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## 1. Wheat Upma

Upma is a common south Indian breakfast and the one prepared with Broken wheat is one of the most healthy variants of Upma.

Method of preparation - Add ghee in the pan, then add mustard till it splutters + little urad dhal+ vegetables- boil for few minutes+ salt+water to boil+ dalia+ season with coriander leaves.

## 2. Nelli Rasam

Grind the malai nellikkai ( gooseberry) after removing the seed. Add 2 or 3 cups of water and keep it aside. Cook pasiparuppu, perungayam, manjal thul and small piece of tomato in a pressure cooker, mash it and make it watery. Mix the jeera and milaku (grinded) and kariveppilai (cut) to this and add the nellikai water to this and bring to boil. Add coriander leaves and serve hot

## 3. Manathakkali soup

Manathakkali keerai - ½ kattu

Chinaa vengayam - 8 no

Inji - small piece

Thengai pal - one cup

Salt - As required

Pepper - little quantity

Oil- little

Keep a cooker in stove, add oil, onion,ginger, keerai and sauté for a little while. Add two cups of water, salt and leave for a while. Release the pressure and then add thengai pal and pepper powder to serve hot.

## 4. Inippu appam

Puzhungal arisi - 1 cup

Wheat flour - ½ cup

Jaggery- 1 ¼ cup

Elakkai - 4

Soak arisi for one hour and grind it into a fine paste. Boil jaggery with very little water and filter it and add the rice paste, wheat and elakkai and cook with ghee in panyara kal

## 5. Kariveppilai nelli podi

Wash the malai nelli, remove the seeds and dry it in sunlight. Take little ghee to fry the katti perunayam and keep it aside. Add few pepper in the same ghee and keep it aside. Then dry roast kariveppilai.

In a mixie, dry grind nelli vathal, milagu, salt, perungayam. Then add the dry roasted kariveppilai and dry grind again. Preserve in a airtight container.

## 6. Murungakkai Rasam

Cook pasiparuppu, perungayam, manjal thul and small piece of tomato, salt and one murungakkai in a pressure cooker, mash it and make it watery. Grind jeera, milaku, and three coriander seeds and add in the cooker along with kariveppilai add little more water to this and bring to boil. Add coriander leaves and serve hot

## 7. Inji Malli thuvayal

Add little oil/ ghee in a kadai. Add a uzthutham paruppu, kadalai paruppu , pepper (very little) , perungayam, little coconut scrapings and sauté it, then add malli leaves, ginger and sauté for a short while. Grind it in a mixie

## 8. Inji Soup

Grated Inji - ¼ cup

Grated carrot - 2 tsp

Kothamalli elai - ½ cup

Arisi mavu- 1 tsp

Pepper- 1/2 tsp

Jeeraka powder - ½ tsp

Finely chopped small onion - 2

Salt - as required

Add oil in cooker, and then add grated inji, grated carrot, malli and saute. Add sufficient water and then add the arisi maavu and dissolve it and cook it for a whistle. Add peeper powder and jeera powder and allow for boil and serve hot

## 9. Samai kichadi

Samai arisi 1/2 cup

Small onions 5

Ginger - small piece

Mustard seeds 1/4 tsp

Urad dal 1/4 tsp

Oil 1 tsp

Salt as needed

Water 1 and 1/2 cup

Carrot and beans 2 tablespoon each

Wash the saamai and soak for 15 minutes. In a pan, add oil, kadugu, very little uzhundhu paruppu, onions and small ginger slices and sauté in medium flame till the onions turn pink. Add the vegetables and salt and sauté for a short while. Add one and a half cup water and allow it to boil. Add the soaked samai by draining the water and cook in sim flame for around 7- 10 minutes. Add corrainder leaves and serve

## 10. Inji karuveppilai thuvayal

Add little oil/ ghee in a kadai. Add a uzhutham paruppu, kadalai paruppu, pepper (very little), perungayam, little coconut scrapings and sauté it, then add curry leaves, ginger and sauté for a short while. Grind in in a mixie.

## 11. Seeraka soup

Paruppu vega vaitha thanneer - 3 cup

Tomato puree- 2 tablespoon

Malli ilai - little

Manjal thul - little

Pepper - little

Salt - As required

For grinding - Seerakam - 2 tsp

Crushed Poondu - 2 pal

Thalikka - ghee- 1 tablespoon

Pattai - 1 small piece

Add ghee, pattai, tomato puree, paruppu thaneer, salt, crushed poondu, jeera paste and boil for 5 minutes. Add corrainder leaves and serve hot.

## 12. Thrikatu rasam

Cook little pachapayaru , perungayam, manjal thul and small piece of tomato, salt in a pressure cooker, mash it and make it watery. Mix the jeera, milaku chukka, thippili ,( grinded) and kariveppilai to this and add little more water to this and bring to boil. Add coriander leaves and serve hot

## 13. Vazhathandu dosai

Remove the fibers ( naaru) from vazhathandu and grind it in a mixie. Add with Dosa maavu. Make dosa and serve hot.

## 14. Vazhai thandu adai

Puzhungal arisi- ¾ cup

Dhaniya- 1table spoon

Poondu - 4 pal

Sombu - 1 tsp

Inji - one small piece

Milagu - 4

Tender plantain pith - one small piece

Pachapayaru - 1 cup

Salt- to taste

## 15. Vazhai poo dosai

Puzhungal arisi or pacharisi - 1 cup

Uzhundhu - ½ cup

Vazhai poo - 1

Milagu - 5

Small onion - 4

Salt - little

Steam vazhai poo for 5 minutes after it is cleaned and cut into small pieces and added with salt. Add all other items and then mix vazhai poo into it and make dosai

## 16. Mudakathan dosai

Grind mudakathan it in a mixie. Add with Dosa maavu. Make dosa and serve hot.

## 17. Vadikanji soup

Sadam vadicha kanji - 2 cups

Pulitha moor - ½ cup

Inji - small piece

Kariveppillai - little

Salt - little

Boiled vegetables - little

Coriander leaves- little

Slice the ginger into thin and long pieces. Add little oil in pan and then add ginger, kariveppilai, vaditha kanji, boiled vegetables, and then add ½ cup water, salt and boil for 5 minutes. Take it out of flame and then add butter milk and coriander leaves and then serve

## 18. Thinai Upma.

Ingredients:

Thiani Arisi - 1 cup

Samll Onion - 5

Curry Leaves, few sprigs

Mustard Seeds - 1/2 tsp

Cumin - 1/2 tsp

Kadalai paruppu - ¼ tsp

Uzhundhu paruppu - ¼ tsp

Ginger - 1tsp, chopped

Turmeric Powder, a pinch

Water - 3 cups

Asafoetida, a pinch

Oil - 1tbsp

Salt to taste

Method:

1.Clean thinai arisi and remove any husk or dirt present in it. Wash twice or thrice in tap water, soak in fresh water for 15 minutes.

2.Heat oil in a pan. Add mustard seeds, when it splutter add kadalai paruppu uzhundhu paruppu , onion, ,ginger, curry leaves and asafetida



3. Pour 3 cups of water and bring to boil. Add salt and thinai arisi. Stir well. Cover with a lid and simmer over low flame for 10 - 15 minutes or until cooked completely.
4. Uncover to check whether upma is done. If you feel still dry or uncooked sprinkle some water, cover and cook again for few more minutes.

## 19. Godhuma ravai adai

Godhuma ravai - 50 g

Pasi payaru - 25 g

Kadalai paruppu -25 g

Uzhutham paruppu - 15 g

Arisi- 15 g

Vengayam-50 g

Kariveppilai -4 tsp

Milagu - 5 no

Perungayam -1/2 tsp

Manjal podi - ½ tsp

Salt- little

Soak arisi and paruppu together for 3 hours. Add other items and grind with sufficient quantity of water and make dosa.

## 20. Ilaneer Pal

Ilaneer- 1

Ilaneer Vazukkai- 1

Panam Karkandu - 1 tsp

Elakkai - 1

Grind in a mixie and serve after filtering (Don't use the regular milk filter, use a separate filter for this)

## 21. Thengai Pal

Thengai thuruval - 1

Jaggery -75 grams

Elakkai - 2

Arisi - 1 spoon

Grind the rice and thengai thuruval to take 1st pal and then take 2nd pal. Add jaggery and water in a vessel and heat it. When it starts boiling add the 2nd pal. When it starts boiling add the 1st pal. When is getting frothy, remove from fire, add elakkai and serve hot

## 22. Mudakathan keerai/ murunga keerai dosai

Puzhungal arisi - 2 cup

Uzhutham Paruppu -  $\frac{3}{4}$  cup

Milagu - 4

Seeragam -  $\frac{1}{2}$  tsp

Mudakathan keerai/ murunga keerai - 2 cup

Grind all the above things together and grind in the evening to make dosa the next day morning.

## 23. Pesarettu

1 cup whole green moong

1/4 cup of raw rice

A small piece of ginger

A small bunch of coriander leaves

2 pepper

2 tbsp of oil, for drizzling on dosa while cooking

Wash and soak green gram and rice in enough water for about 4 to 6 hours. Blend green gram, ginger, salt, chilies, and cumin together with water as required. The batter must be smooth and the consistency similar to that of dosa batter. If you want it to be crispy, do not add water to the batter after you finish grinding. Bring it to the right consistency while you grind.

## 24. Vazhai poo Kanji

Add ghee in kadaai, add biriyani elai, inji thuruval, vazhai poo and fry it. Add ½ tsp seeraka samba rice and sauté till the rice becomes oily. Add salt. Add sufficient water and pressure cook it to get in kanji consistency. When it is cooked, add pudhina and coriander leaves and serve hot.

## 25. Chappati varieties

chappathies are the Indian non fermented breads made from wheat flour mostly or some other millet flours into thin delicious tawa cooked item with ghee,,,,,

**Omam Chapath I** - add omam while preparing the dough

**Payaru chappathi** - godhuma maavu + soaked payaru made into a paste+ jeera powder+ salt+ ghee

**Pudhina chappathi**- godhuma maavu + finely chopped pudhina + grated ginger+ salt + ghee

**Kambu chappathi** - kambu maavu +godhuma maavu +little coconut scappings+ little omam+ ghee+ salt

**Keerai chapthi** - oil in pan, add kadugu, seerakam,manjalthool, keerai and sauté and add this to chappathi maavu

**Vegetable chappathi** - either boil the vegetables or sauté with spices like ginger, jeerakam etc and mix with chappathi maa

## 26. Rice varieties

General method of preperaion- wash it, soak, cook with water and decant after proper cooking, each variety requires different time for cooking. Different flavours.

