



Onam Festival

This Onam, make a spread that even King Mahabali won't be able to resist. Yes, bring on Ponnonam with the most lip-smacking authentic Malayali dishes ever. From Olan, Kaalan and Avial to irresistible Ada Pradhaman and more... get your load of Onam recipes right away!

This Onam, make a spread that even King Mahabali won't be able to resist. Yes, bring on Ponnonam with the most lip-smacking authentic Malayali dishes ever. From Olan, Kaalan and Avial to irresistible Ada Pradhaman and more... get your load of Onam recipes right away!

This Onam, make a spread that even King Mahabali won't be able to resist. Yes, bring on Ponnonam with the most lip-smacking authentic Malayali dishes ever.



Brought
to you by

SAMSUNG

Sify food

<http://food.sify.com>

'Onasadhya'



Palada Pradaman	Erissery with Yam
Ada Pradaman	Erissery with Pumpkin
Parippu Pradaman	Mambazha Pulusherry
Pal Payasam	Parippu
Semiya Payasam	Olan
Wheat Payasam	Kalan
Parippu Payasam	Lady's Finger Kichadi
Moong Dal - Dates Payasam	Narenga Curry
Ney Payasam	Koottu Curry
Dryfruit Kesari	Moru Curry
Ilayada	Sambhar
Mysore Paku	Sambhar-II
Murukku	Vatralkuzhanbu
Plantain Chips	Kachiya Moru
Sarkarapuratty	Coconut Milk Rasam
Rice Appam	Neychorr
Chenathand (stem of yam) Thoran	Puliinji
Cabbage Thoran	Cucumber Pachadi
Spinach Thoran	Pineapple Pachadi
Beans Thoran	Sweet Chutney (Pachadi)
Payar Thoran	Injithair
Avial	Lime Pickle
Brinjal Theeyal	Mango Pickle

Ingredients

milk 4 cup
water 2 cup
condensed milk 1 cup
butter 2 tbsn
ada $\frac{1}{4}$ cup
sugar $\frac{1}{2}$ cup

Method

Put ada in boiling water (2-3 cups) and keep covered for 30 minutes.

Drain completely.

Heat butter in a pan and fry ada till ada turns pink. Keep aside.

Add milk and water to a thick bottom pan.

Bring to boil and add ada and reduce the heat to low medium and cook, stirring frequently, till milk is reduced by $\frac{2}{3}$ rd and ada is done, about 1-1 $\frac{1}{2}$ hours (Colour of the pradaman will be a nice pink colour).

Add Condensed milk and keep cooking for 5-10 minutes more.

Add sugar and mix well and remove from flame. Serve warm.



Ingredients

ada - 200 gms
jaggery - 750 gms
ghee - 200 gms
cardamom - 50 gms
coconut - 3
raisins - 10
cashew nuts - 10

Method

Melt Jaggery and keep aside.

Boil water and keep the ada in it till it is cooked soft.

Strain after 10 minutes and keep aside.

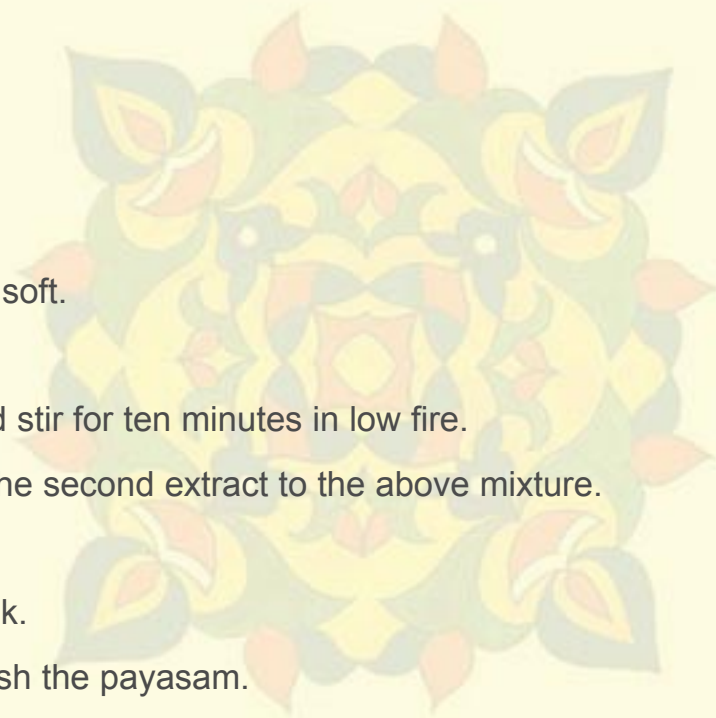
Mix the melted jaggery with the cooked ada and stir for ten minutes in low fire.

Take two extracts of the coconut milk and add the second extract to the above mixture.

Boil this until it becomes thick.

Take it off the fire and add the first extract of milk.

Fry the cashew and raisins and ghee and garnish the payasam.



Ingredients

moong dal 1/4 cup
coconut 1/2
jaggery 1/2 lb
ghee 2 tbsp

Method

Cook dal with 3/4 cups of water, let it cool and mash well. Make syrup of jaggery, by boiling it with 3/4 cup of water. Slice 2-3 thin long pieces from coconut keep aside. Grate the rest of coconut. Take the milk by squeezing well (first extraction of milk), keep aside. Grind the remaining coconut in a mixer for 10-20 seconds. Mix well with 1 cup of water and take the second extraction of milk. Similarly take third extraction of milk. In flat, thick-bottomed pan heat 1 tbsp ghee and add mashed dal. Mix well and fry for a while till ghee separates.

Add jaggery to pan, mix well and keep stirring till it comes to a boil. Add the third extraction of milk, keep on stirring. Bring to a boil then reduce the heat to low medium and cook continuously stirring till coconut milk reduces by half. Now add second extraction of milk and repeat the same process. Add first extraction of milk. If required add little sugar. And switch off the stove and let it remain there for 30 minutes. Meanwhile cut the coconut strips into small pieces. Heat remaining ghee in a pan and fry the coconut pieces till brown. Pour over the hot pradaman. Serve hot or refrigerate and serve.

Ingredients

milk 2 cup
water 2 cup
rice 2 tbsp
sugar 6 tbsp

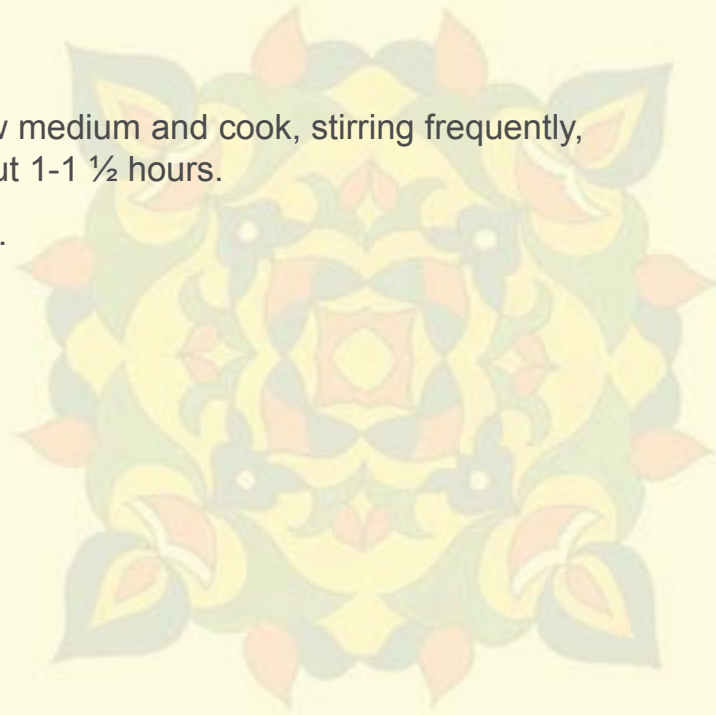
Method

Add milk and water to a thick bottom pan.

Bring to boil add rice and reduce the heat to low medium and cook, stirring frequently, till milk is reduced by half and rice is done, about 1-1 ½ hours.

Add sugar and mix well and remove from flame.

Serve warm.



Ingredients

semia (vermicelli) 100 gm

milk 2 cup

butter 2 tbsp

sugar 6 tbsp

cashew 2 tbsp

raisin 2 tbsp

Method

Break semia into 1 inch pieces.

Heat butter in a pan and fry cashew and raisin separately till golden brown.

Keep aside. To the same pan with butter, add Semia and fry over medium heat till golden brown about 3-5 minutes.

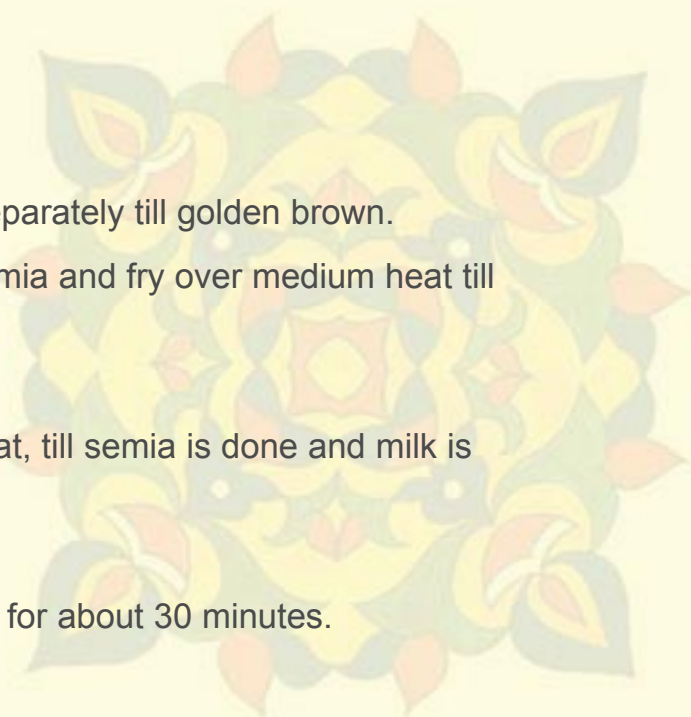
Add milk and raise the heat and bring to a boil.

Reduce the heat and cook over low - medium heat, till semia is done and milk is thickened, about 30 minutes.

Add Sugar and mix well. Add cashew and raisin.

Switch of the stove and let the payasam be there for about 30 minutes.

Serve hot or refrigerate and serve.



Ingredients

broken wheat - 250 g
coconut - 2
jaggery - 500 g
raisins - 10 g
cashew nuts
nuts - 10 g
ghee - 3 tbs
cardamom - 5 g
dry ginger powder - 10 g
cumin powder - 10 g

Method

Grate the coconut. Add 1/2 glass warm water to the grated coconut.

Extract the first milk. Extract the second milk by adding 1 - 1/2 glass warm water.

Again repeat the process to extract the third milk.

Fry broken wheat lightly in one teaspoon ghee.

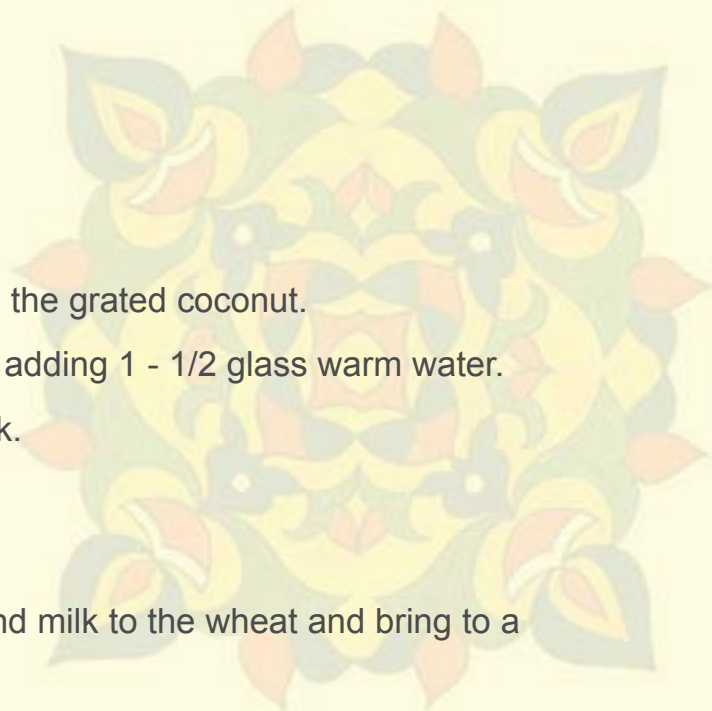
Cook the wheat well in 1 1/2 liters of water.

When it is done add the third milk and the second milk to the wheat and bring to a boil.

When it thickens to a semi solid consistency, add powdered jaggery.

Add the first milk, fried nut, raisins, powdered Cardamom, ginger and cumin.

Mix well and remove from fire immediately. Serve hot.

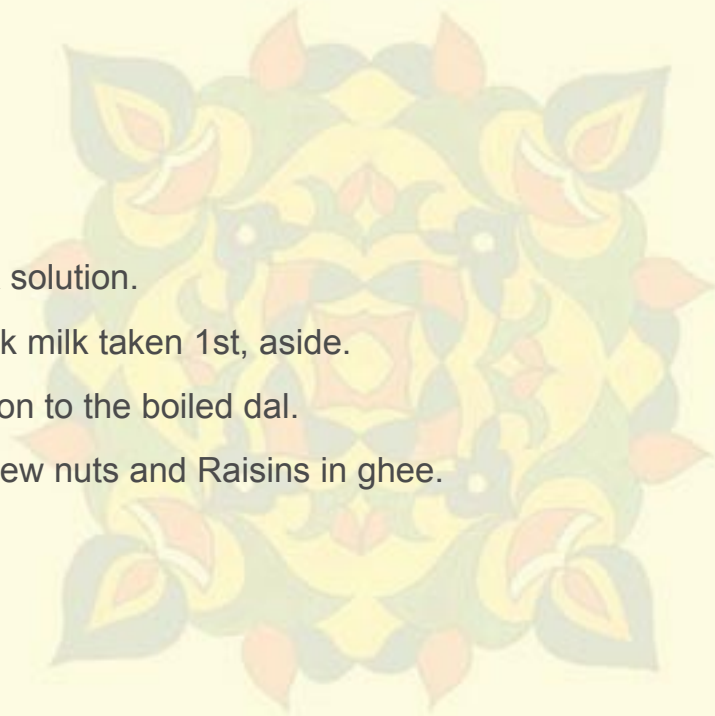


Ingredients

parippu (green gram dal) - 250 gm
sarkara (jaggery) - 250 gm
coconut milk - from 2 coconuts
ghee - 2 tbs
cashew nuts, raisins - as required for seasoning

Method

Fry dal till light brown.
Clean and boil the fried dal well.
Heat jaggery with some water and make a thick solution.
Take milk from the coconut thrice. Keep the thick milk taken 1st, aside.
Add the 2nd and 3rd milk and the jaggery solution to the boiled dal.
Simmer on medium flame till thick. Fry the cashew nuts and Raisins in ghee.
Add these and the 1st milk to the payasam.
Mix well and remove from fire.



Moong Dal Payasam

Brought
to you by

SAMSUNG

Ingredients

moong dal - 1/3 cup
dates - 15
milk - 2 cups
honey - 1/4 cup
butter - 3 tbsp
cashew nuts - 10 nos
raisin - 2 tbsp

Method

Cook moong dal and mash it well.

Grind dates with enough water to make a fine paste.

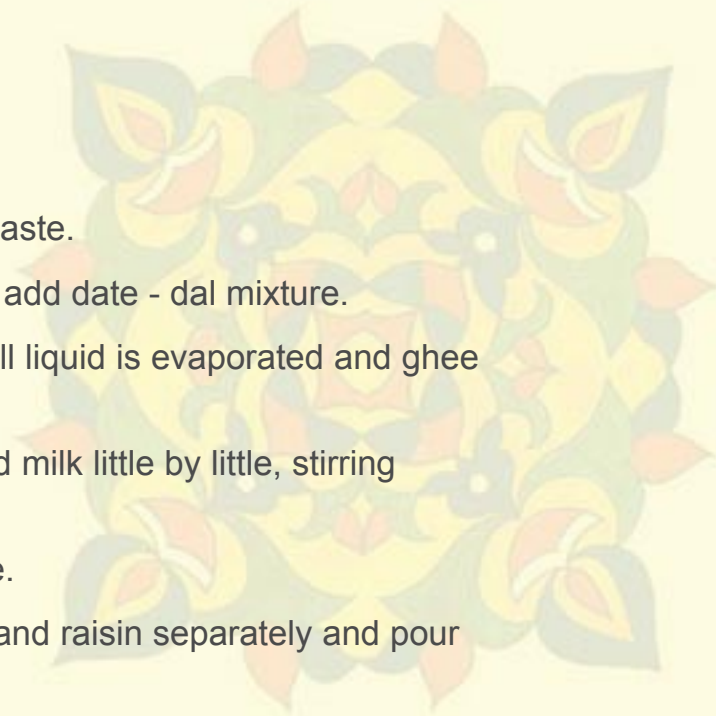
Heat 2 tbsp of butter in a thick bottom pan, and add date - dal mixture.

Cook on medium heat stirring continuously till all liquid is evaporated and ghee separates.

Add honey and cook for few more seconds. Add milk little by little, stirring continuously.

Cook on low heat till thickened. Switch off flame.

Heat remaining butter in a pan and fry cashew and raisin separately and pour over the payasam.



Ingredients

rice ½ cup
water 1 cup
ghee ¼ cup
coconut grated ½ cup
jaggery 1 cup
cardamom powder a pinch

Method

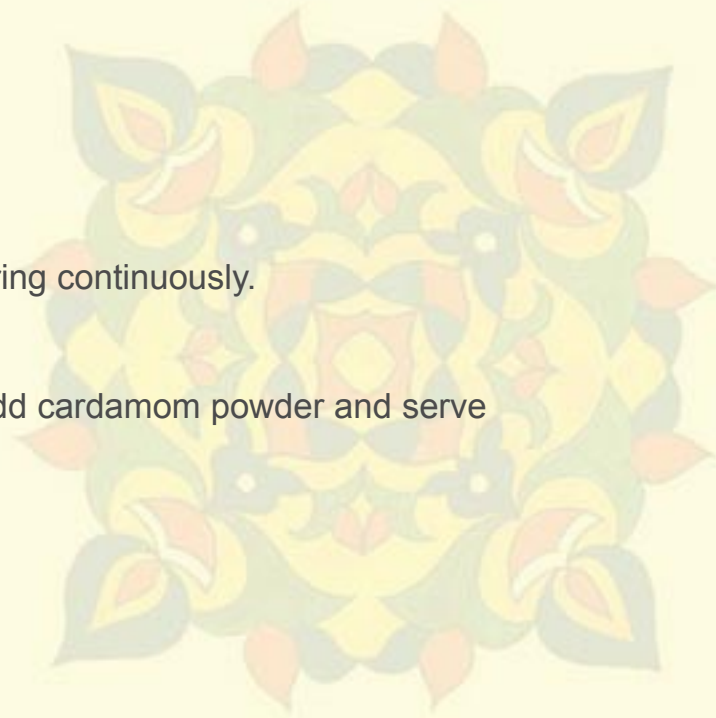
Cook rice with water and aside.

Melt jaggery in ½ cup of water and bring to boil.

Add cooked rice and add ghee little by little stirring continuously.

Add Coconut and mix well.

Cook on low medium flame till thickened and add cardamom powder and serve hot.



Ingredients

dryfruits* (chopped) ½ cup
rava ½ cup
sugar 3 tbsp
ghee 2 tsp
cardamom powder 1 pinch
almonds 6
water 1 cup
food colour (yellow, orange or red) 3-4 drops (optional)

* Dry fruits can be a mix of dates, raisins, dried pineapples, cranberries etc.

Method

Roast rava with 1 tsp ghee on low flame till raw smell goes. Keep aside.
Heat 1 tsp ghee in a pan and saute dryfruits for 5-10 seconds on low flame.
Now add water, sugar, cardamom powder and food colour and increase the flame to high.
When water boils, add roasted rava slowly and mix without forming lumps.
Reduce heat and cook stirring continuously, till the mixture comes off the pan.
Put paper liners in a muffin tin and pour kesari into it and top with one almond.
Keep aside to cool and set.
This makes 6 Kesari's.

Ingredients

For Ada:

rice flour 1 cup
salt as per taste
butter 1 tbsp

For Filling:

jackfruit preserve (chakkavarattiyathu)** 1/2 cup
shredded coconut 1 cup

** can be substituted with shredded jaggery or chopped dates.

Method

Boil 2 cups of water.

Mix rice flour with salt and butter and then add enough boiling water to make a soft dough similar to idiappam dough.

Heat Jaggery and coconut in a pan and to mix them well.

Take small balls (lemon size) from the dough and spread it on banana leaf and keep a tablespoon full of jackfruit-coconut mix in the center and fold and press the edges to seal.

Steam the ada's in a vegetable steamer or idli cooker. Serve hot.



Ingredients

channa dal flour 1 cup
ghee 2 cup
water 2 cup
sugar 2 cup

Method

Mix half the ghee and flour without any lumps and keep aside.

Mix sugar and water and bring to boil.

Reduce heat and cook stirring frequently till u get consistency of honey.

Add ghee-flour mix little by little to sugar syrup stirring continuously.

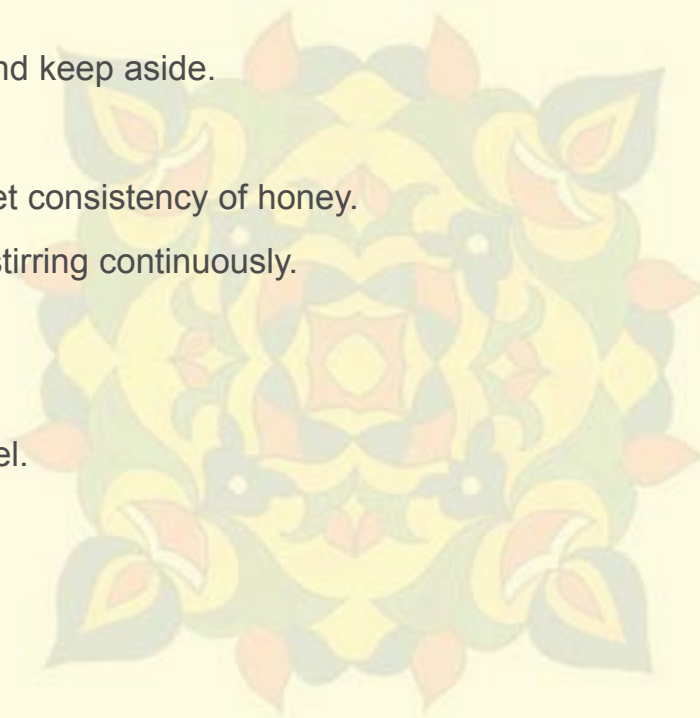
Cook on low-medium heat.

Add ghee little by little stirring continuously.

Keep stirring till the mix comes off from the vessel.

Pour this into trays greased with ghee.

Let it cool and cut into rectangular pieces.



Ingredients

gram flour - 115 gms
rice flour - 340 gms
chilli powder - 3 tsp
asafoetida - ½ tsp
sesame seeds - 1 tbsp
butter - 2 tbsp
oil as required
salt to taste

Method

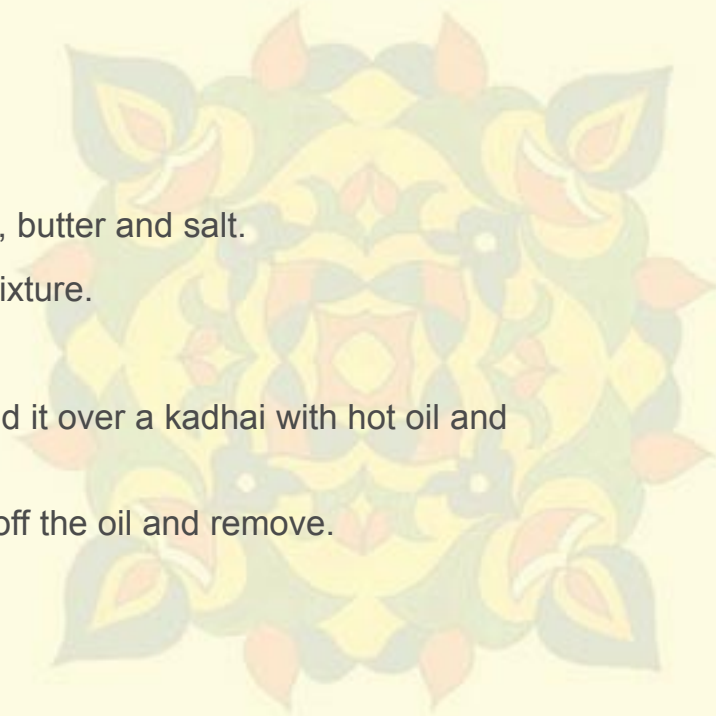
Mix both the flours with chili powder, asafoetida, butter and salt.

Wash the sesame seeds and add to the flour mixture.

Add water and knead into a soft dough.

Put bits of dough through a murukku mould, hold it over a kadhai with hot oil and press murukkus into the oil.

When the murukkus are crisp and brown drain off the oil and remove.



Ingredients

raw (green) plantains
oil
salt
water

Method

Mix salt with water to make a salt solution. Skin the plantains.

Boil the oil in a frying pan. Once the oil is boiling, slice the skinned plantains to about 1/16" thick, directly into the oil.

Any commercially available slicer may be used for this.

Control the heat so that the plantains are not burned.

Once the plantains are about half fried (the color starts to change), sprinkle the salt solution into the oil as needed.

Fry the plantains to a crispy stage. Remove the fried plantains from oil and drain them in paper towels.

Once the fried plantains are at room temperature, keep them in closed container.

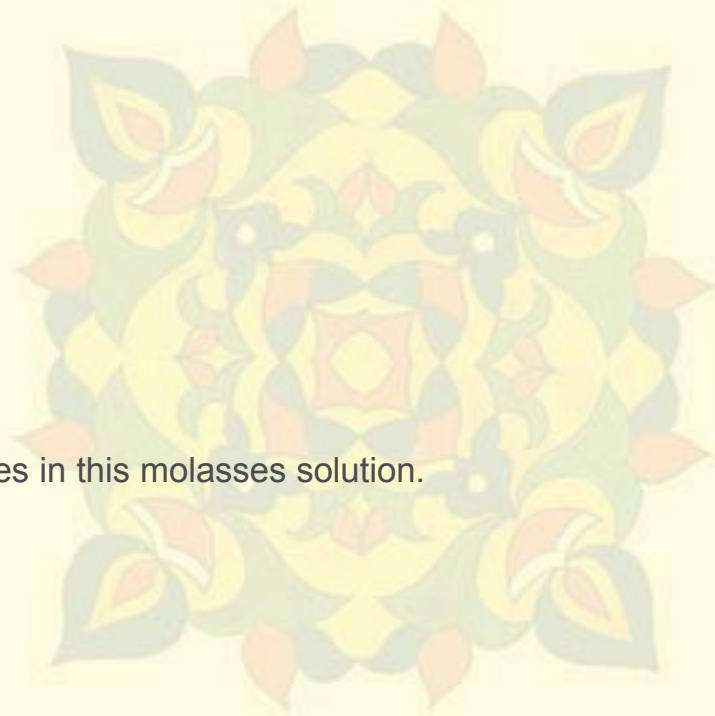
Note: When salt solution is added to the boiling oil, it will hiss, puff and make all kinds of frightening noises. Once you get used to it, you will be OK. First few times, you may be scared. Try to control the heat to make the frying an event less activity.

Ingredients

semi ripeed banana - 1
coconut oil - 100gms
molasses or jaggery - 75 gms
dried ginger powder - 5 gms
ghee - 1 tsp
water - 1/4 glass

Method

Peel the bananas and split it into two pieces.
Cut it into 1/4" thick pieces.
Fry it in warm coconut oil.
Heat the molasses in 1/4glass of water.
Remove from fire when it becomes thick.
Add dried ginger powder and fried banana pieces in this molasses solution.
Keep stirring till the banana pieces separates.



Ingredients

one kg rice flour
100 gms maida
700 gms jaggery
5 gms cardamom powder
5 ripe bananas a little water, and some oil for
deep frying

Method

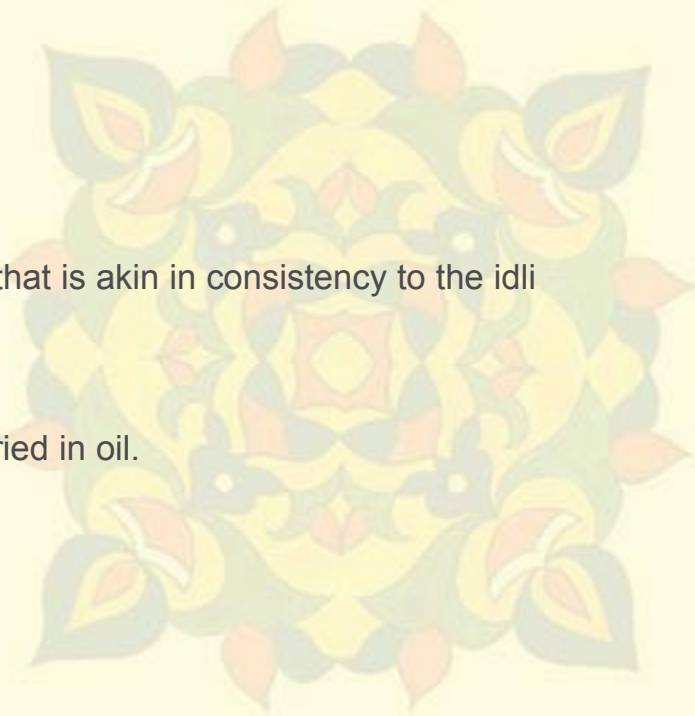
Blend the jaggery in a little water.

Mash the bananas.

Mix all the ingredients together to make a batter that is akin in consistency to the idli batter.

Make sure there are no lumps.

These are then put in appam moulds and deep-fried in oil.



Ingredients

stem of yam, peeled and chopped fine - one small sized stem
cooked cherupayar or cherupayar parip (green gram whole or split) - 100gm
quarter of one coconut grate
green chillies - five
cumin seeds - quarter teaspoon
coconut oil - one tablespoon
mustard seeds - one teaspoon
two red chillies chopped into three pieces each
salt to taste

Method

Mix the chopped yam stem with salt.

Stir well and squeeze out all the water.

Grind the cumin seeds to a fine paste and coarsely grind the coconut, and green chillies along with it.

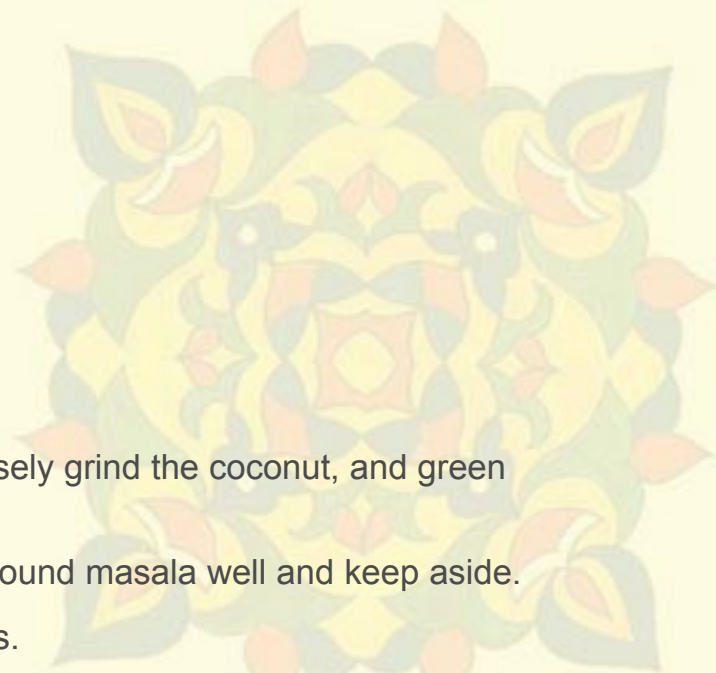
Mix the cooked gram, the yam stem, and the ground masala well and keep aside.

Heat the coconut oil and add the mustard seeds.

When they splutter, add the chopped red chillies and curry leaves, the yam stem and other ingredients mixed together earlier.

Keep the vessel covered on low heat for a few minutes.

The ingredients get cooked in the steam under the lid.



Cabbage Thoran

Brought
to you by

SAMSUNG

Ingredients

cabbage, long runner-beans
or any other vegetable, cut in to small pieces - 500gm
coconut oil - 2 tsp
mustard seeds - 1/2 tsp
black gram - 1 tsp
dried red chilly (cut into 2-3 pieces) - 4 nos.
salt - to taste
turmeric powder - 1/4 tsp
red chilly powder - 1/4 tsp
coconut - 1 cup
cumin seeds - 1/4 tsp
curry leaves - 2 sprigs
garlic cloves - 2

Method

Crush the coconut, cumin seeds, curry leaves and garlic.
Put the vegetable in a pan and boil with salt and chillies.
Heat the oil in a pan and saute 2nd ingredients.
Add the turmeric and chilly powder, boiled vegetables and crushed ingredients.
Mix well and serve hot.



Ingredients

spinach or any vegetable - 500 gm
garlic cloves - 2
onion - 1 (small)
red chilly powder - 1/4 tsp
turmeric - 1/4 tsp
coconut - 1 cup
salt - 1 tsp
green chilli - 1 (slit)
oil - 1 tbsp
mustard seeds - 1/2 tsp
rice - 1 tsp
shallots - 2 (finely sliced)
curry leaves - 10

Method

Grind garlic, onion, red chilly powder, coconut and salt to a paste with some water.
Put the spinach in a pan, add 3 tbsp water and cover and cook on low heat.
When the spinach wilts, add coconut paste and green chilli to this.
Cover and cook till done. Heat some oil in a pan.
Add mustard seeds.
When mustard pops, add rice and stir till for sometime and add shallots.
Fry till golden brown.
Now add the curry leaves and fry for a few seconds.
Pour this over cooked spinach.
Mix well and serve hot.



Ingredients

beans - 1/2 kg
onion (small) - 3
coconut (grated) - one cup
green chilli - 3
mustard seed - one tea spoon
garlic - 2 pod
oil - 1 tbsp
turmeric - one pinch
curry leaves - few
salt - to taste

Method

Cut beans into very small piece.

Grind coconut, turmeric, onion, green chilli together.

Add one table spoon of oil in to a frying pan (cheena chatti in malayalam) and add mustard.

When the mustard pops add beans, garlic and mix well.

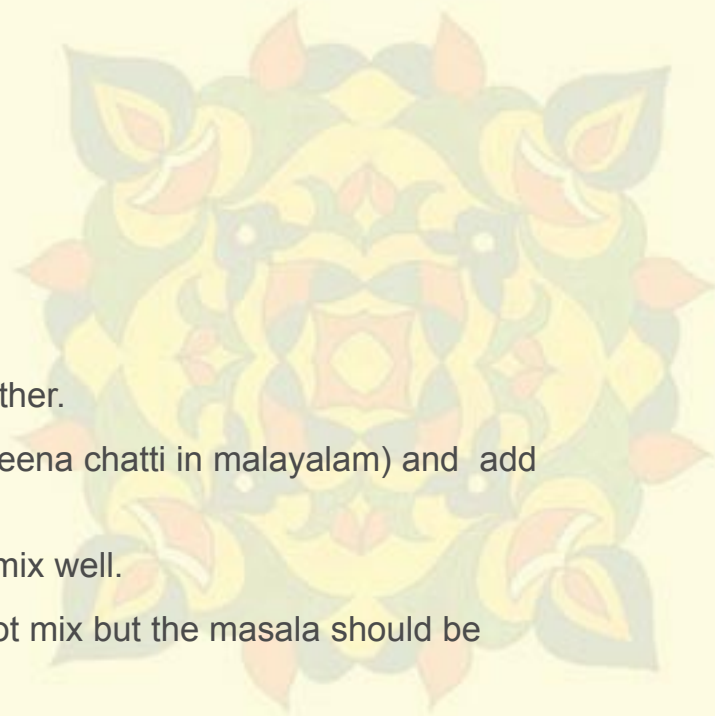
Then add the ground coconut masala and do not mix but the masala should be covered by the beans.

Add curry leaf and salt to taste.

Keep the pan covered and cook in a low flame for 5 minutes.

Stir well and serve hot.

Tips : For easy cooking one can add coconut, onion, chilli directly to the beans without grinding.



Ingredients

payar (long beans) 2 cups (chopped fine)
salt - as per taste
turmeric - ¼ tsp
green chilly - 3-4
garlic - 3-4 cloves
coconut oil - 1 tbsp
mustard seeds - 1 tsp
urad dal - 1 tsp
curry leaves - 1 sprig
coconut - 1/2 cup shredded

Method

Chop long beans very fine.

Mince garlic and green chilly together.

Shred coconut and mix with minced garlic, green chilly and turmeric.

Heat oil in a pan and add mustard seeds and urad dal.

When mustard seeds crackle, add curry leaves and fry for a few seconds.

Add long beans to pan along with 1 cup of water and cook on medium heat.

When almost done, add salt, and coconut-mix and mix well and cook till beans is done and water is fully evaporated.



Ingredients

raw mango - 1 no.
yam (chanai) - 100 gms
drumsticks - 3 nos.
raw banana - 2
long bean - 10 nos.
carrots - 1
white pumpkin - 200 gms
green chilly - 8 nos.
curry leaves - a few leaves
grated fresh coconut - 1/2 coconut
coconut oil - 1 table spoon
jeera - 1 tea spoon
yogurt (curd) - 1 cup
salt - to taste
turmeric powder - 1/2 tea spoon

Method

Cut all vegetables into 2 inches long and cook it with some water.

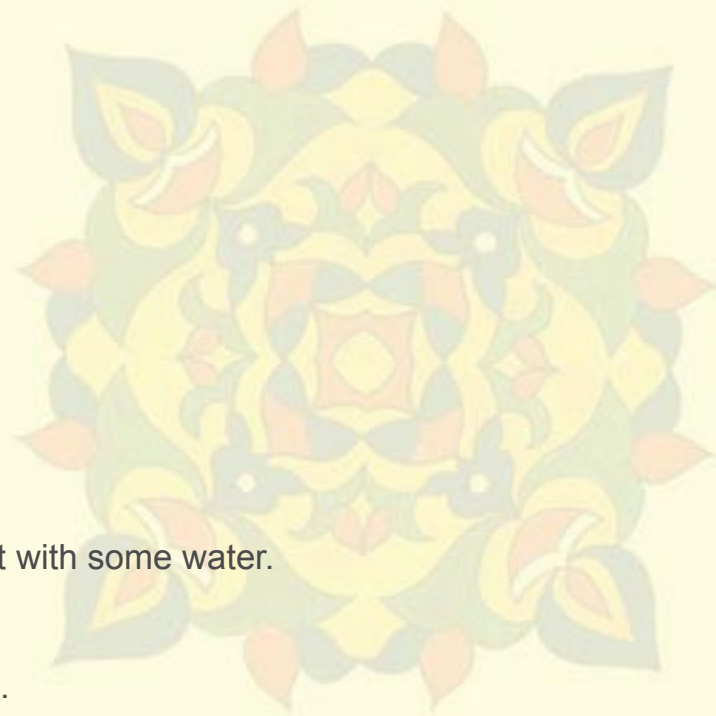
Add turmeric powder and salt with it.

Grind coconut, chilly and jeera to a rough paste.

Add yogurt to it and finally grind it along with the coconut.

When the vegetables become soft add the coconut, yogurt paste to it and allow it to boil for a few minutes.

Add curry leaves and add the coconut oil to the prepared avial.



Ingredients

small brinjal - 4 nos.
red chili powder - 1 tsp
coriander powder - 2 tsp
turmeric powder - tsp
small piece tamarind
mustard seeds - 1 tsp
grated coconut - cup
methi seeds - tsp
onion - 2 medium
few curry leaves
coconut oil - 2 tbsp
salt to taste

Method

Cut the brinjals into small cubes and boil it with salt.

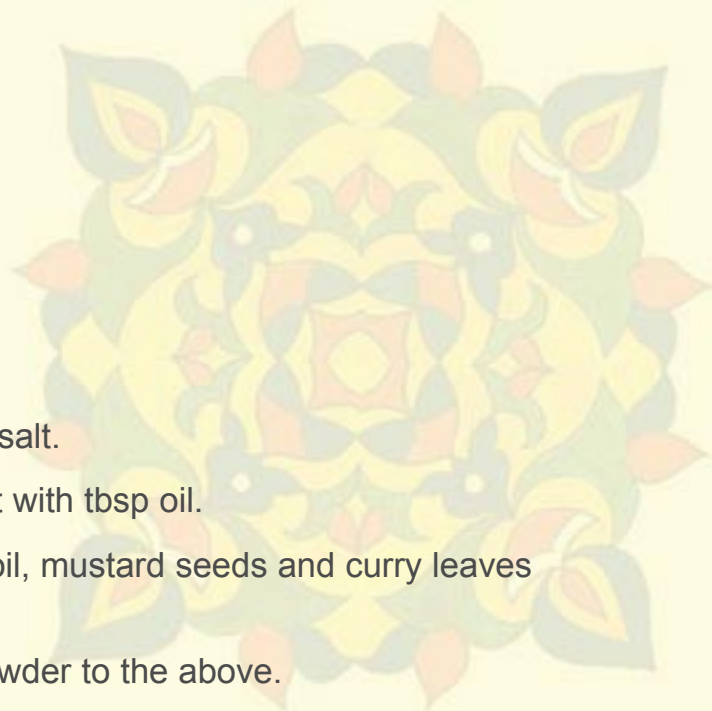
In a pan fry the methi seeds and grated coconut with tbsp oil.

Then make a paste of this. in another pan add oil, mustard seeds and curry leaves and saute.

Add red chili, turmeric powder and coriander powder to the above.

To this add the boiled brinjal and mix well next, pour the tamarind water to this and then add coconut paste.

Mix well till dry and serve hot.



Ingredients

yam cut into small pieces - 60 gms
big raw banana - 1
pepper powder - 1 tsp
turmeric powder - 1/4 tsp
water - 1 cup
salt - to taste
grated coconut - 1/2 coconut
cumin seeds - a pinch
ghee - 10 gm
coconut oil - 1 tbs
mustard seeds - 1/4 tsp

Method

Split the banana lengthwise into 3 pieces.

Do not peel the skin. Cut it into small pieces.

Boil yam and banana with pepper powder, turmeric powder and salt in 1 cup of water.

Grind one fourth quantity of grated coconut and cumin seeds together and add to it.

Grind the remaining coconut and saute in a low flame till brown in colour.

Keep it aside. Season mustard seeds in ghee.

Add the coconut oil, seasoned mustard seeds and the saute coconut to the vegetable mixture. Mix well.



Erissery with Pumpkin

Brought
to you by

SAMSUNG

Ingredients

ripe pumpkin sliced into pieces - 2 cups
red oriental bean - 1/2 cup
oil - 2 tsp
squeezed coconut milk - 1 tsp
dried chilli - 2 nos
mustard - 1 tsp
curry leaves - 2 springs
water
salt to taste

To be ground:

grated coconut - 1 cup
small onions - 1 or 2 nos
garlic - 2 nos
cumin - 1/2 tsp
turmeric powder - 1/2 tsp
green chilli - 2 or 3 nos

Method

Cook pumpkin after adding enough water and salt. Cook red oriental beans separately and mix it along with the pumpkin. Grind the ingredients to be ground coarsely. Add it to the pumpkin, boil for sometime and keep aside. Heat oil in a pan, season mustard, curry leaves and dry chillies and add the thick coconut milk. Pour it to the cooked pumpkin curry & mix well. Tasty erissery is ready to be served.



Ingredients

ripe mango - 4 (small) cut in to pieces
turmeric powder - tsp
sugar - 3 tsp
jeera - 1 tsp
green chili - 4 nos.
grated coconut - cup
yogurt - cup
mustard seeds - 1 tsp
few curry leaves
methi seeds - tsp
dried red chili - 2 nos.
oil - 1 tsp
salt to taste

Method

Put mango pieces in a vessel. Add turmeric powder, sugar and salt, 1/2 glass water and bring to boil.

When the water evaporates (around hr in medium flame), pour the coconut, jeera and green chili paste.

After this boils pour the yogurt into it. Make sure the yogurt is lump free.

Mix very well once the yogurt is poured at a low flame.

Wait till it boils on a low flame and then remove from flame.

In a pan fry mustard seeds, methi seeds, red chili and curry leaves.

Pour this over the earlier prepared curry and serve hot.

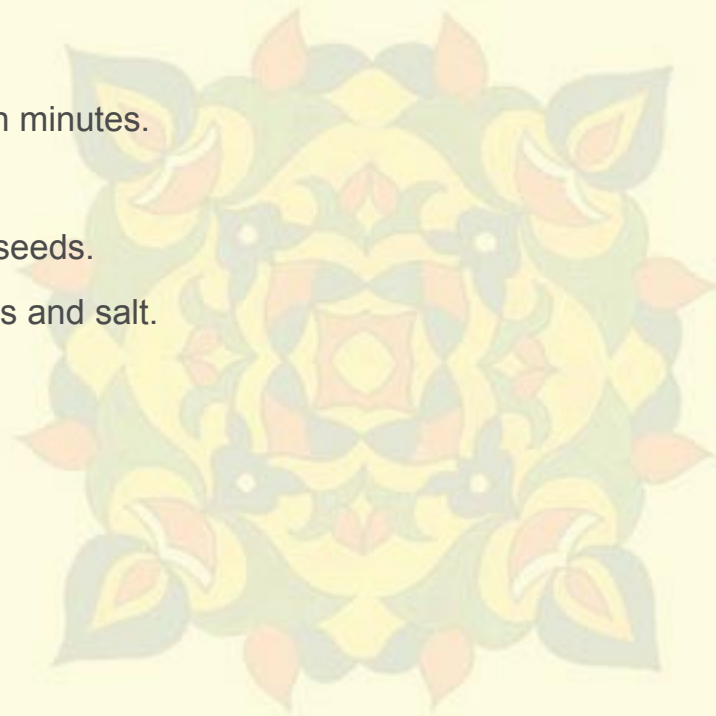


Ingredients

moong dal - 1 cup
turmeric powder - 1 teaspoon
cumin seeds, crushed - 1 teaspoon
garlic clove, crushed - 1 (optional)
desiccated coconut - 1/2 cup (optional)
curry leaves - a few

Method

Dry roast the moong dal on medium heat for ten minutes.
Cook it with sufficient water and turmeric.
Grind the coconut with a little water and cumin seeds.
Add to the boiling dal along with the curry leaves and salt.

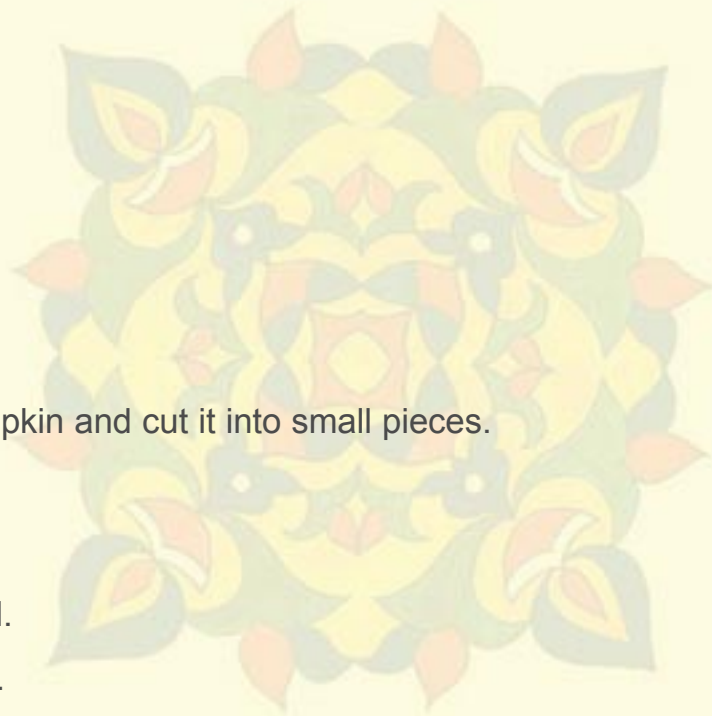


Ingredients

ash gourd - 100 gm
pumpkin - 100 gm
green chillies - 4 nos (split the edge)
red gram dal - 1 tbs
(soaked in the water for about 6 hours)
grated coconut - 1/2 quantity
(squeeze out 1/4cup of the milk from the coconut without
adding water. take one more cup of milk from the coconut)
salt - to taste
coconut oil - 1 tbs
curry leaves - 1 sprig

Method

Remove the covering of the ash gourd and pumpkin and cut it into small pieces.
Cook the vegetables and red gram dal in water.
Add enough salt and the green chillies.
When it is done, add 1cup coconut milk and boil.
When it thickens well, add 1/4 cup coconut milk.
Bring to a boil and remove from fire.
Add 1 tbs coconut oil and the curry leaves and mix well.



Ingredients

green banana - 2 nos.
grated coconut - 2 cup
turmeric powder - 1 tsp
green chili - 6 nos.
black pepper - 1 tsp
jeera - 1 tsp
sour curd - 1 cup
mustard seeds - 1 tsp
dried red chili - 2 nos.
few curry leaves
methi seeds - tsp
coconut oil - 3 tbsp
salt to taste

Method

Remove the skin of the bananas and cut them into cubes.

Boil this with turmeric powder and salt with 1 cup water.

Pour 1 cup lump free yogurt and mix for 10-15 mins without any gap.

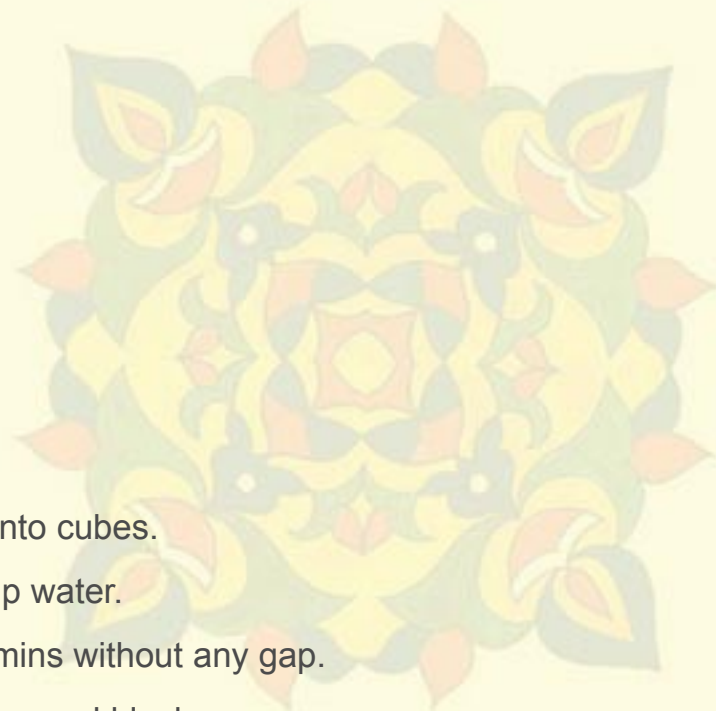
Make a paste of grated coconut, green chili, jeera and black pepper.

Add this to the above mixture when it boils. In medium flame mix for 10 mins.

To make a thick gravy. When it boils remove from flame and keep aside.

In a frying pan and the coconut oil and when hot fry the mustard seeds, dried red chili, methi seeds and curry leaves.

Pour this over the curry and serve hot.



Ingredients

ladys finger pieces - 3 1/2 cup
thick curd from 1/2 litre milk - 2 cups
green chillies - 2
dry red chillies - 3
mustard - 1 tsp
grated coconut - 1/2 cup
curry leaves - 2 springs
oil - 2 tsp
salt to taste

Method

Slice the ladies finger in small round pieces.

Fry ladys finger in oil till crisp. Ground coarsely grated coconut, green chillies and mustard.

Season mustard, red chilli and curry leaves in 2 tsp oil.

Lower the flame add curd and the ground ingredients.

Keep stirring. Add fried ladies finger and salt.

Remove from fire when it boils.

You can use Pavakkai (Bitter Gourd) instead of Ladies Finger as a variation.



Ingredients

one ripe lemon deseeded and chopped into small pieces - 200 gm
finely chopped green chillies - 25 gm
red chilli powder - 50 gm
asafoetida (kayapodi) - half a teaspoon
fenugreek powder (uluvapodi) - half a teaspoon
salt to taste
coconut oil - one tablespoon
mustard seeds - one teaspoon
red chillies - three
(chopped into three pieces each)
curry leaves - two sprigs

Method

Mix the chopped lemon, green chillies, red chilli powder, asafoetida, fenugreek powder and salt, well with your hands and keep aside for an hour.

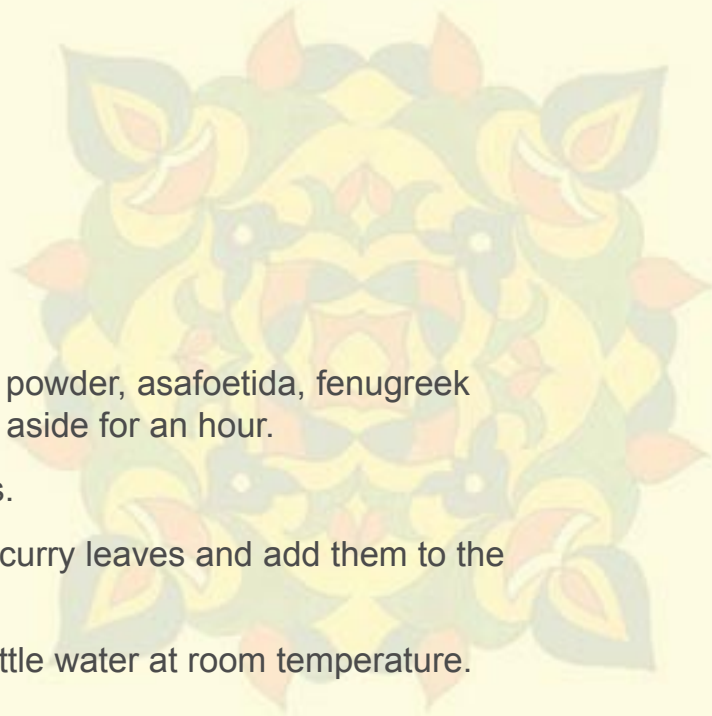
Heat the coconut oil and add the mustard seeds.

When they splutter, add the red chillies and the curry leaves and add them to the lemon mix.

If you feel that the pickle is too dry, then add a little water at room temperature.

Do not cook the lemon.

Choose one that is not too bitter.



Ingredients

bengal gram dal - 1/2 cup
pumpkin, snake gourd, long runner beans, yam, cucumber - 1/4 kg (all together)
inner flesh of drum stick - 1/2 cup
grated coconut - 1/2 cup
turmeric powder- 1/4 tsp
green chillies - 3 (split into 2)
salt to taste
coconut oil - 1/4 cup
mustard - 1 tsp
white gram dal - 2 tsp
dried red chillies - 3 (each sliced into 3)
curry leaves - 2 sprigs
ghee - 1 tsp
grated coconut- 1/4 cup

Method

Cook the bengal gram dal with salt and water to a thick gravy.

Clean and cut the vegetables into small pieces. Par boil the vegetables by steaming.

Grind 1/2 cup grated coconut and mix it with turmeric powder and green chillies.

Heat oil and season mustard, white gram dal, dried red chillies and curry leaves.

Add the ground coconut mixture. Saute for sometime, till the water dries. Add the cooked vegetables, salt and bengal gram dal.

Saute well. Heat 1 tsp ghee and fry the 1/4 cup grated coconut in it till golden brown.

Add this to the koottu curry and mix well.



Ingredients

1 onion
5-6 green chillies
1 coconut
½ tea spoon turmeric powder
1 tea spoon methi (uluva) powder
1 tea spoon cummin (jeera) powder
2½ cup yogurt (curd)
salt, oil, mustard seeds, curry leaves

Method

Cut the onion into small pieces and slice green chillies to long pieces.

Grind the coconut well in mixie. Whip the yogurt.

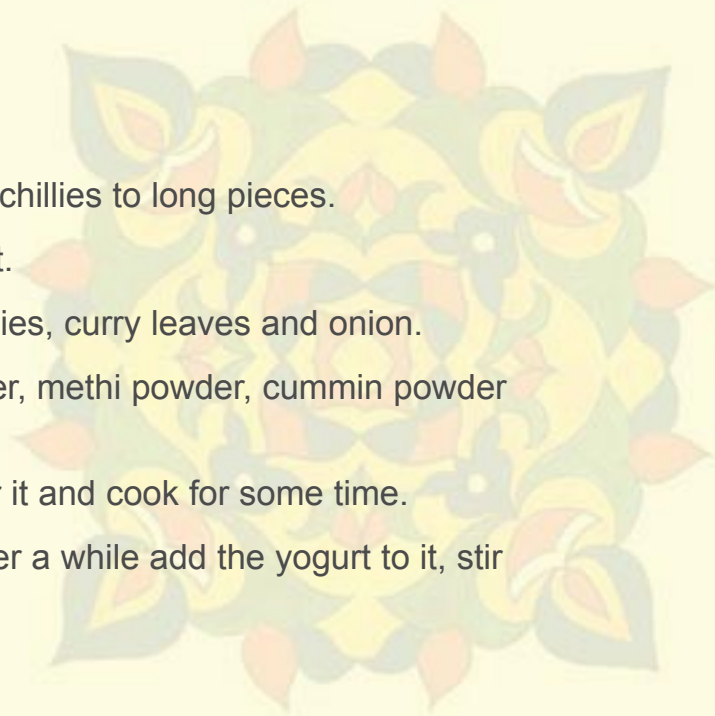
Fry mustard seeds in heated oil, add green chillies, curry leaves and onion.

Stir for a while and then add the turmeric powder, methi powder, cummin powder and salt.

Now add the coconut and a cup of water. Cover it and cook for some time.

When cooked well, switch off the stove, and after a while add the yogurt to it, stir well. (Do not add yogurt when it is very hot).

Its ready to use.



Ingredients

toor dal - 1 cup
(washed and soaked for 30 minutes)
tamarind - size of a golf ball or tamarind paste - 1 tsp
turmeric powder - 1/2 tsp
mustard seeds pinch
salt - as required
oil - 2 tsp
mustard seeds - 1/2 tsp
dry grated coconut - 3 tsp
cilantro/coriander leaves - (optional)
curry leaves (a few)
jaggery or sugar - 1 tsp

fenugreek seeds - 1/2 tsp
green chillies - 3
red chillies - 5
cilantro seeds - 3 tsp
bengal gram - 2 tsp
cumin seeds - 1/2 tsp
onion - 1
vegetable - tomatoes, drumstick,
okra, capsicum, radish,
carrots, onions.

Method

Cook the toor dal in the pressure cooker with double quantity of water, turmeric and salt. Keep aside to cool.

Now, heat oil in a separate pan for about a minute and roast together whole chillies, bengal gram, coconut, curry leaves, coriander, cumin and fenugreek seeds till coconut turns golden brown.

Then, grind all of these into a smooth paste, adding a little water from time to time.

Put the tamarind with salt and water into a pan. Bring it to a boil.

Add this to the toor dal and let it boil for some time.

Add the vegetables and cook till done. Finally, mash the pressure cooked toor dal, mix everything and let it simmer for 5 minutes.

Season with mustard seeds.

Ingredients

tur dal - 100 gms
drumstick - 2 (medium sized)
brinjal - 1
medium onion - 2 (cut into 6 pieces)
medium sized potato - 1
(peeled and cut into very small pieces)
sambar masala - 3 tablespoons
coriander leaves - 1 table spoon (chopped)
curry leaves - 10
dried red chilli - 2 cut into pieces

salt to taste
tomatoes - 2
(medium sized cut into pieces)
tamarind - size of a lime soaked in
1/2 cup water
methi seeds - 1/4 tablespoon
vegetable oil or ghee - 2 table
spoon
asafoetida - 1 tablespoon
mustard seeds - 1 teaspoon

Method

Cook tur dal in two cups of water, when half cooked add pieces of drumstick, potato, brinjal, la, onion, tomato pieces, and salt.

Cook till dal is very soft. Dissolve sambar masala in little water and add it to the cooked vegetables.

Take the pulp of the soaked tamarind and add, blend well and cook. In another pan heat oil and add mustard seeds.

When they stop spluttering add methi seeds, dried red chilli pieces, asafoetida and curry leaves.

Fry for two minutes and then add to dal vegetable mixture and boil it for 1 minute.

Finally add chopped coriander leaves on the top.

Ingredients

mustard seeds 1/2 tsp
methi seeds-1/2 tsp
dry red chillies - 4 de seeded broken kept
channa dhal 1 tsp
asafoetida powder - a big pinch
curry leaves - few
oil 4 - 6 tbsp
salt to taste

Method

Soak the tamarind in water extract the pulp (juice) keep aside.

Now put a vessel on the gas add oil when hot add the channa dhal, curry leaves red chillies, mustard methi seeds fry till dhal is brown the mustard seeds crackle now lower the heat add the Sambar powder fry for 2-3 mins. do not allow to burn - a nice smell will arise now add the tamarind water mix well allow to bubble nicely till the required thickness has been reached - remove from fire serve with ghee, roasted pappads plain white rice.

You could roast/boil 2 tsp of rice powder the same mix in a little water add to the Vatral Kuzhambu to thicken faster.

Ingredients

coconut grated - 1/2 cup
ginger - small piece
small onions - 3
garlic - 3 pods
jeera - 1/4 teaspoon
red chilli (dried ones) - 3
turmeric - 1/4 teaspoon
curd or buttermilk - 1 litre (fairly thick)
fenugreek - 1/2 teaspoon
curry leaves (karivepila) - one sprig

Method

Grind coconut, garlic, jeera, turmeric, into a fine paste.
Mix with the butter milk and add salt to taste.
Keep on low fire. Keep stirring till butter milk is fairly warm.
Don't let it boil. Take a pan add oil. When the oil is heated splutter mustard seeds.
Add finely chopped onions and ginger.
When brown add fenugreek and red chilli. When it splutters add curry leaves.
Remove from fire and pour into the butter milk.



Ingredients

coconut - 1/2
tomatoes - 3
curry leaves - 10
coriander - as desired
red chilies - 2
cumin seeds - 1/4 tsp
mustard seeds - 1/4 tsp
turmeric
salt - to taste
red chili powder - pinch
cumin powder - 1/4 tsp
methi powder - pinch (or) rasam powder

Method

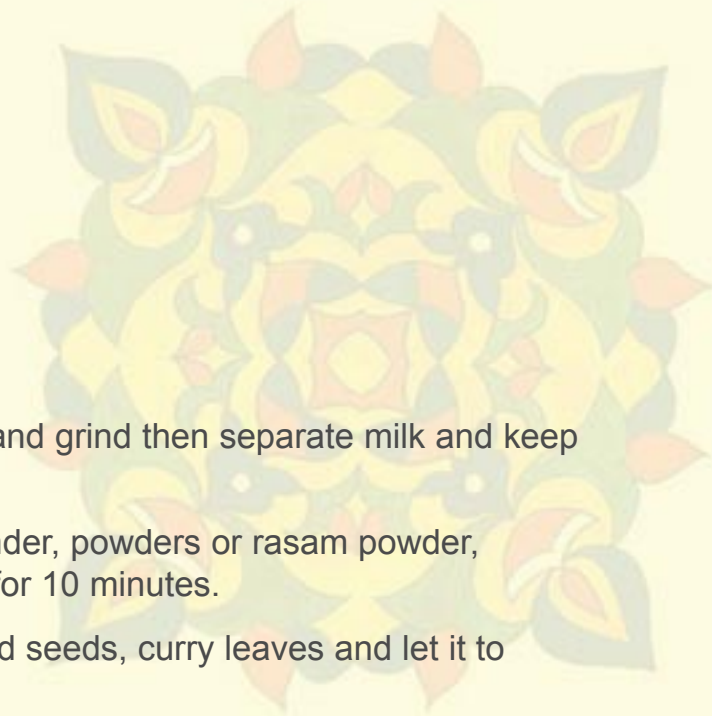
Take chopped coconut with one glass of water and grind then separate milk and keep aside.

In a pan take cut tomatoes, coconut milk, coriander, powders or rasam powder, turmeric, salt, chili powder and boil on medium for 10 minutes.

In a separate pan take oil, cumin seeds, mustard seeds, curry leaves and let it to splutter and then add to boiled rasam.

Serve with rice.

Note: Chopped coconut separated from milk can be used in curries.



Ingredients

rice - 2 cups
cardamom - 3
cloves - 3
cinnamon - 1 inch stick
pepper - 1 tsp
green chillies - 2 (coarsely chopped)
garlic - 3 cloves (coarsely chopped)
ginger - 1 cm (coarsely chopped)
oil - 3 tbsp
bay leaf - 1
carrot - 1 (sliced)
onion - 1 (finely sliced)
coconut milk - 2 cups
salt - 1 tsp
cashew - 1 tsp
raisins - 1 tsp

Method

Grind the spices, cardamom, cloves, cinnamon and pepper.

Grind chillies, garlic, ginger with a little water to a fine paste separately.

Keep both aside. Heat oil and add bay leaf, carrot and 1/2 the onion to the oil.

Fry for some time. Add ginger garlic paste. Stir and fry the paste. To this., add the ground spices.

Now, you can add washed and drained rice and fry for sometime. Add coconut milk, salt and one cup water to the rice after some time.

Stir and bring to boil. Cover and cook on very low heat for 1/2 hour or till rice is done.

In another pan, heat the some oil, fry the onion till golden brown, add the cashew nuts and raisins and fry. Spread this over the rice before serving.



Ingredients

ginger - 25 gm
green chilly - 4 nos.
coconut oil - 1 tsp
dried red chilly 1 no. cut in to 4 pieces
mustard seeds - 1/2 tsp
tamarind - size of a lemon
water - 2 cups
turmeric powder - 1/4 tsp
chilly powder - 1/4 tsp
asafoetida powder - 1/4 tsp
jaggery (grated) - 25 gm
curry leaves -1 sprigs
fenugreek seeds -1 pinch

Method

Peel ginger and cut into very small pieces.
Cut the green chillies also into small pieces.
Heat oil and saute the 2nd ingredients for a minute.
Add ginger and green chilly pieces and fry well and keep it aside.
Put tamarind in two cups of water, squeeze well and take the liquid.
Keep this liquid on fire adding the 4th ingredients.
Boil till the solution becomes thick.
Add the fried ginger and chilly pieces, boil once more and remove from fire.



Cucumber Pachadi

Brought
to you by

SAMSUNG

Ingredients

cucumber 250 gm.
curd - 1 cup
ginger - a small piece, chopped
chilli powder - to taste
mustard powder - to taste
coriander leaves - a few
cumin seed powder - to taste
salt - to taste
pepper - to taste

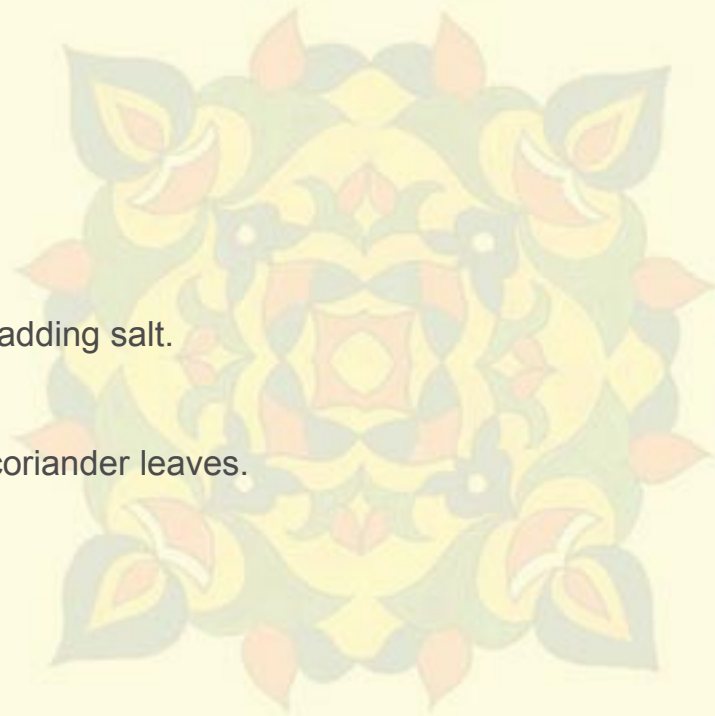
Method

Peel and grate cucumber.

Mix curd with the spice powders and beat well, adding salt.

Mix in cucumber and ginger.

Decorate with a sprinkling of chilli powder and coriander leaves.



Pineapple Pachadi

Brought
to you by

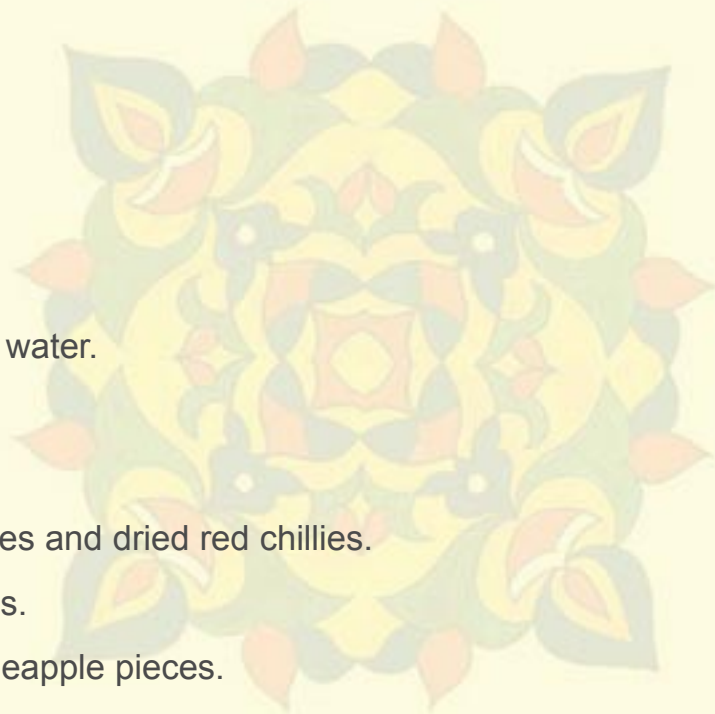
SAMSUNG

Ingredients

ripe pineapple cut into 1/2" square pieces - 2 cups
turmeric powder - 1/2 tsp
salt - to taste
grated coconut - 1 cup
dried red chilli - 1
coconut oil - 2 tsp
mustard seeds - 1/2 tsp
dried red chillies - 3 (cut into 6 pieces)
curry leaves - 1 sprig
crushed mustard - 1 tsp

Method

Boil pineapple, with turmeric and salt in 1/2 cup water.
Grind coconut with dried chilli to a fine paste.
Heat the oil and season with mustard seeds.
Saute the coconut paste and add the curry leaves and dried red chillies.
When it is done, add the boiled pineapple pieces.
The gravy should be thick and the cover the pineapple pieces.
Add the crushed mustard just before removing the pachhady from fire.



Ingredients

2 cups pineapple pieces (approx 1/2")
1/2 cup water
salt as per taste
3 tbsp sugar
1/2 tsp turmeric powder
1/4 tsp mustard
1 red chilli
1 tsp cumin seeds
3/4 cup grated coconut

For Seasoning:

2 tsp oil
1/4 tsp mustard seeds
2 green chillies, slit
1/4 tsp urad dal
4-5 curry leaves

Method

Grind together mustard, chilli and cumin seeds. Grind coconut into fine paste. Mix coconut and chilli paste. Boil pineapple pieces in water with turmeric and salt. Cook till the pieces are tender. Add sugar and stir well. Cook till required consistency (like a syrup). Add coconut mixture. Remove from fire. Heat oil. Add urad dal and then mustard seeds. After seeds splutter add green chillies and curry leaves. Put the seasoning in the pineapple mixture. Put on gas, and cook for 1-2 mins. Remove from fire and garnish with chopped coriander leaves.



Ingredients

Nicely chopped ginger - 4 spoon

Curd - 6 spoon

Salt - as required

Method

Mix all the ingredients together and stir well.

Quick and spicy Injithair is ready.

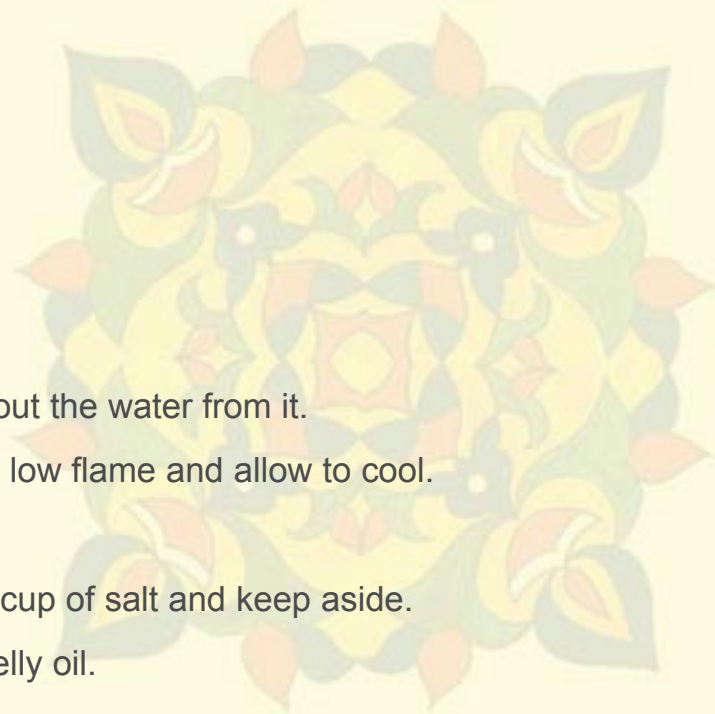


Ingredients

big size ripe lemon - 12 nos
salt - 2 tsp
chopped ginger - 1/2 tsp
gingelly oil - 2 tsp
mustard - 1/4 tsp
garlic flakes - 1 tsp
green chillies - 18 nos (split the end)
fenugreek - 1/4 tsp
water - 1/2 cup
vinegar - 2 tsp
sugar - 1 tsp

Method

Steam the lemon. When it is half cooked, wipe out the water from it.
Heat some gingelly oil and saute the lemon in a low flame and allow to cool.
Wipe out the excess oil from the lemon.
Cut each lemon into 8 pieces. Mix well with 1/4 cup of salt and keep aside.
Season mustard and fenugreek in 2 tsp of gingelly oil.
Saute the 4th ingredients and add water, vinegar and sugar into it.
When it boils, remove from fire and add the lemon pieces.
Mix well. Pickle is ready.



Ingredients

mango 1 (big)
red chilli powder 1 tsp
turmeric powder 1/4 tsp
asafoetida 1/4 tsp
vinegar 1/2 tsp
mustard seeds 1 tsp
whole red chillies 1-2
fenugreek 1/2 tsp
cumin seeds 1/2 tsp
salt to taste
oil 1 tsp
curry leaves few

Method

Clean & cut the mangoes into small cubes.
Add red chilli powder, turmeric powder, asafoetida, vinegar & salt.
Mix all these together. Heat oil in kadai.
Add cumin seeds, fenugreek, red chillies, curry leaves & mustard seeds.
Allow it to splutter. Once done, add it to the mangoes.
Check salt & spice & serve.

