - 1 and ½ padi

Milk - 1/8 padi

Saffron - one-rupee coin size

Ghee - 2 palam

Powdered salt - ¼ palam

Ghee for frying - 20 palam

Almonds - 5 palam

Raisins - 2 and ½ palam

Powdered rock sugar - 5 palam

Make sugar syrup with brown sugar (2 veesai), pure water one and ½ padi, milk 1/8 padi, water 1/8 padi, saffron. Mix all these ingredients, refer to second sugar syrup making method.

Grind chana dal thinly to a flour and set aside in a vessel. Ghee 2 palam and powdered salt ¼ palam to the chana flour and add enough water or milk to make a batter like pancake. Pour this into a coated tray. Press this with the palm of your hand to make it string like.

Heat 30 palam ghee in a pan. Take a ladle full of the flour mixture and transfer it to a sieved ladle. Hold it straight to the heated ghee. Keep a stone or wooden

block as high as the pan. Pat the stem of the ladle with the flour mixture, on to the stone or wooden block. By doing this, the boondi will fall into the heated ghee evenly as far as possible. Turn the boondis with another sieved ladle until it is cooked well. Remove and set aside. Then dip the other ladle into water and remove it. Again take the flour mixture and repeat the process. After all the boondis are done make them into balls or laddus.

Refer to 67th page, 37th diagram for the shape of the ladle.

You can add deskinned almonds, cleaned raisins, pepper sized crushed brown sugar. If the consistency of the flour is hard, you can loosen the flour by dipping the ladle in water and kneading the flour with that little water drops.

377 MOTICHOOR LADDOO

These laddoos are done just like the ones mentioned in 376. But the boondis are done in smaller hole ladles where the holes are more. And the flour is made like curry and should not be tight. The sugar syrup is done by 376 recipe. Fry almonds, brown sugar, raisins and ½ palam cloves in ghee and put it in the sugar syrup or boondis before making the ladoos.

378 BROWN SUGAR LADOOS

Ingredients

Rice flour - ½ padi

Ghee - 10 palam

Brown sugar - 25 palam

Cardamom powder - ¼ palam

Almonds - 3 palam

Crushed rock sugar - 3 palam

Soak rice in water, powder finely and keep the flour ½ padi aside. Boil 10 palam ghee in a pan and transfer the rice flour into it and fry until golden brown.

Mix ghee 10 palam and brown sugar 25 palam in a wide tray and press it with the palm of your hand in circular motion until it becomes frothy.

Mix cardamom powder, fried almonds, brown sugar in the rice flour mixture along with the ghee and sugar mixture and mix well. Make lemon sized balls or ladoos out of this and keep aside.

379 SURMA LADOOS

Ingredients

Semolina - ½ padi

Ghee - 5 palam

Ghee for frying - 10 palam

Almonds - 3 palam

Raisins - 2 and ½ palam

Brown sugar - 3 palam

Cardamom powder - ¼ palam

Brown sugar for syrup - 30 palam

Mix broken wheat (semolina) ½ padi with melted ghee 5 palam and add milk slowly and knead it. Heat 10 palam ghee in a pan and transfer the semolina into it

and fry it. Then crush the semolina into powder and add almonds, raisins, brown sugar. Cardamom powder can be added to it.

Brown sugar 30 palam – make sugar syrup like the previous ladoos and transfer the semolina preparation into it and make ladoos or balls. These balls can also be done without the use of sugar syrup by directly adding brown sugar into it.

380 JELABIS (SEMOLINA AND BENGAL GRAM/CHANA DAL JELABI)

Ingredients

Semolina - ¼ padi

Rice flour - 1 palam

Chana dal flour/besan - 2 and ½ palam

Ghee - 2 and ¼ palam

Lemons - 2

Brown sugar - 12 palam

Milk -3 palam

Ghee for frying - 18 palam

Brown sugar for syrup - 3 veesam 3/16 padi

Take a coated vessel and put semolina, rice flour, chana dal/Bengal gram flour, ghee and make a batter by adding water like pancake batter.

Squeeze the juice of 2 lemons into the batter and set aside the whole day. Put the batter in alloy coated tray, the next day and if it is thick, sprinkle water or milk and press it in circular motion. As you keep pressing this batter, it becomes

smooth like butter and if you remove the lid of the tray, this batter will raise up to the elbow of the hand (wire like or string like consistency).

You should go on pressing the flour until you get this string like consistency. If the string breaks you should know that the consistency is not right and press more.

Pour 3 palam milk in 12 palam brown sugar and heat it enough to make string like form and set aside. Put 18 palam ghee into a broad jelabi frying pan and heat the ghee. Take a shell of a coconut, make little finger sized hole. Put the prepared jelabi flour into it and close the hole with your fingers. Remove the finger and make circles in the middle of the pan where the ghee is hot. Make 2 circles and make a line in the middle of the circle. Make jelabis out of the entire flour. Dip it in the sugar syrup, remove and set aside all the jelabis.

Instead of making sugar syrup mentioned here, mix brown sugar and follow the steps mentioned in the sugar syrup method and the fried jelabis can be transferred into it.

381 URAD DHAL JELABI

Mix urad dhal flour 1 palam, rice flour 4 palam, curd ½ padi in a coated vessel.

The next day follow the steps of 380 number jelabi to make jelabis

382 BROKEN WHEAT JELABI

Add enough milk to ¼ padi broken wheat to make this into the consistency of idli or steamed rice cakes. Keep it the whole day and follow the procedure of 380 recipe number jelabi making steps. Follow the same steps for sugar syrup also.

383 AMIRTHA KUZHAL (MANOHARAM)

Soak ¼ padi urad dhal in water. Clean and drain the water and grind it smoothly. Add rice flour 3 palam, butter 1 palam to the batter and knead well. Take a lemon sized amount from the flour and use the machine to squeeze thenkuzhal. Fry this in hot ghee and dip it in the sugar syrup.

WHEAT HALWA WITH ALMONDS

Ingredients

Wheat - ½ padi

Ghee - 1 palam

Almonds - 5 palam

Rock sugar - 5 palam

Brown sugar - 20 palam

Cardamom powder - ¼ palam

Nutmeg powder - 1/8 palam

Fry wheat half padi and soak it in water for 2 days. Then grind it smoothly. Mix it in 2 or 3 padi water. Close the mouth of another vessel with a cloth and pour the wheat mixture in it. Sieve this and keep it aside for 2 hours. Remove the water from top without mixing it.

Boil together pure water 3/8 padi and ghee 1 palam. Add almonds, rock sugar, brown sugar, cardamom powder, nutmeg powder. But de-skin the almonds and powder the granulated sugar. Add the rest of the ingredients after 5 minutes of

adding the almonds. After it boils, add the separated syrup form the wheat and keep stirring it repeatedly. Then smear a tray with ghee and pour the halwa. Let this be 3 inches thick. After it cools down and thickens, make squares with a knife.

Dissolve a pinch of saffron in milk and add this to the boiling water along with the almonds and sugar. Saffron is good for the health and it controls hunger. It cures a lot of diseases. Instead of wheat, almonds can also be used. Then it is called Almond Halwa.

385 COCONUT MILK HALWA

Ingredients

Grated coconut - 24 palam

Rice - 2 palam

Sugar - 12 palam

Cardamom powder - ¼ palam

Grind smoothly the grated coconut 24 palam and rice 2 palam by adding water little by little. Squeeze the milk out of the ground paste. After squeezing the milk, repeat the process again and throw out the remnants.

Boil the sugar 12 palam in the squeezed milk and boil it. Keep stirring until all the water is evaporated. By doing this the halwa will not stick to the hand. Smear a tray with ghee and pour the halwa on it upto 3 inches. Sprinkle cardamom powder to the halwa.

386 BLACK FLOUR HALWA

Ingredients

Red rice powder - ½ padi

Coconut milk - ½ padi

Broken wheat milk - ¼ padi

Buffalo milk - ¼ padi

Brown sugar - 20 palam

Ghee - 7 and ½ palam

Cardamom powder - 1/8 palam

Nutmeg powder - 1/8 palam

Mace - 1/8 palam

Ghee - 2 and ½ palam

Green edible camphor - 1/8 rupee coin size

This item is specially done in the west. This is a very healthy dish for the body. Grind finely black rice flour ½ padi in a grinder and set aside. Grate three big coconuts, grind and squeeze the milk ½ padi out of it. Then once again grind the grated coconut out of which milk has already been squeezed, by sprinkling some water and set aside ½ padi.

Put 1/8 padi wheat/semolina in ½ padi water and soak it for half an hour and grind it. Take the milk out of it and grind again the left over. Squeeze the milk out of it again. Check if the semolina has slippery substance in it. Until it is dry, keep on sprinkling water and squeeze the milk out of it. Set aside the milk for some

time. Pour out the water on top without stirring. Mix the thick white milk 1/8 padi with the coconut milk.

Add buffalo milk ¼ padi into the semolina milk and coconut milk mixture and the ground rice flour. Make it like a batter. Pour it into a wide mouthed vessel and put it on fire. Boil it until it becomes like a thick porridge. Keep stirring it to avoid burning from the bottom.

Mix brown sugar 20 palam and ghee 7 and ½ palam into the porridge and stir it in the fire until it becomes non-sticky. At this point add cardamom, nutmeg powder and mace powder into the porridge.

Take a coated wide mouthed tray and smear ghee on to it. Pour the porridge into the tray and spread evenly. After it cools down make squares out of it. Add also green edible raw camphor powder into it.

387 SEMOLINA BURFI

Ingredients

Semolina - ¼ padi

Ghee - 1 palam

Milk - veesam 1/16 padi

Ghee - 10 palam

Brown sugar for syrup - 40 palam

Saffron powder - 1/8-rupee coin size

Cardamom powder - ¼ palam

Mix semolina, ghee, milk, and knead it well. Boil 10 palam ghee and add the

semolina, milk mixture and fry it. Then make sugar syrup as mentioned in the sugar syrup recipe with brown sugar 40 palam and water ¾ padi.

Mix saffron powder into a little milk and pour it into the sugar syrup. Add the fried semolina and cardamon powder ¼ palam into it. Take a ladle and press this mixture well.

Smear ghee on to a wide mouthed tray and pour this mixture into it to 1 and ½ width. After it tightens cut it into squares. When you make the syrup, the dirt on top should be removed from the syrup. Otherwise the items made from the syrup will be black.

388 COCONUT BURFI

Ingredients

Coconuts - 2

Brown sugar for syrup- 26 palam

Saffron powder - 1/8-rupee coin size

Brown sugar - 6 palam

Cardamom powder - ¼ palam

Grate and fry 2 coconuts. Take ¾ amount of water and 26 palam brown sugar and make syrup out of it like the previous recipe. Dissolve powder into little milk. Add the grated coconuts into it and mix well. Mix brown sugar 6 palam and cardamon powder into the grated coconut. Smear ghee in a wide mouthed tray and pour this mixture into the tray and make small cubes out of it. Instead of

coconut, you can add copra or dessicated coconut to make this burfi.

389 PAPER BURFI

Ingredients

Wheat flour - ¼ padi

Brown sugar - 10 palam

Ghee - 10 palam

Cardamom powder - ¼ palam

Put wheat flour ¼ padi, brown sugar, ghee into a tray and knead. Add cardamom powder into the flour and knead again.

Clean the plate and spread a white paper on it. Put the kneaded flour into the paper and spread on it. Then cut it into squares with a knife and close it with another tray. Keep it on the fire. After sometime sprinkle water on top of the closed tray. When it boils well, assume that it is done and remove from fire and after a minute cut it into pieces. Remove the paper and use the burfi.

If you need color in this, add 8 small balls of saffron flower into the ghee and dissolve it. Then add the flour, sugar and knead it.

390 MANGO BURFI

Ingredients

Mango - 20 palam

Milk burfi - 10 palam

Brown sugar - 5 palam

Knead both mango, milk burfi and set aside. Make sugar syrup like the previous

burfis and put the mixture in it. Put brown sugar 5 into the mixture and mix well with a ladle. Smear ghee in a pan and pour this into the pan like a block of wood and cut it into squares. You can also make this without making the sugar syrup, by just adding sugar to the mango burfi and milk burfi and boiling it on fire. Then the mixture can be made into squares.

391 MILK BURFI

Ingredients

Milk burfi - 10 palam

Brown sugar - 5 palam

Cardamom powder- 1/8 palam

Make sugar syrup like the previous recipes. Add milk burfi in the sugar syrup and stir well. Add both Sugar, cardamom powder into the mixture and stir well again. Smear ghee in a tray and spread the mixture. Cut it into cubes. Take a coated vessel and pour mango juice into it. Keep stirring until it becomes a thick porridge. This is called mango burfi. (kova)

392 CURD BURFI

Ingredients

Thick curds - 10 palam

Brown sugar - 20 palam

Milk - 3 veesam 3/16 padi

Wheat flour - ¼ padi

Ghee - 6 palam

Cardamom powder - ¼ palam

Put of thick curds in a coated vessel and add sugar into it. Stir well and boil in the fire. Mix both milk and wheat flour into the above mixture. Pour ghee into this and stir everything well and boil it again. After some time, this mixture will thicken. Smear ghee in a pan and spread this mixture evenly. Cut it into cubes and sprinkle cardamom powder into it. You can add saffron powder into it by dissolving it in little milk.

393 KARA BURFI

Ingredients

Grated coconut - 2 and ½ palam

Green chillies - 1 palam

Fresh coriander leaves – ½ palam

Salt - ½ palam

Ginger - ¼ palam

Besan/Bengal gram flour/chana dal flour-1/4 padi

Asafetida - 4 pinches (gundalavu)

Lemons - 4

Ghee - 3 palam

Red chillies - 1/8 palam

Mustard seeds - ¼ palam

Grind grated coconut, green chillies, fresh coriander, salt and ginger. Put all the

five ingredients into a grinder and grind it smoothly.

Make a pancake batter out of Bengal gram flour and water ¾ padi in a coated vessel. Mix well and add the ground chillie paste into it.

Refer to curd vada recipe.

Dissolve and mix asofotida into the batter. Squeeze the juice of 4 lemons into the batter. Boil ghee 3 palam in a coated vessel.

Refer to the 22nd seasoning method and season this batter. Smear ghee in a pan and stir this mixture in a stove until it thickens. Pour it into the ghee smeared pan and cut cubes from the batter.

394 COPRA BURFI

Ingredients

Copra - 13 palam

Fried poppy seeds/khus khus – 3 palam

Cardamom powder – ½ palam

Milk burfi - 3 palam

Brown sugar - 29 palam

Remove the black skin of the copra and grate it. Grind fried khus khus, cardamom to a dry powder. Mix milk burfi, sugar in a coated vessel and add the dry powdered khus khus and grated coconut and knead well. Take lemon sized balls and pat to a square shape and keep it in another tray. Close the tray with another tray and keep it on fire. Sprinkle water on top of the tray and when it boils well,

assume that it is cooked and set aside from the fire.

395 BADAM BURFI

Ingredients

Almonds - 20 palam

Brown sugar for syrup - 25 palam

Brown sugar - 5 palam

Cardamom powder – 1/8 palam

Remove the skin of almonds, soak it in warm water and pound it to a powder.

Make sugar syrup out of 25 palam of sugar, and mix the powdered almonds into it. Mix well. Take and pound 5 palam of sugar and put it in the badam mixture.

Smear ghee on to a tray and pour the prepared mixture as per the desired thickness. Cut into cubes.

Sprinkle cardamom powder on top of the cubes in the tray. Dissolve saffron powder in water and add it to the sugar syrup if needed. Burfis can be made out of cashewnuts also.

396 MYSORE BURFI

Ingredients

Brown sugar - 1 veesai

Ghee - ½ veesai

Besan/chana dal/Bengal gram flour – ½ padi

Nutmeg powder - ¼ rupee coin measurement

Cardamom powder – ¼ rupee coin size

Mix both sugar 1 veesai and water ¼ padi. Refer to sugar syrup making method to make the syrup. Boil ghee ½ veesai, in a wide mouthed vessel and after it is melted add Bengal gram flour and stir well. After it turns golden brown, pour the sugar syrup into it. After 2 minutes, pour the mixture into the tray smeared with ghee. After pouring the mixture, the ghee will float on top. Remove the ghee from top. Add nutmeg powder into it. Nutmeg powder and cardamom powder should be mixed in the syrup before pouring into the tray. After cooling the syrup make 1 and ½ inches cubes out of it.

397 WHEAT (SEMOLINA) RECIPES

KULORI

Ingredients

Semolina/broken wheat - ½ padi

Rice flour - 2 and ½ palam

Rice flour - 8 palam

Brown sugar - 8 palam

Ghee - ¾ veesai

Knead semolina ½ padi and rice flour 2 and ½ palam with water. Then soften it by pounding it in a stone. Set aside for 15 minutes. Sprinkle water on it and pound it. Smear gingelly oil and make 40 even sized balls and cover it with a wet cloth. Grind both sugar 8 palam and rice flour 8 palam in a stone grinder. Then take the balls made and make it into a small bowl and fill 3/8 palam of the ground rice

flour sugar mixture. Close the bowl shaped balls. If the balls are oval shaped seal the edges well. Keep the sealed items in a papad plate and sprinkle finely ground rice flour on it. Take a papad machine and make papad like size 8 inches papads out of it.

Boil ghee ¾ veesai in a pan. Take the pappads and dip it into the ghee. Take the same ghee in a ladle and pour it on top of the pappad. This pappad will rise above. Take a long stick and turn the kulori and pour the ghee on top of it from the same pan. Repeat the same procedure. Then the kulori will become like a round pillow. Repeat this procedure for the rest of the balls also.

398 PATHAR PENI

Ingredients

Semolina - ½ padi

Ghee - 1 palam

Rice flour - 1 palam

Pour milk or water in the wheat/semolina ½ padi and knead tightly and soak for ¼ of an hour. Pound it in a stone until it is soft. Press unmelted ghee 1 palam and rice flour in a coated vessel to smoothen it. Mix it with the wheat/semolina mixture. Pound it again until it becomes soft. Take 3 balls from this and spread to make a pappad. In each papad smear 3 and ½ palam ghee on top of the layer. Keep the pappad on top of each other and roll it like a carpet. Close it with a wet cloth. Repeat this procedure with the rest of the balls. Catch both the edges of the balls and pull it to 4 inches. Then cut it into 5 pieces. Keep these in a ghee

smeared banana leaf and close it with another banana leaf.

Boil 3/8 ghee in a pan. Press it in a pappad making block of wood. Make it round in shape and put this in the boiled ghee. Take a ladle ful of boiled ghee and drop it on top of the pappad. The pappad will rise above. Turn it and repeat the process. As soon as the frying sound from the oil stops, remove and keep the pappads aside.

399 PATHAR SOMASI

Ingredients

Peanuts - ½ padi

Fried poppy seeds – ¼ padi

Cardamom powder – ½ palam

Copra - 5 palam

Semolina - ½ padi

Ghee - 1 palam

Salt - ¼ rupee coin size

Brown sugar - 30 palam

Grind both peanuts and fried poppy seeds into a thin powder. Mix cardamon powder, dessicated coconut or copra 5 palam, brown sugar 30 palam in the groundnuts, khus khus mixture and grind again. This is called somasi kaja.

Knead wheat/semolina ½ padi and hardened ghee 1 palam by pouring water or milk. Set aside in a coated vessel for 15 minutes.

Grind the ghee 1/8 palam and salt in a grinding stone, mix the semolina kneaded above and turn it until it becomes soft like cotton.

Put unmelted ghee 5 palam and finely ground rice flour 5 palam in a coated vessel and knead it in a circular motion. This is called Saadi. Divide the semolina into 12 equal parts and keep it in a leaf and close it. Put ghee ½ veesai in a vessel and boil it. Take 2 balls of the semolina. Make small pappads out of it by pressing the balls flat. Take a little saadi and keep it on the pappad and close this with another pappad. Roll it lengthwise and cut it into four pieces. Make both the edges sharp and round it together and make pappad shapes. Keep the gaja 2 and ½ palam inside the pappad, seal the edges with a wet cloth and press it with the thumb. Cut the excess portion with a cutter. Refer to page 71, 60t diagram. Put the pappad in the boiling ghee and pour the ghee on top of the pappad. When it rises above turn it around. Repeat the process for the rest of the balls also.

400 GAJA MANDIGAI

Ingredients

Brown sugar - ½ veesai

Wheat flour -2 and ½ palam

Cardamom powder - one rupee coin size

Poppy seeds - 2 palam

Saffron - ¼ rupee coin size

Gingelly oil - 1 palam

Make gaja before making this item. Mix a spoonful of saffron in ghee. Press and

mix well in the hand. Mix all other ingredients like brown sugar, wheat flour, white cardamon powder, poppy seeds, saffron. Put this in a coated vessel and add solid ghee in it and knead well. Press it with the palm of the hand and knead smoothly. This is called mandigai gaja.

Knead semolina ½ padi, wheat flour 2 and ½ palam and salt ¼ rupee coin size loosely. Sprinkle salt water if the flour is tight. Soak this for one hour. Put rice flour 2 palam and sesame oil 2 and ½ palam in a coated vessel and press it with the palm of your hand. Make this frothy and apply it intermittently in the semolina mixture.

Put the gingelly oil 1 palam in a tray and put the semolina mixture and close it with a wet cloth. Take another tray and put the rice flour 1 padi into it. Make 20 equal balls out of the semolina mixture. Sprinkle rice flour on top of it and keep it in the wet cloth covered.

Make 10 equal balls of mandigai gaja. Take a semolina ball and keep it in the palm of the hand. Press it and place the gaja ball on it. Place another rava ball on it and seal the edges of the rava ball. Hide the gaja inside the ball. Smear rice flour on top of the wooden block and place the balls on it. Smear more rice on it. Keep this on a pappad making block of wood and sprinkle rice flour on top of it. Make pappad one fore hand size measurement (muzham). Spread it on top of the earthern pot. The earthern pot has to be on fire. When it rises above turn the mandigai. After it becomes hot, seal the edges and fold it like a pillow. Repeat

this for the rest of the balls.

401 RICE FLOUR SEMIGAI

CHANDAI

Ingredients

Rice flour - 1 padi

Salt - ¼ palam

Wash rice thoroughly and dry it in the shade and finely grind the rice to 1 padi flour. Like the 313th recipe for coconut kozhukattai follow the rice flour procedure. Make small balls out of it. Refer to page 68-44th recipe diagram to use the machine. Spread a banana leaf on top of the idli machine. Keep your hand below the machine and make circular motion and put the kozhukattai in a idli pan with water and steam it.

When the flour is cooked, put ¼ palam salt in the boiling water. Instead of squeezing and cooking the chandigai, first boil the flour and make balls out of it. Dip this in 3 padi water which is boiling. Boil the balls and put this in chandigai stone and squeeze it in the idli making vessel and use it. It is not necessary to boil it again.

402 SEMIGAI PENI

Ingredients

Semolina/broken wheat - ½ padi

Salt - 1/8 palam

Ghee - 8 palam

Rice flour - ¼ palam

Ghee for frying - 12 palam

Pour water and knead tightly semolina ½ padi and soak it for one hour. Mix both pure water 1/8 padi and salt 1/8 palam and dissolve it. Sprinkle this water on the semolina and pound it in the stone pounder and beat it well until it is soft. Make 20 equal balls out of it.

Add unmelted ghee 8 palam, finely ground rice flour ¼ palam in a coated vessel, press it in the palm of your hand in circular motion until it becomes smooth. Take the balls and extend it to make thin wire. Apply ghee on it. Take a tray and put all the wires in it. Close this with a banana leaf. Boil ghee 12 palam slightly in medium fire. Put the wires in the ghee and refer to 58 page-19th diagram. Take the stick and spread the wires evenly in the pan. The semolina wires will be slightly brown. Repeat this for the rest of the wires also.

Part 3 –

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Conversion Table

120 r.e = 1 padi (r.e means ரூபாய் எடை)
3 ku.e = 1 palam (ku.e means குன்றிமனி எடை)
40 palam = 1 veesai

Commonly Used Measurements In This Book:

padi:

1 padi	= 1500 gms approx
½ padi	= 750 gms
1 ½ padi	= 2250 gms
3 padi	= 4500 gms
¼ padi	= 375 gms
⅛ padi	= 187.5 gms
4 padi	= 6000 gms
2 padi	= 3000 gms

palam:

1 palam	= 35 gms approx
3 palam	= 105 gms
6 palam	= 210 gms
1 ½ palam	= 52.5 gms
6 palam	= 210 gms
2 palam	= 70 gms

¼ palam	= 8.75 gms
⅛ palam	= 4.37 gms
1/16 palam	= 2.18 gms
½ palam	= 17.5 gms
5 palam	= 175 gms
4 palam	= 140 gms