

# M 'n M's Vegetarian Recipe Collection

Mahalakshmi Murali Krishnan

Murali Krishnan Ganapathy

# Preface



Goddess Annapoorna is looked upon as the provider of food and the sustainer of prosperity. Legend has it that Shiva made an agreement with Goddess Annapoorna that she look after life before death, ensuring that no one went hungry in the sacred city of Kasi, while he would ensure they received moksha (freedom from the cycle of birth & death). Annapoorna is Kasi's queen. She is known in the Kasi Khanda as Bhavani, the female shakti of Bhava, "Being," one of the names of Shiva.



The name Annapoorna means "She of Plenteous Food" She is called the "Mother of the Three Worlds," and she promises to those who come to her what only a mother can give, naturally and freely - food.

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# Chapter 1

## Introduction

### Copyright

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### Contact

We always welcome your feedback. If you have any suggestions, comments or recipes, we can be reached at [cooking@mahamurali.net](mailto:cooking@mahamurali.net).

### Why?

Aren't there enough recipe book's out there? Frankly, we thought ours will be better. Hence this book. This is intended to be a compendium of recipes from all over the world, with emphasis on various Indian cuisines and a few "inventions" of our own (and people we know). We expect the brave cook to use the given recipe as a starting point and experiment with different variations!

The usefulness of a book is measured by its indices. The Recipe index allows you to look up the recipe of a dish by name. Category, Cuisine index allows you look up the recipes based on the category of the dish (sweet, savories...) and then by the cuisine. Cuisine, Category index allows you to look up the recipes based on the cuisine and then the category of the dish.

As far as we are concerned the most useful index is the Ingredient index. This allows you to look for a recipe based on its important ingredients. So you can almost make a dish based on what ingredients you have in your kitchen!

## **Cooking Terminology and Translation Matrices**

Some basic cooking terminology and translation tables for ingredients are listed below. The translation tables are categorized into Spices, Grains, Pulses / Lentils, Dry Fruits, Dairy products and Others.

Figure 1.1: Basic Cooking Terminology

<b>Chop</b>	Cutting into small pieces.
<b>Deep fry</b>	Cook in hot oil/ghee till desired colour is reached.
<b>Dice</b>	Cut into small even cubes.
<b>Fry</b>	Cook in oil/ghee.
<b>Garnish</b>	Decorate (on top) by adding other food stuff.
<b>Grate</b>	Cutting into fine thin strips (using a grater).
<b>Knead</b>	Pressing dough with hand by folding and turning till it reaches the required consistency.
<b>Mash</b>	Crush the food finely after softening (by boiling...) or using a masher.
<b>Paste</b>	Smooth blend of solid ingredient with liquid.
<b>Peel</b>	Removal of outer layer using a knife or a peeler.
<b>Roast</b>	Over heating without any oil/ghee.
<b>Season</b>	To add spices and other ingredients to increase the flavor.
<b>Shallow fry</b>	Cook in little oil for a short time.
<b>Simmer</b>	Cook in low flame after content starts boiling.
<b>Stir</b>	Mixing with a ladle.
<b>Slit</b>	Make a long narrow opening (usually for chillies)
<b>Sieve</b>	Process used to separate finer parts from the coarser parts (using a sieve).

Figure 1.2: Spices - Translation Matrix

<b>Hindi</b>	<b>English</b>	<b>Tamil</b>
Amchur	Dry Mango powder	Manga podi
Adhrak	Ginger	Inji
Ajwain	Oregano	Omam
Anardana	Pomegranate Seeds	Madhulai vidhai
Badi Elaichi	Cardamom (Big)	Ellakkai
Dal Chini	Cinammon	Pattai
Dhania Sabut	Coriander seeds	Kothamalli vedhai
Haldi	Turmeric	Manjal
Hari Elaichi	Cardamom (green)	Pachai Elakkai
Hing	Asafoetida	Perungayam
Imli	Tamarind	Puli
Jaiphal	Nutmeg	Jathikai
Jayitri	Mace	Jathi patri
Jeera	Cumin Seeds	Jeerakam
Kala namak	Rock salt	Kal Uppu
Kalaungi	Onion seeds	Vengaya vadhai
Kali Mirch	Black pepper	Milagu
Kesar	Saffron	Kunkuma poo
Khus Khus	Poppy seeds	Khus Khus
Lal Mirch	Red pepper	Kanja Milagai
Laung	Cloves	Grambu
Lehsan	Garlic	Poondu
Methi	Fenugreek seeds	Mendhiyam
Nimbu ka Chilka	Lime peel	Elumicham thol
Sarson	Mustard seeds	Kadugu
Saunf	Aniseed	Sombhu/Perunjeeragam
Saunth	Dry Ginger	Chukku
Shah Jeera	Black cumin seeds	Karunjeeragam
Tej Patta	Bay Leaf	Lavanga Elai
Thil	Sesame Seeds	Ellu

Figure 1.3: Grains - Translation Matrix

<b>Hindi</b>	<b>English</b>	<b>Tamil</b>
Atta	Wheat Flour (whole)	Godhumai Mavu
Bajra	Pearl Millet	Cambu
Chiwra/Poha	Rice Flakes	Aval
Jau	Barley	Barli
Juar	Sorghum	Cholam
Maida	Wheat Flour Refined	Maida mavu
Makki	Maize	Makka Cholam
Murmura	Rice Puffed	Pori
Sevaiyan	Vermicilli	Semiya
Sooji	Semolina	Ravai
Sabudana	Sago	Javvarisi

Figure 1.4: Pulses and Lentils - Translation Matrix

<b>Hindi</b>	<b>English</b>	<b>Tamil</b>
Arhar/Tur dal	Red Gram Dal	Thuvaram Paruppu
Besan	Bengal gram flour	Kadalai Maavu
Channa Dal	Bengal gram dal	Kadalai Paruppu
Kabuli Channa	Chick pea	Kondai Kadalai
Kala Channa	Bengal gram whole	Kothu Kadalai
Kala Channa dhuli	Bengal gram skinned	Pottu Kadalai
Kulthi	Horse gram	Kollu
Lobhiya	Cow pea	Karamani
Masoor Sabut	Lentil Dal	Mysore Paruppu
Mattar	Peas	Pattani
Moong chilka	Green gram split	Pachai Payaru
Moong dal	Green gram dal	Payatham Paruppu
Moong sabut	Green gram whole	Paasi Paruppu
Rajma	Mexican beans	Rajma
Urad Dhuli	Black gram dal	Ulutham Paruppu
Urad Chilka	black gram split	Karuppu ulundhu
Urad dhuli	black gram skinned	Vellai ulundhu
Val	Field bean	Mochai

Figure 1.5: Dry Fruits - Translation Matrix

<b>Hindi</b>	<b>English</b>	<b>Tamil</b>
Akhrot	Walnuts	Akhrot
Badam	Almonds	Badam
Kaju	Cashewnuts	Mundhri Paruppu
Kishmish	Raisins	Dhrakchai
Moongphali	Peanuts	Verkadalai

Figure 1.6: Dairy Products - Translation Matrix

<b>Hindi</b>	<b>English</b>	<b>Tamil</b>
Chhach/Lassi	Whey/Butter Milk	Moru
Dhahi	Yoghurt/Curd	Thayiru
Ghee	Clarified butter	Nei
Mava/Khoa	Whole dried milk	Thirati pal
Makhan	Butter	Vennai
Paneer	Cottage cheese	Pal Katti

Figure 1.7: Others - Translation Matrix

<b>Hindi</b>	<b>English</b>	<b>Tamil</b>
Achar	Pickle	Oorugai
Ararut	Arrow root flour	kuva mavu
Dab	Coconut tender	Elaneer
Gudh	Jaggery	Vellam
Pan pattha	Beetle leaves	Vethilai
Supari	Areca nut	Paku

Figure 1.8: Vegetables - Translation Matrix

<b>Hindi</b>	<b>English</b>	<b>Tamil</b>
Baingan	Egg Plant/Brinjal	Kathrika

## Chapter 2

# South Indian recipes



These are the recipes of dishes which are popular in South India. Different states in South India have markedly different cuisines. The Kerala cuisine for instance is easily identified by its heavy use of coconut (like the Thai cuisine). On the other hand, Andhra cuisine is famous for its pickles, and in general for spicy and hot dishes. In Karnataka, the hot and spicy dishes have an added sweet tinge. Tamilnadu cuisine is famous for its long line of deserts and tiffin varieties. In spite of the diversity, what unites all the cuisines is their staple food: Rice.

### Some common preparations

#### Seasoning

Dry fry fenugreek and cumin seeds (if any) and keep aside. In a frying pan, add oil/ghee. Add a little mustard and allow it to crackle. Then fry the remaining ingredients (as suggested by the recipe) for a couple of minutes. Nuts, Pulses,

Onion and Garlic should be fried till golden brown.

### **Tamarind Juice**

Take required tamarind (as suggested by the recipe) and soak it in 2 cups of warm water (cold water slows down the process). Squash the tamarind using your fingers. Remove the solid portion to obtain the Tamarind Juice.

Alternatively, take the equivalent quantity of tamarind paste (2 tsp tamarind paste for 1 small lime size tamarind) and mix it with warm water to make the tamarind juice.

### **Sambhar Powder**

### **Rasam Powder**

## *Rava Kesari*

South Indian: Sweet

Quantity: 2 Servings

$\frac{1}{2}$ cup Rava	Fry the rava in a pan till golden brown (You may add few spoons of ghee while frying).
$\frac{1}{2}$ tsp Kesari powder 1 tbsp milk	Mix Kesari powder in milk to get the Kesari mix.
1 cup Milk	Boil the milk. Now add the milk to the fried rava little by little stirring continuously.
1 cup Sugar	When the mixture softens add the sugar.
$\frac{1}{2}$ cup Ghee	Add Ghee to the pan and keep stirring till the mixture no longer sticks to the vessel.
2 tsp Cardamom powder Cashews	Sprinkle the Cardamom powder and add the previously prepared Kesari mix to the mixture. Mix well. Garnish with fried cashews.

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- Taste - **You may also garnish with raisins.**
  - Diet - **You may reduce or skip the Ghee.**
  - Diet - **You may replace milk with boiled water.**

## *Bisi Bela Bath/Hulianna*

Karnataka: Rice

Quantity: 2–3 Servings

$\frac{1}{2}$ cup toor dal	Wash dal well and soak it overnight in 2 cups of water.
1 cup Rice	(rice-dal) Wash the rice. Add salt,
$\frac{1}{4}$ tsp turmeric powder	turmeric powder, soaked dal & 3 cups water. Pressure cook these together.
$\frac{1}{2}$ small lime size tamarind	Make Tamarind Juice.
$\frac{1}{4}$ tsp methi seeds	(masala) Fry methi seeds, red chillies, dha-
6–8 dry red chillies	nia seeds, cinnamon, coconut and cloves in
4 cloves	$\frac{1}{2}$ tbsp oil till coconut is well roasted. Al-
1 small piece cinnamon	low this to cool, make a powder of it and
2 tbsp coconut	keep aside.
2 tsp dhanian seeds	
1 tsp jaggery powder	Boil tamarind water in a thick vessel along with jaggery. Boil till tamarind's raw smell disappears.
3 tbsp ghee	To this add the boiled rice-dal, ghee and the masala. Mix well. Add little water if required. Simmer for a minute.
2 tbsp cashew	Season with fried cashews and sliced
3 tbsp ghee	onions.
1 small onion	

- 
- Taste - **Other vegetable such as bell pepper (capsicum), okra (ladies finger), peas, carrots, beans and potatoes may also be fried/boiled separately with salt and turmeric powder and added.**
  - The masala powder can be prepared earlier & refrigerated till needed.

## *Rava Laddu*

Tamilnadu: Sweet

Quantity: 4 Servings

1 cup fine Cream of Wheat (Rava)	Dry roast rava for a few minutes till it is golden colour and flavour comes out. Grind the roasted rava to a smooth powder.
1 cup powdered sugar	Mix the rava with powdered sugar.
$\frac{1}{4}$ cup cashews $\frac{1}{4}$ cup raisins	Mix fried cashews and raisins to the rava and sugar mixture.
Few cardamoms for flavour	Peel cardamom skin, pound it and add it to the above mixture.
$\frac{1}{4}$ cup ghee	Pour hot ghee to the mixture and make small balls.

- 
- Since the rava and the ghee are both hot, one can either let the roasted rava cool down or fry and grind the rava the previous day.

## *Avial*

Tamilnadu: Curry

Quantity: 2–3 Servings

5–6 Green Chilies (Masala) Fry bengal gram dal to golden  
1 cup Grated Coconut brown in little oil. Add chilies, coconut,  
1 tsp Cumin seeds cumin seeds and grind to a smooth paste.  
 $\frac{1}{4}$  cup Bengal gram dal

Hard Vegetables: Peel off outer skin (if needed) and cut them  
Carrot, Beans, Potato into long thin bits. Pressure cook or boil  
etc. them together till well cooked.

Soft Vegetables: Peel off outer skin (if needed) and cut into  
Pumpkin, Eggplant etc. long thin bits. Boil them till cooked, but  
do not overcook or mash them.

1 pinch Turmeric Powder (Avial) Pour the masala prepared above  
into a frying pan. Add turmeric powder  
and hard vegetables. Mix evenly. Simmer  
in low fire for 5 minutes. Then add the  
soft vegetables, and salt to taste. Mix well  
and remove from fire.

1 cup Yoghurt After a few minutes, add the Yoghurt and  
mix well.

2 tbsp Coconut Oil Garnish the avial with curry leaves fried in  
1 sprig curry leaves Coconut oil.

- 
- Diet - **Adjust the quantity of Yoghurt as required.**
  - Taste - **Choose your own vegetables. More the merrier.**
  - Taste - **While garnishing you may add more Coconut oil.**
  - Always use good quality yoghurt, i.e. it should not be sour.

## *Coconut Rice*

South Indian: Rice

Quantity: 2–3 Servings

1 cup rice	Pressure cook the rice and spread it on a plate.
1 tsp Bengal gram dal	Season the cooked rice with the given ingredients and mix well.
1 tsp Black Gram dal	
1 tsp peanuts	
1 tsp cashewnuts	
$\frac{1}{2}$ tsp mustard	
$\frac{1}{2}$ tsp cumin seeds	
1 tsp ghee	
3 red chilies	Fry these ingredients, powder them and sprinkle over the rice. Add salt to taste.
1 tsp Bengal gram dal	
1 tsp Black Gram dal	
1 tsp peanuts	
1 tsp cashewnuts	
1 tbsp ghee	Heat the ghee, and fry the coconut to reddish brown. Add this and the asafoetida to the rice and mix well.
$\frac{1}{2}$ cup grated coconut	
pinch of asafoetida	Chop the ingredients and garnish.
1 sprig curry leaves	
1 sprig corriander leaves	
2 small green chilies	

- 
- Instead of ghee you may use any other oil.
  - Diet - **you can reduce the amount of ghee and coconut.**

## *Lemon Rice*

South Indian: Rice

Quantity: 2–3 Servings

1 cup rice	Pressure cook the rice and spread it on a plate.
1 tsp Fenugreek	Fry fenugreek without adding oil. Keep it aside. Fry the chilies in oil. Powder chilies with fenugreek and sprinkle over the rice.
1 tsp Gingely oil	
3 red chilies	
2 tsp Gingely oil	Season the rice with the given ingredients and mix well.
1 tsp mustard seeds	
1 tsp Bengal gram dal	
1 tsp Black Gram dal	
1 tsp peanuts	
1 tsp cashewnuts	
1 inch ginger piece - chopped	
pinch of turmeric	
1 big lemon	Mix the rice with lemon juice. Add salt to taste.
1 sprig curry leaves	Chop the ingredients and garnish.
1 sprig corriander leaves	
2 small green chilies	

- 
- Gingely oil is preferable. You may use any other oil.
  - Taste - **You may add bell peppers, onion, peas. . . (after frying them).**

## *Tomato Rasam*

Tamilnadu: Soup

Quantity: 2–3 servings

$\frac{1}{2}$ cup toor dal	Soak the toor dal in water for half an hour, pressure cook and mash well.
1 cup chopped tomatoes 1 tbsp ghee	Heat the ghee in a cooking pan. Then add the chopped tomatoes and fry them till they can be mashed.
1 pinch turmeric powder 2 tsp rasam powder 1 pinch asafoetida	(Rasam) Add the mashed toor dal, 2 cups water, turmeric, asafoetida, rasam powder and salt to taste.
1 tsp mustard 1 tsp cumin seeds 1 tsp chopped garlic	When the rasam froths up, season with the given ingredients.
1 tbsp chopped coriander leaves $\frac{1}{2}$ tsp ground black pepper	Garnish with coriander leaves and ground black pepper.

- 
- You may do away with garlic.
  - Diet - **You may reduce or do away with ghee.**
  - You may reduce/increase the amount of water depending on your taste requirements.

## *Paruppu Rasam*

Tamilnadu: Soup

Quantity: 2–3 servings

$\frac{1}{2}$ cup toor dal	Soak the toor dal in water for half an hour, pressure cook and mash well.
$\frac{1}{4}$ cup chopped tomatoes 1 tsp ghee	Take a pan and fry the chopped tomatoes till they can be mashed.
$\frac{1}{4}$ lime size tamarind	Make Tamarind Juice.
1 pinch turmeric powder 2 tsp rasam powder 1 pinch asafoetida	(rasam) Add the mashed toor dal, tamarind juice, 1 cup water, turmeric, asafoetida, rasam powder and salt to taste.
1 tbsp ghee 1 tsp mustard seeds 1 tsp cumin seeds	Season the rasam with the given ingredients.
1 tbsp chopped coriander leaves $\frac{1}{2}$ tsp ground black pepper	When the rasam froths up, garnish with coriander leaves and ground black pepper.

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- Diet - **You may reduce or do away with ghee.**
  - Popularly known as Molagu Jeera Rasam (since it has black pepper and cumin seeds), it is a house hold remedy for curing common cold.
  - Taste - **You may add garlic if you wish.**
  - You may reduce/increase the amount of water depending on your taste requirements.
  - Also see Lemon Rasam.

### *Lemon Rasam*

Tamilnadu: Soup

Quantity: 2–3 servings

This is similar to Paruppu Rasam. Instead of tamarind, squeeze one lemon when garnishing. Replace black pepper with two chopped green chilies. Reduce rasam powder from 2 tsp to 1 tsp.

- Taste - **To make it more spicy, you may add  $\frac{1}{2}$  tsp each of ground black pepper and ground coriander seeds.**

## *Vatral Kozhambu*

Tamilnadu: Curry

Quantity: 2–3 Servings

1 small lime size tamarind	Make Tamarind Juice.
pinch of asafoetida	(Kozhambu) Heat the tamarind juice till
2 tsp Sambhar powder	the raw smell disappears. Add little wa-
	ter, Sambhar powder, asafoetida and salt
	to taste. Allow to simmer for 15 minutes.
2 tbsp Gingely oil	Season the kozhambu with the given ingre-
1 tsp Mustard seeds	dients.
1 tsp fenugreek	
1 tsp Bengal gram dal	
4 red chilies	
1 cup finely sliced onion	
1 tbsp rice flour	Dissolve the rice flour in a little water, add
	to the kozhambu and stir well. Remove
	from fire after 5 minutes.
1 tbsp finely chopped curry leaves	Garnish with curry leaves.

- 
- To make Sundakkai/Mathankalikai vatral kozhambu, fry Sundakkai/Mathankalikai in a little oil till golden brown and add to the above kozhambu.
  - Taste - **Using gingely oil gives more taste to the kozhambu. You may use any other oil.**

## *Tamarind Gothsu*

South Indian: Curry

Quantity: 2–3 Servings

1 big brinjal	Boil the brinjal in water till well cooked and peel the skin. Alternatively roast the whole brinjal over a slow flame and peel. Mash well.
1 lemon size tamarind	(Gothsu) Boil the Tamarind Juice until
2 tsp sambhar powder	raw smell vanishes. Fry (in a separate
pinch asafoetida	pan) onions, garlic and ginger and add.
1 tsp finely chopped	Add mashed brinjal, salt to taste, samb-
ginger	har powder and asafoetida.
1 tsp finely chopped	
garlic	
1 cup chopped onions	
2 tsp Bengal gram flour	Dissolve the flour in a little water, add to
	the Gothsu and stir well. Allow it to boil
	and remove from fire.
1 tsp mustard	Season the Gothsu with the given ingredi-
1 tsp black gram dal	ents.
1 tsp bengal gram dal	
3–4 red chillies	

- 
- Taste - **You may add little sugar to the gravy to make it more tasty.**
  - Taste - **You may also add other vegetables like carrots, peas and capsicum after frying.**
  - Gothsu can also be made with finely chopped and fried brinjals (small ones), instead of the boiling or roasting a big one.
  - Green chilies may be used instead of red chilies.

*Poricha Kootu*

South Indian: Curry

Quantity: 874

Ingredient 1 Step 1...

ingredient 2 Step 2...

Step 3...

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*Mor Kozhambu*

South Indian: Curry

Quantity: 874

Ingredient 1 Step 1...

ingredient 2 Step 2...

Step 3...

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*Payasam - Traditional way*

South Indian: Sweet

Quantity: 874

Ingredient 1 Step 1...

ingredient 2 Step 2...

Step 3...

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*Sambhar - Traditional way*

South Indian: Curry

Quantity: 874

Ingredient 1 Step 1...

ingredient 2 Step 2...

Step 3...

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*Onion Chutney*

South Indian: Side dish

Quantity: 874

Ingredient 1 Step 1...

ingredient 2 Step 2...

Step 3...

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*Coconut Chutney*

South Indian: Side dish

Quantity: 874

Ingredient 1 Step 1...

ingredient 2 Step 2...

Step 3...

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*Tomato Thokku*

South Indian: Side dish

Quantity: 874

Ingredient 1 Step 1...

ingredient 2 Step 2...

Step 3...

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*Paruppu Thogayal*

South Indian: Side dish

Quantity: 874

Ingredient 1 Step 1...

ingredient 2 Step 2...

Step 3...

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*Cilantro/Mint Thogayal*

South Indian: Side dish

Quantity: 874

Ingredient 1 Step 1...

ingredient 2 Step 2...

Step 3...

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### *Mathanga Erissery*

Kerala: Curry

Quantity: 2–3 Servings

$\frac{1}{4}$ cup Rajma	Soak Rajma in water overnight. Cook with salt and keep aside.
1 cup Pumpkin (Mathanga)	Peel and dice the pumpkin. Cook in a little water and mash it.
$\frac{1}{2}$ cup grated coconut 10 baby onions 1 tsp cumin seeds pinch of Turmeric powder 3 chopped Green Chilies	Peel and slice the onions. Grind coconut, onions, chilies, cumin seeds and turmeric powder. Add the mashed pumpkin, Rajma and salt to taste. Boil till the gravy thickens.
1 sprig Curry leaves $\frac{1}{2}$ tsp Mustard seeds	Garnish with mustard seeds and curry leaves.

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## *Kalan*

Kerala: Curry

Quantity: 2–3 Servings

$\frac{1}{2}$ cup grated coconut 1 tsp cumin seeds  1 tsp ground black pepper  $\frac{1}{2}$ cup Yam $\frac{1}{2}$ cup raw banana peeled & sliced pinch of turmeric powder 3 tsp ghee 1 cup mashed yoghurt 2 small green chilies slit  $\frac{1}{2}$ tsp fenugreek seeds 1 tsp Mustard seeds 1 dried chilly (split in 2) 1 sprig Curry leaves 1 tsp ghee	<p>(Coconut mixture) Grind the coconut and cumin seeds to a smooth paste without adding water. Keep it aside.</p> <p>(Pepper water) Dissolve the pepper powder in <math>\frac{1}{2}</math> cup water and strain through a clean cloth.</p> <p>(Kalan) Cook the vegetables and chilies in pepper water. Add turmeric powder and salt to taste. Stir well. When the water dries, add ghee. Pour the yogurt and mix well. Simmer till the curd boils and thickens.</p> <p>Fry and grind the fenugreek seeds to a powder. Add the coconut mixture and fenugreek into Kalan. Stir well. Bring to a boil and remove from fire. Season with mustard, dried chilies and curry leaves.</p>
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## Chapter 3

### North Indian recipes



The staple food of North India is wheat. Wheat is consumed in a multitude of forms, including Puri, Chapathi, Phulkas, Parathas, Kulcha, Roti, Naan . . . . Hence the side dishes compliment these very well. North Indian dishes can be identified by the use of ginger garlic paste, onions, tomatoes and garam masala. Like Karnataka in South India, Gujarati Cuisine is known for its sweet content in its hot and spicy dishes. Punjabi dishes are identified by its generous use of dairy products (butter, paneer, ghee. . . ). Maharashtra is known for its delicious mouth watering Chat items like Bhel puri, Pani puri, Samosa and Vada Pau!

## *Aloo Mutter*

North Indian: Curry

Quantity: 2–3 Servings

$\frac{1}{2}$ tsp Cummin seeds	Heat one tbsp of oil in a pan. Add the Cummin and Mustard seeds to it.
$\frac{1}{2}$ tsp Mustard seeds	
$\frac{3}{4}$ cup Chopped Onions	Add a pinch of turmeric powder and then the chopped onions to the pan and fry until golden brown.
1 cup chopped tomato	Add the tomatoes and let it cook. Add little water if required to make it into gravy.
2 Green chillies	Grind the garlic, chillies and ginger to a paste. Add this to the pan. Chilli powder may be used instead of chillies.
2–3 Garlic cloves	
1 inch Ginger piece	
$\frac{1}{4}$ cup Potato	Boil, peel & chop the potatoes into cubes.
$\frac{3}{4}$ cup Shelled Peas	Add potato & peas to the pan. Cover the pan and cook until the peas and potato are tender (approx 10 to 15 minutes). Stir in between. Add salt to taste.
$\frac{1}{4}$ cup Cilantro	Garnish with a few cilantro leaves and milk cream (Malai).
Milk Cream	

- 
- Taste - **Adding ghee while frying will improve the flavor.**
  - See also Paneer Mutter.
  - This goes well with Puri and Parathas

*Paneer Mutter*

North Indian: Curry

Quantity: 2–3 Servings

This is similar to Aloo Mutter. Just replace the aloo with paneer.

8–10 paneer cubes    Deep fry the Paneer till golden brown and add it to the gravy just before serving. Paneer can also be added without being fried.

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*Masaledaar Channa*

North Indian: Curry

Quantity: 874

Ingredient 1 Step 1...

ingredient 2 Step 2...

Step 3...

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*Palak Paneer*

North Indian: Curry

Quantity: 874

Ingredient 1 Step 1...

ingredient 2 Step 2...

Step 3...

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*Navratna Kurma*

North Indian: Curry

Quantity: 874

Ingredient 1 Step 1...

ingredient 2 Step 2...

Step 3...

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*Vegetable Pulav*

North Indian: Rice

Quantity: 874

Ingredient 1 Step 1...

ingredient 2 Step 2...

Step 3...

## Chapter 4

# Continental recipes

## *Apple Cinnamon Cake*

Continental: Bakery

Quantity: 4 Servings

2 cups sugar	Preheat oven to 350 degrees.
2 cups baking flour (Maida)	Grease and flour a baking pan.
4 tbsp cinnamon	Combine all ingredients in the order listed and mix well.
1 cup vegetable oil	Pour into the baking pan and bake for 1
3-4 eggs beaten	hour.
3 large apples peeled and diced	
1 cup dry fruits and toasted nuts	

- 
- Taste - You may add 2 tbsp vanilla or almond or other suitable essence of your choice and mix with the above ingredients
  - Taste - Dry fruits and fried nuts may consist of raisins, almonds, cashews, pecans etc as per your choice. You may also add more for garnishing.

## *Banana Cake*

Continental: Bakery

Quantity: 4 Servings

$\frac{1}{2}$  cup softened butter      Cream the butter and sugar well until light  
1 cup granulated sugar      and fluffy.

$1\frac{1}{2}$  cups baking      In a separate bowl sift the flour and the  
flour(maida)      baking soda.

1 tsp baking soda

2 large eggs beaten      Preheat oven to 350 degrees.

1 cup dry fruits and      Grease and flour a baking pan.

toasted nuts      Add all the ingredients together and blend

3 ripe bananas mashed      well.

Pour into the baking pan and bake for 1  
hour.

- 
- Taste - You may add 2 tbsp vanilla or almond or other suitable essence of your choice and mix with the above ingredients.
  - Taste - Dry fruits and fried nuts may consist of raisins, almonds, cashews, pecans etc as per your choice. You may also add more for garnishing.

*Subway(c) Sweet Onion Sauce*

Continental: Sauces

Quantity:  $\frac{2}{3}$  cup

$\frac{1}{2}$  cup light corn syrup  
1 tbsp minced white onion  
1 tbsp red wine vinegar  
2 tsp white distilled vinegar  
1 tsp balsamic vinegar  
1 tsp brown sugar  
1 tsp buttermilk powder  
 $\frac{1}{4}$  tsp lemon juice  
 $\frac{1}{8}$  tsp poppy seeds  
 $\frac{1}{8}$  tsp salt  
pinch cracked black pepper  
pinch garlic powder

Combine all ingredients in a small microwave-safe bowl.  
Heat mixture uncovered in the microwave for 1 to  $1\frac{1}{2}$  minutes on high until mixture boils rapidly.  
Whisk well, cover and cool.

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## *Pasta*

Italian: Entree

Quantity: 2 Servings

2 cups Pasta 1 spoon Olive Oil 1 tsp. Salt 6 cups water	Add Pasta and water to an empty pan. Add oil (so that pasta does not stick to each other) and salt. Boil the contents. Once the water begins to boil turn off the flame and close the pan. After 10 minutes strain the water.
Pasta Sauce 2–4 spoons Whipped Cream 2 spoons Olive Oil $\frac{1}{2}$ tsp Chilli Powder Pinch of sugar Salt to taste 1 cup Bell Peppers 1 tsp Olive oil $\frac{1}{2}$ tsp Sugar 3 tsp Ground Black pepper Salt to taste 1 cup cheese	Pour contents in a pan, and keep stirring it while boiling. Once the sauce is boiling turn off the flame.  Fry the ingredients in Oil.  Grate the cheese.
2 tsp Rosemary flakes	When serving, put the pasta on a plate, pour the sauce on top and garnish with fried vegetables, grated cheese and rosemary flakes.

- 
- The fried vegetables are optional.
  - Put different colors of bell peppers for better presentation.
  - Diet - **You may change the quantity of cheese as per your liking.**
  - Cheese: Mozzarella, Cheddar, Pepper Jack etc.

- Pasta: Spaghetti, Ricottini, Macaroni etc.
- Whipped cream should be available in your local grocery store. Make sure you do not buy the ones which come in a spray can.

*Quesquillada*

Mexican: Entree

Quantity: 874

Ingredient 1 Step 1...

ingredient 2 Step 2...

Step 3...

## Chapter 5

### Other recipes

*Stuffed Buritto*

MnM: Entree

Quantity: 874

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Sambhar Powder, 21

Sambhar Powder

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