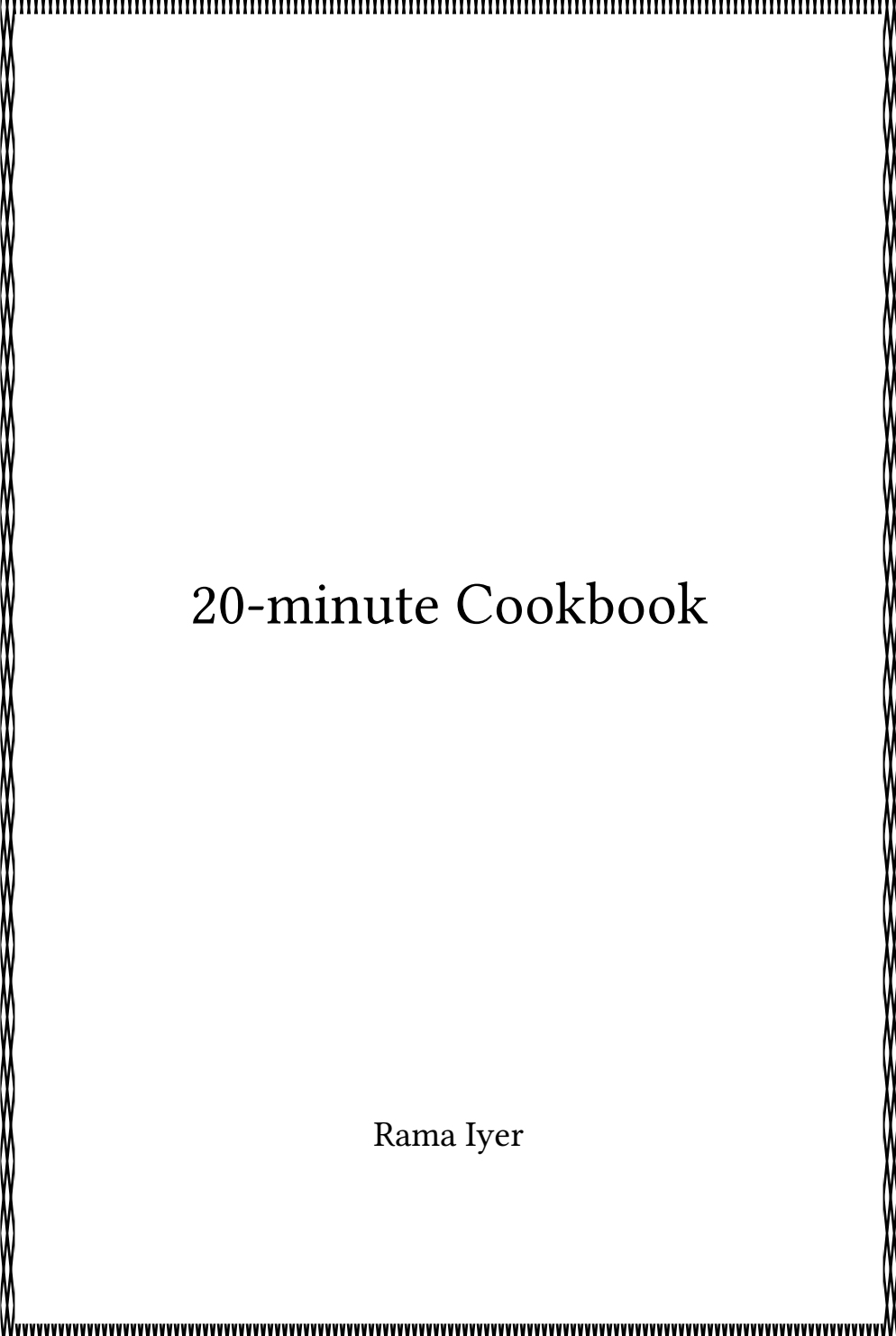




20-minute Cookbook

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*Dedicated to my dear mother, Meenakshy Mani, who taught me
everything that I know about cooking.*

Preface

Having spent more than four decades cooking traditional dishes, innovating to suit different palates and ensuring that diet restrictions are adhered to without resistance, I felt the time had come to share some of the recipes with the general public.

This is a quick recipe book containing South Indian vegetarian recipes without onion and garlic. I have compiled a few recipes from different categories most of which can be completed within 10-15 minutes by a reasonably experienced cook.

This is particularly useful for all those people who are stranded for time and yet want some wholesome food at home. The benefits of this cookbook are that you can be sure that the food you eat is clean and hygienic, it is quick to make — not much effort, and you can suit it to your taste preferences. Most importantly, the food is healthy and you are in full control of what you put in it.

I had learnt the basic principles of cooking as well as several dishes from my mother, Meenakshy Mani. Though she relied a great deal on the traditional dishes and cooking methods, she was always on the lookout for new dishes, which were healthy as well as tips and tricks for making her life easier in the kitchen. Without spending too much time in the kitchen, she would come up with several dishes at a time (all of them exceedingly tasty). She would also encourage me to talk to other friends and acquaintances to get recipes.

The concept of adapting recipes to suit our taste and situation was, thus, ingrained in childhood itself. When my family had health issues and severe diet restrictions, it was a relatively smooth transition to innovating to suit the different dietary restrictions. I could not rely on buying food from outside due to this, and very often, I had to make food quickly and efficiently, due to my demanding schedule. Without losing sight of the traditional tastes, innovating with the produce available became a life-long experiment.

My sincere hope is that this compilation will serve others who are in a similar situation.

I would like to place on record my sincere appreciation for the effort taken by my son, Vinay Iyer, for encouraging me to bring out such a

book as well as ensuring that anomalies were removed, testing out each recipe, and formatting and typesetting the book.

It is important to note that you have try the different recipes to perfect the preparation. Since each person has a different taste, adjust the spice and sweetness as per your requirement.

I am sure that this book will help to make your life a little less stressful.

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RICE ITEMS

Plain Rice

Type: Savoury

Servings: 2

Ingredients

- ▣ $\frac{1}{2}$ cup raw white rice
- ▣ $1\frac{1}{4}$ cup water

Instructions

1. Take a vessel.
2. Wash rice well a few times and drain.
3. Add $1\frac{1}{4}$ cup water and mix mildly once.
4. Use a steamer or pressure cooker without whistle
5. Pour 2 glasses of water at the bottom of the steamer or cooker.
6. Keep a stand at the bottom.
7. Place the rice with water on the stand.
8. Close the lid.
9. Keep the heat high till the steam starts appearing.
10. Reduce the heat to the lowest and cook for 15 minutes.
11. Remove from heat and serve hot in a serving bowl.

Notes

- You will get fluffy rice without any residual water.
- When using a steamer on a gas stove, this takes around 20 minutes.
If you want this done faster, this can also be done with a pressure cooker with whistle — take 2-3 whistles.
- Raw rice should be old variety (harvested at least 2-3 months earlier) and not new. If it is new, it tends to stick together).
- Adjust the water depending on the variety rice.

Vegetable Rice

Type: Savoury

Servings: 2

Ingredients

- ❑ $\frac{1}{2}$ cup raw white rice
- ❑ $1\frac{1}{2}$ cup water
- ❑ $\frac{1}{4}$ cup red gram or green gram (optional)
- ❑ $\frac{1}{2}$ tsp salt
- ❑ $\frac{1}{4}$ tsp turmeric powder
- ❑ $\frac{1}{2}$ tsp chilli powder
- ❑ 1 cup finely diced vegetables — tomato, carrot, green peas, potato, and beans
- ❑ 1 pinch of asafoetida
- ❑ 1 tsp ghee
- ❑ $\frac{1}{2}$ tsp mustard seeds
- ❑ 2 sprigs curry leaves
- ❑ 2-3 sprigs of coriander leaves

Instructions

1. Take a vessel
2. Add $\frac{1}{2}$ cup of water
3. Wash rice and pulses (if using) well a few times and drain.
4. Take a pan
5. Add ghee, mustard, and curry leaves
6. Let it sputter
7. Add the washed rice into this
8. Add the cut vegetables. Saute them for few seconds.
9. Transfer it to the pressure cooker
10. Add water, salt, turmeric powder, chilli powder and asafoetida, and mix mildly once.
11. Close the lid of the cooker
12. Keep the heat high till there are three whistles
13. Remove from heat
14. Wait till the pressure is released and then open the lid
15. Mix well, add coriander leaves as a garnish and serve hot in a serving bowl

Notes

- Vegetables can be added as per taste
- Raw rice should be old variety (harvested at least 2-3 months earlier) and not new. If it is new, the amount of water used must be reduced.
- You can use a vessel inside the pressure cooker or put it directly in the cooker while cooking.

Jeera Rice

Type: Savoury

Servings: 2

Ingredients

- ☐ $\frac{1}{2}$ cup raw white rice
- ☐ 1 cup water
- ☐ $\frac{1}{2}$ tsp salt
- ☐ 1 pinch of asafoetida
- ☐ 1 tsp ghee
- ☐ $\frac{1}{2}$ tsp mustard seeds
- ☐ $\frac{1}{2}$ tsp cumin
- ☐ 4-5 peppercorns

Instructions

1. Take a vessel.
2. Wash rice well a few times and drain.
3. Take a pan.
4. Add ghee, mustard, peppercorns, and cumin.
5. Let it sputter.
6. Add the washed rice into this.
7. Roast it till it is slightly golden brown.
8. Transfer it to another vessel.
9. Add the water, salt and asafoetida, and mix mildly once.
10. Use a pressure cooker (you can use steamer, though it may not be ready in 10 minutes).
11. Pour the 2 glasses of water at the bottom of the steamer or cooker.
12. Keep a stand at the bottom.
13. Place the rice with water on the stand.
14. Close the lid.
15. If using pressure cooker, keep the heat high till there are three whistles. If using steamer, keep the heat high till the steam starts appearing, then reduce the heat to the lowest and cook for 10 minutes.
16. Remove from heat. If using cooker, wait till the pressure is released and then open the lid.
17. Serve hot in a serving bowl

Notes

- You will get fluffy rice without any residual water
- The final product will be rice which stands separate from each other
- Raw rice should be old variety (harvested at least 2-3 months earlier) and not new. If it is new, it tends to stick together.

Ven Pongal (White Pongal)

Type: Savoury

Servings: 2

Ingredients

- ❑ $\frac{1}{2}$ cup raw white rice
- ❑ $\frac{1}{4}$ cup green gram dhal
- ❑ $2\frac{1}{2}$ cups water
- ❑ $\frac{3}{4}$ tsp salt
- ❑ 1 pinch of asafoetida
- ❑ $\frac{1}{4}$ tsp turmeric powder
- ❑ 1 tsp ghee
- ❑ $\frac{1}{2}$ tsp mustard seeds
- ❑ 4-5 peppercorns
- ❑ 1 tsp cumin seeds
- ❑ $\frac{1}{2}$ inch piece of ginger – diced fine or grated
- ❑ 1 sprig curry leaves

Instructions

1. Take a pan
2. Fry green gram dal lightly
3. Wash rice and dal well a few times and drain.
4. Take a pressure cooker and put the dal and rice into this.
5. Add the water, salt, asafoetida and turmeric powder
6. Close the lid, wait for 3 whistles, then turn off the heat
7. While it is being cooked, powder the peppercorns and cumin into a coarse powder
8. Take a pan
9. Add ghee, mustard seeds, peppercorns and cumin powder to it. Let it sputter.
10. Add curry leaves, and grated ginger or ginger bits and scald. Take it off the heat.
11. Once the pressure releases in the pressure cooker, add this into the pressure cooker and mix well.
12. Serve hot

Notes

→ Pongal should be slightly sticky.

- You can add fried cashews to the final product and mix if you like
- Raw rice should be old variety (harvested at least 2-3 months earlier) and not new. If it is new, it tends to stick together.

Sambar Rice

Type: Savoury

Servings: 2

Ingredients

- ☐ $\frac{1}{2}$ cup raw white rice
- ☐ $1\frac{1}{2}$ cup water
- ☐ 1 small lime sized tamarind
- ☐ $\frac{1}{2}$ tsp salt
- ☐ $\frac{1}{4}$ tsp turmeric powder
- ☐ $\frac{1}{2}$ tsp chilli/pepper powder
- ☐ $\frac{1}{2}$ tsp sambar powder
- ☐ 1 pinch of asafoetida
- ☐ 1 potato, 1 carrot, and 3-4 pumpkin slices – diced into half-inch cubes
- ☐ 1 tsp ghee
- ☐ $\frac{1}{2}$ tsp mustard seeds
- ☐ 2 sprigs curry leaves

Instructions

1. Take a small vessel.
2. Soak the tamarind in $\frac{1}{2}$ cup water
3. Remove the water from the tamarind and keep the water aside.
4. Repeat the above twice.
5. Take another vessel
6. Wash rice well and drain out the water
7. Take a pan
8. Add ghee, mustard, and curry leaves
9. Let it sputter
10. Add the washed rice into this
11. Add the cut vegetables. Saute them for few seconds.
12. Transfer it to the pressure cooker
13. Add the tamarind water, salt, turmeric powder, chilli/pepper powder, sambar powder, and asafoetida, and mix mildly once.
14. Add $\frac{1}{2}$ cup of water
15. Close the lid of the cooker
16. Keep the heat high till there are three whistles
17. Remove from heat
18. Wait till the pressure is released and then open the lid

19. Mix well and serve hot in a serving bowl

Notes

- Vegetables can be modified as per taste
- Raw rice should be old variety (harvested at least 2-3 months earlier) and not new. If it is new, the amount of water used must be reduced.

WHEAT ITEMS

Paratha

Type: Savoury

Servings: 2

Ingredients

- ☐ 1 $\frac{1}{4}$ cup wheat flour ($\frac{1}{4}$ cup should be kept aside)
- ☐ $\frac{1}{2}$ cup water
- ☐ $\frac{1}{4}$ tsp salt
- ☐ $\frac{1}{4}$ tsp chilly powder
- ☐ $\frac{1}{4}$ cumin powder
- ☐ $\frac{1}{4}$ carrom seeds
- ☐ pinch of asafoetida
- ☐ 4 tsp oil
- ☐ 1 tsp ghee

Instructions

1. Take a large wide-bottom vessel or a big plate with deep sides.
2. Add 1 cup wheat flour, salt, chilly powder, cumin powder, carrom seeds, asafoetida and 1 tsp oil and mix well.
3. Add water gradually and keep mixing.
4. Once it rolls into a firm ball, stop adding water. If it still sticks to your hand, add a little more oil.
5. Roll into a firm round ball.
6. Heat the pan on a slow flame.
7. Take a small orange sized ball.
8. Place the dry wheat flour on a plate.
9. Tap a little wheat flour on all sides of the ball.
10. Flatten it with the roller pin so it is bigger than the size of your palm.
11. Place few drops of oil on this and fold it in like a triangle.
12. Tap this onto the plate of flour on both the sides.
13. Spread it with the roller pin.
14. If it is sticking to the base, tap some more flour on both the sides.
15. Spread it evenly till it is uniformly 5 mm thick.
16. The pan should be hot by this time.
17. Increase to a medium flame and add the paratha onto the pan.
18. Keep turning it till cooked on both sides. Prepare next paratha while this is being cooked.

19. Once done, place it on the serving plate and tap ghee on one side.
20. Serve hot.

Notes

- Some add buttermilk instead of water. This makes the paratha firmer than normal.
- You can also add milk instead of water, to make it softer.
- To give it a different taste, you can add finely diced coriander leaves while mixing the batter.
- Other spices/masalas can be added as per taste.

Poori

Type: Savoury

Servings: 2

Ingredients

- ❑ 1 $\frac{1}{4}$ cup wheat flour ($\frac{1}{4}$ cup kept aside separately)
- ❑ 1 cup milk
- ❑ 1 tsp salt
- ❑ 1 pinch of asafoetida
- ❑ oil for frying
- ❑ 2 tsp oil

Instructions

1. Take a large wide-bottom vessel or a big plate with deep sides.
2. Add 1 cup wheat flour, salt and 1 tsp oil and mix well.
3. Add milk gradually and keep mixing.
4. Once it rolls into a firm ball, stop adding milk. If it still sticks to your hand, add a little more oil.
5. Roll into a firm round ball.
6. Heat a frying pan with oil on a high flame. Once the oil is hot, reduce to medium flame.
7. While the oil is getting hot, take a small orange sized ball of the batter.
8. Place the dry wheat flour on a plate.
9. Tap a little wheat flour on all sides of the ball.
10. Flatten it into a round shape with the roller pin.
11. Tap this onto the plate of flour on both the sides.
12. Spread it with the roller pin.
13. If it is sticking to the base, tap some more flour on both the sides.
14. Spread it evenly till it is uniformly 4 mm thick.
15. Cut it into round shaped pieces using a knife or cup.
16. The oil should be hot by this time.
17. Increase to a medium flame and add the pieces slowly into the oil one by one.
18. Keep turning it till cooked on both sides.
19. Prepare the next batch of pooris for frying while this is being cooked.
20. Once done, place it on a strainer, keep a plate under the strainer, so that the oil drains out.

21. Place it on the serving plate and serve hot.

Notes

- This recipe can be done with water instead of milk, but milk makes it softer and ensures that the poori does not take too much oil.
- After transferring the pooris out of the strainer, keep it in a steel container with lid. Layer the base of the container with cotton cloth in such a way that once the poori is placed, the cloth can cover it. Close the lid after making all the pooris.
- Another variation that can be tried: Instead of milk, add buttermilk. The quantum of buttermilk should be adjusted so that the final batter remains firm to touch.
- If we use a cutter with a diameter of 9 cm, you should get around 10-12 pooris.

Chappati

Type: Savoury

Servings: 2

Ingredients

- ❑ 1 $\frac{1}{4}$ cup wheat flour ($\frac{1}{4}$ cup should be kept aside)
- ❑ $\frac{1}{2}$ cup water
- ❑ $\frac{1}{4}$ tsp salt
- ❑ 1 tsp oil
- ❑ 1 tsp ghee (optional)

Instructions

1. Take a large wide-bottom vessel or a big plate with deep sides.
2. Add 1 cup wheat flour, salt and 1 tsp oil and mix well.
3. Add water gradually and keep mixing.
4. Once it rolls into a firm ball, stop adding water. If it still sticks to your hand, add a little more oil.
5. Roll into a firm round ball.
6. Heat the pan on a slow flame.
7. Take a big lemon (little less than a small orange) sized ball.
8. Place the dry wheat flour on a plate
9. Tap a little wheat flour on all sides of the ball.
10. Flatten it with the roller pin, so it is slightly bigger than your palm.
11. Tap this onto the plate of flour on both the sides.
12. Spread it with the roller pin.
13. If it is sticking to the base, tap some more flour on both the sides.
14. Spread it evenly till it is uniformly 2 mm thick.
15. The pan should be hot by this time.
16. Increase to a medium flame and add the chappati onto the pan.
17. Keep turning it till cooked on both sides. Prepare next chappati while this is being cooked.
18. Once done, place it on the serving plate and tap ghee on one side.
19. Serve hot.

Notes

- Some add milk instead of water to make it softer.
- Do not leave it in the open since it dries out. Keep it in a steel container with lid. Layer the base of the container with cotton cloth

in such a way that once the chappati is placed, the cloth can cover it.
Close it with a lid after making all the chappatis.

SNACKS

Avil Upma

Type: Savoury

Servings: 2

Ingredients

- ❑ 2 cups avil (*thick beaten rice flakes*)
- ❑ $\frac{1}{4}$ cup water
- ❑ 1 cup buttermilk
- ❑ $\frac{1}{2}$ tsp salt
- ❑ $\frac{1}{2}$ tsp pepper powder
- ❑ 1 tsp gingelly oil
- ❑ $\frac{1}{2}$ tsp mustard
- ❑ $\frac{1}{2}$ tsp cumin
- ❑ 2 sprigs curry leaves
- ❑ a pinch asafoetida

Instructions

1. Take a large vessel
2. Wash the avil a couple of times
3. Add buttermilk, salt and pepper to this. Mix it well and keep aside.
4. Take a pan and add oil, mustard seeds, cumin and curry leaves. Heat it on slow flame.
5. Once the mustard seeds sputter, add the soaked avil into it. The flame should be kept low.
6. Add asafoetida.
7. Mix it well and close it with a lid so that the avil cooks properly.
8. Remove from flame.
9. Transfer it to a serving bowl.
10. Serve hot.

Notes

- A satisfying light breakfast
- Red chilli can be added for tempering as per taste. Tear it into pieces and add to the mustard before sputtering
- Buttermilk must be a little sour to get the right taste

Morkoozh

Type: Savoury

Servings: 2

Ingredients

- ☐ 2 cups roasted rice flour
- ☐ 1 1/2 cup sour buttermilk
- ☐ 1/2 tsp salt
- ☐ 1 pinch asafoetida
- ☐ 1 tsp gingelly oil
- ☐ 1/2 tsp mustard
- ☐ 1/2 tsp black gram
- ☐ 2 sprigs curry leaves
- ☐ 1 red chilli

Instructions

1. Take a vessel.
2. Put the roasted rice powder, buttermilk, salt, and asafoetida into it.
3. Mix well and keep aside.
4. Take a pan and add oil, mustard seeds, black gram, red chilli and curry leaves. Heat it on slow flame.
5. Once the mustard seeds sputter, add the rice batter into this.
6. The flame should be kept low. Keep stirring till it cooks.
7. Mix it well.
8. Remove from flame.
9. Transfer it to a serving bowl.
10. Serve hot.

Notes

- The koozh should be like a porridge — neither too runny, nor too thick and pasty.
- A satisfying light instant snack
- Green chilli can be added for tempering as per taste. Cut it into pieces and add to the mustard after sputtering

Instant Dosa

Type: Savoury

Servings: 2

Ingredients

- ☐ $\frac{1}{2}$ cup rice flour
- ☐ $\frac{1}{8}$ cup wheat flour
- ☐ $\frac{1}{8}$ cup bengal gram dal
- ☐ $\frac{1}{8}$ cup sooji rava
- ☐ 1 cup water
- ☐ $\frac{1}{4}$ tsp salt
- ☐ $\frac{1}{4}$ tsp chilly powder
- ☐ $\frac{1}{2}$ tsp mustard seeds
- ☐ $\frac{1}{4}$ tsp cumin seeds
- ☐ 1 pinch of asafoetida
- ☐ 4 tsp oil

Instructions

1. Take a vessel.
2. Add all ingredients together. Add more water, as required, to get dosa batter consistency.
3. Take a pan and add 1 tsp oil, mustard seeds, cumin seeds, and asafoetida to it. Heat it on slow flame.
4. Once the mustard seeds sputter, pour it into the dosa batter and mix well.
5. Heat the pan on a slow flame.
6. Take a ladle full of the batter.
7. Spread it evenly on the hot pan.
8. Add $\frac{1}{4}$ tsp oil
9. Keep it on medium flame.
10. Keep turning it till cooked on both sides.
11. Remove from flame.
12. Store in a flat steel container. Keep a thin cotton cloth at the bottom.
13. Make dosas of the entire batter in this manner.
14. Serve hot.

Notes

- Some add buttermilk instead of water. This makes the dosa taste different.

- Another variation is: you can add finely diced coriander leaves while making the batter or add curry leaves while sputtering the mustard.
- Other spices/masalas can be added as per taste.

Rava Upma

Type: Savoury

Servings: 2

Ingredients

- ❑ $\frac{1}{2}$ cup sooji rava
- ❑ $1\frac{1}{4}$ cup water
- ❑ $\frac{1}{2}$ tsp salt
- ❑ $1\frac{1}{2}$ tsp gingelly oil
- ❑ 1 tsp ghee
- ❑ 1 pinch of asafoetida
- ❑ Vegetables (potato, green peas, carrot, tomato, beans or any other non-watery vegetables as per taste)
- ❑ 1 tsp gingelly oil
- ❑ $\frac{1}{2}$ tsp mustard
- ❑ $\frac{1}{2}$ tsp black gram dal
- ❑ $\frac{1}{2}$ tsp bengal gram dal (optional)
- ❑ 1-2 green chillies
- ❑ $\frac{1}{2}$ inch ginger
- ❑ 2 sprigs curry leaves
- ❑ 1 bunch coriander leaves

Instructions

1. Take a pan. Put the rava into it.
2. Dry roast the rava on a slow flame till it attains brown colour
3. Keep it aside and let it cool.
4. Cut all the vegetables in fine pieces. Keep tomatoes separately.
5. Cook all of them except tomatoes in a separate pan on a slow flame until soft. Avoid adding water to the vegetables for cooking. Sprinkle water and cover the pan with a lid.
6. Keep it aside.
7. Take a pan and add 1 tsp oil, mustard seeds, black gram dal, bengal gram dal. Heat it on slow flame.
8. Once the mustard seeds sputter and the dals are brown, add grated ginger, curry leaves and roast mildly.
9. Add tomatoes to this and heat on high flame for a minute. Stir continuously. The tomatoes will break down.
10. Add water to this and let it boil.

11. The flame should be kept low. Now add the roasted rava slowly while stirring to avoid lumps. Add salt and asafoetida.
12. Mix it well and cover it with a lid so that the rava cooks till soft.
13. Add the other vegetables to the rava and mix well.
14. Add ghee and the remaining oil and mix.
15. Remove from flame.
16. Transfer it to a serving bowl.
17. Add coriander leaves as a garnish.
18. Serve hot with coconut chutney.

Notes

→ Rava should be roasted on a slow flame

SOUPS

Vettalkuzhambu

Type: Savoury

Servings: 2

Ingredients

- ☐ *Lemon-sized tamarind*
- ☐ *2 cups water*
- ☐ *1/2 tsp salt*
- ☐ *1/4 tsp turmeric powder*
- ☐ *1/2 tsp chilli powder*
- ☐ *1/2 tsp sambar powder*
- ☐ *1 pinch of asafoetida*
- ☐ *1-2 tsp grated jaggery*
- ☐ *2 tsp wheat powder*
- ☐ *3 tps oil*
- ☐ *1/2 tsp mustard seeds*
- ☐ *1/4 tsp black gram*
- ☐ *1/4 tsp bengal gram*
- ☐ *1/4 tsp fenugreek seeds*
- ☐ *1-2 tsp of manathakkali (black nightshade) or chundakkai (turkey berry)*
- ☐ *2 sprigs curry leaves*

Instructions

1. Take a small vessel.
2. Soak the tamarind in 1/2 cup water
3. Squeeze the tamarind, remove the water from the tamarind and keep aside.
4. Pour some more water.
5. Repeat this twice.
6. Take a pan
7. Add oil, mustard, black gram, bengal gram, fenugreek, and manathakkali / chundakkai.
8. Let it sputter
9. Tear curry leaves and add
10. Stir and then reduce the flame
11. Add the tamarind water into this

12. Add salt, turmeric powder, chilli powder, sambar powder, asafoetida, and jaggery
13. Let it boil. Keep the heat high as it boils
14. Reduce the flame.
15. Take a medium sized vessel.
16. Put wheat powder into it
17. Add water into the wheat powder and mix well, so that it is a runny mixture with no lumps.
18. Take 2 ladlefuls of the boiling tamarind water and add to the wheat mixture.
19. Mix quickly so no lumps are formed.
20. Immediately add it back to the boiling tamarind water and keep stirring while it boils.
21. Keep it on high flame, keep stirring and let it boil well for 2 minutes.
22. Serve hot in a serving bowl

Mathan pachadi

Type: Savoury

Servings: 2

Ingredients

- ❏ 1 slice of pumpkin (mathan)
- ❏ 2 cups water
- ❏ $\frac{1}{2}$ tsp salt
- ❏ $\frac{1}{4}$ tsp turmeric powder
- ❏ $\frac{1}{2}$ tsp chilli powder
- ❏ 1 pinch of asafoetida
- ❏ 1-2 tsp grated jaggery
- ❏ 2 tsp wheat powder
- ❏ 3 tsp oil
- ❏ $\frac{1}{2}$ tsp mustard seeds
- ❏ $\frac{1}{4}$ tsp black gram
- ❏ 2 sprigs curry leaves

Instructions

1. Cut pumpkin into slices so that each slice is 2 inches length by 2 inches width, with thickness of 5 mm.
2. Measure out 1 cup for use and keep the rest aside.
3. Take a small vessel.
4. Soak the tamarind in $\frac{1}{2}$ cup water
5. Squeeze the tamarind, remove the water from the tamarind and keep aside.
6. Pour some more water and repeat this twice.
7. Take a pan.
8. Add oil, mustard, and black gram into it.
9. Let it sputter.
10. Tear the curry leaves and add.
11. Reduce the flame.
12. Add the pumpkin and sautee it lightly
13. Add the tamarind water.
14. Add salt, turmeric powder, chilli powder, and asafoetida and let it boil.
15. Keep the heat high till it boils.
16. Check whether the pumpkin is cooked.

17. Reduce the flame.
18. Take a medium sized vessel.
19. Put wheat powder into it and add water till it is runny.
20. Mix well to remove lumps.
21. Take 2 ladlefuls of the boiling tamarind water and mix quickly so that no lumps are formed.
22. Immediately add it back to the boiling tamarind water and keep stirring while it boils.
23. Add jaggery.
24. Keep it on high flame, keep stirring and let it boil well for 2 minutes.
25. Serve hot in a serving bowl.

Notes

- The same procedure can be followed with vegetables such as brinjal, lady's finger (okhra), ash gourd, or semi-ripe mango. The way the vegetable is cut changes:
- Brinjal - $\frac{1}{4}$ inch cubes
 - Lady's finger - $\frac{1}{4}$ inch pieces
 - Ash gourd - same as pumpkin
 - Semi-ripe mango - sliced roughly an inch in length and breadth, and $\frac{1}{4}$ inch thick.

Buttermilk soup without coconut

Type: Savoury

Servings: 2

Ingredients

- ☐ 1 cup thick buttermilk
- ☐ 2 cups water
- ☐ $\frac{1}{2}$ tsp salt
- ☐ $\frac{1}{4}$ tsp turmeric powder
- ☐ 2 green chillies
- ☐ 1-2 tsp grated jaggery
- ☐ 2 tsp wheat powder
- ☐ 3 tsp oil
- ☐ $\frac{1}{2}$ tsp mustard seeds
- ☐ $\frac{1}{4}$ tsp cumin seeds
- ☐ 2 sprigs curry leaves

Instructions

1. Take a medium sized vessel.
2. Add the buttermilk, salt, turmeric powder, finely cut chillies, and asafoetida.
3. Whip it till it becomes a smooth flowy mixture.
4. Take a medium sized vessel.
5. Put wheat powder into it and add water till it is runny.
6. Remove all lumps.
7. Add this to the curd mixture and whip again till it mixes well
8. Keep the vessel on slow flame and keep stirring
9. As it heats up, it will rise up like milk without splitting.
10. Add jaggery. Keep stirring.
11. When it rises up again, remove from flame.
12. Take a pan.
13. Add oil, mustard seeds and cumin.
14. Let it sputter.
15. Tear curry leaves and add.
16. Pour into the soup. Stir it immediately.
17. Serve hot in a serving bowl

Notes

→ Wheat powder can be substituted with bengal gram powder.

→ You can add coriander leaves at the end.

Tomato Rasam

Type: Savoury

Servings: 2

Ingredients

- ❑ 4 medium sized tomatoes
- ❑ 2 cups water
- ❑ $\frac{1}{2}$ tsp salt
- ❑ $\frac{1}{4}$ tsp turmeric powder
- ❑ $\frac{1}{2}$ tsp chilli powder
- ❑ 1 inch-long piece of ginger
- ❑ 1 pinch of asafoetida
- ❑ 1 tsp ghee
- ❑ $\frac{1}{2}$ tsp mustard seeds

Instructions

1. Pressure cook the tomatoes with a little water (3 whistles should be adequate).
2. Remove the peels.
3. Let it cool slightly.
4. Grind it fine with ginger.
5. Add turmeric, salt, chilli powder, and asafoetida and mix well.
6. Take a pan.
7. Add ghee and mustard in it.
8. When it sputters, add to the gravy.
9. Boil it together.
10. Check the consistency. If it is too thick, add more water and boil.
The final product should be drinking consistency.
11. Serve hot in a serving bowl.

Notes

→ You can add finely diced coriander leaves at the end before serving.

Jeera Rasam

Type: Savoury

Servings: 2

Ingredients

- ☐ 1 lemon-sized tamarind
- ☐ 2 cups water
- ☐ $\frac{1}{2}$ tsp salt
- ☐ $\frac{1}{4}$ tsp turmeric powder
- ☐ 1 tsp pepper powder
- ☐ 1 pinch of asafoetida
- ☐ 1 tsp ghee
- ☐ $\frac{1}{2}$ tsp mustard seeds
- ☐ $\frac{1}{2}$ tsp cumin seeds
- ☐ 2 sprigs curry leaves

Instructions

1. Soak the tamarind in $\frac{1}{2}$ cup water.
2. After a few minutes, squeeze the tamarind and take out the water.
3. Repeat till the tamarind is not sticky anymore.
4. Take a pan. Add ghee, mustard, cumin and curry leaves in it.
5. When it sputters, add the tamarind water in it.
6. Add salt, turmeric powder, pepper powder and asafoetida to it.
7. Add the remaining water, if any.
8. Boil it together.
9. Serve hot in a serving bowl.

Notes

→ This is good drink for persons who are having cold and fever.

PORIYAL

Carrot Poriyal

Type: Savoury

Servings: 2

Ingredients

- ❑ 2 cups grated carrot
- ❑ $\frac{1}{4}$ cup water
- ❑ $\frac{1}{4}$ tsp salt
- ❑ $\frac{1}{8}$ tsp turmeric
- ❑ 1 pinch of asafoetida
- ❑ 1 tsp gingelly oil
- ❑ $\frac{1}{2}$ tsp mustard
- ❑ $\frac{1}{2}$ tsp black gram dal (optional)
- ❑ 1 green chilly
- ❑ $\frac{1}{4}$ inch ginger (optional)
- ❑ 1 sprig curry leaves

Instructions

1. Finely dice the green chilly and grate the ginger (if using). Tear the curry leaves. Keep all of these ready.
2. Take a pan and add oil, mustard seeds, and black gram dal. Heat it on slow flame.
3. Once the mustard seeds sputter and the dals are brown, add chilly, ginger, and curry leaves and roast mildly.
4. Add carrot, salt, turmeric and asafoetida and mix well.
5. If the carrots are very firm, cover with a lid. Otherwise, it can be left open.
6. Let it cook on low flame.
7. Sprinkle a little water and keep stirring. It should be cooked in 2-3 minutes.
8. Remove from flame.
9. Transfer it to a serving bowl.

Notes

- A quick and easy carrot dish that can be used as a side with rice or chappati
- You could also add tomatoes to this vegetable dish. Tomatoes should be added when it is on high flame. Let the tomatoes break down

before adding the carrot. Reduce the flame thereafter. No need to sprinkle water.

Cabbage Poriyal

Type: Savoury

Servings: 2

Ingredients

- ☒ 1 small cabbage
- ☒ $\frac{1}{4}$ cup water
- ☒ $\frac{1}{4}$ tsp salt
- ☒ $\frac{1}{8}$ tsp turmeric
- ☒ a pinch of asafoetida
- ☒ 1 tsp gingelly oil
- ☒ $\frac{1}{2}$ tsp mustard
- ☒ $\frac{1}{2}$ tsp black gram dal (optional)
- ☒ 1 green chilly (red chilly can also be used)
- ☒ 1 sprig curry leaves

Instructions

1. Cut the cabbage length-wise into fine strips.
2. Measure out 2 cups for use. Keep the rest aside.
3. Dice the green chilly finely and tear the curry leaves. If using red chillies, tear those up as well.
4. Take a pan and add oil, mustard seeds, and black gram dal. Heat it on slow flame.
5. Once the mustard seeds sputter and the dals are brown, add chilly, and curry leaves and roast mildly.
6. Add cabbage, salt, turmeric and asafoetida and mix well. Cover it with a lid.
7. Let it cook on low flame.
8. Sprinkle a little water and keep stirring. It should be cooked in 2-3 minutes.
9. Remove from flame.
10. Transfer it to a serving bowl.

Notes

- A quick and easy cabbage dish that can be used as a side with rice or chappati
- You could also add potatoes to this vegetable dish. Potatoes should be grated and added along with the cabbage.

Tomato Poriyal

Type: Savoury

Servings: 2

Ingredients

- ☐ 2 cups tomatoes
- ☐ $\frac{1}{4}$ tsp salt
- ☐ $\frac{1}{8}$ tsp turmeric
- ☐ a pinch of asafoetida
- ☐ 1 tsp gingelly oil
- ☐ $\frac{1}{2}$ tsp mustard
- ☐ 1 finely diced green/red chilly
- ☐ $\frac{1}{4}$ inch piece of ginger (optional)
- ☐ 1 sprig curry leaves
- ☐ 1 small bunch of coriander leaves

Instructions

1. Chop the tomatoes finely.
2. Dice the green chilly. Tear up the curry leaves. If using red chillies, tear it as well.
3. Chop up the coriander leaves. Grate the ginger if using it.
4. Take a pan
5. Add oil and mustard seeds.
6. Heat it on slow flame.
7. Once the mustard seeds sputter, add chilly, ginger, and curry leaves and roast mildly.
8. Add tomato, salt, turmeric and asafoetida, and mix well.
9. Let it cook on low flame for a minute while stirring.
10. Remove from flame.
11. Transfer it to a serving bowl, add coriander leaves as a garnish.

Notes

- A quick and easy tomato dish that can be used as a side with rice or chappati
- You could add peanuts also to this vegetable dish. Peanuts must be added with the mustard seeds. Ideally tap the peanuts till it breaks apart coarsely

Potato Poriyal

Type: Savoury

Servings: 2

Ingredients

- ☐ 4-5 medium sized potatoes
- ☐ $\frac{1}{4}$ cup water
- ☐ $\frac{1}{2}$ tsp salt
- ☐ $\frac{1}{8}$ tsp turmeric
- ☐ 1 pinch of asafoetida
- ☐ 1 tsp groundnuts
- ☐ 1 tsp gingelly oil
- ☐ $\frac{1}{2}$ tsp mustard
- ☐ $\frac{1}{2}$ tsp cumin
- ☐ 1 green chilly
- ☐ $\frac{1}{4}$ inch piece of ginger (optional)
- ☐ 1 sprig curry leaves

Instructions

1. Grate the potatoes and measure out 2 cups for use.
2. Powder the groundnuts coarsely.
3. Grate the ginger.
4. Dice the chilly finely.
5. Take a pan.
6. Add oil, mustard seeds and cumin. Heat it on slow flame.
7. Once the mustard seeds sputter, add chilly, ginger, and curry leaves and roast mildly.
8. Add groundnuts and roast mildly.
9. Add half of the potato into the oil with $\frac{1}{8}$ tsp salt and saute till slightly brown.
10. Remove from flame.
11. Boil the balance potato in a separate vessel with a little water, the rest of the salt, turmeric and asafoetida and mix well.
12. Let it cook on low flame.
13. Sprinkle a little water and keep stirring. It should be cooked in 2-3 minutes.
14. Add the sauteed potato into this and mix.
15. Remove from flame.

16. Transfer it to a serving bowl.

Notes

- A quick and easy potato dish that can be used as a side with rice or chappati
- You could add tomatoes also to this vegetable dish. Tomatoes should be added to the potatoes boiling in water.

Paneer Stir Fry

Type: Savoury

Servings: 2

Ingredients

- ☒ 1 cup diced paneer
- ☒ 1/4 cup grated carrot
- ☒ 1 cup finely cut spinach
- ☒ 1/4 tsp salt
- ☒ 1/8 tsp turmeric
- ☒ a pinch of asafoetida
- ☒ 1 tsp mustard oil
- ☒ 1/2 tsp mustard
- ☒ 1/2 tsp cumin
- ☒ 1 green chilly
- ☒ 1/4 inch piece of ginger (optional)
- ☒ 1 sprig curry leaves

Instructions

1. Dice the green chilly finely. Grate the ginger. Tear the curry leaves.
2. Take a pan and add oil, mustard seeds, and cumin. Heat it on slow flame.
3. Once the mustard seeds sputter, add chilly, ginger, and curry leaves and roast mildly.
4. Reduce the flame.
5. Add paneer, and saute it till it starts browning on the sides.
6. Add carrot, spinach, salt, turmeric, and asafoetida and mix well.
7. Keep stirring till the vegetables are cooked.
8. Remove from flame.
9. Transfer it to a serving bowl.

Notes

- A quick, healthy, and easy paneer dish that can be used as a side with rice or chapati
- You could add tomatoes also to this vegetable dish. Tomatoes should be added when it is on high flame. Let the tomatoes break down before adding the carrot and spinach. Reduce the flame thereafter.

KICHADI

Cucumber Kichadi

Type: Savoury

Servings: 2

Ingredients

- ❑ 2 medium sized cucumbers
- ❑ $\frac{1}{4}$ tsp salt
- ❑ 1 cup thick curd
- ❑ $\frac{1}{4}$ cup grated coconut
- ❑ $\frac{1}{4}$ tsp chilli powder
- ❑ 1 tsp gingelly oil
- ❑ $\frac{1}{2}$ tsp mustard
- ❑ $\frac{1}{2}$ tsp black gram dal
- ❑ 1 sprig curry leaves
- ❑ 1 pinch asafoetida

Instructions

1. Take a bowl.
2. Place the curd in it.
3. Beat it with a whipper for 1 minute to get a smooth thick yoghurt.
4. Cut the cucumber into small pieces and add it to the yoghurt.
5. Add salt, and chilli powder to it.
6. Grind the coconut with $\frac{1}{4}$ tsp mustard seeds.
7. Add to the cucumber kichadi
8. Take a pan and add oil, the rest of the mustard seeds, black gram dal, and curry leaves. Heat it on slow flame.
9. Once the mustard seeds sputter, add it to the cucumber kichadi.
10. Quickly stir it in so that it does not curdle.
11. Serve.

Notes

- A quick healthy side dish
- Use a metal bowl instead of a glass one, if using electric whippers.
- Red chilli can be added for tempering as well, as per taste. Tear it into pieces and add to the mustard before sputtering
- Cucumber can also be scalded mildly after the mustard seeds sputter. In this case, cool down the cucumber before adding it to the curd. This variation gives a different flavour to the dish

→ Finely cut coriander leaves can also be added to the dish at the time of serving.

Tomato Kichadi

Type: Savoury

Servings: 2

Ingredients

- ☐ 3 medium sized tomatoes
- ☐ $\frac{1}{4}$ tsp salt
- ☐ 1 cup thick curd
- ☐ $\frac{1}{4}$ tsp chilli powder
- ☐ 1 tsp gingelly oil
- ☐ $\frac{1}{2}$ tsp mustard
- ☐ $\frac{1}{2}$ tsp black gram dal
- ☐ 1 sprig curry leaves
- ☐ 1 pinch asafoetida

Instructions

1. Take a bowl.
2. Place the curd in it.
3. Beat it with a whipper for 1 minute to get a smooth thick yoghurt.
4. Cut the tomatoes into small pieces and add it to the yoghurt.
5. Add salt, and chilli powder to it.
6. Take a pan and add oil, mustard seeds, black gram dal and curry leaves. Heat it on slow flame.
7. Once the mustard seeds sputter, add it to the tomato kichadi.
8. Quickly stir it in so that it does not curdle.
9. Serve.

Notes

- Red chilli can be added for tempering as well, as per taste. Tear it into pieces and add to the mustard before sputtering.
- Tomatoes can also be scalded mildly after the mustard seeds sputter. In this case, cool down the tomatoes before adding it to the curd. This variation gives a different flavour to the dish.
- Finely cut coriander leaves can also be added to the dish while serving.

SWEETS

Rava Ladu

Type: Sweet

Servings: 10 nos.

Ingredients

- ❑ $\frac{1}{2}$ cup sooji rava (*semolina*)
- ❑ $\frac{1}{2}$ cup sugar
- ❑ 3 tbsp ghee
- ❑ A few cashew nuts
- ❑ $\frac{1}{4}$ tsp cardamom powder

Instructions

1. Dry roast the rava in a frying pan till golden brown.
2. Powder the rava and sugar separately.
3. Mix them together, along with cardamom powder.
4. Place the mixture in a large plate.
5. Fry the cashew nuts in ghee, until golden brown/
6. Pour into the mixture and mix all the ingredients well.
7. Roll into balls while it is still warm.

Notes

- It stays for 3-4 days if kept in an airtight container.
- Approximately 10-14 lemon-sized balls can be made.

Ma Ladu

Type: Sweet

Servings: 2

Ingredients

- ❑ *1 cup roasted bengal gram dal (pottukadalai)*
- ❑ *1 cup sugar*
- ❑ *1 cup ghee*
- ❑ *A few cashew nuts*
- ❑ *$\frac{1}{4}$ tsp cardamom powder*

Instructions

1. Dry roast the pottukadalai lightly in a frying pan
2. Powder it in the mixer
3. Powder the sugar separately
4. Mix both together in a large plate, along with cardamom powder.
5. Fry the cashewnuts in the ghee.
6. Pour into the mixture.
7. Roll into balls while it is still warm.

Notes

→ It stays for 3-4 days if kept in an airtight container

Avil Payasam

Type: Sweet

Servings: 2

Ingredients

- ❑ 2 cups thick avil (*beaten rice flakes*)
- ❑ 1 cup milk
- ❑ $\frac{1}{2}$ cup sugar
- ❑ $\frac{1}{4}$ tsp cardamom powder

Instructions

1. Take a pan, dry roast the avil till light brown. Let it cool.
2. Wash once in water and drain
3. Take a large vessel.
4. Add milk into it.
5. Let it boil well, keep stirring.
6. Add avil and let it cook (avil gets cooked in 1-2 minutes).
7. Add sugar and cardamom powder, and stir.
8. Remove from flame.
9. Transfer it to a serving bowl.

Notes

- You can also boil it till it reaches a porridge like consistency, it gives a different flavour.

Jaggery Avil

Type: Sweet

Servings: 2

Ingredients

- ❑ 1 cup thick avil (*beaten rice flakes*)
- ❑ 1/2 cup grated jaggery
- ❑ 1 cup water
- ❑ 2 tbsp ghee
- ❑ 1/4 tsp cardamom powder
- ❑ 2 tbsp grated coconut (*optional*)

Instructions

1. Wash avil in water a couple of times and drain.
2. Take a vessel.
3. Add water and grated jaggery.
4. Let it boil well.
5. Remove from flame. Strain it through a sieve for removing impurities.
6. Take a deep thick-bottomed pan.
7. Add jaggery water to it and boil well and keep stirring till it becomes a thick syrup.
8. Take a small vessel with a little water. Add a drop of this thick syrup into this. If it stays in place without dissolving, you can proceed with the next step. Otherwise continue boiling and stir continuously.
9. Add avil and cardamom powder, and stir
10. Keep on low flame and stir for 2 minutes.
11. Remove from flame.
12. Transfer it to a serving bowl.

Notes

- The speed with which the jaggery thickens depends on the quality of the jaggery.

Jaggery Avil (no cook)

Type: Sweet

Servings: 2

Ingredients

- ❑ 2 cups thick avil (*beaten rice flakes*)
- ❑ 1 cup grated jaggery
- ❑ $\frac{1}{2}$ tsp ghee
- ❑ $\frac{1}{4}$ tsp cardamom powder

Instructions

1. Take a deep vessel
2. Wash the avil at least twice
3. Drain the water completely
4. Add the jaggery, and mix well
5. Add ghee and cardamom powder, and mix
6. Roll it into balls
7. Serve immediately

Notes

- Add grated coconut for additional flavour.
- This recipe is for those times when you don't want to switch on the stove, or if you want to involve little children while making the dish.

Chimili Ladu

Type: Sweet

Servings: 35 nos.

Ingredients

- ☞ *1 cup black sesame seeds*
- ☞ *1 cup grated jaggery*

Instructions

1. Take a pan
2. Dry roast the sesame on low flame till it starts sputtering
3. Remove from flame and put it onto a plate. Let it cool.
4. Powder it fine. Put it on a big deep plate.
5. Add the jaggery.
6. Pound it together lightly to mix it well.
7. Roll it into balls.

Notes

→ 1 cup of sesame can give around 35-40 big marble sized balls

PICKLES

Puliyinji

Type: Pickle

Servings: 2

Ingredients

- ❑ 1 cup finely cut pieces of green chillies
- ❑ 1 cup finely cut pieces of ginger
- ❑ 1 small orange sized ball of tamarind
- ❑ 1 $\frac{1}{2}$ tsp salt
- ❑ $\frac{1}{4}$ tsp turmeric powder
- ❑ 1 pinch of asafoetida
- ❑ $\frac{1}{2}$ cup grated jaggery
- ❑ $\frac{1}{5}$ cup gingelly oil
- ❑ 1 tsp mustard
- ❑ $\frac{1}{4}$ cup peanuts
- ❑ $\frac{1}{2}$ tsp fenugreek seeds
- ❑ 1 tsp bengal gram dal

Instructions

1. Take a vessel.
2. Soak tamarind in water for some time.
3. Squeeze the tamarind and extract the juice.
4. Soak it once again and repeat the above 2-3 times.
5. Take another vessel.
6. Soak the jaggery in water. Once it is completely dissolved, strain it to remove impurities and keep aside.
7. Take a pan.
8. Add a little oil and roast the peanuts till dark brown.
9. Remove from flame and keep aside.
10. Take another pan.
11. Add mustard seeds, bengal gram dal, fenugreek seeds and let it sputter.
12. Add the peanuts into this pan.
13. Add green chillies and ginger. Keep stirring.
14. If it is too dry, add oil and stir till both are soft.
15. Add the tamarind juice, salt, turmeric powder and asafoetida in it. Mix well.
16. Let it boil on high heat.

17. Add jaggery water and boil.
18. Once it reduces, transfer it to a serving bowl. It should be thick like a sauce.

Notes

- You can also let it reduce to get a jam like consistency.
- Adjust chillies, ginger and jaggery as per taste.

Ginger Lemon Pickle

Type: Pickle

Servings: 2

Ingredients

- ▣ *1 cup finely cut pieces of lemon*
- ▣ *1/2 cup finely cut pieces of ginger*
- ▣ *1 tsp salt*
- ▣ *1 tsp gingelly oil*
- ▣ *1/2 tsp mustard*

Instructions

1. Mix lemons, ginger and salt together into a vessel.
2. Take a pan.
3. Add oil and mustard seeds.
4. Once it sputters, add to the lemon mix.

Notes

→ You can add the juice of half a lemon so that it mixes well.

Lemon Pickle

Type: Pickle

Servings: 2

Ingredients

- ☞ *1 cup finely cut pieces of lemon*
- ☞ *1 tsp salt*
- ☞ *1/2 tsp chilli powder*
- ☞ *1 pinch of asafoetida*
- ☞ *1 tsp gingelly oil*
- ☞ *1/2 tsp mustard*

Instructions

1. Mix together lemons, salt, chilli powder, and asafoetida.
2. Take a pan.
3. Add oil and mustard seeds.
4. Once it sputters, add the lemon mix to it and saute for a few minutes.
5. Transfer it to a serving bowl.

Notes

→ You can squeeze half a lemon into this before adding the tempering.

Mango Pickle

Type: Pickle

Servings: 2

Ingredients

- ❑ *1 cup finely cut pieces of raw mango*
- ❑ *1 tsp salt*
- ❑ *1/2 tsp chilli powder*
- ❑ *1 pinch of asafoetida*
- ❑ *1 tsp gingelly oil*
- ❑ *1/2 tsp mustard*

Instructions

1. Mix together mango, salt, chilli powder and asafoetida in it.
2. Take a pan.
3. Add oil and mustard seeds.
4. Once it sputters, add the mango mix to it and saute for few minutes.
5. Transfer it to a serving bowl.

CHUTNEYS

Coconut Chutney

Type: Savoury

Servings: 2

Ingredients

- ☐ 1 cup grated coconut
- ☐ $\frac{1}{4}$ cup water
- ☐ $\frac{1}{2}$ tsp salt
- ☐ 1 inch piece ginger
- ☐ 2 tsp of grated jaggery
- ☐ 1 green chilli
- ☐ 2 tsp roasted bengal gram dal (pottukadalai) or peanuts
- ☐ $\frac{1}{2}$ lemon-sized tamarind
- ☐ 1 tsp gingelly oil
- ☐ $\frac{1}{2}$ tsp mustard
- ☐ $\frac{1}{2}$ tsp black gram dal (optional)
- ☐ 1 sprig curry leaves

Instructions

1. Take a pan and add oil, mustard seeds, and black gram dal. Heat it on slow flame.
2. Once the mustard seeds sputter and the dals are brown, tear the curry leaves and add, and roast mildly. Keep aside.
3. Take all other ingredients and grind in mixer. Add water as required to grind it. (not too runny, not too thick).
4. Transfer it to a serving bowl and add the tempering. Mix well and serve.

Notes

- A quick and easy chutney that can be used as a side with snacks, like idli, dosa, vadai etc.
- Add red chilli (torn into pieces) while tempering to make it spicier.

Mint Chutney

Type: Savoury

Servings: 2

Ingredients

- ☒ 1 cup mint leaves
- ☒ $\frac{1}{4}$ cup coconut
- ☒ $\frac{1}{4}$ cup water
- ☒ $\frac{1}{2}$ tsp salt
- ☒ 1 inch piece ginger
- ☒ 1 green chilli
- ☒ 2 tsp roasted bengal gram dal (pottukadalai) or peanuts
- ☒ $\frac{1}{2}$ lemon-sized tamarind
- ☒ 1 tsp gingelly oil
- ☒ $\frac{1}{2}$ tsp mustard

Instructions

1. Pick only the leaves from the mint, and discard any bits of the stem. Clean the leaves.
2. Take a pan and add oil, and mustard seeds. Heat it on slow flame.
3. Once the mustard seeds sputter, take it off the flame and keep aside.
4. Take all other ingredients and grind in the mixer. Add water as required to grind it (not too runny, not too thick).
5. Transfer it to a serving bowl and add the tempering. Mix well and serve.

Notes

- A quick and easy chutney that can be used as a side with snacks, like idli, dosa, vadai etc.
- Add red chilli (torn into pieces) while tempering to make it spicier.

Tomato Chutney

Type: Savoury

Servings: 2

Ingredients

- ☒ *1 cup tomatoes finely diced*
- ☒ *1/4 cup water*
- ☒ *1/2 tsp salt*
- ☒ *1 inch piece of ginger*
- ☒ *1 green chilli*
- ☒ *2 tsp roasted bengal gram dal (pottukadalai) or peanuts*
- ☒ *1 tsp gingelly oil*
- ☒ *1/2 tsp mustard*

Instructions

1. Take a pan and add oil, and mustard seeds. Heat it on slow flame.
2. Once the mustard seeds sputter, take it off the flame and keep aside.
3. Take all other ingredients and grind in the mixer. Add water as required to grind it (not too runny, not too thick).
4. Transfer it to a serving bowl and add the tempering. Mix well and serve.

Notes

- A quick and easy chutney that can be used as a side with snacks, like idli, dosa, vadai etc.
- Add red chilli (torn into pieces) while tempering to make it spicier.

FRIED ITEMS

Omappodi

Type: Fried

Servings: 2

Ingredients

- ☐ 1 cup bengal gram dal flour
- ☐ $\frac{1}{2}$ cup rice flour
- ☐ $\frac{1}{2}$ tsp salt
- ☐ $\frac{1}{2}$ tsp carom seeds (omam)
- ☐ $\frac{1}{2}$ tsp chilli powder
- ☐ $\frac{1}{4}$ cup water
- ☐ $\frac{1}{4}$ cup firm ghee
- ☐ 1 pinch of asafoetida
- ☐ oil for frying

Instructions

1. Take a large deep plate
2. Put bengal gram flour, rice flour, chilli powder, ghee and salt and mix well.
3. Powder the omam, add to the flour and mix well.
4. Add water little at a time and mix well till it becomes a firm dough (it should be possible to roll it into a ball).
5. Insert disc with small holes into the 'Sevai press'.
6. Fill it with dough and tighten the lid correctly.
7. Take a frying pan, add oil in it.
8. Heat it on high flame.
9. Once it is hot, reduce to medium flame.
10. Press the dough and as the dough falls through the holes, keep moving the hands in a circle such that you get a cicular net like structure in the oil.
11. Cook on one side till it becomes golden brown.
12. Turn it so that the other side also cooks till golden brown (one way to check is to wait till the noise ceases).
13. The final product should be golden brown evenly.
14. Remove from oil, place it on a plate such that oil can drain out.
15. Repeat till the entire batter is done.
16. Once it cools, store in a dry, air-tight container.

Notes

- Before powdering the carom seeds, it can be lightly roasted to get maximum flavour.
- The quantity of chilli powder and carrom seeds powder can be increased as per taste.

Bajji

Type: Fried

Servings: 2

Ingredients

- ☐ $\frac{1}{2}$ cup bengal gram dal flour
- ☐ $\frac{1}{2}$ cup rice flour
- ☐ $\frac{1}{2}$ tsp salt
- ☐ $\frac{1}{4}$ tsp turmeric powder
- ☐ $\frac{1}{2}$ tsp chilli powder
- ☐ $\frac{1}{2}$ cup water
- ☐ 1 pinch of asafoetida
- ☐ oil for frying
- ☐ *Vegetables: potato, raw banana, cabbage, carrot, or any other non-watery vegetables can be used.*

Instructions

1. Take a medium sized vessel.
2. Put bengal gram flour, rice flour, turmeric powder, chilli powder, and salt and mix well.
3. Add water little at a time and mix well till it is thick dosa batter consistency.
4. Cut the vegetables into long thin slices (2 inches long and 1 inch wide)
5. Take a frying pan, add oil in it.
6. Heat it on high flame.
7. Once it is hot, reduce to medium flame.
8. Dip each piece of the vegetable separately into the batter till it is coated on both sides fully and put in oil.
9. Repeat until the oil is full.
10. Cook on each side till it becomes brown.
11. Remove from oil, place it on a plate such that oil can drain out.
12. Repeat till the entire batter is done.
13. Serve hot.

Notes

→ Serve with coconut/mint chutney.

Ribbon Pakodam

Type: Fried

Servings: 2

Ingredients

- ☐ $\frac{1}{2}$ cup bengal gram dal flour
- ☐ $\frac{1}{4}$ cup rice flour
- ☐ $\frac{3}{4}$ tsp salt
- ☐ $\frac{1}{2}$ tsp chilli powder
- ☐ $\frac{1}{4}$ cup firm ghee
- ☐ 1 pinch of asafoetida
- ☐ water as needed
- ☐ oil for frying

Instructions

1. Take a large deep plate
2. Put bengal gram flour, rice flour, chilli powder, ghee, asafoetida and salt, and mix well.
3. Add water little at a time and mix well till it becomes a firm dough (it should be possible to roll it into a ball).
4. Insert disc with slits into the 'Sevai press'.
5. Fill it with dough and tighten the lid correctly.
6. Take a frying pan, add oil in it.
7. Heat it on high flame.
8. Once it is hot, reduce to medium flame.
9. Press the dough and as the dough falls through the holes, keep moving the hands in a circle such that you get a circular net like structure.
10. Cook on one side till it becomes brown.
11. Turn it so that the other side also cooks till brown (one way to check is to wait till the noise ceases).
12. The final product should be golden brown.
13. Remove from oil, place it on a plate such that oil can drain out.
14. Repeat till the entire batter is done.
15. Once it cools, store in a dry, air-tight container.

Notes

→ The quantity of chilli powder can be increased as per taste.

Athirasam

Type: Fried Sweet

Servings: 2

Ingredients

- ❑ $\frac{1}{2}$ cup rice flour
- ❑ $\frac{1}{2}$ cup jaggery
- ❑ water as needed
- ❑ oil for frying

Instructions

1. Soak the jaggery in a small amount of water
2. Once it dissolves fully, filter out any impurities
3. Add rice flour into the jaggery water
4. Mix well till it becomes a firm dough (it should be possible to roll it into a ball; add further water little by little if needed).
5. Take a frying pan, add oil in it.
6. Heat it on high flame.
7. Once it is hot, reduce to medium flame.
8. Take a lime-sized ball of the dough.
9. Press it into a flat shape.
10. Slide it into the oil.
11. Repeat until the oil is full.
12. Cook on one side till it becomes brown.
13. Turn it so that the other side also cooks till brown (one way to check is to wait till the noise ceases).
14. The final dish should be brown.
15. Remove from oil, and place it on a plate such that oil can drain out.
16. Once it cools, store in a dry, air-tight container.

Notes

- Athirasams, once made, can stay for 2-3 days without spoilage. Refrigerate if in doubt.
- Add milk instead of water to make it softer.

BEVERAGES

Lime Juice

Type: Beverages

Servings: 1

Ingredients

- ☐ 1 *cup water*
- ☐ $\frac{1}{4}$ *tsp salt*
- ☐ $1\frac{1}{2}$ *tsp sugar*
- ☐ $\frac{1}{2}$ *lemon (medium-sized)*

Instructions

1. Remove seeds from the lemon and squeeze into the water.
2. Add salt and sugar, and mix well

Notes

- Do not squeeze lemon too hard, otherwise the rind's bitterness will percolate.

Panakam

Type: Beverages

Servings: 1

Ingredients

- ▣ *1 cup water*
- ▣ *2 tsp jaggery*
- ▣ *1/4 tsp dried ginger powder*

Instructions

1. Soak jaggery in the water
2. Once it dissolves, filter out any impurities.
3. Add dried ginger powder and mix well

Notes

→ Add more ginger powder or jaggery as per taste.

Buttermilk

Type: Beverages

Servings: 8

Ingredients

- ❑ $\frac{1}{2}$ litre thick curd
- ❑ 2 tsp salt
- ❑ 2 litres water
- ❑ 2 green chillies
- ❑ 1 inch piece of ginger
- ❑ 1 sprig curry leaves

Instructions

1. Mix water and curd in a large deep vessel.
2. Whip it till the thick butter floats on top.
3. Remove the butter and keep it separately.
4. Add the salt and mix well.
5. Dice the green chillies very fine.
6. Grate the ginger.
7. Tear up the curry leaves.
8. Mix the chillies, ginger and curry leaves, and pound them together.
9. Add the mixture to the buttermilk.
10. Serve.

Turmeric Milk

Type: Beverages

Servings: 1

Ingredients

- ☒ *1 cup cow's milk*
- ☒ *1/4 tsp turmeric powder*
- ☒ *1/2 tsp ginger powder*
- ☒ *1 tsp candy sugar*

Instructions

1. Mix turmeric and ginger powder into the milk and boil well.
2. Remove from flame.
3. Add candy sugar and mix well.
4. Serve hot.