

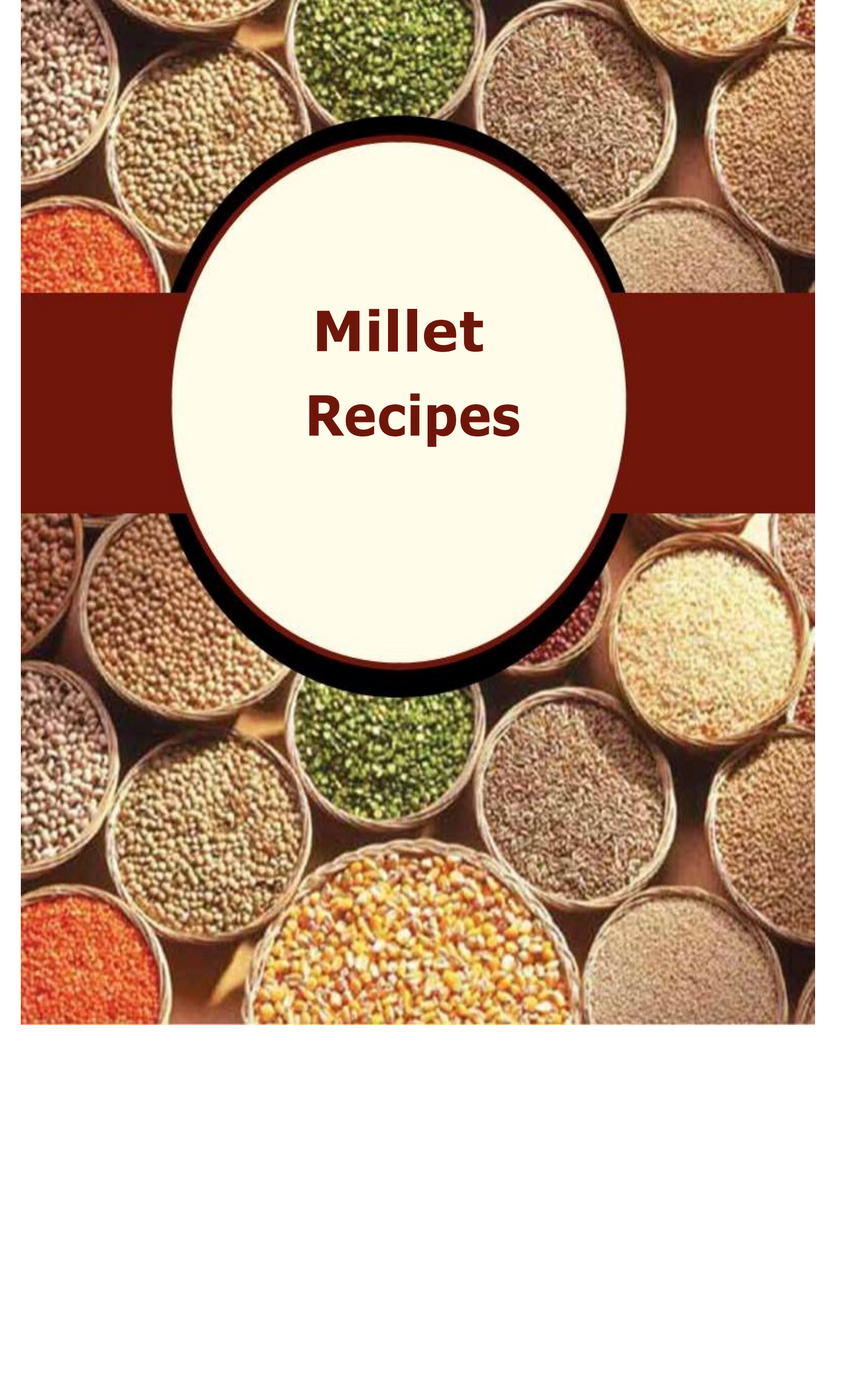


Nutritious Food Recipes

The Department of Integrated Child Development Services
Tamil Nadu

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The background of the image is a collage of numerous small, round, shallow bowls or tins. Each bowl is filled with a different variety of millet grains. The grains vary in color, including shades of brown, tan, green, red, and yellow. Some grains are whole, while others appear to be cracked or flaked. The bowls are arranged in a dense, overlapping pattern, creating a rich, textured background. In the center of the image, there is a large, white, circular area with a thick black border. This area contains the text "Millet Recipes" in a bold, dark red font.

Millet Recipes

Ragi Adai

What we need:

- Ragi – ½ cup
- Fried Gram – 100 gms
- Murungai spinach – 1 bundle
- Grated Coconut – 1 Cup
- Green Chillies – 5
- Onion – 150 gms
- Grated Carrot – 150 gms

How we make it:

Grind the fried gram into powder. Wash and clean the spinach. Add them to ragi flour and add grated carrot, green chillies, small quantity of chopped onion and salt.

Add water and mix it to batter. Heat dosa pan on the stove, spread a ladle full of batter. Once it is cooked, flip it, cook again and transfer to plate.

Saute pudina, coriander, coconut, chillies, garlic and some tamarind to make chutney. The chutney pairs well with this dosa. Even children who don’t prefer spinach, would love to eat this adai.



Kambu Kozhukattai

What we need:

- Kambu - 1kg
- Groundnut - 100 gms
- Roasted Gram - 50 gms
- Jaggery - ¾ kg
- Boiled Rice - ½ kg
- Coconut - 1
- Cardamom powder - 25 gms



How we make it:

Washkambu, groundnut, roasted grams, boiled rice well and roast them in a tava, until golden brown in colour. Grind the mixture to a flour.

Chop the coconut into small pieces. Add chopped coconut and cardamom powder to the flour. Melt jaggery in boiling water and filter it. Add this mix with the flour and prepare a dough.

Take the dough thus prepared, and use your palm to make small round shaped dumplings (kozhukattais). Cook them in idly maker and then serve hot.

This nutritious food can be given even to 6 months old babies and to pregnant women. Lactating mothers can eat these dumplings for their well-being.

Corn and Gram Flour Roti

What we need:

Corn flour	- 1 Cup
Gram flour	- 1 Cup
Onion	- 100 gms
Drumstick leaves	- Handful
Oil	- ½ Tablespoon
Water	- 150 ml
Salt	- as required.



How we make it:

Roast corn flour and gram flour separately in a pan. Then mix them together.

Add washed drumstick leaves, chopped onion, salt and water to the mix. Knead the mix to chapati/roti consistency. Split the dough to small balls, roll them with a rolling pin to small rotis.

In a hot tava add little oil, spread the roti. Let it cook, flip, cook again and serve hot.

Saamai Tamarind Pongal



What we need:

Saamai	- 1 cup
Raw Groundnut	- ¼ cup
Shallots	- 10 nos.
Red chilli	- 2 nos.
Mustard	- 1 teaspoon
Sambar powder	- 2 teaspoons
Jaggery	- a small piece
Sesame oil	- one scoop of gingelly oil
Tamarind	- Amla size
Salt	- as required

How we make it:

Soak the tamarind, take out two cups of tamarind extract and keep it ready.

Pour gingelly oil in a hot pressure pan and add sesame, curry leaves, fenugreek powder, dry chillies and chopped shallots.

Mix and stir them all together. To this add the tamarind extract, millet (saamai), jaggery, sambar powder, groundnut, Salt and a cup of water. Close it with lid and let it steam till one whistle. Serve while it is hot with chopped onions.

Millet Kozhukattai

What we need:

Kuthiraivali	-	1cup
Green Chilli	-	3 nos.
Asafoetida powder	-	¼ teaspoon
Cumin powder	-	2 teaspoons
Grated Coconut	-	2 teaspoons
Curry leaves	-	a few
Salt	-	as required.



How we make it:

Grind kuthiraivali rice to flour. Add mustard, black gram, cumin, curry leaves to hot oil in a pan and saute them.

Add chopped green chillies, required salt, grated coconut and a cup of water. Once it is cooked, add kuthiraivali flour and mix well till you get a pliable dough.

Start shaping this kozhukkattai mix into neat dough balls. Place them in a vessel and steam for 7 minutes, take them out and serve with coconut chutney.



Kambu Palak Roti

What we need:

Kambu flour	-	1 cup
Palak Spinach	-	70 gms
Salt	-	as required
Ghee	-	20 ml
Water	-	20 ml

How we make it:

Chop palak spinach and keep aside. Add 10 ml of oil to pearl millet (kambu) flour, along with a pinch of salt, chopped spinach and knead it to chapatti/roti dough consistency.

Shape the dough into small balls, roll them into rotis with a rolling pin. Place the roti/chapatti on hot tava, let it cook. Flip, cook again adding little oil. Serve hot.

Varagu tomato rice

What we need:

Varagu rice	- ½ kg
Tomato	- 200 gms
Onion	- 100 gms
Chilli powder	- as required
Coriander powder	- 3 teaspoons
Turmeric powder	- a small pinch
Tamarind	- 7.5 gms
Salt, ginger, garlic	- as required.
Oil	- as required
Coriander leaves	- one bunch,
Green chilli	- 10 gms
Bar Cinnamon	- 2 nos.



How to make it:

Clean varagu and keep aside. In a hot pan add little oil and saute the mustard, urad dal, ginger garlic paste, chopped onion and tomato in it. To this add turmeric powder, coriander powder, chilli powder and tamarind. Add required water and salt to the mix and allow it to boil. Add varagu rice and let it cook. Serve hot.

Millet (siruthaniya) puttu



What we need:

Corn	- 100 gms
White Corn	- 100 gms
Millet	- 100 gms
Jaggery	- 50 gms
Coconut	- as req
Ghee	- 100 ml

How we make it:

Grind all the grains and mix them thoroughly. Steam the mix until it is cooked. Add grated coconut, jaggery and serve. Children would love the taste.

Millet Veg Biryani

What we need:

Millet	- 200 gms
Green Peas, Carrot, Beans	- ¼ kg in total
Ginger	- a small piece
Bay leaf	- few pieces
Cinnamon	- a small piece
Ghee	- 50 ml
Tomato	- ¼ kg
Garlic, Onion	- ¼ kg
Green Chilli	- 5nos
Coriander, Pudina	- as per need
Curry leaves	- few
Lemon	- 1
Fennel seeds and Cumin	- a little



How we make it:

Grind ginger, cinnamon, onion, and garlic into a paste and keep aside. Heat ghee in a cooker. Saute cinnamon, bay leaf, fennel seeds, cumin, curry leaves, chopped pudina, coriander leaves.

Add the ground ginger garlic onion paste to the mix in cooker. Once the raw smell leaves, add chopped tomato, onion, green chillies, vegetables, peas and saute well.

Add kuthiraivali rice and enough water and let it steam. Add little ghee and the tasty kuthiraivali veg biryani is ready to serve.

Kambu Paniyaram



What we need:

Kambu	- 200 gms
Raw Rice	- 200 gms
Black gram	- 50 gms
Jaggery	- 200 gms
Cardamom	- 4
Cashew nut	- 20 gms
Fenugreek seeds	- as per need
Oil	- as required.

How we make it:

Soak kambu, raw rice, black gram and fenugreek seeds in water for 12 hours and wash it thoroughly. Drain excess water and grind in mixie to a paste.

Add required salt to it. Boil water and add jaggery to it. Let it boil till jaggery melts. Filter it, pour it into the dough and mix thoroughly.

Add cardamom, cashew nuts while stirring the mix. In a hot paniyaram pan, apply some oil and pour batter into the paniyaram moulds. Cover and let it steam, flip the paniyarams, cook until done and serve hot.

Kuthiraivali Rice Biryani

What we need :

Kuthiraivali Rice	-	500gms
Green Peas	-	50 gms
Carrot, Beans	-	50 gms
Ghee	-	50 gms
Oil	-	50 ml
Cashew nut	-	20 gms
Meal maker	-	50 gms Ginger,
Garlic paste	-	3 teaspoons
Turmeric powder	-	1 teaspoon
Curry masala powder	-	2 teaspoons
Tomato	-	2
Green chilli	-	4
Dry chilli	-	2
Cardamon	-	4
Pudina	-	as required.
Salt	-	as required



How we make it:

Take a broad vessel and pour some oil or ghee. Saute cardamom and cashew nuts.

Add ginger, garlic paste to this and sauté it well till the raw smell leaves.

Add all other chopped vegetables one after another and saute well. Add curry masala powder, turmeric powder and ½ litre of water. Let it boil.

Add kuthiraivali rice to the boiling water and steam it well. Tasty kuthiraivali biryani is ready.



Corn Paniyaram

What we need:

Corn	-	100 gms
Black gram	-	25 gms
Fenugreek seeds	-	5 gms

How we make it:

Soak all the above mentioned ingredients for four hours and grind it to a batter.

Allow the batter to ferment. Add chopped onion, chillies, and salt as required.

Pour batter in paniyaram mould pans and cook. If you want to make sweet paniyaram, instead of onion, chillies and salt, make palm sugar flummery and add with the batter.

Kambu Adai

What we need:

Kambu	-	100 gms
Split Gram	-	250 gms
Chilli	-	10 gms
Green gram	-	50 gms
Drumstick spinach	-	50 gms
Oil	-	as required
Salt	-	as required



How we make it:

Soak kambu, split gram and green gram together.

Grind it to batter along with chillies and then add chopped drumstick spinach. Make adai with this batter on hot tava.



Kaikuthal Rice Vada

What we need:

Kaikuthal rice flour	-	as required
Raagi	-	1 kg
Onion	-	½ kg
Cumin	-	25 gms
Chilli	-	10
Drumstick Spinach	-	a little
Oil	-	½ litre
Salt	-	as required

How we make it:

Sift ragi flour and mix rice flour with it.

Add finely chopped onion, chillies, drumstick spinach, cumin and salt to it. Knead this mixture and shape them into small balls.

Heat oil in a pan. Flatten the balls into vadas and fry them in the oil.

Ragi Upma

What we need:

Ragi	- 100 gms
Carrot	- 100 gms
Beans	- 100 gms
Green Peas	- 100 gms
Potato	- 50 gms
Onion	- 50 gms
Mustard	- as required
Oil	- as required
Salt and Curry leaves	- as required



How we make it:

Clean ragi and grind it to powder. Chop all the vegetables finely. In a hot kadai, pour some oil and add mustard, dry chillies, chopped onion, curry leaves and saute well.

Add required amount of water and salt and let it boil. Add ragi flour to the boiling water and stir continuously. Make sure it is without lumps. Let it cook, tasty ragi upma is ready.

Corn Vegetable Upma



What we need

Corn Rava	- 100 gms
Carrot	- 100 gms
Beans	- 100 gms
Drumstick Spinach	- 50 gms
Onion	- 100 gms
Split Gram	- 10gms
Oil	- 1 teaspoon
Mustard, Salt	- As req

How we make it:

Pour oil in a hot pan. Add mustard, chopped onion, carrot, beans, drumstick spinach and split gram to it and saute.

Add water and allow it to boil. Add corn rava to the boiling water and stir well. Let it get cooked. Now you have tasty, healthy corn vegetable upma.

Proso Millet Plantain flower adai

What we need:

Proso Millet	- 200gms
Black gram	- 50gms
plantain flower	- 200gms
Fenugreek seeds	- 5gms
Onion	- 1
Capsicum	- 1
Coriander, Pudina,	
Ginger, Garlic	- A little quantity of each
Grated Coconut	- A cup
Salt	- as required



How we make it:

Soak proso millet, black gram and fenugreek seeds together.

Add necessary water to grind them into a semi solid batter. Add fenugreek seeds, chopped onion, capsicum, pudina, coriander leaves, chopped ginger, garlic, grated coconut and chopped plantain flower and salt to it.

Pour the batter and spread into adais on a hot dosa tava and fry it properly on both sides. Serve hot.

Adding either grated coconut or sesame with the batter enhances the taste. You may also add moong bean if you wish.

Proso Millet Spicy Appam



What we need:

Proso Millet	- 200 gms
Black Gram	- 50 gms
Coconut	- ½
Buttermilk	- Small quantity
Ginger, Capsicum, Onion, and Salt	

How we make it:

Soak proso millet, black gram and grind it to a batter.

You may also add coconut, ginger, capsicum, onion and salt while grinding it.

Add buttermilk with the batter and leave it for four hours.

Heat an appam pan, make appam using this batter and let it cook. You may cover or choose not to cover while it is being cooked. Serve hot.

Applying oil in the pan before pouring the batter, prevents appam from sticking to the pan.

Corn Dhokla

What we need:

- | | |
|----------------------|--------------------------------|
| White corn Rava | - 1 cup |
| Split gram powder | - ¼ cup |
| Baking Soda | - A little bit |
| Curd | - 1 cup |
| Turmeric powder | - ¼ tablespoon |
| Salt | - as per need |
| To stir fry with Oil | |
| Mustard, Black gram | - 1 tablespoon each |
| Green Chilli | - 2 |
| Curry leaves | - a few |
| Oil | - 2 tablespoons |
| Coriander and | |
| Grated Coconut | - can be added for garnishing. |



How we make it:

Add corn rava with split gram flour and baking soda and mix well. keep aside.

Add turmeric powder to curd and stir well. Add this curd to the corn rava mixture and mix well.

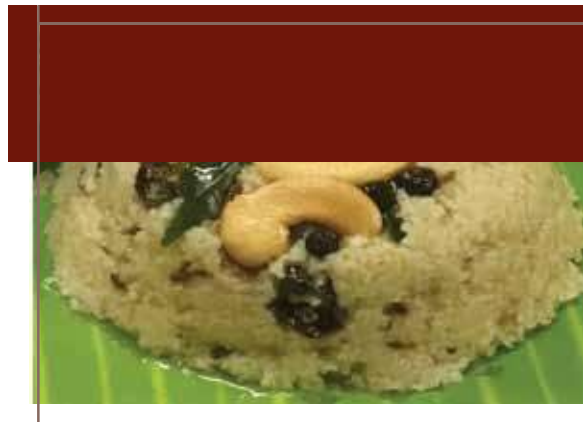
Add water to this and make it into batter.

Pour the batter in a high edge plate and place it inside a idli vessel.

Let it steam for 15 minutes and then take it out. Flip the steamed dhokla onto another plate.

Saute mustard and black gram with some oil in a hot pan. Add chopped green chillies, curry leaves and saute.

Pour the seasoning over steamed dhokla on the plate. Decorate with grated coconut and coriander leaves. Cut it into pieces and corn dhokla is ready to be served.



Pearl/Proso Millet sprouts Green gram Pongal

What we need:

- | | |
|---------------------------|----------------|
| Pearl Millet Sprouts | - 100gms |
| Green gram sprouts | - 100gms |
| Pepper, Cumin | - 10gms |
| Ginger, Garlic, Coriander | - As req |
| Cashew nut, Badam | - 20gms |
| Coconut and Ghee | - if necessary |

How we make it:

Pound pearl / proso millet sprouts and green gram. Boil 200 ml of water to a hot earthen pot. Add the pound millets to boiling water. Stir the mix properly and let it cook. You may crush it with your hands to check whether it is cooked properly. Add water if necessary. Serve it with either chutney or sambar.

Different types of pongal using foxtail millet/ barnyard, mung bean sprouts or Moong bean pepper Pongal can be made likewise.

Chow Chow (or) Little Millet Wheat Poori

What we need:

Little Millet Flour	- 150 gms
Wheat Flour	- 50 gms
Chow Chow	- 150 gms
Salt	- as required
Grated Coconut	- ½ cup
Jaggery, Dates	- 100 grams
Cashew nut and Badam	- 50gms



How we make it:

This is a water poori which can be made without using a drop of oil. Instead of mixing the flour in milk, oil or water, we mix the flour with chow chow (chayote) juice.

Chop the chayote into pieces and grind it. Filter the liquid from the vegetable.

Mix the juice with little millet flour(saamai) and wheat flour. Add salt, knead the flour and split it to small round balls.

Flatten a ball on to a flat ladle to the size of a poori.

Take a three litre capacity vessel and fill 3/4th of it with water and allow it to boil. When the water is hot, place the flat ladle with a flattened poori inside the water and steam it for two minutes.

Drain the water and flip it on to a plate. Repeat the same for other pooris one by one. These pooris don't puff up like a normal poori fried in hot oil. Now you may sprinkle grated coconut, powdered jaggery, minced dates, dry grapes, pieces of cashew nuts and badam on the steamed pooris and serve.

Caution: Do not place the flattened batter while the water boils, as it will disintegrate.

Proso Millet / Barnyard Millet Idli & Dosa



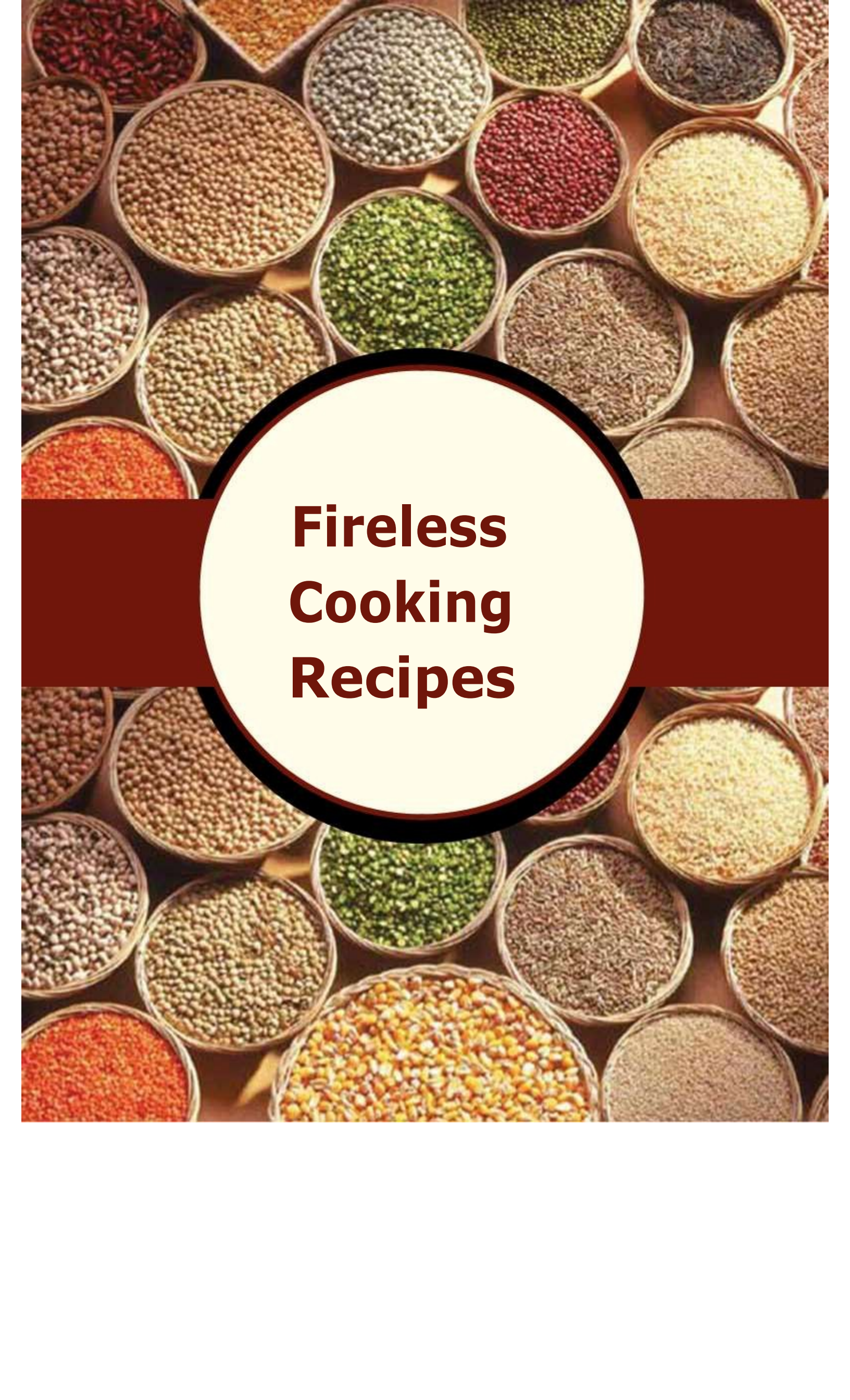
What we need:

Proso Millet Rice/ Barnyard Millet	- 750 gms
Black gram	- 250 gms
Fenugreek	- 20 gms
Salt	- as required

How we make it:

Soak proso millet rice, black gram and fenugreek in water for four hours and grind them to make batter. Add salt and allow it to ferment for twelve hours.

Stir this fermented batter well and pour it in the idli vessel plates and let it steam until cooked. You may also use the same batter to make dosa. Serve hot with chutney.

The background of the image is a dense arrangement of numerous small, round, shallow bowls or tins. Each bowl is filled with a different type of grain or seed, showcasing a wide variety of colors and textures. The grains range from bright reds and oranges to various shades of brown, tan, and green. Some grains are small and uniform, while others are larger and more irregular. The bowls are packed closely together, creating a rich, textured mosaic of natural food products. In the center of the image, there is a large, white circular area with a thick black border. This circle serves as a backdrop for the main title text.

Fireless Cooking Recipes

Cucumber onions or White pumpkin salad

What we need:

- Cucumber,
- white pumpkin - each 100 Gms
- Capsicum - 2 nos.
- Tomato, carrot and chilly - 1 no each
- Curry, coriander and mint leaves,
- Pepper and
- Cumin powder, salt - minimum required
- Coconut milk, curd, soya curd or
- Any grain curd - as required



How to make it:

Wash and peel the skin of all vegetables and cut into small pieces. Chop coriander, mint and curry leaves. Add pepper, cumin powder, rock salt with the vegetable greens mix and stir well. Add coconut milk and curd if required. This goes well with saffron briyani.

Fruit Mixture with Pulp



What we need:

- Sapota - 1
- Banana, strawberries - 2

How to make it:

Peel all the fruits and cut them into small pieces. Combine them with baby food. It is a healthy salad for children.

Blended fruits mixture with honey

What we need:

Mashed sweet banana
and sapota fruit, honey - each 1 tsp



How to make it:

Blend both fruits with little honey and mix them well. This fruits mixture can rejuvenate you.



Orange Punch

What we need:

Orange - 2 Nos.
Small piece of ginger
and pinch of salt.

How to make it:

Squeeze the oranges and keep the juice aside. Peel ginger, crush it and obtain extract. Mix this ginger extract, orange juice with half glass of water and mix well. Add a pinch of salt before serving.

Tomato Punch

What we need:

- Tomato - 2
- Carrot - 2
- A Piece of Ginger
- Salt



How to make it:

Grind chopped tomato, carrot and ginger.

Filter the juice. Add required salt and serve.



Fruit Piece

What we need:

- Corn powder or powder - 1 cup
- Banana - 1
- Orange - 1 tsp
- Fleshy part of sapota
- Milk - 1/2 cup
- Sugar - 1 tsp

How to make it:

Peel off all the fruits and cut into pieces.

Mix the remaining ingredients with chopped fruits.

Soak it for 10-15 minutes before serving.

Fruit Mixture

What we need:

- Peach - 1 no.
- Papaya - 10 to 12 small pieces
- Small Apple - 1
- Fresh curd - 1/2 cup
- Salt - as required
- Pinch of Cumin and
- Pepper powder
- Coriander leaves - 1 tsp



How to make it:

Chop all the fruits into small pieces. Season them with cumin, pepper powder and salt. Pour fresh curd over it and mix well. Garnish with coriander leaves.



Jilu Jilu Chill drink

What we need:

- Fermented rice water /
- Butter milk
- Green chilli - 1 or 2
- Curry leaves coriander paste - to taste
- Ginger, cucumber,
- grated mango and salt — to taste

How to make it:

Seasoning mustard and asafoetida with buttermilk, mix the other ingredients in it thoroughly. It is a nutritious instant drink for summer.

Ashtaavadhani Juice

What we need:

Dates soaked in honey	- 500 gms
Well-ripened sapota fruit	- 2 nos.
Dried ginger	- 50 gms
Barley and Jaggery powder	- each 50 gms
Palm sugar	- 150 gms
A little bit of cardamom powder	
Large lemon	- 1



How to make it:

Peel sapota fruit and blend it well with water, set aside. Pour a tumbler of water in a bowl. Add dates, dried ginger, barley powder, palm sugar, cardamom and jaggery to it. Mix well. Add pulpy sapota to this and squeeze a lemon over it. Store it in a fridge. Mix a glass of water to a glass of juice while serving. Older people can drink it with hot water.

Dried ginger is best for digestion. Dates with honey improves iron content. Palm sugar and barley reduces excess gout by removing water from the body.

Mixed Fruit Shake



What we need:

Melon and mango pulp	- Each 2 cup
Cold milk	- 3 cup
Ground Ice and Sugar	- 1 cup
Lemon juice	- 4 tsp

Necessary things for making a juice cube:

1. Seedless black grape juice
 2. Pomegranate fruit juice
 3. Nagpur Orange Juice
- Pineapple slices to decorate

How to make it:

Prepare the juice cubes by filling the above mentioned juices in the ice tray halfway through and place it in the freezer. The fruits of the season can likewise be prepared and packaged separately in the freezer to be used later. Mix melon and mango pulp, lime juice and chilled milk well.

Fill three quarters of a glass with little ice and the pulp mix. Float the juice cubes on top, insert a large and a small pineapple piece over the rim of the glass and serve. This shake reduces our body heat, it is tasty and nutritious.

Sprouted Rye Salad

What we need:

- Sprouts and rye - each 1/2 cup
- Sprouted peas, Cucumber, carrots - each 1/4 cup
- Lemon juice - 1 tsp
- Salt - as per requirement



How to make it:

Mix all the ingredients well. Sprouted seeds contains lot of vitamins. It improves the health of children.



Cucumber Salad

What we need:

- Small cucumber - 1/4 kgms
- Onions and Tomato - each 100 gms
- Green chilly - 2
- Lemon - one
- Salt and coriander leaves - as per requirement
- Pepper powder - 1/2 tsp

How to make it:

Add chopped cucumber, onions, tomatoes and chillies in a bowl. Add required salt and pepper to taste.

You may also garnish with chopped coriander leaves.

Fruit chat

What we need:

Watermelon
Half withered Pomegranate
Orange and Sweet lime - 5 pieces each
Chat masala powder - 1/2 tsp
Pinch of Pepper powder
and salt



How to make it:

Mix all the fruits with chat masala, salt and pepper to taste. Fruit chat is ready to serve within minutes.

Green gram salad



What we need:

Sprouted green grams - 1 cup
Pepper powder - half tsp
Salt - minimum required
Lemon juice - 1 tsp

How to make it:

In a bowl mix sprouted green grams, salt and pepper. Sprinkle lemon juice. Enjoy green gram salad!

Multi Fruit Dessert

What we need:

Musk melon	-	6
Sapota	-	2
Orange	-	1
Apple	-	1
Banana	-	1
Honey	-	4 tsp
Pineapple	-	1tsp



How to make it:

Peel off the fruits and chop into small pieces. Spread the cut fruits in a plate and add a dash of honey. Have a nice dessert. It is very easy to prepare.



Milk Flakes

What we need:

Flakes	-	200 Gms
Jaggery	-	100 Gms
Milk	-	250 ml
Cardamom powder	-	little
Grated coconut	-	2 tsp

How to make it:

Cleanse the flakes and drain water. Add jaggery powder, grated coconut and cardamom powder to the flakes. Add boiled and cooled milk to it.

This is a good recipe for people to break fast. We can add fruit with milk flakes to make it more filling.

Puffed rice Chat



What we need:

- Puffed rice - 1 cup
- Grated carrot - 4 tsp
- Onion, tomato - each 1
- Om powder - 1/2 cup
- Potato chips - 1 tsp
- Grated cucumber - minimum
- Pinch of coriander leaves
- Chat masala powder and salt - as per taste
- Sweet chutney and green chutney - each 1 tsp

How to make it:

Chop onion and tomato into pieces and add other ingredients. Decorate the chat with coriander leaves and serve.



Dried fruit chat

What we need:

- Flakes, groundnuts, fried grams - 1/4 cup each
- Raisin, badam and pista - each 10
- Chat masala powder - 1 tsp
- Dates and dried grapes - each 10
- Pinch of salt

How to make it:

In a bowl add flakes, fried grams, groundnuts, grated badam, raisin, pista, chat masala powder. Add chopped seedless dates, dried grapes with salt. Dried fruit chat is ready to serve.

It is a special chat for school going kids.

Fruit Chat

What we need:

- Banana, Pomegranate,
- Apple, Guava - Each 1
- Lemon - 1/2
- Chat masala powder - 1 tsp
- Salt and Pepper powder - as required



How to make it:

Peel and cut banana, apple and guava. Wither pomegranate. In a vessel add the fruits, lemon juice, chat masala powder, salt and pepper powder. Mix well and serve it chill.



Salad

What we need:

- Curd - 1 cup
- Kara boondi - 1/2 cup
- Chat masala powder - 1 tsp
- Coriander leaves and salt - as required

How to make it:

Stir the curd well and add kara boondi, chat masala powder, salt and coriander leaves and serve. This is a tasty instant salad.

Chat Masala Powder

What we need:

Cumin, Coriander,		
Mango Powder	-	Each 1/4 Cup
Pepper	-	1 tablespoon
Dried Red Chilly	-	1/2 Cup
Black Salt	-	1 tsp
Cardamom, clove	-	5 each
Salt as required		



How to make it:

Mango powder and black salt are available in all leading grocery shops. Dry all the above items in direct sunlight and grind it nicely. Your chat masala powder is ready!



Grapes and Watermelon

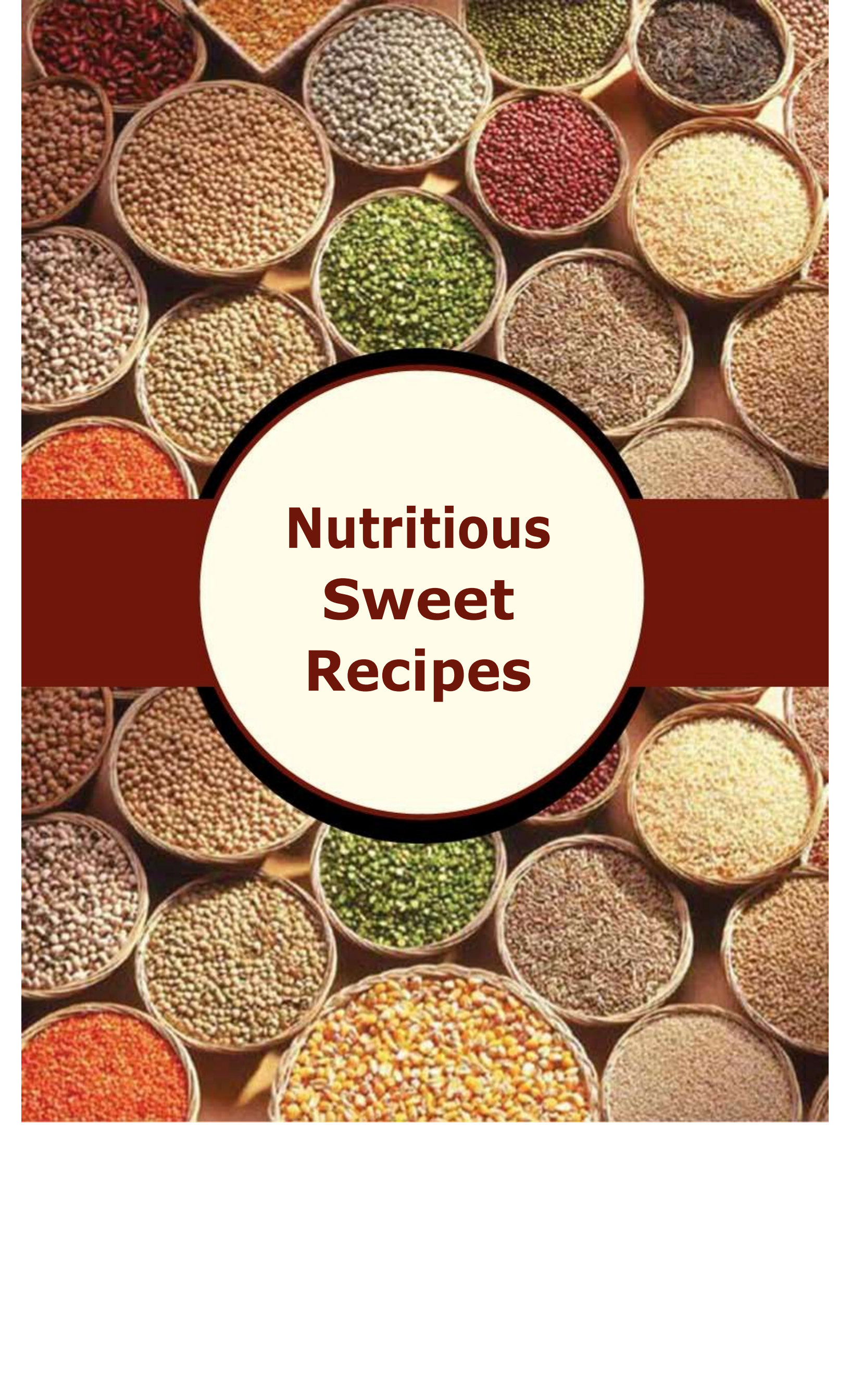
What we need:

Sliced watermelon and seedless grapes	- each 1 cup
Orange juice	- 2 tsp
Chopped mint leaves	- 2 tsp
Gingerbread	- 1 tsp
Black salt	- as perrequired
(available in all leading grocery shops)	
Pepper powder	- 1 tsp

How to make it:

In a bowl mix orange juice, ginger bread, black salt, and pepper with water. Add watermelon and seedless grapes to the mix in a long glass and garnish with mint leaves.

Note: Watermelon contains minerals that restores health.

The background of the image is a dense arrangement of numerous small, round, shallow bowls or tins. Each bowl is filled with a different type of grain or seed, showcasing a wide variety of colors and textures. The grains include shades of red, orange, yellow, green, brown, and grey. Some are whole grains like corn or quinoa, while others appear to be smaller seeds or flours. The bowls are arranged in a circular pattern, creating a sense of abundance and variety. In the center of the image, there is a large, white, circular area with a thick black border. Overlaid on this white circle is the text "Nutritious Sweet Recipes" in a bold, dark brown, serif font. The text is centered and occupies the middle portion of the white circle.

Nutritious Sweet Recipes

Samai Pori Urundai (Barnyard Rice balls)

What we need:

Samai (Barnyard Millets)	- 100 gms
Bengal Gram	- 50 gms
Coconut	- ½
Jaggery	- 100 gms
Sukku (Dried Ginger)	- 5 gms
Ghee	- 50 ml
Sesame seeds	- 5 gms



How we make it:

Melt jaggery in a hot pan and add it to samai flour, along with the dried ginger powder. Mix thoroughly.

Saute bengal gram, sesame seeds and shredded coconut in ghee and add to samai-jaggery mix.

Roll the dough into balls that are ready to eat!

Thinai Inipu Pongal (Foxtail Millet sweet Pongal)



What we need:

Thinai	- 200gms
Jaggery	- 300gms
Sukku (Dried Ginger)	- 5 gms
Cardamom	- 5 gms
Ghee	- 100 gms
Cashew nuts	- 20 gms
Raisins	- 20 gms
Milk	- ¼ L

How we make it:

Boil milk and add millet to it. Once the millet is cooked, add the jaggery, cardamom and dry ginger powder to this mixture.

When the contents condense after mixing thoroughly, season the pongal by adding sauted cashews and raisins and the dish is now ready to serve.

Thinai adhirasam (Foxtail millet doughnut)

What we need:

Foxtail millet	- 1/2 kg
Jaggery	- 1/2 kg
Cardamom	- a few
Groundnut Oil	- ½ l.



How we make it:

Wash, dry and powder the millet finely.

Melt the jaggery until it reaches a thick, string-like texture. Pour this jaggery slowly, part by part into the millet powder while constantly mixing the dough together. Then, add pounded cardamom to this. Place the dough into a completely dry container and seal it. Wait overnight for the dough to settle and ferment.

The next day, pat the now completely set batter into palm-sized adhirasams. Heat up the oil in a pan on a medium flame and gently place the adhirasams one by one to fry. Once it turns golden-brown in from the middle, it can be removed; and served hot!

Thinai Poli



What we need:

Thinai	- 100 gms
Wheat flour	- 100 gms
Groundnut Oil	- 5ml
Thatta Payaru (Cow peas)	- 25 gms
Kollu (horse gram)	- 25 gms
Salt - to taste	

For filling:

Jaggery	- 100 gms
Gram flour (Soaked & Ground Gram)	- 50 gms
Cardamom powder	- a pinch

How we make it:

Wash, dry and toast the thinai and the horse gram, then powder it finely.

Add wheat flour to this mixture, add salt (to your preference) and knead it to the texture of chapatti/roti dough. Mix gram flour with the jaggery on a low flame. The mixture will slowly condense and form your filling (pooranam). Keep aside.

Roll poli dough into medium-sized balls and flatten it with a rolling pin. Place the filling as smaller balls in the middle of the flattened poli batter and fold it up carefully like a dumpling, without tearing the layer.

Flatten the filled polis and fry it on a pan with groundnut oil on both sides. Thinai Poli is now ready to eat!

Vendaya (fenugreek) Kali Halwa

What we need:

Vendayam (Fenugreek)	– 150 gms
Wheat	– 50 gms
Jaggery	– 250 gms
Dates	– 30 gms
Raisins	– 30 gms
Cashew nuts	– 30 gms
Almonds	– 30 gms
Cardamom powder	– a pinch
Coconut	– ½



How we make it:

Soak wheat and fenugreek in water and set it aside for 8 hours. Then, strain the water and place the contents on a cloth or a hot pack for another 8 hours so they start to sprout.

Grind sprouted wheat and fenugreek with some water and heat the filtered resultant milk on a low flame. Once the milk thickens, add jaggery and coconut milk (you can use shredded coconut as well).

Once the halwa thickens well, add the cashews, raisins, almonds, dates (finely chopped), cardamom powder and mix thoroughly on a low flame. The halwa can be steamed in an idly cooker in order to shape it and make it healthier and non-sticky too!

Varagu (Kodo millet) Halwa



What we need:

Kodo Millet/Varagu	– 300 gms
Coconut	– 1
Bengal Gram	– 250 gms
Jaggery	– 400 gms
Dates	– 30 gms
Raisins	– 30 gms
Cashew nuts	– 30 gms
Almonds	– 30 gms
Cardamom powder	– a pinch

How we make it:

Soak the millet for 2 hours in water. Soak the bengal gram for a while and add the two together. Grind them to a thick fine paste (idly batter-like texture).

Melt the jaggery and set it aside. Place the halwa batter in an earthen pot and stir continuously on a low flame. Once it thickens, add coconut milk and stir again. Add the required amount of jaggery (to your taste).

Once it reaches the thickness that you want, add cashews, almonds, raisins, dates, and cardamom powder and mix thoroughly until it is cooked well.

Transfer the halwa onto a plate and let it dry. Once dry, cut it up to pieces of your desired size and the halwa is ready to eat!

Kambu (Pearl Millet) Payasam

What we need:

Pearl Millet/Kambu	-	100 gms
Jaggery	-	250 gms
Rava	-	100 gms
Raisins, Cashew nuts,		
Cardamom	-	a few



How we make it:

Toast the kambu / pearl millet and grind part of it to the texture of rava. Then, toast the rava as well.

Boil both the kambu and the rava in a hot pan of water.

Shred the jaggery and mix it along with the contents.

Saute the cashews, cardamom and raisins in ghee and season the payasam once it is done.

Kuthiravali (Barnyard millet) Sweet Adai



What we need:

Kuthiravali flour	-	250 gms
Jaggery	-	200 gms
Coconut	-	1
Cashew nuts	-	30 gms
Almonds	-	30 gms
Cucumber seeds	-	20 gms
Cardamom powder	-	a pinch

How we make it:

Mix kuthiravali flour with melted jaggery and coconut milk and knead it to a chapatti/roti dough-like consistency.

Chop cashews, almonds and cucumber seeds and add them to the dough along with the cardamom powder and shredded coconut. Cover it with a wet cloth and set it aside for 30 minutes.

Then roll the dough into small balls and flatten it with your palm. On a hot tava, place the flattened adais, add little oil and cook. Flip, cook and the adai is ready to serve!

Alternatively, we can substitute with other millet types as well (like kambu, samai, ragi, etc.) for similar health benefits.

Arukampul(Scutch Grass) Payasam

What we need:

Arukampul/Scutch Grass (cleaned and powdered)	– 1 cup
Milk (Preferably organic)	– ½ Litre
Brown Sugar	– 300 gms
Poppy seeds	– 25 gms
Cardamom powder,	
Edible camphor	– a pinch
Cashew nuts	– 25 gms
Raisins	– 25 gms
Saffron	– 1 gm
Ghee	– 20 ml.
Salt	– to taste



How we make it:

Pound arukampul and poppy seeds separately.

Heat the milk, add arukampul and poppy seeds pastes and let it boil. Stir continuously. Add brown sugar and stir again.

Once the payasam is almost done, saute cashews and raisins in ghee and add them. Add a pinch of edible camphor, cardamom powder and stir well on low flame.

Finally, add some saffron and salt (to taste).

The aromatic, healthy payasam is now ready to eat!

Ragi Groundnut Halwa



What we need:

Ragi flour	– 100 gms
Groundnuts	– 100 gms
Pumpkin	– 100 gms
Palm Jaggery	– ¼ kg
Coconut (shredded)	– 100 gms
Milk	– as required
Cashew nuts	– 20 gms
Ghee	– As Required
Water	- As Required

How we make it:

Roast the ragi flour until its aroma arises and let it cool. Add water to it and stir, until it reaches a dosa batter-like consistency.

Heat required quantity of milk and as it boils, add the cut pumpkin pieces to it and let it cook.

Then, add jaggery and ragi batter to the milk. Add ghee as required. Stir continuously.

When the halwa is almost done, season with groundnuts and cashews roasted in ghee. Add the shredded coconut, cool and serve.

Samai Sweet Pongal

What we need:

Samai/Barnyard millet	– 200 gms
Yellow Moong Dal	– 100 gms
Jaggery	– 300 kgms
Cashew nuts	– 20 nos.
Cardamom Powder	– 1 tbsp
Ghee	– 50 gms
Raisins	– 20 gms
Edible Camphor	– a pinch
Milk	– 200 ml



How we make it:

Place the samai rice and the moong dal in a hot cooker. Add 200ml milk and 700ml water and leave it on for 3 whistles. Simmer on a low flame for 5 more minutes.

Meanwhile, melt the jaggery, keep aside. Add it to the cooked pongal and stir thoroughly.

Saute the cashews and raisins with ghee and add it to the Pongal. Add cardamom powder.

Sprinkle some edible camphor on it right before serving, for added flavour!

Thinai (Foxtail millet) Halwa



What we need:

Thinai/foxtail millet	– 200 gms
Jaggery	– 200 kg
Cashew nuts	– 10 gms
Cardamom Powder	– ½ tbsp
Dried Ginger powder	– 2 tbsp
Almonds	– 10 gms
Raisins	– 10 gms
Ghee	– 100 gms

How we make it:

Mix thinai millet with jaggery and water to the consistency of a dosa batter.

Pour some ghee on a hot pan. Once it melts, slowly pour the thinai batter little by little and stir continuously, so that it doesn't form lumps. Stirring continuously, pour some more ghee little by little.

Once halwa leaves out ghee and stops sticking to the pan and millet is cooked, saute the cashews, almonds and raisins in ghee. Add it to the halwa along with cardamom powder and dried ginger powder. The halwa is now ready!

Samai (Little Millet) Milk Payasam

What we need:

Milk	– 1Ltr.
Samai/Barnyard millet	– 5 tbsp
Sugar	– 1 cup
Cashew nuts	– 10 nos.
Cardamom	– 8 nos.
Saffron	– a pinch



How we make it:

Pour milk into a cooker and add samai millet to it. Once it starts to steam, place the weight on it and leave the stove on a low simmer flame for 30 minutes. Open the cooker and stir continuously.

Soak almonds and cashews until they turn a little soft, then grind them into a puree.

The millet would have cooked by now and the milk would have turned to a pale yellow colour. Now, add sugar to the payasam. After it dissolves, add the cashew badam puree and stir continuously.

Powder the cardamom and add it to the payasam along with a pinch of saffron and leave it on the stove for 5 more minutes. Season it with shredded cashews sauted in ghee, and serve it either hot or cold!

Bengal gram laddu



What we need:

Bengal Gram	– 1/4 kg
Jaggery	– ¼ kg
Coconut	– 1
Cardamom (powdered)	– 4 nos
Dried ginger	– 1 piece
Maida	– 200 gms
Rice flour	– 250 gms

How we make it:

Cook the bengal gram. Shred the coconut and saute it in oil.

Grind the cooked gram along with jaggery, and add the coconut shavings, cardamom, dried ginger powder and mix into a thick dough.

Add maida and rice flour with a pinch of salt and mix it thoroughly with the dough.

Roll the dough into medium sized balls and fry it in a wok of oil. The bengal gram laddus are ready!

Thinai (foxtail millet) Payasam

What we need:

Thinai flour	– ½ cup
Milk	– 4 cups
Ghee	– 1 tsp
Cashew nuts	- 10 nos.
Raisins	– 10 nos.
Cardamom Powder	– 1 tsp
Sugar	– 1 ½ cups



How we make it:

Dissolve thinai flour in water and heat it on a low flame. Stir continuously so that it doesn't form a residue on the bottom.

Once the flour is cooked, add sugar and stir well. Season the payasam with cashews and raisins sauted in ghee. Turn off the heat and finally sprinkle the cardamom powder on top. The payasam is now ready to be served!



Moong dal Payasam

What we need:

Yellow moong dal	– 50 gms
Milk	– 50 ml
Honey	– 1 tsp
Palm Sugar	– 1 tsp

How we make it:

Soak the moong dal. Mix it with milk and boil it.

Add the palm sugar and mix until it dissolves. Add some honey to the payasam and it's now ready to serve.

Kuthiravali / Varagu Payasam (Barnyard/ Kodo millet)

What we need:

Varagu/ Kuthiravali	– 350 gms
Jaggery	– 300 gms
Cardamom Powder	– 20 gms
Cashew nuts	– 50 gms
Raisins	– 50 gms
Ghee	– 50 gms
Milk	– 150 ml
Water	– as required



How we do it:

Mix milk with water and boil. When it starts boiling, add the varagu/kuthiravali millets and cook well. Once the varagu is cooked, add shredded jaggery to the the payasam along with cardamom powder. Season the payasam with sauted cashews and raisins and serve hot.

Ragi sweet roti



What we need:

Ragi flour	– 100 gms
Rice flour	– 10 gms
Coconut (shredded)	– ½
Jaggery	– 50 gms
Cardamom	- 2 nos.
Ghee	– as required

How we make it:

Mix together the ragi flour, rice flour, shredded coconut and cardamom powder.

Melt the jaggery in a hot pan with water and let it boil for a while. Strain it and once it is cool, pour it on to the ragi mixture along with some ghee and knead it into a dough. Let it rest for 5 minutes.

Roll the dough onto small balls and flatten it out with your palm. On a hot tava, spread the rotis and cook well on both sides. Serve hot!

Date Milk Barfi

What we need:

Seedless dates	– 1 cup
Shredded coconut	– ¼ cup
Milk	– 1 ½ cups
Sugar	– 2 cups
Ghee	– ¼ cup



How we make it:

Soak dates in milk for 30 minutes. Add the shredded coconut to it and grind it to a fine paste.

Place the paste in a thick vessel and add sugar, milk and ghee to it. Stir continuously.

Once the mixture thickens and doesn't stick to the walls of the vessel, simmer on low flame.

Transfer to a plate. Cut it to pieces of your desired size and serve hot!



Dry Fruits Laddu

What we need:

Dates	– 100 gms
Cashew nuts	– 5 gms
Almonds	– 10 gms
Coconut shavings	– A handful
Glucose	– ¼ cup
Powdered sugar	– a pinch
Ghee	– a few drops
Cherries (for presentation)	– as required

How we make it:

Add all the ingredients in a bowl and mix it thoroughly, with ghee.

Roll this mixture into small balls. Roll the balls on coconut shavings for flavour.

Place a cherry on top and serve!

Milk Barfi

What we need:

Milk	– 2 cups
Sugar	– 1 cup
Ghee	– 2 tbsp
Cardamom Powder	– 1 tsp



How we make it:

Pour milk and sugar in a vessel with a thick base and keep stirring until it thickens. Once the water content has fully evaporated, turn off the stove and add the cardamom powder. Stir continuously. Once it reaches a non-sticky consistency, pour the contents on a plate and let it cool. Then cut it to pieces of your desired size.

Since it is made from milk, the added sweetness makes the barfi a lot tastier!

Date Walnut Rolls



What we need:

Seeds dates	– 1 cup
Milk	– ½ cup
Carrots	– ¼ cup
Ghee	– 1tbsp
Sugar	– 1 tbsp
Shredded coconut	– 2 tbsp
Walnut	– a few (to be powdered)

How we make it:

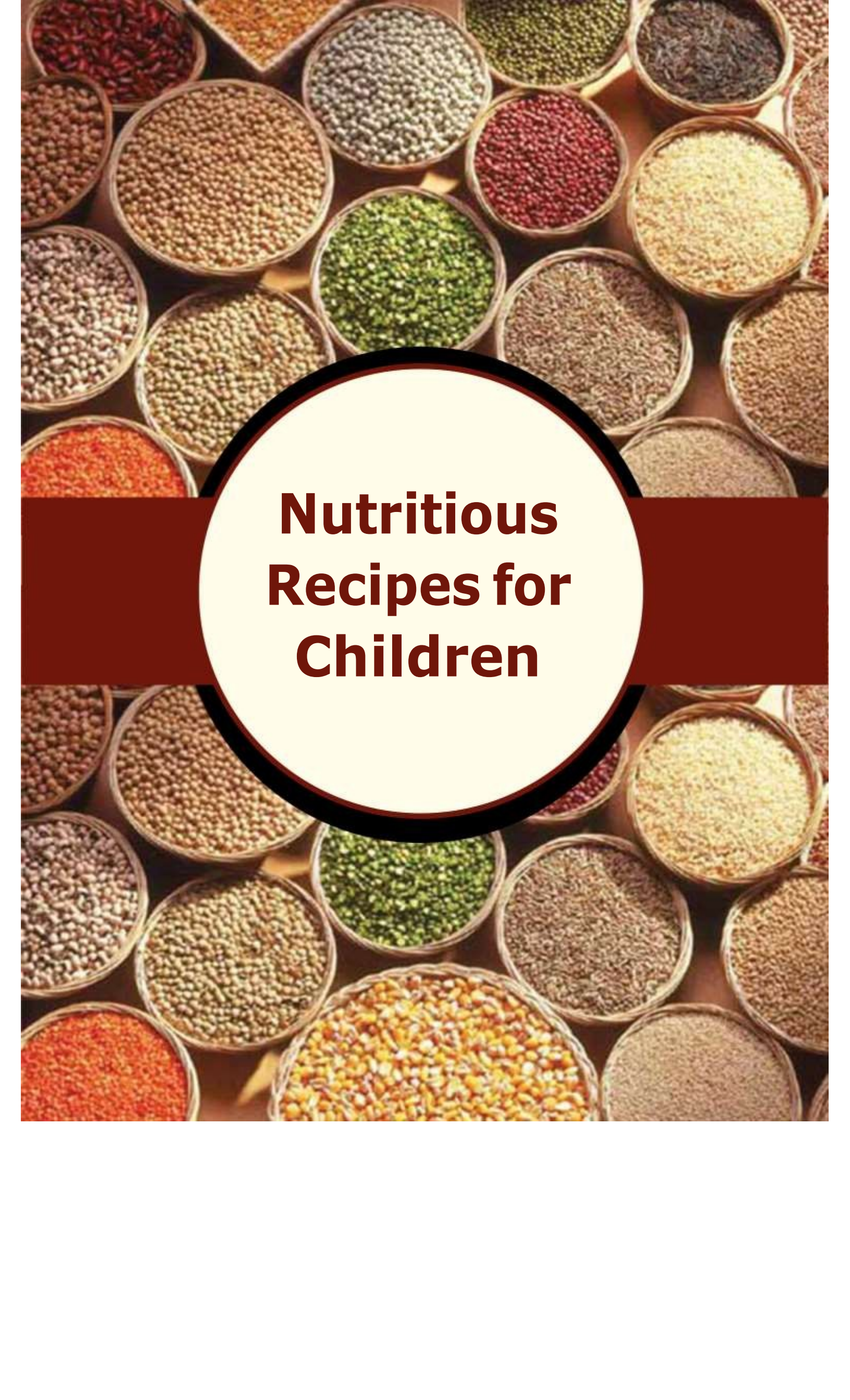
Soak the dates in milk for 30 minutes and grind it to a coarse paste.

Heat up a vessel with a thick base and place the contents, adding sugar and stirring until it reaches a thick consistency.

Take the vessel off the stove and add the powdered walnut and ghee. Let it cool.

Once it cools, roll the batter into multiple lengthy rolls and dab them slightly on shredded coconut. Refrigerate for 3 hours.

After 3 hours, cut the rolls up into smaller rolls and it is now ready to be served!



Nutritious Recipes for Children

Nutritious Millet Porridge

What we need:

For Dry Frying:

Sago	– 50 gms
Barley	– 50 gms
Ragi	– 75 gms
White corn kernels	– 25 gms
Raw rice	– 50 gms
Green Moong Dal	– 50 gms

To add while grinding:

Palm Candy	– 100 gms
Fried gram	– 50 gms



How we make it:

Except palm candy and fried gram, roast all the other ingredients separately in a large pan one after another, till the raw fragrance disappears. Let it cool. Now dry grind all ingredients along with fried gram and palm candy to a powder-like consistency. Sieve the mixture and store it in an airtight container. For the porridge, take one spoon of the powder and mix it without lumps in half a glass of water. Heat it and bring to a boil. Add some milk, simmer for few more minutes and turn off the flame once the porridge comes to a desired consistency. Serve lukewarm.

Corn Leaf Dumplings (Kozhukattai)



What we need:

Corn Flour	– 100 gms
Jaggery	– 50 gms
Moong Dal	– 10 gms
Sesame seeds	– 5 gms

How we make it:

Roast the sesame seeds and moong dal. Mix jaggery with water in a hot pan and melt. Strain and set aside the jaggery syrup. Knead the corn flour, by adding the jaggery syrup little by little. Next, add the roasted ingredients, and continue kneading until you get a pliable dough. Divide into flat pieces of 3 inches length or roll them into small dumplings. Spread some oil in your hands to prevent the dough from sticking to your hand. Place the prepared dumplings in corn husk, keep them in an idli steamer and steam it.

Corn Sundal

What we need:

Corn kernels	– 100 gms
Lobia seeds	– 50 gms
Shallots (chopped)	– 50 gms
Red Chilli	– 2
Mustard seeds	– ½ tsp.
Oil	– 1 tsp.
Salt	– as required
Curry leaves and coriander (chopped)	– 2 tsp.



How we make it:

Wash, and soak the corn and lobia seeds for two hours in water. Steam them in a pressure cooker. Strain the water. In a hot pan, add oil and heat it. Temper with mustard seeds, chilli, curry leaves, coriander. Add chopped onion and saute for a few seconds. Now add the cooked corn and lobia seeds, add salt. Mix well and turn off the flame. Serve hot.

Corn Munthiri Kothu



What we need:

Corn flour	– 100 gms
Green Gram flour	– 100 gms
Jaggery	– 100 gms
Raw rice flour	– 100 gms
Oil	– 300 ml

How we make it:

Soak jaggery in little water and prepare jaggery syrup. Mix corn flour and green gram flour to it and shape them into small balls. Dust a little gram flour to the balls and deep fry them in oil. Serve hot.

Foxtail millet Puttu (Thinai puttu)

What we need:

Foxtail millet flour	– 100 gms
Pound Jaggery	– 100 gms
Grated coconut	– 100 gms
Cashew nuts	– 5 gms
Cardamom seeds	– 5 gms



How we make it:

Knead foxtail millet flour, sprinkling water little by little. Bring it to puttu consistency (firm when you hold it in your hand and breaks when you pinch the flour). Steam it. Serve by mixing the steamed puttu with grated coconut, jaggery and cashew nuts fried in ghee.

Kambu Kozhukattai (Bajra Dumplings)



What we need:

Bajra millet	– 1 cup
Finely chopped Onion	– 1 cup
Finely chopped green chilli	– 5
Finely chopped red Chilli,	
curry leaves, coriander leaves,	
coconut gratings	– 2 tsp.
Salt	– as required
Oil	– 2 tsp.

For tempering:

Mustard seeds	– ½ tsp.
Urad Dal	– 1 tsp.
Gram Dal	– 1 tsp.

How we make it:

Soak bajra in water for three hours. Grind it coarsely in a blender. In a heavy bottomed pan, heat oil and temper with mustard, urad dal and gram dal. Add the onions, chilli, coriander, curry leaves and fry until the onions turn golden brown. Add salt and ground bajra to it. Simmer as you gently stir. Once the dough thickens, add coconut grating, stir and turn off the flame. Once it cools down, make small dumplings using your hand and steam them. Serve the dumplings with sesame idly powder (gun powder) or hot chutney.

Ragi Roti



What we need:

Ragi flour	– 1 cup
Finely chopped onion	– 1 cup
Finely chopped green chilli, curry leaves, coriander	– 2 tsp.
Finely chopped red chilli	– 3
Oil	– 1 tbsp
Salt	– as required
Water	– as required
Mustard seeds	– ½ tsp.
Urad dal	– 1 tsp.
Oil	– 1 tbsp

How we make it:

Mix ragi flour with water and oil and knead into pliable dough. In a heavy bottomed pan, add oil, mustard seeds, urad dal to temper. Add onions, chilli, coriander and curry leaves. Fry till the raw smell leaves. Add these to the dough and let it set for 10 mins. Heat a dosa skillet, add a little oil. Flatten the ragi dough, spread it in the hot skillet and let it cook for some time. Flip to the other side and add more oil. Once both sides turn golden brown, serve with chilli chutney. Frying in groundnut oil adds more flavour to the rotis. The more onions you add, the more flavourful it gets!

Varagu Arisi Porridge Dosa (Kodo millet Indian crepe)



What we need:

Kodo millet	– 1 ½ cups
Grated coconut	– ¼ cup
Green chilli	– 2(chopped)
Ginger	– 1 inch piece
Asafoetida	– ½ tsp.
Cumin seeds	– 2 tsp.
Curry leaves	– a few
Salt	– as required
Oil	– as required

How we make:

Grind together ginger, chilli, cumin seeds, coconut, curry leaves into a coarse paste. Wash and soak the millet in water. Drain the millet and grind it into a batter. Take one ladle full of this batter, add 1 cup of water, and heat it in a pan. Once the batter is cooked turn off the flame. Keep aside. Add water to the remaining batter and soak for three hours. Add the cooked batter to this mixture along with the coarsely ground paste and make dosas. This dosa does not need any accompaniment.

Corn Sukhiyan

What we need:

Yellow corn kernels	- ½ cup
Pound jaggery	- ½ cup
Grated coconut	- ¼ cup
Urad dal	- ¼ cup
Cashew nuts	- 4
Cardamom powder	- ½ tsp.
Ghee	- 2 tsp.
Salt, oil	- as required



How we make it:

Soak urad dal for two hours. Drain away the water. Add a pinch of salt and grind it in a blender to form a thick paste, keep aside. Soak corn kernels separately. Drain it, and grind with pound jaggery, coconut, cashews and cardamom powder into a coarse paste. To a hot pan, add ghee and this coarse paste, saute till the raw smell disappears. Let it cool. Mix along with the urad dal paste, make into small balls and deep fry in oil.

Corn Milk



What we need:

Sweet corn kernels	- 2 cups
Barley	- 1 Cups
Milk	- 2 tsp.
Cardamom powder	- ¼ tsp.
Jaggery	- ¼ tsp.
Saffron	- 1 pinch

How we make it:

Soak corn and barley separately in water. Drain. Grind them separately and extract milk from the pulps. Mix the extracted milk. Add jaggery and cardamom to this and bring it to a boil. Once it is cooked well, sprinkle saffron and serve.

Nutritious Idli

What we need:

Raw peanuts (skin peeled)	- 6 cups
Raw rice	- 1 cup
Boiled rice	- 1 cup
Toor Dal	- 1 cup
Urad dal	- 1 cup
Gram dal	- 1 cup
Green moong dal	- 1 cup
White chickpea	- 1 cup
Butter beans (mochai kottai)	- 1 cup
Black-eyed pea	- 1 cup
Soya	- 1 cup
Jaggery	- 1 cup
Cashew nuts, raisins	- as required
Coconut (large)	- 2



How we make it:

Soak all millets separately. Soak the pulses, legumes and rice. Grind the soaked and drained ingredients along with coconut in a grinder into a coarse paste. Flatten into patties, and steam in an idli steamer. In a hot pan add oil. Roast cashews, raisins in it and set aside. Crumble the idlis, add some jaggery, and heat it in a pan. When you get the aroma of the jaggery syrup, add 1 tsp ghee, cardamom powder, dried ginger powder and grated coconut. Add roasted cashews and raisins, stir and serve hot. Your nutritious idli is ready.

Spicy Idli:

Crumble the idlis. In a hot pan, add oil and heat it. Add mustard, gram dal, urad dal to temper. Add chopped onions, chilli, dry ginger, curry leaves, coriander, crumbled idlis, salt and stir well.

In both the varieties, the idlis will carry the fragrance of groundnuts making it all the more appealing.

Sweet Coconut Wheat Aval

What we need:

Wheat Aval (flakes)	– 200 gms
Corn aval (flakes)	– 200 gms
Coconut	– ½
Date syrup	– 150 gms
Cashew nuts, almonds,	
Raisins	– 50 gms
Cardamom	– few



How we make:

A no-cook ready-to-eat snack for children.

Wash the flakes in little water and drain. Make sure you don't add too much water. Leave the washed flakes aside. In 10 mins, they will turn fluffy. Now add the remaining ingredients, mix and serve!



Foxtail Laddu

What we need:

Multi-grains/Foxtail millet	– 300 gms
Dates syrup	– 200 gms
Cashews, almonds,	
Cardamom and Raisins	– a few

How we make it:

Sprout the millets/grains, dry them and grind them to a powder. Or, you can remove impurities from millets, and grind it into powder. Add dates and raisin syrup to this powder little by little and mix. Once the consistency is solid enough to roll into laddus, add cashews, almonds and cardamom. Roll them into small balls or flat barfis. This can be stored for two days. You can also add sesame seeds and coconut to this.

Ragi and Banyard Millet Dosai (Kezhvaraku Kuthiraivali Sweet Dosai)

What we need:

Ragi millet	- 100 gms
Banyard Millet	- 100 gms
Urad dal	- 50 gms
Palm Jaggery	- 200 gms
Cardamom	- a few
Groundnuts, cashew nuts, almonds (crushed)	- 100 gms



How we make it:

Soak the millets and urad dal for two hours. Drain and grind it into a batter. Add palm jaggery to the batter. You can also mix millet flour and urad dal flour with palm jaggery syrup to prepare the batter. Add crushed cardamom, nuts and raisins and mix well. Pour a spoonful of batter on a hot dosa skillet, cook, flip and transfer to a plate. This is a delicious and healthy dosai.



Sprouted millet Kheer

What we need:

Bajra or sprouted pearl millet	- 300 gms
Coconut milk	- ½ cup
Raisins and jaggery syrup	- 150 gms

How we make it:

Wash and soak millet in water for eight hours. Drain the water. The millet will sprout well. This magic sprouted millet is abundant in nutrition. You can cook the sprouted millet in almond milk, cashew milk or coconut milk. Add jaggery syrup to prepare a delicious kheer.

Cottonseed Milk

What do we need:

- | | |
|------------|----------------|
| Cottonseed | - 100 gms |
| Jaggery | - 300 gms |
| Cardamom | - A little bit |
| Coconut | - Half portion |



How to do it:

Soak the cotton seed in water for a few hours. Grind well, extract cotton seed milk. Boil the extracted cotton seed milk. Add some jaggery to the boiling milk and keep stirring. Add coconut, cardamom, sesame milk, groundnut milk, cucumber seed milk and mix properly and serve.

To enhance taste, add some cashews, almonds, pistas and dry grapes.



Rice flakes Kheer

What do we need:

- | | |
|-------------------|--------------------|
| Fried Rice flakes | – quarter cup |
| Maida flour | – 1 tsp. |
| Peanuts powder | - 1 tsp. |
| Ghee | - 1 tsp. |
| Milk | – one and half cup |
| Jaggery powder | – quarter cup |
| Saffron powder | – a little bit |

How to do it:

Take a vessel and roast rice flakes until it gets red and allow it to cool. Grind it to a coarse rava (granules). Add sprout grains powder, peanut powder and milk to the coarse rice flakes and boil the mixture. Add a small amount of saffron powder to the kheer, keep aside. In a pan, add some water, jaggery and allow it to boil. Filter the jaggery syrup and add it to the rice flakes kheer and mix it thoroughly. Add ghee to the kheer and heat it. Once done, serve the delicious dish to children.

Wheat Semia Kesari

What do we need:

Wheat Semia	- 150 gms
Coconut scrapings	- Half coconut
Jaggery	- 100 gms
Cashew, Dry Grapes	- 50 gms
Cardamom	- A little bit
Kesari powder	- A little bit



How to do it:

Take a vessel and add 400ml of water to it and boil. Add roasted wheat vermicelli (semia) while the water boils and stir. Add jaggery and milled coconut paste to the mixture and stir.

Add some kesari powder, cardamom powder, cashews, almonds, dry grapes. Spread the semiya kesari in a plate. Let it cool slightly and then cut into slices. Children love it. It can also be served as a morning breakfast.

Green gram Pongal



What do we need:

Green gram	- ½ cup
Turmeric powder	- a little bit
Oil	- 1 tsp
Salt	- As per req
Rice	- half a cup

How to do it:

Melt butter in a hot frying pan, add green gram and fry till golden brown. Add turmeric powder and salt and cook well. Cook the rice and mix it with the fried green lentils and mash well. You can also mix boiled crispy vegetables.

Vegetable Bulrush Idly (Kambu Idly)



What do we need:

Bulrush	- 200 gms
Black-gram	- 100 gms
Fenugreek	- 50 gms
Capsicum	- 1
Tomato	- 1
Groundnut	- 50 gms
Cashew	- 20 gms
Salt	- a little bit
Garlic, Ginger	- a little bit

How to do it:

Either soak kambu (bulrush) in water for 2 hours to grind or add water with kambu sprouts and grind. Similarly, grind soaked black gram or sprouted black gram and mix it with kambu flour and idli batter. Allow the batter to set overnight and in the next morning, add finely chopped tomato, garlic, ginger, cashews, cumin and salt. Pour the batter on a baking sheet and steam in idli steaming vessel. Serve with coriander chutney and tomato chutney. Mixing vegetables with idli flour gives additional nutrition.



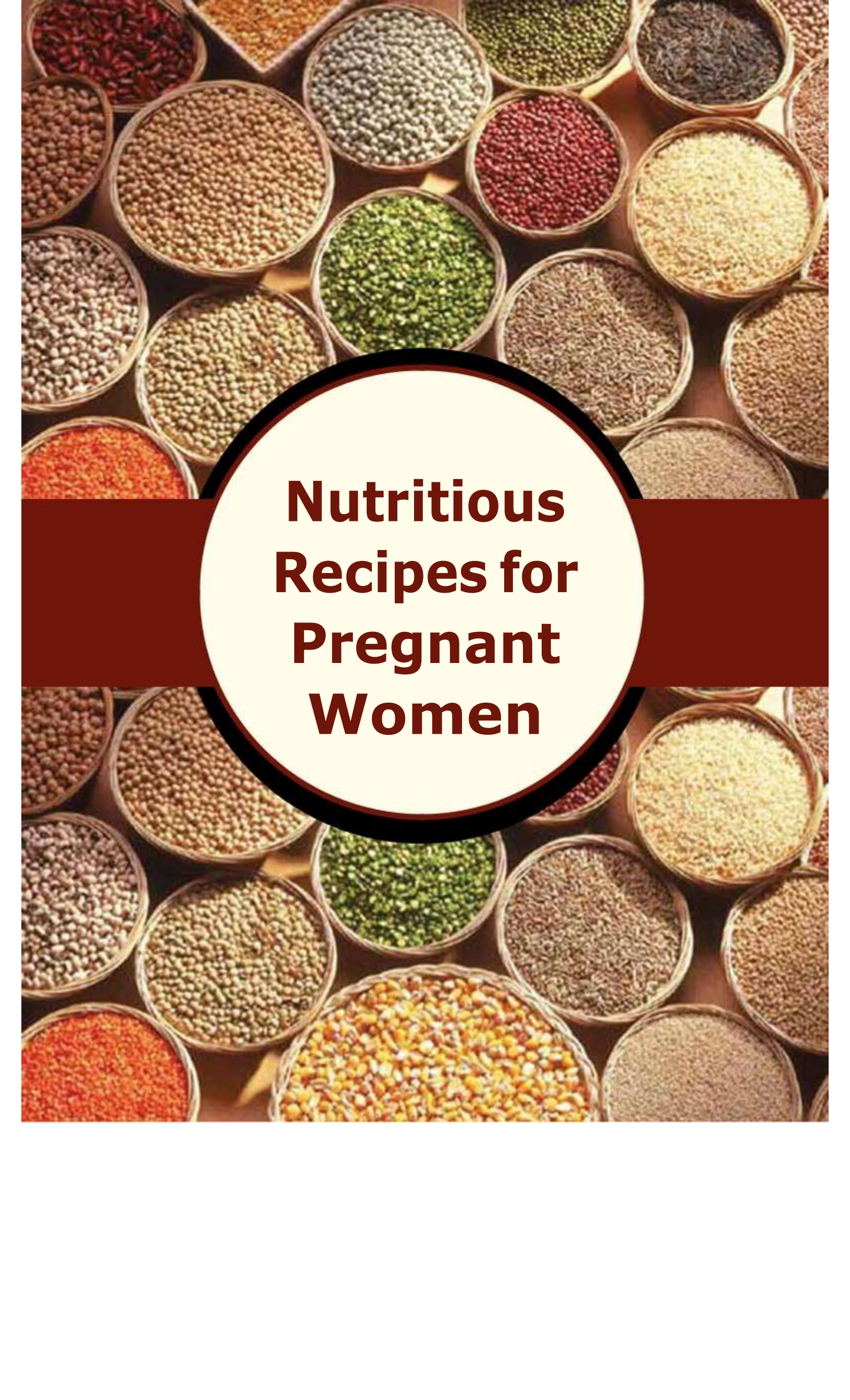
Vegetable Dosa

What do we need:

Dosa batter	- 2 cup
Scrambled carrot	- 1 tsp.
Chopped onion	- 1 tsp.
Chopped ginger	- ¼ Spoon
Chopped chili	- 2
Coriander	- A little bit
Curry leaves	- A little bit
Salt	- as per requirement
Honey	- additional ingredient
Sesame oil	- to fry

How to do it:

Prepare the dosa batter and add all the ingredients to it. Set aside undisturbed for a few minutes. Heat a nonstick pan and pour a ladle of batter into it, spread it, cover with a lid and allow it to cook. Turn-over and cook again. Transfer to a plate, add honey and serve. Honey has the ability to activate brain cells.

The background of the image is a dense arrangement of numerous small, round, shallow bowls or tins. Each bowl is filled with a different type of grain or seed, showcasing a wide variety of colors and textures. The grains include shades of red, orange, yellow, green, brown, and grey. Some are whole grains like corn or millet, while others appear to be smaller seeds or lentils. The bowls are packed closely together, creating a rich, textured mosaic of natural food products. In the center of the image, there is a large, white circular area with a thick black border. This circle serves as a backdrop for the main title text.

Nutritious Recipes for Pregnant Women

Paneer Tikka

What we need:

Paneer pieces	- 2 cups
Chilli powder	- 1 teaspoon
Garam Masala powder	- ½ teaspoon
Capsicum	- 1 piece
Yogurt	- 2 table spoon
Lemon juice	- 1 teaspoon
Salt	- as required



How we make it:

Mix chilli powder, salt and garam masala powder in yogurt. Soak paneer pieces and chopped capsicum in it for 30 minutes.

In a hot non-stick tawa place the paneer pieces along with capsicum and cook on all sides. Add the lemon juice and serve hot.

Samai chicken Briyani



What we need:

Samai (Barnyard Millets)	- 500 gms
Country chicken	- 500 gms
Onion	- 50 gms
Tomato	- 50 gms
Ginger and garlic paste	- 1 table spoon
Anise, bark powder	- as required
Yogurt	- ½ cup
Mint	- 1 Handful
Lemon juice, Turmeric and chilli powder	- as required
Seasoning : Ghee	- 100 ml

Clove	- 5
Cardamom and Bay leaf	- 2 each.
Mace	- a few.

How we make it:

Clean the chicken, mix it with yogurt, salt, turmeric, lemon juice and leave aside for 10 minutes.

Heat the ghee and season the ingredients. Then add the anise, bark powder, ginger-garlic paste and saute well.

Add chopped onions and mint and saute until the tomatoes are well browned. Add the curry mix and once it is sauteed well, add water and bring it to a boil (twice as much water to the rice). Once it boils, add the washed rice to it and cook until done.

Kuthiraivali Idiyappam

What we need:

Kuthiraivali	- 250 gms
Jaggery	- as req.
Coconut	- 200 gms
Salt and water	- as req.



How we make it:

Wash, dry and powder the millets finely.

Add hot water and salt to the millet powder and knead it thoroughly to idiyappam dough consistency.

Place the dough inside the rice noodle maker and press it in concentric circles on idli moulds.

Steam the idiyappams in idli maker. Add grated coconut with jaggery to it and serve hot.



RagiSev

What we need:

Ragi	- 100 gms
Urad dhal powder	- 50 gms
Rice flour	- 50 gms
Ajwain	- 5 gms
Salt and oil	- as req.

How we make it:

Add rice powder, ajwain, salt and hot coconut oil with ragi flour and mix thoroughly into a dough.

Add required amount of water and stir the dough.

Place the dough in sev maker, squeeze the sev and fry in oil.

Readymade dhokla

What we need:

Fermented idli flour	- 2 cups
Rava	- ¼ cup
Green chilli	- 6
Eno fruit salt	- 1 teaspoon
Turmeric powder	- as req.
Mustard, Cumin seeds	- ¼ teaspoon
Jaggery	- ½ teaspoon
Cilantro	- a few
Oil	- 2 teaspoon
Salt	- as req.



How we make it:

Ferment freshly ground idli batter with eno fruit salt and leave aside for few hours. Add turmeric powder, rava and salt to fermented idli batter and leave it for 10 minutes.

Pour the batter in idli mould coated with oil and steam. Remove the dhoklas once cooked. Season mustard, cumin seeds with chopped green chillies in a pan. Add little water and jaggery to it.

Add the seasoning to the dhokla. Shower some cilantro and serve it with love.



Kuthiraivali Pongal

What we need:

Horse-tail millet	- 500 gms
Ghee	- 100 gms
Cashew nut	- 10 gms
Green gram whole	- 100 gms
Pepper and Cumin seeds	- a few
Salt and Water	- as req.

How we make it:

In a hot pan, season whole green gram until gets golden brown in colour and add horse-tail millet to it.

Add water as required and allow it to boil. Let it cook.

Add pepper, cumin seeds, salt, roasted cashew nut and stir thoroughly. Your dish is ready!

Sola Adai (Corn Adai)

What we need:

Corn	- 1 cup
Yellow split peas and Bengal gram	- ¾ cup (mixed)
Urad dhal and Whole green gram	- ¼ cup
Anise, pepper, cumin seeds	- 1 table spoon
Onion - 1	
Grated coconut	- 2 table spoon
Dry chilli	- 5
Salt, Asafoetida, Coriander, curry leaves	- as req.



How we make it:

Soak grams and corn in water. Chop onion and coriander leaves and keep aside. Grind ginger, salt, cumin seeds, anise, grated coconut, curry leaves and dry chilli together.

Dry grind this mix with the grams and corn till coarse. Then add little water and grind further to a batter. Add onions and coriander leaves to the batter and stir it thoroughly.

Pour a ladle of the batter on hot tava, spread it and let it cook. Turn it over adding little oil and cook. The adai is ready to serve with coconut chutney or jaggery.



Nutritious porridge

What we need:

Boiled wheat porridge	- 100 ml.
Oats	- 50 gms
Milk	- 100 gms
Dried grapes	- 25 gms
Almond	- 25 gms
Jaggery	- 15 gms

How we make it:

Pour half a litre of water into a heavy pot and bring to a boil. Add wheat porridge and oats to the boiling water and cook well.

Add almonds, jaggery and milk to the mixture and stir. Serve. It is good for new and expectant mothers since it contains easily digestible high - calorie protein, calcium, iron.

NUTRITIOUS CUTLET

What we need:

- | | |
|---------------------------------|--|
| Baked potato | - 1 cup |
| Boiled and fried Garbanzo beans | - ½ cup |
| Boiled Bengal gram | - ½ cup |
| Whole green gram | - ½ cup |
| Bengal gram powder | - 50 gms |
| Finely chopped onion | - 50 gms |
| Finely chopped ginger | - 10 gms |
| Chopped carrot, Chopped beans | - 100 gms each |
| Cumin seeds, Pepper powder | - 10 gms each |
| Chopped Green chilli | - 1 |
| Black salt | - 2 gms |
| Lemon juice and Sesame oil | - 10 gms each, Finely chopped garlic - 10 pieces |



How we make it:

Add the baked potatoes with the grams and mix well. Add oil in a wok and saute onions, garlic, ginger and green chilli.

Add to it beans, carrot, cumin powder, pepper powder, black salt, lemon juice, bengal gram powder and knead it to a dough. Roll the dough into small balls and flatten it with your palm in the shape of a cutlet. Heat oil in a pan and fry the cutlets.

This cutlet is a tasty snack made with lentils and is suitable for serving in the evenings.

This tastes better with mint chutney and is the best selection of essential nutrients for pregnant women.



Masala Gram Podi

What we need:

- | | |
|-----------------------------|---------------|
| Garbanzo beans, Bengal gram | - 10 gms each |
| Whole green gram, | |
| Yellow split peas | - 10 gms |
| Fenugreek leaves, Ginger | - 5 gmseach |
| Lemon juice | - 10ml |
| Onion | - 50 gms |
| Garlic, Pepper | - 10 gms each |
| Curry leaves | - 20 gms |
| Cumin seed powder | - 5 gms |
| Garam masala, Sesame oil | - 5 gms each |
| Salt | - as required |

How we make it:

Wash the lentils, cook them well and keep aside. Saute finely chopped onions in a hot skillet until the onions become golden brown in color.

Then add the ginger, garlic, curry powder, pepper, cumin powder, garam masala and mix them well. Add the cooked lentils and stir. Add lemon juice to the mix and stir well.

This dish is high in calories, protein, iron, and calcium. This dish, if served with green cucumber, carrot and onion salad, makes a great addition to the salad. Pregnant women love this dish.

Garlic Broth

What we need:

Peeled garlic	- 10 pieces
Coriander powder	- 30 gms
Whole coriander	- 15 gms
Pepper powder	- 15 gms
Dried Chilli	- 15 gms
Onion	- 50 gms
Fenugreek, cumin seeds	- 5 gms
Curry leaves	- 10 gms
Salt	- as req.
Sesame oil	- 5 gms



How we make it:

Add a little oil in a skillet and saute the onion, cumin, chilli, coriander, curry leaves. Let it cool and grind it to a thick paste.

Add oil in skillet and saute fenugreek, garlic along with chilli powder, grind this separately. Add this to the ground onion paste and stir well. Add required amount of water and salt and boil the mix. Once the contents condense after stirring thoroughly, serve it with idli, dosa. Garlic helps in milk secretion and helps us to get rid of the unwanted body fluids. It is good to have this twice a week.



Garlic Chutney

What we need:

Peeled garlic	- 10 pieces
Dried Chilli	- 2 pieces
Pepper	- 15 gms
Tomato	- 100 gms
Curry leaves	- 10 gms
Cumin seeds	- 2g
Sesame oil	- 10 gms

How we make it:

Grind the garlic, dried chillies along with tomato and curry leaves into a paste.

Heat oil in the skillet and fry cumin seeds. Add the tomato-garlic paste and salt as required and cook. Serve with rice or other supplements.

Garlic Rice

What we need:

Peeled Garlic	- 15
Ghee	- 20 gms
Curry leaves	- 20 gms
Pepper powder	- 10 gms
Salt	- as required.
Cumin	- 5 gms
Boiled rice	- 2 cups



How we make it:

In a hot skillet pour ghee and saute cumin seeds in it.

Add some curry leaves along with garlic pods. Sprinkle salt and pepper as required.

Add the mixture with rice, stir well and serve.



Garlic powder

What we need:

Peeled Garlic	- 5
Bengal gram	- 100 gms
Yellow Split gram	- 100 gms
Crushed Bengal gram	- 50 gms
Pepper powder	- 20 gms
Sesame oil	- 5 gms

How we make it:

Fry the bengal gram and yellow split gram in a separate pan, keep aside. Heat oil in a skillet and add garlic pods.

Fry until it gets crispy.

Add salt, bengal gram, yellow split gram and fry. Let it cool and grind it to a powder.

Add the crushed bengal gram with the mix and grind it well.

Mix the garlic powder in hot rice and add some ghee with it to make a fragrant and tasty dish.

Sukku (Dry ginger) Garlic Legiyam (paste)

What we need:

Amukkara root	- 25 gms
Peeled Garlic	- 100 gms
Dry ginger powder	- 100 gms
Karupatti (palm jaggery)	- 50 gms
Sesame oil	- 5 gms
Coconut powder	- 10 gms



How we make it:

Boil 50 grams of palm jaggery in 250ml of water and filter the residue.

Heat the skillet, add little oil and deep fry the peeled garlic pods.

Add amukkara root powder and dry ginger powder with the fried garlic and stir well. Add palm jaggery to this and stir.

When the mix condenses, add little honey and cardamom powder to the paste and keep it closed in an airtight container.

This legiyam is very important to lactating mothers. Roll the paste using your palms and have it thrice a day. Drink a glass of hot water immediately to increase lactation. It can be also taken as a medicine to gastrointestinal problems.



Mothers special broth

What we need:

Peeled garlic	- 100 gms
Peeled ginger	- 100 gms
Black pepper	- 10 gms
Urad dhal	- 20 gms
Bengal gram	- 10 gms
Raw rice	- 10 gms
Sesame oil	- 200 ml
Cumin seeds	- 10 gms
Curry leaves	- 20 gms

How we make it:

Roast urad dhal, bengalgram, raw rice separately.

Roast cumin, curry leaves, pepper in a separate pan.

Add some oil in a hot pan and saute peeled garlic, ginger. Grind the roasted and sautéed ingredients into a thick paste. In a hot pan, add the paste, pour water and boil. Stir and keep boiling until the mix thickens to a paste. Pour sesame oil to the paste and allow it to boil. Once the broth is cooked, allow it to abate and serve.

It helps lactating mothers to recover from fatigue and tiredness. It also helps to remove post pregnancy body waste and increases the milk secretion of feeding mothers.

Seven easy tips for making Kashayam for pregnant women

Consuming kashayam on daily basis from seven months of pregnancy until childbirth will give lot of benefits to pregnant ladies. Take it before going to bed. It can be made with simple ingredients from home. It gives strength to the pregnant women, if taken a full week, every month.

What we need:

CUMIN KASHAYAM	:	Cumin - 5 gms Jaggery- 15 gms
FENUGREEK KASHAYAM	:	Fenugreek - 5 gms Jaggery - 15 gms
CURRY LEAVES KASHAYAM	:	Curry Leaves - 10 gms Jaggery - 15 gms
DRUMSTICKS LEAVES KASHAYAM	:	Drumsticks Leaves - 10 gms Jaggery - 15 gms
ANISE KASHAYAM	:	Anise - 5 gms Jaggery - 15 gms
DRIEDGINGER(Sukku)KASHAYAM	:	Dried Ginger - 5 gms Jaggery - 15 gms
CLOVE KASHAYAM	:	Clove – 3 gms Jaggery - 15 gms



How we make it:

Select any one of the for each day of a week. The main ingredient should be just 5 grams to 10 grams in quantity. To the main ingredient, add jaggery, 500ml of water and let it boil.

Keep boiling until the water reduces to 100ml. Filter the residue and kashayam is ready.

It removes any swellings from the legs and controls urinary infections until delivery. Provides good results if taken from the seventh month until delivery.



Foxtail millet flour sweet

What we need:

Foxtail millet	- 200 gms
Ghee	- 50 gms
Jaggery	- 200 gms
Cardamom seed powder	- 5 gms
Cashew nut	- 20 gms
Milk	- ¼ cup
Salt	- 1 spoon

How we make it:

Roast foxtail millet, grind it to a powder. Heat ghee in a separate pan, add cashew nut and roast it until it gets golden brown in colour. Add to it cardamom seed powder, jaggery, salt and add drops of milk and stir. Pour this mix little by little to the millet powder, knead and roll it into balls that are ready to eat! These millet balls are rich in protein. It gives more energy for girls, who have attained puberty.

Rye leaf Adai



What we need:

Rye rice	- 1 cup
Bengal gram	- ½ cup
Jaggery	- ½ cup
Cashew nut	- 6
Cardamom powder	- ½ teaspoon
Ghee	- 1 teaspoon
Grated coconut	- ¼ cup
Oil	- 1 table spoon
Salt	- a pinch
Banana leaf	- 5

How we make it:

Soak rye rice in water for 3 hours and grind it into a batter.

Pour some oil and a pinch of salt in a pan and add rye batter and stir it properly until it thickens into dough. Once it is cool, rub oil on both hands and knead it to a soft pliable dough. Set aside.

Cook bengal gram dhal in a cooker. Once cool, grind it to a paste. Fry cashew nuts in a skillet with ghee, add bengal gram paste and stir. After mixing grated coconut and cardamom powder, stir thoroughly. Allow the mix (stuffing) to cool. Flatten a small ball sized dough on banana leaf piece, place the stuffing in it, close it and cover with the leaf. Place the leaf adais in idli moulds. Steam in an idli vessel for 15 minutes. It can also be made using palm jaggery.



Millet Adai

What we need:

Rye	- ½ cup
Ragi	- ¼ cup
Other millets combined	- ¼ cup
Yellow split gram	- ½ cup
Whole green gram	- ¼ cup.
Dry chilli	- 5
Green chilli	- 5
Salt	- as required
Chopped curry leaves, coriander	- a small quantity.

How we make it:

Soak all cereal and millets combined together in water for three hours.

Add green chilli and dry chilli to the soaked cereal and millets and grind them into a coarse batter. Add chopped curry leaves, coriander and salt to the batter.

Pour a ladle full of batter on a hot tava, spread the adai. Pour little oil, let it cook. Turn it over, cook again. Serve it with coconut or garlic chutney.

By using all millets without dehusking, we can gain all the energy and taste. Adding onion, makes the dish spicier and yummy.

What we need:

Corn flour	- 150 gms
Bengal gram flour	- 50 gms
Onion	- 20 gms
Salt	- as required
Oil	- 1 spoon
Water	- ½ litre



How we make it:

Roast corn flour and Bengal gram flour separately. Mix both the roasted flours together and add water to the flour to make a smooth batter.

Add chopped drumstick leaves, chopped onion to the batter.

Oil a hot dosa tava, pour a ladle of batter, spread the adai and cook. Flip it over and cook. Flip it on to a plate. Tasty Corn adai is ready.



Kodo millet Paniyaram

What we need:

Kodo millet rice	- 200 gms
Urad dhal	- 75 gms
Fenugreek	- 1 teaspoon
Oil	- as required.
Bengal gram	- 1 teaspoon
Coconut	- a small piece
Curry leaves, salt	- as required
Green chilli	- 2

How we make it:

Soak kodo millet rice, urad dhal in water for few hours. Grind it and keep the batter aside.

Pour oil in a hot pan and saute mustard, bengal gram, green chilli, grated / finely chopped coconut and curry leaves. Add this seasoning to the batter, add salt and mix thoroughly.

Pour the batter in paniyaram mould and cook. The dish is ready!

Veg papad roll



What we need:

- | | |
|----------------------|----------------|
| North Indian papad | - 8 |
| Chopped tomato | - 1 |
| Chopped onion | - 1 |
| Grated Carrot | - one teaspoon |
| Capsicum chopped | - one teaspoon |
| Green chilli chopped | - 2 |
| Garam masala | - ¼ teaspoon |
| Salt | - as required |

How we make it:

Mix all the chopped vegetables with salt, garam masala and drain the water from it.

Roast the papad over a stove. Place ½ teaspoon of vegetable mix in each roasted papad, roll and serve.

This papad roll goes well with mint chutney.

Being a snack without oil and sugar, this is suitable for those who are on a diet.



Mint jeera chai

What we need:

- | | |
|----------------------|---------------|
| Mint | - 2 cups |
| Powdered cumin seeds | - 1/2 spoon |
| Jaggery | - as required |
| Water | - 2 ½ cups |

How we make it:

Boil water and add mint, powdered cumin and jaggery to it.

Simmer in low flame until the water reduces to 2 cups.

Filter the tasty chai and serve!

Jack and Jill

What we need:

Deseeded Jackfruit pods	- 10
Mango without fiber	- 1
Cherry	- 10
Rasthali Banana	- 2
Orange	- 1
Panneer grapes	
(seed grapes)	- 10
Cherry fruit	- 10
Honey	- as required
Boiled milk	- 1 cup
Rose milk concentrate	- 1 ½ spoon
Strawberry biscuit	- 1 packet



How we make it:

Make slits of half inch width in jackfruit pods. Deseed the pod and apply honey inside the slits. This assumes the shape of a tiny cup.

Deskin mango and cut it into 10 pieces; peel the banana and cut it into 10 pieces.

Deseed the orange and remove the pulp. Remove seeds from the grapes.

Process:

Inside the honeyed jackfruit cup, place a banana piece and a mango piece. Stuff the orange pulp around it. Place a cherry on top. Split a grape into two and keep it on either sides of the cherry. Arrange the jackfruit cups in a plate. Refrigerate for one and half hours.

Add milk to the remaining fruits and grind well. Add concentrated rose milk and a teaspoon of honey and grind it until it reaches milkshake consistency. Pour this shake into a container and store it in the refrigerator.

Serving:

Place the jackfruit cup, pour a spoon of milkshake over it. Place a strawberry biscuit wafer on top. Serve this cool jack and jill in the evening!

Sura Puttu

What we need:

Shark fish	- ½ Kgms
Onion	- 100 gms
Garlic	- 2
Green chilli	- 2
Salt	- as required
Sunflower oil	- ½ teaspoon
Coriander leaf,	
Curry leaves	- ½ cup
Turmeric powder	- as required.



How we make it:

Boil water in a skillet. Add cleaned shark fish and little turmeric powder and cook. Shred the boiled fish and keep aside.

Heat oil in a pan, add curry leaves, onion, green chilli and temper. Add boiled fish with required salt to the it, place it on low flame and stir until the puttu becomes flaky. Take it down and serve!

Spinach Chicken Masala



What we need:

Chicken	- 12 Kgms
Spinach	- 1 roll
Chopped Onion	- ¼ KG
Chopped tomato	- 200 Grams
Coriander powder	- 3 teaspoon
Chilli powder	- 2 teaspoon
Turmeric powder	- ½ teaspoon
Ginger garlic paste	- 1 teaspoon
Clove bark and cardamom	- 1 each
Salt	- as required.

How we make it:

Wash chicken, spinach and chop them. Heat oil in a skillet and add clove bark, cardamom, chopped onion. Fry till onion turns golden brown. Add tomato, ginger garlic paste and saute.

Add chilli powder, coriander powder, turmeric powder and sprinkle some water. Add chicken and spinach with little water and salt to the mix and cook well. Add cilantro toppings and serve!

Gooseberry Thokku/pickle

What we need:

Gooseberry	- 200 gms
Pepper powder	- 40 gms
Dried chilli	- 20 gms
Fenugreek	- 4 gms
Garlic	- 20 gms
Oil	- 30 gms
Cumin seed powder	- 15 gms
Salt	- as required.



How we make it:

Heat oil in a skillet and saute cumin seed powder, fenugreek, dry chilli and garlic.

Add chopped gooseberries to it and saute. When the gooseberries are half cooked, add quarter cup tamarind extract and pepper powder and saute till the raw smell leaves. Add salt as required, grind the cooled mixture and serve with breakfast.

As gooseberries have lot of medicinal value, it is suggested to take it thrice a day in small quantities. It keeps one healthy.



Spinach Dhal Usili

What we need:

Spinach	- 300 gms
Whole green gram	- 100 gms
Dried chilli	- 10 gms
Cumin seeds	- 10 gms
Oil	- ½ teaspoon
Curry leaves	- 15 gms
Salt	- as required.

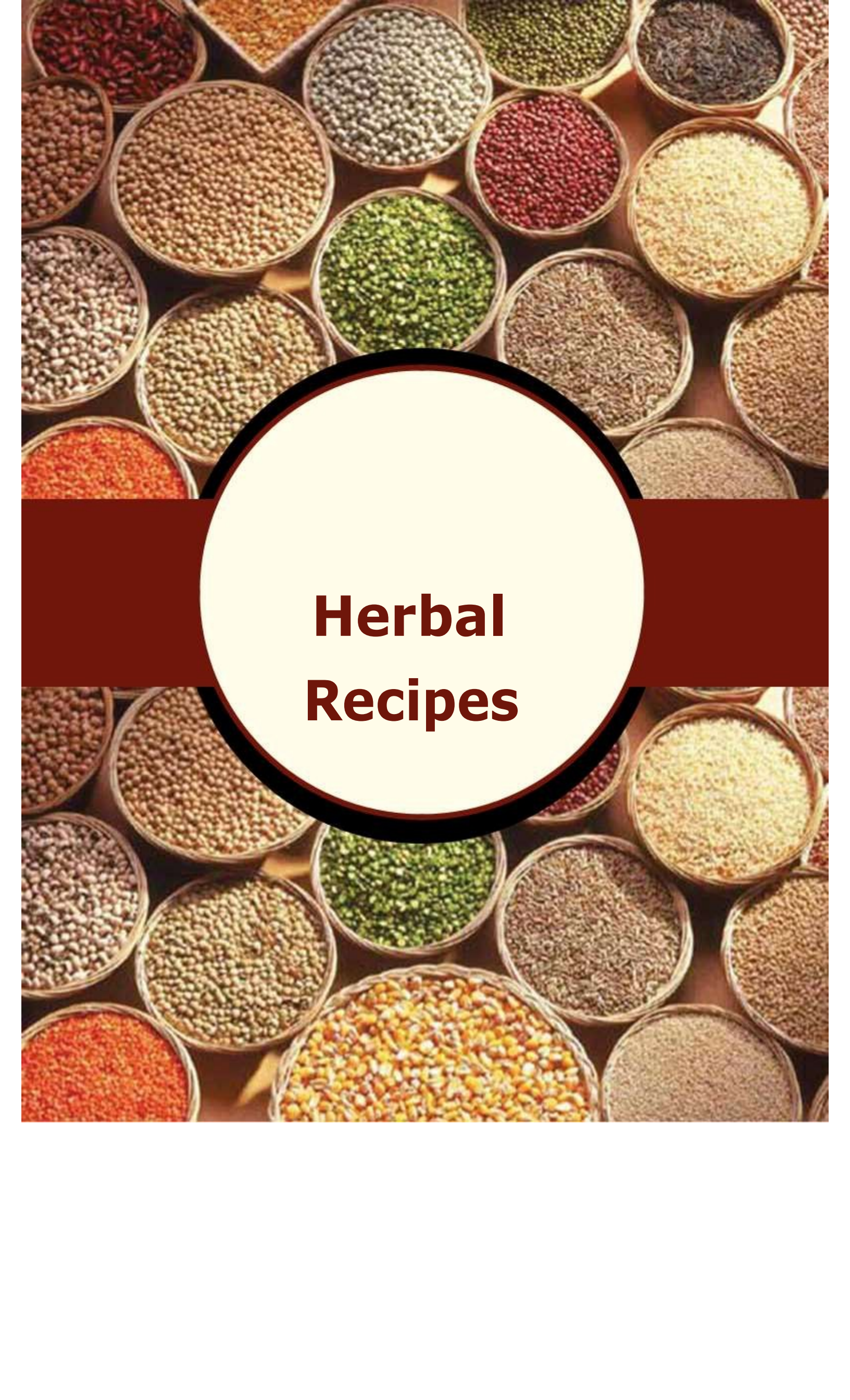
How we make it:

Wash and chop the spinach finely. Add water and boil the spinach with salt to taste. Drain the water and keep aside.

Add curry leaves, dried chilli to soaked whole green gram and grind it to a coarse batter like vadai batter.

Saute cumin seeds in a hot skillet and add spinach to it. Stir fry and add green gram batter to it. Stir and allow it to cook like upma. This usili is a good side dish for rice. Since it has high fibre content, it aids digestion.

One can also make rasam with the drained spinach water.



Herbal Recipes

Mudakkathan (Balloon vine spinach) Dosa

What we need:

Mudakkathan Spinach (Cleaned and cut)	- 2 cups
Boiled Rice	- 1 cup
Urad dal (whole)	- 1 tsp
Fenugreek	- 1 tsp
Toor Dal	- 2tsp
Oil	- As required
Salt	- As required



How we make it:

Soak the rice, fenugreek and toor dal for an hour in water and grind it. When half done, add spinach to the batter and grind to a fine texture. Add salt as required and add water to it to make a dosa batter.

Set aside the dosa batter for 7 hours to ferment.

Oil the hot dosa tava, pour a ladle of batter. Spread the dosa, let it cook and turn over. Let it cook, flip onto a plate and serve.

Pirandai Thuvayal (Veld Grape Plant Chutney)



What we need:

Pirandai	— 150 gms
Round red chillies	- 6
Tamarind	- 1 Marble sized ball
Urad dal	- as required
Salt	- as required
Oil	- as required

How we make it:

Cut the pirandai stem to small pieces.

Pour some oil into a wok and saute urad dal and chillies. Add the pirandai stem and saute further, then add salt.

Add tamarind to this and grind together into a fine paste.

Sukku Kali (Dried ginger pottage)

What we need:

Boiled rice	- 1 cup (to be soaked for 2 hours)
Dried ginger (sukku)	- a big piece
Cardamom	- 1
Oil	- 100 gms
Palm jaggery	- 100 gms



How we make it:

Grind rice into a fine batter, adding dried ginger and cardamom.

Spread oil in a wok and pour the ground batter into it. Stir continuously.

Add jaggery to the mixture and keep stirring until it starts to roll itself into a ball. Then switch off the heat and serve hot!

This dish has the ability to eradicate all respiratory ailments. This pottage is given to new mothers.

Vallarai Chutney



What we need:

Vallarai Spinach	- 1 bundle
Shredded coconut	- 4 tsp
Urad dal	- 4 tsp
Dried chili	- 2
Tamarind	- Marble sized
Oil	- 2 tsp
Salt	- to taste

How we make it:

Saute chillies and urad dal in little oil and keep aside. Saute vallarai Spinach with the rest of the oil separately. Let it cool.

Once it cools, add shredded coconut, tamarind, salt, sautéed chillies and urad dal to the spinach. Grind well into a thick paste.

Murungai (Drumstick) soup

What we need:

Drumsticks	- 4
Potato	- 1
Onion	- 1
Turmeric powder	- 1/4 tsp
Lime juice	- 1 tbsp
Corriander	- little
Butter	- 1 tbsp
Salt	- As required

To grind: Corriander seed/Daniya powder - 1 two ; Green chili - 1 ; Garlic - 2 pieces ;
Chili powder - 1/2 tsp



How we make it:

Peel the potato. Cut the onion, drumsticks and peeled potato into big pieces and place it in a cooker. Add 2 cups of water, cover and cook to 3 whistles.

Once done and cooled, separate the skin of the drumstick and scoop out the flesh. Grind the cooked potato and onion to a paste, add the drumstick flesh. Mix thoroughly with boiled water and keep aside.

Grind the other ingredients mentioned separately above.

Melt butter in a wok. Add the daniya, green chilli paste and stir. Then add boiled water mix and simmer until the raw smell reduces completely.

Once it starts to boil, turn off the heat and add lemon juice and chopped coriander leaves. Serve hot!

Vegetable Mudakathan Soup



What we need:

Carrot, Beetroot, Capsicum,	
Tomato	- 2 each
Shallot	- 3
Garlic	- 2 pieces
De-stemmed	
Mudakathan s	
pinach	- 1 bundle
Garam Masala	- 1 tbsp
Oil	- 2 tbsp
Corn flour	- 1tbsp
Salt	- o taste

How we make it:

Cook the vegetables and spinach together.

Grind the tomatoes, onions, garlic and little pepper together to a paste. Pour some oil onto a wok and saute the paste.

Add garam masala. Add the boiled vegetables and spinach with boiled water to this paste and let it simmer.

Finally, add the corn flour, simmer and serve.

Arugampul Soup

What we need:

Scutch grass (Arugampul)	-	1 cup
Pepper powder	-	1/4 tbsp
Jeera	-	as required
Salt	-	as required
Milk	-	1/2 Ltr



How we make it:

Gather and clean the arugampul thoroughly and grind it to a paste. Add this paste to milk and boil until it thickens.

Upon straining the arugampul infused milk, add pepper, jeera, salt, palm sugar (for people without diabetes), and serve. If fed to children every night before bed, ailments of any type can be cured.



Cumin soup

What we need:

Water used to cook toor dal	-	3 cups
Tomato puree	-	1/2 cup
Lemon juice	-	2 tsp
Coriander leaves chopped	-	2tsp
Turmeric	-	1/4 tsp
Pepper powder	-	1/2 tsp
Salt	-	as required

To grind:

Cumin	-	2 tsp, garlic
cloves	-	4

To temper:

Ghee	-	1 tsp,
Cinnamon	-	1 inch piece

How we make it:

Grind cumin to a paste. Pound the garlic cloves. Heat ghee in a pan and temper using cinnamon.

Add tomato puree, dhal water, salt, cumin paste and pound garlic. Let it boil for 5 min.

Turn off the flame and add coriander leaves and lemon juice.

Serve hot!

Agathikeerai Soup (Humming bird tree leaves soup)

What we need:

Chopped Agathikeerai	—	2 cups
Coconut milk	—	½ cup
Pepper powder	—	2 tsp
Chopped shallots	—	2 tsp
Salt	—	as required



How we make it:

Pour a cup of water in a wok and heat it. Add shallots, salt.

Add agathikeerai and let it cook.

Once the keerai is cooked, add pepper powder and coconut milk.

Let it come to a boil.

Remove from heat and serve!

Musumusukkai leaf Chutney (Aganaki Chutney)



What we need:

Musumusukkai leaves	—	4 handful
Sesame oil	—	3 tsp
Ginger	—	1 inch piece
Curry leaves	—	4 bunches
Mint leaves and coriander leaves	—	1 handful each (finely chopped)
Urad dal	—	50 gms
Cut coconut	—	few pieces
Tamarind lemon	—	size of a small
Salt	—	as required
Red chilli	—	6

How we make it:

Heat a heavy bottomed pan. Add ginger, urad dal and chilli, sauté.

Add the tamarind and cook. Let it cool.

Grind this into a fine paste. Add salt, curry leaves, coriander, mint leaves and coconut to this paste and grind again, keep aside.

Heat ghee in a pan and temper with mustard seeds, gram dal, chopped shallots and sauté the paste.

You can use this tasty chutney as an accompaniment, or add it to rice along with hot ghee and eat it.

Cinnamon Tea

What we need:

- Cinnamon sticks – 5 gms
- Ginger – 5 gms
- Sugar – 2.5 gms
- MaratiMoggu(Kapok buds) – 5 gms



How we make it:

Pound cinnamon and maratimoggu. In a pan, heat 200 ml of water. Add this powder. Add pound ginger and let it boil for 10 minutes. Filter the tea, add sugar and enjoy this tasty and healthy tea which can keep viruses at bay.

Avarampoo tea (Tanner's Casia flower mix)



What we need:

- Avarampoo – 2 tbsp
- Pepper powder – ½ tsp
- Ginger - ¼ inch
- Lemon juice – ½ tbsp
- Jaggery powder – 1 tsp

How we make it:

Boil avarpmpoo in water.

Add pepper powder, ginger, lemon juice and let it boil.

Filter it and enjoy your herbal tea adding honey/sugar/palm jaggery to it.

Vallarai powder (Brahmi leaves)

What we need:

Vallarai spinach	– 1 cup
Coriander seed powder	– 2 tsp
Gram dal	– 1 tsp
Red Chili	– 6
Asafoetida	– 1 piece
Salt, oil	– as required
Tamarind	– a small quantity



How we make it:

Dry roast brahmi leaves until they turn crunchy. Keep it aside.

To a hot pan, add little bit of oil, and saute all other ingredients except salt and tamarind.

Sauté well and keep aside. Let it cool.

Now add tamarind and salt and grind everything together to get a powder like consistency.

Yellow Bhringraj stew (Yellow Karisalanganni Kootu)



What we need:

Yellow Bhringraj leaves	– 1 cup
Split moong dal	– ½ cup
Cumin	– 1 tsp
Pepper	– 1 tsp
Coconut	– ½ cup
Salt	– as required
Oil	– 1 tsp
Mustard seeds	– 1 tsp

How we make it:

Cook the dal until mushy, keep aside. In a vessel, cook the leaves in ½ cup of water.

Add the cooked dal, coconut and salt to this. Bring it to boil.

Add crushed pepper and cumin. Cook for a few minutes.

Take off the flame. Add mustard tempering to this stew.

It gives you amazing health benefits - healthy body, skin and hair. It is good for eyesight too. You can have it twice or thrice a week.

Neem Flower Chutney (Vepampoo Thuvayal)

What we need:

Neem flowers	- 3 tbsp
Mustard	- ¼ tsp
Urad dal	- 1 tbsp
Red chili	- 2
Tamarind	- 2 small amla sized balls
Pond jaggery	- 1 tbsp
Coconut gratings	- 2 tbsp
Salt, oil	- as required
Garlic cloves	- 2 (finely chopped)



How we make it:

In a hot pan, add oil. Temper with mustard seeds, urad dal, red chilli and keep aside.

In the same pan, simmer the flame and add a little oil to roast the neem flowers.

Turn off the flame.

With the fried ingredients, add tamarind, salt, grated coconut, jaggery and grind in a mixie.

Add garlic cloves at the end if required. This chutney goes well with rice and tiffin varieties.

Neem flowersalad



What we need:

Boiled peanuts	- 100 gms
Whole green gram	- 1 cup
Big onion	- 1
Tomato	- 1
Coriander leaves	- as required
Sliced ginger	- ½ teaspoon
Green chilli	- 1
Lemon juice	- 1 tbsp
Neem Flower	- 1 tbsp
Salt	- as required

How we make it:

Finely chop tomato, green chilli, coriander leaves and onion, keep aside. Add some salt with whole green gram and cook it well.

Roast neem flowers in a skillet. Take a vessel and put boiled peanuts, cooked whole green gram and other chopped ingredients along with chopped ginger and add roasted neem flower to it. Mix thoroughly.

Add lemon juice if necessary. Chat masala or garam masala can also be added to make tasty neem salad.

Neem flower Powder

What we need:

- | | |
|-------------------|-----------------------------|
| Neem flower | - 100 gms |
| Asafoetida | - ¼ spoon |
| Urad dhal | - 100 gms |
| Cumin seeds | - 1 tbsp |
| Red chilli | - 10 to 15(add as required) |
| Bengal gram | - 50 gms |
| Yellow split peas | - 50 gms |
| Salt | - as required |



How we make it:

Dry roast all ingredients one by one in a hot pan, except salt.

And add salt with the roasted ingredients and grind together it to a powder.

Neem flower Powder is ready!

Kodo Millet (Varagarisi) - drumstick spinach soup



What we need:

- | | |
|-------------------------|---------------|
| Soaked Kodo millet rice | - 2 teaspoon |
| Whole green gram | - 1 teaspoon |
| Onion | - 1 |
| Dried ginger | - a pint size |
| Pepper | - 6 |
| Drumstick spinach | - a handful |

How we make it:

Boil all the above said ingredients in 4 cups of water.

Add a handful of drumstick spinach to it, bring to a boil and the soup is ready to serve.

Manathakkali spinach Thuvaiyal

What we need:

Manathakkali spinach	- 1 cup
Grated coconut	- 20 tbsp
Green chili	- 3
Oil, Mustard, salt	- As required.



How we make it:

Take a handful of manathakkali spinach. Drain water.

Grind it with grated coconut, green chili, ginger and salt.

Season it with mustard seeds. Manathakkali thuvaiyal is ready!



Drumstick Rasam

What we need:

Yellow split peas	- ¼ cup.
Tamarind	- pint size
Drumstick	- 3
Tomato	- 2
Salt	- 1 teaspoon
Pepper	- 1 teaspoon
Cumin seeds	- 1 teaspoon
Dried chilli	- 2, Green chilli - 1
Fenugreek	- ¼ teaspoon
Turmeric powder	- ¼ teaspoon
Mustard	- 1 teaspoon
Oil, Coriander,	
Curry leaves	- As required.

How we make it:

Boil the drumstick and scoop out the fleshy part. Boil the yellow split peas separately, keep aside. Boil 2 cups of water adding tamarind, salt, fenugreek, turmeric powder, tomato in it and let it boil till the raw smell leaves.

Saute pepper, cumin seeds, dried chili with oil and grind the mixture. Add this mixture with the boiling rasam.

Add split green chilli along with boiled split peas and drumstick flesh to the rasam and allow it to boil until it shows effervescence.

Season mustard seeds with curry leaves, coriander and add them to rasam.

Serve hot!

Lotus flower coffee

What we need:

Lotus flower Petals	- 10
Jaggery	- 5 gms
Milk	- 200 ml.
Cardamom	- 1 teaspoon



How we make it:

Dry the lotus flower petals very well. Powder the petals and cardamom finely. Boil the water with jaggery or sugar. Add 2-4 teaspoons of petal powder to 1 cup of jaggery/sugar syrup. Add milk to taste.

We can also prepare this coffee with shade dried and powdered rose petals or mix both rose and lotus petal powders.

Thoothuvalai (Solanum Trilobatum) Soup



What we need:

Solanum Trilobatum spinach (Thoothuvalaikeerai)	- 1 cup
Onion	- 1
Garlic	- 5 pieces
Pepper	- ½ teaspoon
Cumin seeds	- ½ teaspoon
Coconut milk	- ½ cup
Oil	- 3 teaspoon
Salt	- Requisite quantity

How we make it:

Clean and chop the thoothuvalai keerai.

Peel off onion and garlic and crush them.

Saute in a hot pan pound onion garlic, add thoothuvalaikeerai and stir fry.

Pour 3 cups of water into the pan.

Add salt, bring to a boil and switch off the stove after assuring yourself that thoothuvalaikeerai has been cooked properly.

Add pepper powder, cumin seed powder and coconut milk to this, stir and serve it hot!

Neem bud tea (Veppanthulir Tea)

What we need:

Neem bud, bael leaves,	
Tulsi	- handful
Sugar	- 05 grams
Milk	- 200 ml
Cardamom	- Small quantity



How we make it:

Pluck small quantities of neem buds and bael leaves and dry them separately in shade. Grind them to powder form and put them in a glass jar and close it air-tight.

Pluck green, garden-fresh tulsi leaves for use.

Pour a glass of water in a vessel, boil the water; after it boils, add neem buds and bael leaves powder and tulsi leaves and let the tea boil (in high flame) for 3 minutes.

Switch-off the stove, filter the tea using clean cloth, add requisite quantity of sugar to the tea and serve hot!

Green neem buds provide us with the best of medicinal benefits. These buds can cure ulcer and kill bacteria in the body. Bael leaves don't lag far behind in offering medicinal benefits to us. It cures acidity and can easily heal long-pending and incurable injuries. It is the 'enemy No.1' for bacteria. Tea from fresh neem buds, bael leaves and tulsi leaves is the best. Using this tea can help us cure ulcers.



Baby-corn Pasalai gravy

What we need:

Baby-corn	- ¼ kilogram
Pasalaikeerai	- 20 leaves
Dried Mirchi	- 5 nos.
Coriander powder	- 10 grams
Cinnamon	- 2 grams
Onion	- 100 grams
Tomato	- 75 grams
Pepper	- 10 grams
Oil	- 15 grams
Curd	- 250 grams

How we make it:

Rinse baby-corn in water, add water and cook it in a cooker. Saute the baby corn with oil and keep aside.

Saute red chilli, chopped onion, tomato and pasalakeerai, curd with oil in a cooker and stir. Add water, and let it boil. Once it is cooked, add pepper powder, coriander powder, cinnamon and let it cook for a few more minutes. Switch off the stove, add baby-corn in it and serve it hot!

Rich in fibre, the combination of baby-corn and pasalaikeerai turns out to be so tasty that it is certain to attract kids. It's a perfect dish as supplement to your breakfast or lunch.

Pirandai (Veld grape) Pulikozhambu

What we need:

- Chillies - 10
- Dried coriander - 1 big spoonful
- Fennel - 1 teaspoon
- Grated coconut - ½ coconut
- Bengal gram dal - 4 teaspoon
- Tamarind - Small ball (the size of a big lemon)
- Pirandai pieces - 1 cup
- Salt - Requisite quantity, Ghee - 4 teaspoons, Fenugreek seeds - 1 teaspoon, shallot - 1 handful, Tomato - 2, Asafoetida - 1 piece

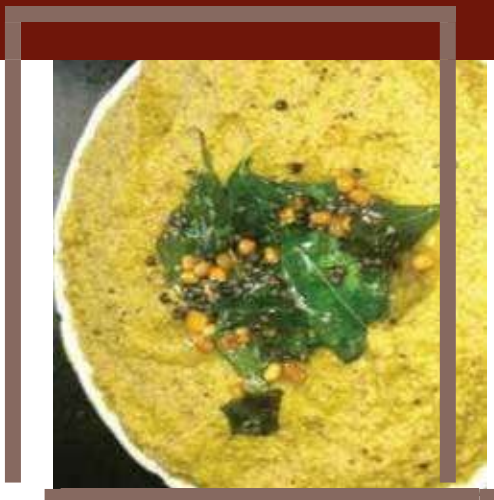


How we make it:

Dry roast coriander, chillies in a hot pan and grind it to powder form. Roast fennel, bengal gram dal and grated coconut separately in a pan and grind them. Soak tamarind in water and add the powdered coriander and chilli to it. In a hot pan, add little ghee, saute fenugreek seeds and pirandai. Add asafoetida, chopped shallot, tomato and saute for few more minutes. After it is cooked, add tamarind extract mix and let it boil. The coconut-dal-fennel paste should now be added along with remaining ghee, stirring adequately. The kuzhambu is ready.

This can be eaten along with boiled rice, with pirandai supplementing as a side-dish. This can cure indigestion and incites the appetite to eat more. However, pirandai should be fried, cooked and added with tamarind for it to taste good without irritating the taste-buds in the tongue or creating a burning sensation in the stomach while eating.

Pirandai chutney



What we need:

- Red chillies - 4
- Bengal gram dhal, Black gram - each 4 teaspoon
- Mustard seeds - 1 teaspoon
- Tamarind - Small ball, the size of a big lemon
- Cut onion (small) - 1 cup
- Asafoetida - small quantity
- Tomato - 3 Nos.
- Coriander leaves - 1 bunch
- Salt - Requisite quantity
- Ghee - 10 grams
- Green chillies - 2
- Curry leaves - Small quantity
- Pirandaistem - 1 cup

How we make it:

Saute chillies, asafoetida and Bengal gram separately one by one in a hot pan with ghee, keep aside. Grind tamarind, salt, green chillies to a paste. Deskin pirandai stem, break it, saute and add grind it with tamarind green chilli paste. Add coriander leaves and asafoetida to this, grind well, keep the chutney aside. In a hot pan, temper mustard seeds, stir in chopped onion and tomato. Add curry leaves and season the chutney. This chutney is a perfect side-dish for idli, dosa and boiled rice. This obviates indigestion; creates appetite for eating and increases digestive power. Stomach-related disorders would be taken care of.

Pirandaikodi Leaves Thuvaiyal

What we need:

- Pirandai stems - 1 handful
(they should be cleaned and then rinsed carefully)
- Asafoetida - small quantity
- Black gram - 2 teaspoon
- Red chillies - 3 Nos.
- Tamarind - Small ball, the size of a big lemon
- Salt - Requisite quantity
- Gingelly oil - 2 teaspoon
- Mustard seeds - ½ teaspoon



How we make it:

Saute red chillies in a hot pan with little oil. Saute black gram and asafoetida separately and keep them aside. Cook pirandai. Grind chillies, salt, tamarind and grind to a paste. Add pirandai and grind well into a chutney.

Remove the residue as you grind.

In a hot pan, add oil temper mustard seeds and season the thuvaiyal.

Thuvaiyal is now ready. Mix it well with boiled rice by adding a teaspoon of gingelly oil.

This is very good for curing indigestion and would keep the stomach clean.

Sotrukatraazhai (Aloe Vera)



What we need:

- Aloe vera - Requisite quantity
- Coconut (Grated coconut) - 1 cup
- Red chillies - 4 Nos.
- Bengal gram dal (or) groundnut - 100 gms (broken)
- Turmeric powder - 1 teaspoon Salt - Requisite quantity
- Shallots - 10 Nos. Tomato - 4 Nos.
- Mustard seeds - 1 teaspoon Curry leaves - Small quantity
- Coriander leaves - 1 bunch Cinnamon - 1 gms
- Fennel, Peppercorns - 1 teaspoon each
- Coriander powder - 1 teaspoon

How we make it:

Grind grated coconut and fennel together into a paste. Chop shallots and tomatoes. In a pan, add ghee and saute mustard seeds, red chillies and groundnut/bengal gram dhal. Add shallots, tomatoes stir. Add chopped curry leaves and coriander leaves.

Add salt, coriander powder, coconut-fennel paste. Stir.

Cut aloe vera, rinse thoroughly and add to the pan. Switch off the stove after 10-15 minutes.

Sprinkle pepper corn, stir further and serve after mixing coconut milk.

AmmaanPachcharisi – Marugu Pookkal Payasam

What we need:

AmmaanPachcharisi	- Requisite quantity
Marugupookkal	- Requisite quantity
Milk of high density, Cashewnut, grapes,	
Cardamom	- Small quantity
Ghee	- 10 Gms
Badam	- Requisite quantity
Green camphor	- Small quantity
Jaggery	- 1 Kgms
Saffron	- Requisite quantity



How we make it:

Pour ghee in a hot pan, saute ammaan pachcharisi, marugupoo. Add a cup of water and then milk to it and bring to a boil; add sugar. In another hot pan, add ghee, fry cashew nut and grapes and add it to the payasam. Add powdered cardamom and camphor. Heat saffron mildly in ghee and add to the payasam. This ammaan pachcharisi-marugu payasam can be taken by lactating mothers in the mornings as well as in the evenings. This helps to a great extent in secretion of milk and is a great boon to mothers who don't secrete sufficient milk to feed their babies.



Magizhchitharum thokku

What we need:

Snake gourd	-	150 gms
Murungaipoo	-	150 gms
Powdered peppercorn	-	10 gms
Red chilli	-	10 gms
Jaadibathiri	-	2 gms
Shallots	-	50 gms
Mustard seeds	-	2 gms
Garlic	-	10 pieces

How we make it:

Heat oil in a pan and add mustard seeds, fenugreek, red chillies and garlic cloves and perform seasoning. Add snake gourd to this and cook. After it is half-cooked, add murungaipoo, chopped shallot and stir/cook further for ten more minutes.

Add to this tamarind extract (1/2 cup) and also cumin seeds, pepper-corn and jaadibathiri and stir/cook until till the greenish tinge is lost.

Add requisite amount of salt and then grind the thokku in a mixie.

This is very delicious to eat as a side-dish along with boiled rice as well as roti/chappathi.

This highly effective dish during peak summer and keeps the body energized at all times. Eat it thrice a week during lunch to rid the body of the heat, say 'goodbye' to tiredness and remain brimming with enthusiasm!