

# Traditional Rice Foods

## *The Rich Heritage of India*

Dr. Lipi Das



ICAR-Central Rice Research Institute  
Cuttack-753006, Odisha



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*Correct Citation*

Das Lipi (2015). **TRADITIONAL RICE FOODS: The Rich Heritage of India.**  
ICAR-Central Rice Research Institute, Cuttack, Odisha, 753006, India. pp 122.

*Published by*

Dr. T. Mohapatra  
Director  
ICAR-Central Rice Research Institute  
Cuttack, Odisha, 753006, India.

*Cover page and layout design*

Sunil Kumar Sinha

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Laser typeset at the ICAR-Central Rice Research Institute, Cuttack (Odisha) 753006, India, and printed in India by the Print-Tech Offset Pvt. Ltd., Bhubaneswar (Odisha) 751024. Published by the Director, for the ICAR-Central Rice Research Institute, Cuttack (Odisha) 753006.



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## Foreword

India has the largest area of 44.6 million hectare under rice in the world and is the second largest global producer next to China. It is the staple food for over 65 per cent of India's population and is an excellent food source, low in fat, high in starchy carbohydrate and some of the vitamins and minerals. Rice, being the largest agro-based industry in India and many other developing countries, is closely associated with the economy and the standard of living of a majority of people.

India produces over 260 million tons of food grains every year of which the share of rice alone is about 105 million tons. There is always hue and cry of distress sale in many parts of the country during harvest season due to lack of storage infrastructure and procurement policy. However, if some value-added product based industries can be developed, there can be a shift from the conventional use of rice as steamed/cooked food to some value-added rice products based on the traditional heritage of Indian people. A value chain can also be established, so that all the players in the chain will get benefit. This will also provide a greater boost to the rice sector of the country and generate lot of employment thorough establishment of new agro-based industries.

Though, there have been significant developments in post-harvest technologies and rice-based food processing, still there is plenty of scope for value addition and commercialization. Better food processing and value addition in rice would ensure better quality of end product, so as to provide better nutrition, better marketability and also higher return to the growers, processors and other stakeholders, while satisfying the consumers' needs and preferences.

Indian people, literally the poor rural women, are traditionally skilled and highly experienced in making innumerable varieties of rice based value-added products. The present compilation "*Traditional Rice Foods: The Rich Heritage of India*" describes methods of preparation of over hundred traditional rice based value-added products prepared in kitchens across different Indian states. There is plenty of scope for commercialization of such products, thereby providing livelihood, food and nutritional security, and contributing to national economy. This is high time to initiate action on 'value chain establishment on rice-based value added products'. I congratulate my colleague Dr. Lipi Das for bringing out this highly informative and useful document as a reference manual for everyone having interest in the area.

*Dated the 15<sup>th</sup> April, 2015*  
*Cuttack, Odisha*



**(T. Mohapatra)**



# Preface

This book has its origin from working with the rural farmwomen as part of the research project on ‘Designing and testing of gender-sensitive approaches in rice farming’ since last more than four years. During field visit and close interactions with the fellow adopted farmwomen, their unmatched skills in making varieties of delicious rice-based value-added products (VAPs) were realized. Subsequently, a village workshop was organized in Sankilo, Cuttack, where the participating farmwomen from neighbouring villages displayed over hundred of rice-based traditional VAPs and were highly appreciated by all. It was strongly felt that the method of preparation of such traditional dishes needed to be documented and made available to people across regions and cultural boundaries. Therefore, efforts were made to capitalize on both primary and secondary sources to document and compile as many rice-based traditional VAPs as possible in a book. My association with the ICAR-Central Rice Research Institute (CRRI), Cuttack for over fifteen years as a researcher in extension discipline helped to materialize this document.

It would have never been possible to compile this book without the support, encouragement and guidance of several individuals, who stood by me to extend their helping hands in various ways. First and foremost, the person who has been instrumental in making my endeavour successful is Dr. T. Mohapatra, Director, ICAR-CRRI, Cuttack. From the core of my heart, I express my profound sense of gratitude and indebtedness for his constant encouragement, wholehearted support and valuable guidance.

I render my heartiest gratitude and sincere appreciation to Dr. B.N. Sadangi, Head and Dr. S.K. Mishra, Senior Scientist of Social Science Division for their candid suggestions, benevolent guidance and support during the course of information collection, compilation and editing.

Words would fall short to thank the management staff and members of ‘Ananya Mahila Bikas Samiti’ – a non-government women development organization of Sankilo, Nishchintakoili, Cuttack, who have wholeheartedly shown their enthusiasm and love, cooperated and provided the primary information in preparing several rice-based VAPs of Odisha. I owe my sincere thanks and appreciation to Mr. Sunil Kumar Sinha for his timely wholehearted support and dedicated work in computer designing and editing of the book; Mrs. Sujata Sethi for providing some valuable inputs; and Ms. Hiranmayee Swain in data

collection and entry, without which it wouldn't have been possible to accomplish this work. I also express my heartfelt thanks to all my family members for their moral support and encouragement, especially to my daughter Riya for bearing my long absence at home during compilation of this document.

My thanks are also due to all the staff of Social Science Division of the institute for their support. I sincerely acknowledge ICAR-Central Rice Research Institute (ICAR-CRRI), Cuttack for providing the institutional support and for publishing the book.

I am emotional to express my sincere love and gratitude to all the hardworking, selfless and deprived farmwomen of India, who have been the source of inspiration in my professional life. I humbly and blissfully dedicate this book to them. At the end, I wish to thank the 'Almighty God' for blessing me with enormous vigour, grace and patience throughout this endeavour.

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*Dated the 16<sup>th</sup> April, 2015*  
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# Introduction

It is believed that for more than half of humanity, rice is life. It is the grain that has shaped the history, culture, diet and economy of billions of people of Asia. Many of them sleep on rice straw, drink rice liquor and offer rice to their gods for prosperity. It is no wonder that rice is an integral part of rituals, ceremonies and festivals of India. No other grain is attached so closely with social, religious and cultural life of the people. Very often we see rice being involuntarily being used in some ceremony without knowing its relevance and significance.

Thus, rice has developed a deep-rooted relation with Indian and rice growing Asian culture. Rice has attained a unique status in most rice growing countries because of its importance in the sustenance of human life. No other grain can claim to have achieved such intimate relationship with mankind as by rice. In India, even in areas where rice is not the mainstay of people, it is used in ritualistic observances. Essentiality cannot be stressed more than the great sage Parasara, who in ancient Sanskrit text ‘Krishi Parasara’ sang in its praise “Rice is vitality, rice is vigor too and rice is indeed the means of fulfillment of all ends of life. Gods, demons and human beings - all subsist on rice”.

## Rice-an ancient crop

Man has cultivated rice since prehistoric times. Specimens of rice discovered in China date back to 5000 BC. Rice as a cultivated crop in Asia originated in tropical India. All Hindu scriptures mention rice and all offerings to God include rice, an indication of the antiquity. India being one of the centres of origin of rice has a multitude of rice varieties and grain types. Rice grows from 55 °N latitude to 37.5 °S, from an altitude of 3,000 meters in the Himalayas to places below sea level. It grows on slopes of mountain ranges to areas with 2 meters deep standing water. Thus, rice is the most versatile food crop cultivated in the modern world (Virmani, 1991).

There are two species of domesticated rice, *Oryza sativa* (Asian) and *Oryza glaberrima* (African). *Oryza sativa* has two major subspecies: the sticky, short-grained *japonica* or *sinica* variety, and the non-sticky, long-grained *indica* variety. *Japonica* is usually cultivated in dry fields, in temperate east Asia, upland areas of southeast Asia and high elevations in south Asia, while *indica* is mainly the lowland rice, grown throughout tropical Asia. Rice is known to come in a variety of colours, including: white, brown, black, purple and red.

## Forms of rice used

Ceremonial use of rice in various rituals in India is not of recent origin but dates back to Vedic period. In ancient texts like Vedas, Purana, Upanishads and epic stories of Ramayana and Mahabharat, plenty of references are found about its uses in course of offering. Rice is offered as oblation to God and deities and in religious ceremonies, as alms to Brahmans and needy persons in different forms. Offering is made of unhusked rice (paddy) and also of white unbroken grains. Besides, rice is offered as colored yellow (vermilion/turmeric), sun dried, cooked, fried, parched, popped, rice flour, and rice beverages. In addition, rice beverages are used as offering to God. The tribal people from various states offer rice beverages in order to propitiate the deities, in various ceremonial purposes, in rites of passage and rituals at various stages of rice crop, in contrast to peasant Hindus who don't employ rice beer (or fermented grain in general) in rituals. This perhaps reflects an aesthetic aversion to the rotting connotation of fermentation.

Rice has many forms depending on the type of rice and extent of processing. Similarly, rice has many attributes, like (i) Soothing- as in pudding or chicken soup; (ii) Crunchy- as in breakfast cereals, rice cakes, crackers, chips, candy bars and other snacks; (iii) Sophisticated and distinctive- as in gourmet long grain and wild rice mixes; (iv) Healthy (wholesome) as brown rice with vegetables; (v) Variety of colours - white, black, purple, red and brown, all being whole grains with coloured bran. It is a versatile grain; because it is a common ingredient in home recipes, rice has its presence in packaged or prepared foods and restaurant menus for every meal or snack, hot and ready-to-eat breakfast cereals, snack bars and baked goods, soups and salads, casseroles and main dishes, side dishes and stuffing, desserts and confectionery products, energy and nutrition bars, and brown rice as a whole grain.

## Nutritional benefits of rice

Rice is an excellent food source, low in fat and high in starchy carbohydrate. It is packed full of vitamins and minerals and provides an excellent source of vitamin E, B vitamins (thiamin, niacin) and potassium. Rice is also an excellent source of energy. It is comprised of 77.5% carbohydrate. Carbohydrate is one of the human body's two main sources of energy, the second being fat. Like other cereals, the carbohydrate in rice is mainly in the form of starch – a complex carbohydrate, and like other cereals, the starches occur in granules in the endosperm. Rice can contribute significantly to vitamin and mineral intake, although the contribution to micronutrient intake will depend on the proportion of germ, bran and endosperm consumed (i.e., the balance between brown and white rice).

A detailed analysis of nutrient content of rice suggests that the nutritional value of rice varies based on a number of factors. It depends on the strain of rice, that is between white,

brown, black, red and purple varieties of rice - each prevalent in different parts of the world. It also depends on nutrient quality of the soil where rice is grown, whether and how the rice is polished or processed, the manner it is enriched, and how it is prepared before consumption. Comparative nutrition studies on red, black and white varieties of rice suggest that pigments in red and black rice varieties may offer nutritional benefits. Red or black rice consumption was found to reduce or retard the progression of atherosclerotic plaque development, induced by dietary cholesterol in mammals. White rice consumption offered no similar benefits, which the study suggests may be due in part to a lack of antioxidants found in red and black varieties of rice (Sharma, 2015).

## Cooking quality and eating quality

The first indicator of good cooking quality of rice is that the cooked grain retains a firm shape and does not disintegrate during or after cooking. Varieties that do not meet this requirement are not commercially successful. The cooking quality is mainly governed by the packaging of starch molecules and the amylose: amylopectin ratio, since starch forms the major part of rice kernel. Cooking and eating qualities are mostly determined by amylose content, gelatinization temperature, and gel consistency of the grain starch.

There are many varieties of rice and culinary preferences tend to vary regionally. The varieties of rice are typically classified as long-, medium-, and short-grained. The grains of long-grain rice (high in amylose) tend to remain intact after cooking; and medium-grain rice (high in amylopectin) become stickier. Medium-grain rice is used for sweet dishes. The stickiness allows rice to hold its shape when moulded. Short-grain rice is often used for rice pudding. Indian rice cultivars include long-grained and aromatic *Basmati* (grown in the North), long and medium-grained *Patna* rice, and in South India (Andhra Pradesh and Karnataka) short-grained *Sona Masuri* (also called as *Bangaru theegalu*). In the state of Tamil Nadu, the most prized cultivar is *Ponni* which is primarily grown in the delta regions of the Kaveri River. Kaveri is also referred to as *Ponni* in the South and the name reflects the geographic region where it is grown. In the Western Indian state of Maharashtra, a short grain variety called *Ambemohar* is very popular. This rice has a characteristic fragrance of mango blossom.

Rice is typically rinsed before cooking to remove excess starch. Rice produced in the US is usually fortified with vitamins and minerals, and rinsing will result in a loss of nutrients. Rice may be rinsed repeatedly until the rinse water is clear to improve the texture and taste. Rice may be soaked to decrease cooking time, conserve fuel, minimize exposure to high temperature, and reduce stickiness. For some varieties, soaking improves the texture of the cooked rice by increasing expansion of the grains. Rice may be soaked for 30 minutes up to

several hours. Instant rice differs from parboiled rice in that it is fully cooked and then dried, though there is a significant degradation in taste and texture. Rice flour and starch often are used in batters and breading to increase crispiness.

Rice is cooked by boiling or steaming, and absorbs water during cooking. With the absorption method, rice may be cooked in a volume of water similar to the volume of rice. With the rapid-boil method, rice may be cooked in a large quantity of water which is drained before serving. Rapid-boil preparation is not desirable with enriched rice, as much of the enrichment additives are lost when the water is discarded. Rice is sometimes quickly fried in oil or fat before boiling; which makes the cooked rice less sticky, and is a cooking style commonly called *biryani* in India and Pakistan. Rice may also be made into rice porridge by adding more water than usual, so that the cooked rice is saturated with water to the point that it becomes very soft, expanded, and fluffy. Rice porridge is commonly eaten as a breakfast food, and is also a traditional food for the sick.

White rice may also be enriched by adding nutrients, especially those lost during the milling process. While the cheapest method of enriching involves adding a powdered blend of nutrients that will easily wash off (in the United States, rice which has been so treated requires a label warning against rinsing), more sophisticated methods apply nutrients directly to the grain, coating the grain with a water-insoluble substance which is resistant to washing.

In some countries, a popular form named parboiled rice, is subjected to a steaming or parboiling process. This causes nutrients from the outer husk, especially thiamine, to move into the grain itself. The parboil process causes a gelatinisation of the starch in the grains. The grains become less brittle, and the colour of the milled grain changes from white to yellow. The rice is then dried, and can then be milled as usual or used as brown rice. Milled parboiled rice is nutritionally superior to standard milled rice. Parboiled rice has an additional benefit in that it does not stick to the pan during cooking, as happens when cooking regular white rice. This type of rice is eaten in parts of India and countries of West Africa are also accustomed to consuming parboiled rice.

## Rice as part of a healthy balanced diet

According to the Food Standard Agency Balance of Good Health food model, cereal products including rice, alongside potatoes, bread and cereals should form the major part of a meal. These guidelines recommend that one-third or 33% of meals are based on carbohydrate rich food such as rice, bread, pasta and potatoes. In terms of calories, carbohydrate rich foods should make up around 50% of our total calorific intake.

## Rice in Indian food habit

India is a large country in terms of both people and land. From the mountainous Himalayas in the North, through the fields of Punjab, the deserts of Rajasthan, the plains of Uttar



Pradesh and Bihar, and the coasts of the South, India is inhabited by people of diverse cultures and religious background. Regardless of this diversity, the rice is eaten all over India. In the south and in the East, rice is the staple food and the word “to eat” literally means “to eat rice”. It is a supplementary dish in the North and the West, but is eaten as a staple in the Northern most Jammu and Kashmir. Rice is cooked in various ways in each of the regions, but there are a few common preparations, like plain boiled rice, *khichri* (rice cooked with mungdal), *pullao* (fried rice) and *kheer* (rice pudding) (Virmani, 1991).

In the South, rice is eaten at all meals. For breakfast, dishes common at the table are doshai, idli and ada (a kind of pancake). Lunch and dinner feature a simple preparation of plain boiled rice. But during festive occasions, meals boast of lemon rice, coconut rice, curd rice, yellow rice, pullao and biriyani. In the East, rice is the main course in two or even three meals. The common daily meals consist of bold-grain parboiled rice, which is preferred to fine-grain rice because it is believed to be more tasty and nutritious. On special occasions, fine aromatic rice is used in pulao and desserts like payesh (sweet rice pudding made of rice, milk, coconut, dry fruits and cardamom).

In the Northwest, plain boiled rice is preferred. Khichri is a favourite because of its medicinal value, and is served to people suffering from indigestion and those recovering from sickness. Farther North, in Jammu and Kashmir, rice is the staple food. Kashmiris eat plain boiled rice for lunch as well as dinner. In the West, although wheat is the main staple, lunch or dinner begins with rice, dal and ghee, followed by chapatti, puri or paratha. Breakfast and snacks may consist of pohe (pressed rice) or murmura (puffed rice).

Rice is also an important factor during rituals and festivals like, wedding ceremonies, birthday ceremonies, threading-wearing ceremonies, namkaran (naming of child), Pongal, Diwali, Makar Sankranti and Bhai Dhooj festivals etc throughout India. The Hindu scriptures mention the use of rice in offerings to the gods in order to express the people’s gratitude and happiness. Every religious ceremony starts with *tilak* with *akshat* (undamaged, washed rice). No religious ceremony is considered complete in absence of *akshat* or rice in some or other form.

This century has seen more changes in the world than any other time in history. The introduction of electronic communications has made all geographic and cultural borders permeable with nations eager to adopt the traits of others. In such an atmosphere, the cultural past is at stake, and with it, the many traditions that make the country and its people unique. There is no doubt that rice is still an integral part of the lives and well-being of the people. As the people have become more sophisticated over the years, they tend to shed those ancient beliefs that no longer have a place in their lives. Occasionally, when an ancient custom is remembered, it is treated as a superstition or it becomes part of an



accepted ritual. Preservation of rice culture is a gigantic task, no one institution can do alone. It must be undertaken as a concerted effort of both public and private organizations and also of people from all walks of life.

## Rice-based value added products

The agriculture sector in rural India provides maximum employment of the labour force, surpassing the contribution of any other sector. The rice sector alone employs more than half of the total agricultural labour force. Rice is therefore a major component of the agricultural sector in particular and the overall national economy in general. Therefore, any increase in the value of rice products has the potential to accrue benefits to a large segment of the population. It is well established that agricultural growth provides a direct link to the poor those live in rural areas and as such is effective in eradicating rural poverty. Improving processing and value addition in agriculture is a prerequisite to broad-based sustained economic growth in any developing country.

Most of the rice, sold as the main source of income for rural people, does not offer any value-added benefit or incorporate any available technology in ways to improve their value. As such, the products often are sold at low prices and the income earned by producers is low. Our prime goal should focus on transforming the relatively low value output of primary rice production into higher productive rice based value-added products (VAPs). As part of the research programme, the ICAR-CRRI is involved with adding value at the initial levels of the value-chain that concentrates on transforming raw agricultural materials (e.g. rice) into a variety of processed products, and promoting small and medium enterprises with a clear focus on increased profitability, rural employment and sustainable livelihood.

Historically, Indian women are having expertise and traditional skills in preparing innumerable varieties of rice based value-added food products and dishes for regular domestic consumption. These traditional knowledge and skills are not properly documented; rather pass on from generation to generation orally through a family tradition. Efforts have been made in this book to compile and document few of those products prepared across various Indian states along with their method of preparation.



Rice Diversity





**EASTERN INDIA**

# Arisa Pitha

## Ingredients

Raw rice	- 2 cups
Jaggery/sugar	- 1 ½ cup
Water	- ¾ cup
Ghee/oil	- 300 ml

## Method

Soak the rice for 3-4 hours. Drain all the water and spread on a cloth. Dry it for 4-5 hours till the wetness disappears. Do not dry under the sun. Grind in a mixer grinder to a coarse powder. Heat the water in a deep pan. Add the jaggery/sugar and allow to dissolve. Bring to a boil. When it is sufficiently thickened and sticky, add the rice in small amounts and mix well. Allow to cook, stirring at intervals till the mixture is firm enough to take a shape. As it quite tough to judge when the mixture is done, one can take out a small spoonful at intervals, allow to cool for a minute or two; and try to shape into a small disc. Put aside the mixture to cool down a bit before shaping into small semi-flat round shapes (about 4-5 mm thick). Put some ghee/oil on the hands when trying to shape the mixture. Heat the oil in a wok for deep frying, fry the thick pithas in oil till they become golden brown. Remove and allow cooling down. Arisa pitha can be stored in air-tight containers for upto a month.





## Attakali

### Ingredients

- Raw rice - 150 gm
- Sugar - 75 gm
- Scrubbed coconut - 1 cup
- Black pepper powder - ½ teaspoon
- Salt as per taste

### Method

Soak the rice in water for about an hour. Separate the water from rice and leave the rice aside to dry a little. Then grind the rice to make a fine powder. Take about one-and-a-half cup water in a container and heat the same on flame. Add salt, black pepper powder and ½ cup of scrubbed coconut and stir well. Then slowly go on adding half of the available rice powder to the container while it's still on the flame and as you go on stirring continuously. At the end you should get a thick dough. Take the container out and keep aside to let it cool down to room temperature. Then using your palms, make small balls of this dough (of the size of marbles). Add a little water to the remaining rice-powder to get a semi-liquid form. Now take about 6 cups of water in another container and boil the same. Add sugar, salt and all the remaining scrubbed coconut to it and heat further. Now little by little pour this semi-liquid rice powder into the boiling syrup in the container and continue stirring. Then add the marble sized balls and boil further for a little while. Now take the container out of the flame and your attakali is ready. Let it cool down before being served. This item is specially prepared on the occasion of Bakula Amabashya and Manabasa Gurubar in Orissa.



# Budha Chakuli

## Ingredients

Black gram dal	- 1 cup
Raw rice	- 1 cup
Coconut, grated	- 1
Cheese	- 1 cup
Jaggery	- 1 cup
Cardamoms	- 4 to 5
Ginger 1 inch sized, minced	- 1 tsp
Oil	- 2 tbsp
Salt as per taste	

## Method

Wash the black gram dal and rice thoroughly. Then soak it for 4-5 hours. Grind and make a smooth batter. Then add salt to it and keep for fermentation for around one hour. Take out water from cheese and mash it properly. Add grated coconut, jaggery, ginger and cardamom to make the stuff and fry it for 5-10 minutes. Heat oil in a frying pan. Pour batter to make a thick round shape. Turn upside down. Spread some stuff over it. Pour some batter over it and spread it to cover the stuffing. Pour oil over it and again turn the upside down. Repeat the same process for 3-4 times to make a thick pitha. Take out and cut into pieces and serve.





## Chakuli Pitha

### Ingredients

Black gram dal (skinless) -2 cup

Rice flour - 4 cup

Mustard oil – 2 tbsp

Onion, chopped - 2

Coriander, chopped - 1 tbsp

Green chillies, chopped- 2

Ginger, finely chopped - ½ tsp

Salt as per taste

### Method

Soak the black gram dal and rice in water for 4 hours. Make a fine paste of the black gram dal and rice. Add salt and required water to make a semi liquid batter, whip well. Keep it covered for 4 hours, then add chopped onion, coriander & chopped ginger. Whip well. Heat a pan on medium flame. Spread a little oil on the pan, take the batter in a tablespoon and spread it on the pan, like a dosa. Turn the chakuli upside down after 1 min. When it looks cooked, spread a little mustard oil on the chakuli pitha. Once again turn the chakuli upside down after 1 min. When it looks like golden brown then remove it and serve hot.

# Chhunchi Patra Pitha

## Ingredients

Basmati rice	- 1 cup
Coconut	- 1 whole
Sugar/jaggery	- 1 ½ tbsp
Green cardamoms	- 1-2
Ghee	- 1-2 tsp
Salt as per taste	

## Method

Wash and soak the rice overnight. Drain excess water. Grind it into a very fine paste. Add salt and more water to the batter. Make it quite runny in consistency. Keep aside for 1-2 hours. Grate the coconut and keep aside. Heat 1 tsp ghee in a wok. Add the coconut and fry till it starts turning light brown. Add sugar/jaggery at this point and keep stirring till it is completely dissolved. Then add cardamom powder. Remove from flame and keep aside. Heat a frying pan. Lightly grease with ghee. Use a paper towel to wipe off/remove the

excess as it will not allow the batter to spread properly. Take a thin cotton cloth/handkerchief and fold it into a rectangle. Dip into the batter, remove and brush lightly over the frying pan



making a cross symbol with it. Keep the flame low to medium. As it gets cooked, the ends will slightly lift up. Put the coconut stuffing in the center and fold the ends over it. Remove from frying pan and keep aside. Wipe the frying pan with a paper towel and proceed with another pitha. (After making 4-5 pithas, the batter gets slightly thicker. Add a few teaspoons of water to dilute it and adjust salt accordingly). Serve hot with curry/dalma.





## Chitau Pitha

### Ingredients

Rice	- 1 cup
Coconut grated	- 1 cup
Baking soda	- a pinch (optional)
Sugar	- 2 tsp (as per your taste)
Oil	- 2 tbsp
Salt as per taste	

### Method

Soak the rice about 3-4 hrs. Grind the rice and grated coconut together and make a very fine paste. Keep it aside for 1-2 hours. Add water as per your requirement (the consistency of batter should be watery). Add salt and sugar, mix it well. Heat a little oil in a frying pan. Basically, in village this pitha has made up with kadhai and with zero oil. So you can cook it in kadhai also. Put 1 ladle full batter in kadhai / pan and cover it with a lid. Sprinkle little water over the lid. Cook it in a low-medium flame. After few minute remove it from flame, there is no need to flip the upper portion of the pitha. Serve with any chutney, dalma or any spicy curry.

# Chuda Ghasa

## Ingredients

- Flatten rice/Chuda - 1 cup
- Finely grated coconut - 1 cup
- Ghee - 3-4 tsp
- Sugar - 4-5 tsp
- Black pepper powder - 1 tsp

## Method

Grind the flatten rice in a mixer-grinder to a coarse consistency. Transfer to a plate/ flat surface. Add the sugar and ghee. Rub the mixture between the fingers so that it forms coarse granules. The ghee and sugar should get mixed evenly. Add the grated coconut and the black pepper powder. Mix thoroughly. Sprinkle a little amount of water if it feels too dry. Consume within a day or two as the moisture content of the grated coconut makes it soggy. Chuda ghasa is an important part of the prasad prepared during Ganesh puja / Saraswati puja. Chuda ghasa is also served as a breakfast/snack item.



# Chuda Kadamba

## Ingredients

Flatten rice (thin)/Chuda	- 2 cups
Sugar	- 5 tsp
Green cardamom powder	- 2
Ghee	- 1 tsp
Coconut, grated	- 4 tbsp
Warm milk	- 4-5 tsp (or as needed for binding)
Edible camphor (optional)	- A pinch
Broken cashews (optional)	- 3-4 tbsp
Raisins (optional)	- 2 tbsp

## Method

Heat ½ tsp ghee in a pan. Add the cashews and raisins and fry for 10-15 seconds. Keep aside to cool down. Grind the flatten rice to a fine powder. Next add the cardamom and sugar to the same blender jar and mix it nicely. Add freshly grated coconut, ghee, fried cashews to this mixture and mix it for 1-2 seconds. Finally add the warm milk little by little and give it a buzz. All the ingredients should come together like a dough. Rub ghee on your hands, take a little of the mixture and try to form a ball/laddoo. If it is binding well, remove the mixture from blender jar into a mixing bowl else add more milk. Add raisins and camphor. Mix well. Make into small balls. Keep the flatten rice balls in a refrigerator for a few hours and consume with 2-3 days.



# Nadia Pura Idli

## Ingredients

Rice	- 2 cups
black gram dal	- 1 cup
Baking soda	- a Pinch
Oil	- 1 tsp
Coconut, grated	- 1 ½ cup
Sugar	- 1 cup
Cardamoms, powdered	- 2 tsp

## Method

Soak black gram dal and rice in enough water for 6-8 hours. Grind the mix to a thick consistency adding water in between. Add the salt and baking soda to the batter, stir it. Keep the mixture in a warm place overnight to ferment. Put a pan on flame. Pour the grated coconut and brown sugar into the pan. Fry it till the brown sugar melts and coats the coconut. Add the cardamom powder into the coconut mixture. Let it cool. Grease the idli plate with oil. Pour the batter into the idli plates (3/4th), place a spoonful of coconut mixture on top of it. Now cover it with another spoonful of batter. Steam it in a idli cooker or rice cooker for 10 minutes. Let it cool for some time, take it out with a butter knife. Serve hot with dalma, or with milk and sugar.



# Nadia Chaula Bara

## Ingredients

Fresh Coconut pieces	- 2 cup
Rice	- ½ cup (Soaked in water for ½ an hour)
Onion small	- 1 (chopped)
Garlic	- 6-7 cloves
Ginger	- 1 inch
Green chillies	- 4-5 nos
Gram flour (Besan)	- 4 tsp
Corn Flour	- 2 tsp
Dry Mango (Amchur) Powder	- ½ tsp
Cumin Seeds	- ½ tsp
Garam masala	- 1 tsp
Coriander leaves	- 2 sprigs
Oil	- 3 tsp
Salt as per taste	

## Method

Grind the coconut. Make a paste of onion, ginger, garlic, soaked rice, green chillies, and cumin seeds with very little water. Then add grinded coconut, gram flour, corn flour, amchur powder, garam masala, salt and mix well. Heat a non-stick pan. Put some oil.

Spread it all over.

Place small balls of this mixture and flatten it to thin round shape.

Fry it both the sides till becomes golden brown.

Now the nadia chaula bara is ready to serve.





# Enduri Pitha or Haldi Patra Pitha

## Ingredients

Rice	- 2 cups
Black gram dal	- 1 cup

## For Stuffing

Coconut, grated	- 1 cup
Paneer, grated	- ½ cup
Jaggery / sugar	- ½ cup
Cardamom powder	- ½ tsp
Pepper powder	- ½ tsp
Turmeric leaf (haldi patra)	- 10 nos
Salt as per taste	

## Method

Soak rice and black gram dal for 3-4 hrs or soak overnight. Grind to make a batter just like Idli batter (it need not to make fine paste). Keep it for 3-4 hrs for fomentation. Add salt and Soda bi carbonate (Optional) and mix well. Heat ghee/oil in a pan. Add grated coconut, paneer and jaggery together and saute for a while till the mixture should dry. Add cardamom powder, pepper powder and mix well. Keep aside.

Now, take a haldi patra, clean it. Put a big tsp batter on it and flatten it. Spread 1-2 tsp of coconut stuffing in the center and fold the leaf from both sides. Now heat a steamer with little water. Put all the stuffed leaves in the steamer and steam it like idli preparation. Or you can take a big wide pot which filled with half of water. Tie a muslin cloth tightly by covering around its mouth. Put the stuffed leaves over it and cover with a lid. Steam it in a high flame for about 15-20 minutes. Switch off the flame and let it remain for more 5 minutes. Take it out from the pot or steamer and Serve it hot.



# Gaintha Pitha

## Ingredients

Milk	- 1 ½ ltr
Rice	- 150 gm
Coconut	- ¼ of a coconut
Sugar	- 125gm
Ghee	- 3-4 tbsp
Cardamom	- 1 tsp
Salt as per taste	

## Preparation Method

Soak the rice for 2-3 hours, then wash it properly and grind into a fine and thick paste. Take ½ cup of the paste and keep aside. Make small cubes of the coconut. Crush the cardamom seeds and make a powder out of it. Take a deep pan add water (proportionally equal to the amount of the rest rice paste) to it. Add sugar (50 gm) and salt to taste to the above water and boil it. When it starts boiling, put the rice paste and stir it for 10-15 minutes on a low flame and make fine dough of it. Once the dough cools down to the room temperature, knead the dough with ghee to make it softer. Make small balls of this dough and keep aside. Boil milk in a deep pan, add remaining sugar, coconut cubes, cardamom powder, and mix it well. Add the prepared rice balls to the boiled milk and cook it for 10-15 minutes. Add salt to taste to the remaining ½ cup rice paste kept aside, add it to the above boiled milk and stir it properly. Boil the above mixture for 5 minutes on a lower flame and serve it.



# Kakara Pitha

## Ingredients

Rice Flour	- 1 cup
Refined wheat flour	- 1 cup
Sugar	- ½ cup
Water	- 4 cups
Oil for deep frying	- 300 ml
Salt	- ½ tsp

## Stuffing

Grated coconut	- 1 cup
Sugar	- ½ cup
Little water	
Black peeper powder	- 1 tsp
Cardamom powder	- 1 tsp

## Method

Take a pan, add grated coconut, sugar and little water and mix well. Now start heating over medium heat. In about 10-12 minutes the mixture starts boiling and coconut starts sticking and colour is going to change, till the water evaporates. Finally add 1 tsp cardamom powder and black peeper powder. Turn off the flame. Keep it aside.

Take a thick bottomed pan with 3 cups of water, sugar and salt, and heat it. When the water comes to 2/3 boils add the rice flour and refined wheat flour to it and cook it for 5 minutes over low flames. Stir continuously to avoid forming lumps. Remove from flame and knead it with oil to make smooth dough. Keep the dough for cooling. Then apply little oil in your palms. Divide your dough into balls. Take a dough ball in your hand. Flatten the ball make a deep depression in the middle make the dough into the shape of cup. Now fill a tablespoon of the stuffing in your cups and seal it on all sides to make it back into a ball. Now flatten the balls between your palms. The kakara should be little thick so that while frying them the stuff will not come out and remains as it is. Prepare the rest in the same way. Now heat the oil for deep fry in medium flame. When oil is hot, add slowly drop the kakara one by one and fry in a lower flame till they turns golden brown both side. Remove from oil and drain them on a paper towel.





# Kanika

## Ingredients

Basmati rice	- 1 cup	Mace	- ¼ pc
Ghee	- 1 ½ tsp	Bay leaf	- 1 big
Raisins	- 10-12 nos	Nutmeg powder	- 1/6 tsp
Cashew nuts	- 10-12 nos	Sugar	- 2-4 tsp
Black cardamom	- ½ pc	Turmeric	- 1/5 tsp
Green cardamom	- 1	Water	- 2 ½ cup
Cinnamon	- ½ inch long	Salt as per taste	
Cloves	- 2-3		

## Method

Wash and soak rice for 1 hour. Drain all water and spread on a plate. Sprinkle the turmeric and mix it gently with rice. Allow it to dry for 1-2 hours. Heat the ghee in a deep and thick bottomed vessel. Add the raisins and cashew nuts. Fry till cashews swell up but do not burn them. Remove with slotted spoon and keep aside. Add the whole spices and stir for 20 seconds. Then add the dried rice and fry it gently for 3 minutes. Still better if you can gently toss it instead of stirring as with the latter one might end up with broken rice grains. Add enough boiling water to cover the rice. Add salt. Allow to cook on a low to medium flame. Stir gently at an interval of 4-5 minutes. Once rice is almost done, add the sugar, nutmeg powder, cashews and raisins, and mix them gently with the rice. Keep aside a few cashew nuts and raisins to garnish later. Allow all the water to dry up. Remove from the flame. Serve hot sweet kanika.





## Khira Poda Pitha

### Ingredients

Raw rice	- 250gm
Milk	- 750ml
Sugar	- 250gm
Ghee	- 3-4 tbsp
Cashew nuts	- 50 gm
Salt as per taste	

### Method

Soak the rice for 4 hours, then wash it properly and grind into a fine and thick batter. Then add salt as per taste, mix the paste properly and keep it aside. Cut cashew nuts into small pieces. Heat 1 tbsp ghee in a pan, fry cashew nuts till the nuts turn little golden brown and add milk to it. Add sugar and mix it properly. Boil it. When it starts boiling properly, put some amount of batter and stir it. Do the same for the rest of the batter. Keep on stirring in medium flame for approximately 30 minutes to make fine dough. Then remove it from flame, cool it for 5 minutes. Take another pan, heat it for 2 minutes and grease it with 1 tbsp of ghee. Keep the above dough into the pan and spread properly to make a plane surface. Again, grease the top surface of the dough with 1 tbsp of ghee. Then keep it in medium flame for 30-40 minutes till the cake turns golden brown from each side. Then remove the cake from the flame and allow it to cool. Cut the cake into desired shapes and serve.

# Manda Pitha

## Ingredients

### For Stuffing

- Coconut, grated - 1
- Cheese (optional) - 1 cup
- Sugar/jaggery - 6-7 tbsp
- Cardamom powder - ½ tsp
- Black pepper powder - ¼ tsp

### For outer Covering

- Raw rice - 2 cups
- Water - 4 cups
- Salt - ¼ tsp

## Method

Soak the rice for 3-4 hours. Wash and drain all the water. Put it in a grinder and grind into fine rice flour. For the stuffing take a pan, put grated coconut, cheese and sugar and cook for 5-10 minutes. When the coconut starts sticking and the colour is going to change add black pepper powder and cardamom powder and switch off the flame. Now let the stuffing mixture cool for some time.

Now for the outer covering take a pan add 2 cups of water and salt. When it starts boiling, slow the flame to minimum and add rice flour slowly till it soaks up all the water and mix continuously so that no lumps are formed. Now switch off the flame and cover this mixture and let it cool. Then knead it properly and make smooth dough.

Make small balls out of the dough. Flatten out and put some of the coconut stuffing in it. Close and mould into balls. Finally, steam it for 15 minutes inside a steamer or idli cooker. Serve manda pitha hot.



# Muan Pitha

## Ingredients

Rice	- 2 cups
Black gram dal	- 1 cup
Baking soda	- A Pinch
Oil	- 1 tsp
Coconut, grated	- 1 ½ cup
Sugar	- 1 cup
Cardamom powder	- 2 tsp

## Method

Soak black gram dal and rice in enough water for 6-8 hours. Grind the mix to a thick consistency adding water in between. Add the salt and baking soda to the batter, stir it. Keep the mixture in a warm place overnight to ferment. Put a pan on flame. Pour the grated coconut and sugar into the pan. Fry it till the sugar melts and coats the coconut. Add the cardamom powder into the coconut mixture. Let it cool. Take a big wide pot which filled with half of water. Tie a muslin cloth tightly by covering

around its mouth. Steam it in a high flame for about 15-20 minutes. Put a big tbsp batter on it and flatten it. Spread a spoonful of coconut mixture on top of it. Now cover it with another spoonful of batter. Steam it for 15 minutes. Take it out from the steamer, cut it into desired shape and serve it hot.



# Poda Pitha

## Ingredients

Rice flour - 2 cups  
Jaggery – ½ cup  
Cardamom - 4-5 nos  
Bay leaves - 2 pcs  
Small chunks of Coconut  
Cashew nuts - 3-4 tsp  
Fennel seeds - ½ tsp  
Ghee - 2 tsp  
Salt as per taste  
Water – 4 cups  
Banana leaves - 2-3 pcs



## Method

Put water in a wide mouth pan. Add jaggery to it, when it start to melt add all the ingredients except ghee and let it to boil for 2 minutes. Add rice powder slowly and stir it continuously. Make a little thick (neither watery nor tight) batter and cook it in low flame. Now remove it from flame. Grease another kadhai or pressure cooker with little ghee/oil, put a banana leaf and spread the batter, make it round shape with spatula or hand. Cover the lid and cook it in low-medium flame for 1 hr without whistle.

OR, if you make it in a kadhai, grease little ghee, put the batter on a banana leaf and cover it with another banana leaf. Cover with a lid and cook it in low flame. Turn the lower part after 50-60 minutes and let it be more 35 minutes for the upper part to roast. Check it with a knife or toothpick and switch off the flame. Serve when it will cool at room temp.



# Mudhi Muan

## Ingredients

Puffed rice/mudhi	- 6 cups
Jaggery	- 1 cup
Peanuts (dry roasted)	- 1 fistful
Coconut sliced	- 1 cup
Cashew nut, finely chopped	- 2-3 tbsp
Oil	- 2-3 tsp

## Method

Fry sliced coconut, peanuts and cashew nuts and keep aside. Then, heat the jaggery with 1/3 cup water in a pan. It will melt and then start to form bubble. Gradually (around 3-4 minutes) the bubbles will get smaller and now it is time to test for the right consistency of the jaggery. If it gets over-cooked then the puffed rice will not bind together. Take a large bowl with cold water in it. Put a single drop of the jaggery into it. If it dissolves into the water, it needs to be cooked for longer time. Keep repeating this test at intervals of 1 minute. Add the puffed rice and mix thoroughly for uniform coating of the puffed rice. Remove from the flame at this stage. Immediately add the fried sliced coconut, peanuts and cashew nuts to it. Mix it properly. Keep aside for 2-3 minutes. Rub oil on your hands and take a fistful of the mixture. Mold into a ball.

Repeat for the remaining mixture. Keep aside to cool down for 1-2 hours. One can then store them in an airtight tin for almost a month.

In this way popped rice and flatten rice muan can be prepared.



# Chuda Kakara Pitha

## Ingredients

Rice flake/chuda	- 2 cups	<b>Stuffing</b>	
Semolina	- 1 cup	Grated coconut	- 1 cup
Sugar	- 1 cup	Sugar	- ½ cup
Water	- 4 cups	Little water	
Oil for deep frying	- 300 ml	Black peeper powder	- 1 tsp
Salt	- ½ tsp	Cardamom powder	- 1 tsp

## Method

Take a pan, add grated coconut, sugar and little water and mix well. Now start heating over medium heat. In about 10 -12 minutes the mixture starts boiling and coconut starts sticking and color is going to change, till the water evaporates. Finally add 1 tsp cardamom powder and black peeper powder. Turn off the flame. Keep it aside.

Soak rice flake for 10-15 minutes, drain water and keep aside. Take a thick bottomed pan with 4 cups of water, sugar and salt, and heat it. When the water comes to 2/3 boils add the soaked rice flake and stir it for 2 minutes. Immediately after this add semolina to it and cook it for 5 minutes over low flames. Stir continuously to avoid forming lumps. Remove from flame and knead it with oil to make smooth dough. Keep the dough for cooling. Then apply little oil in your palms. Divide your dough into balls. Take a dough ball in your hand. Flatten the ball make a deep depression in the middle make the dough into the shape of cup. Now fill 2 tsp of the stuffing in your cups and seal it on all sides to make it back into a ball. Now flatten the balls between your palms. The rice flake kakara should be little thick so that while frying them the stuff will not come out and remains as it is. Prepare the rest in the same way. Now heat the oil for deep fry in medium flame. When oil is hot, add slowly drop the rice flake kakara one by one and fry in a lower flame till they turns golden brown both side. Remove from oil and drain them on a paper towel.



# Biri Chaula Poda Pitha

## Ingredients

Rice	- 3 cup
Black gram dal (skinless)	- 1 ½ cup
Coconut, grated	- 1 cup
Small pieces of thin coconut slices	- 10-15
Sugar	- 1 ½ cup
Ginger, chopped	- 2 tsp
Cashew nut, broken	- 1 cup
Ghee or refined oil	- 1 tbsp
Salt	- ½ tsp
Baking powder	- 1 tsp

## Method

Soak the rice and black gram dal in water in separate bowls for 4 hours. Wash them thoroughly; put the black gram dal with water in the grinder to form a fine batter. Do the same with rice too but keep in mind that the batter should be coarse and not as fine as the batter of black gram. Mix both



the batters and add baking powder, coconut slices, grated coconut, chopped ginger, salt, sugar & cashew nuts. Mix all the ingredients properly and keep it covered for 2 hours for self-fermentation. Pre-heat the pressure cooker and form a thin layer of oil on all the inner surface of the cooker. Now pour the mixed batter into the cooker and close the lid (without mounting the whistle-weight). Place the pressure cooker in simmer flame for one hour. When the cooker comes to normal temperature take out the pitha carefully, and cut it into desired shapes and serve.



# Bhaja Chaula Khiri

## Ingredients

Milk	- 2 litres
Rice	- 1/3 cup
Sugar	- 3 tbsp
Cashew nuts	- 1/3 cup
Raisins	- 1/3 cup
Whole cardamoms	- 1-2
Cardamom powder	- ¼ tsp
Ghee	- 1 tbsp

## Method

Soak the raw rice for half-an-hour. Boil the milk. Fry the cashew nuts and raisins. Heat the ghee in a pressure cooker. Add the crushed cardamoms and soaked rice. Stir fry for 5-6 minutes. Add the sugar and stir at intervals. Allow it to just start caramelizing, so that we get a lovely buff colored kheer. Add 1/3 cup water, half litre of the milk and cashews to the cooker. Close lid and cook for 3-4 whistles. Remove from flame. Open the lid as soon as the steam escapes. Use a heavy spoon to whisk the contents and try to break down the rice grains. We need to do this when the mixture is very hot, so be careful not to splash any liquid onto ones hands. Add the remaining milk to the pressure simmer the rice kheer on a low heat for about 1 hr. When the rice has cooked completely and the kheer has thickened to the desired consistency, switch off the fire and add raisins and cardamom powder.





## Saru Chakuli

### Ingredients

- Rice - 2 cups
- Black gram dal (skinless) - 1 cup
- Refined oil - 1 tbsp
- Salt as per taste

### Method

Soak rice and black gram dal together in water for about 4 hours. Grind the rice and black gram dal to a fine paste. Add salt. Then mix them well after adding some water to get the mixture not very thick or not very liquid. Mix the mixture very well then keep the mixture for 4-5 hours. Heat frying pan on a medium flame. Add 1 tsp oil and spread it. Then lower the flame, take the mixture in a big spoon and spread the same on the frying pan as big as you can do in round shape, move the spoon in clockwise. Turn the pitha upside down. Then take the same out carefully. You can make the pithas one after another following the same manner. Remember to grease the surface of frying pan with oil once every two or three pithas. Now the saru chakuli is ready. Serve hot with dalma and coconut chutney.

# Gurer Payesh

## Ingredients

Basmati rice	- 1 cup
Full cream milk	- 2 litres
Jaggery, grated	- 1 cup
Raisins	- 1 tbsp
Green cardamoms, crushed	- 3
Bay leaves	- 3 to 4
Chopped nuts for garnishing	- 2 tsp

## Method

Clean, wash and soak the rice. Boil the milk with bay leaves and crushed green cardamoms in a large sauce pan. Once milk starts boiling simmer it until reduces to half of the original volume. Stir continuously to prevent burning of milk. Add the previously washed and soaked rice into the simmering milk and allow it to cook on low flame for 15-20 minutes until the rice is almost cooked. Keep stirring the milk continuously otherwise rice will stick to the bottom and the payesh will have a smoky smell. Boil half cup of milk and add jaggery into it and mix it properly. See, the milk should not curdle. When the rice will be completely cooked, add the milk jaggery mixture and cook for another 10 minutes, stirring constantly. Turn off the heat after 10 minutes. Let the Payesh cool down completely, and keep inside the refrigerator for 2-3 hours. Remove the Payesh just before serving. Garnish with chopped nuts before serving.



# Khichuri

## Ingredients

Basmati rice	- 1 cup	Green cardamom	-2
Green gram dal (split and skinless)-	1 cup	Cloves	-3
Ginger, grated 1 inch	- 1 tsp	Bay leaf	-1
Tomatoes, chopped	- 2 small	Cumin seeds or cumin powder-	1 tsp
Chilli, chopped	- 1 green	Ghee - 2 tbsp or oil-	2.5 tbsp
Turmeric powder	- ½ tsp	Sugar	-½ tsp
Red chilli powder	- ½ - ¾ tsp	Water	-5cups
Cinnamon 1 inch	- 1	Salt as per taste	

Vegetables like cauliflower, peas, potatoes chopped - 1 to 1.5 cups

## Method

Rinse and soak rice in water for 30 minutes. In a pan roast the green gram dal till it turns light golden colour. When the lentils cool, rinse them in water. Sprinkle some water on them and keep aside. Just before you begin tempering, drain both the green gram dal as well as rice and keep aside. Heat ghee or oil in the pressure cooker. First fry the whole spices till they become aromatic - cinnamon, cardamom, cloves, bay leaf and cumin. Now

add the grated ginger and sauté for 5-6 seconds or till the raw aroma of the ginger goes away. Add turmeric and red chilli powder and sauté for 2-3 seconds. Then add the tomatoes and green chillies and sauté till the tomatoes become soft. Add the chopped vegetables cauliflower, potato and peas. Stir and sauté for a minute. Add the roasted green gram dal and sauté for 2 minutes. Add the drained rice and stir well. Pour 5 cups water and add salt & sugar. Stir and then pressure cook for 4-5 whistles on medium to high flame. Once the pressure settles down on its own, open the lid of the cooker. Cool and serve it with yogurt.



# Dal Pitha

## Ingredients

### For the Outer Covering

- Rice Flour - 2 ½ Cups
- Water - 1 ½ Cup
- Cumin seeds - 1 tsp
- Salt to taste

### For the Filling

- Bengal gram dal - ½ cup
- Green chillies - 2
- Garlic - 2 cloves
- Ginger - 1 small piece
- Cumin seeds - 1 tsp
- Coriander leaves - 2 sprigs
- Salt as per taste

### For the Seasoning

- Oil - 1 tsp
- Mustard seeds - 1 tsp
- Curry leaves - One sprig

## Method

Soak bengal gram dal in sufficient water for around 4-5 hours. Drain and keep it aside. Heat water in a thick bottomed pot and add salt and cumin seeds as soon as it starts boiling. Now switch off the flame, add rice flour to it and mix well till it forms a dough. Transfer it to a plate. Allow it to cool slightly. Dip your fingers in little water and form a smooth dough using your hands. Cover it with wet cloth and keep it to rest till use. Grind bengal

gram dal with green chillies, ginger and garlic to a coarse paste. Add cumin seeds and salt and grind till the bengal gram dal are mashed. Add coriander leaves. Now, both the filling and covering are ready. Divide the dough into equal sized balls and keep aside. Take one ball in your hand and give it a round flat shape and also add some stuffing on the middle of it. Close its mouth and give the shape of your desire. But always remember to close its mouth properly. Place it in a steamer and steam for around 15-20 minutes till a knife inserted comes out clear. Cut into desired shapes and pour seasoning of curry leaves and mustard seeds over it.



# Dhuska

## Ingredients

Raw rice	- 1 cup
Bengal gram dal	- 1 cup
Cumin seeds	- ½ tsp
Refined oil for frying	- 4 tbsp
Salt to taste	

## Method

Soak rice and dal separately in water for 4 hours. Grind soaked rice and dal separately into a coarse paste. Mix the two pastes. Add cumin seeds and salt. Add a little water to make a mixture of thick pouring consistency. Heat oil in a flat bottomed pan. Pour a little of the mixture at a time with a big round spoon to make dhuskas and deep fry till golden brown. Take out dhuskas from the kadhai and place on an absorbent paper to drain out excess oil. Serve with vegetable curry. Do not allow the mixture to stand for long as it will ferment and absorb excess oil. This recipe is prepared in Jharkhand also.





# Kasar

## Ingredients

- Rice, coarsely ground - 1 kg
- Sugar/jaggery - ½ kg (powdered)
- Fennel seeds - ½ cup
- Ghee - ½ kg

## Method

Grind rice to a coarse powder. Mix sugar or jaggery (powder form) into the rice powder. Add fennel seeds and ghee. Mix all the ingredients properly and make round balls. It is specially prepared during the Chhath festival.



# Rasia

## Ingredients

- Milk - 3 kg
- Small grained basmati rice - 250 grams
- Jaggery - ½ kg
- Water - 200 ml

## Method

Mix 200 ml of water in jaggery and bring to boil. Add a bit of milk and ghee to it so that the scum comes on top. Remove the scum with a spoon. Now add milk and rice to it and cook till the rice is done and the mixture becomes half. Serve hot or cold. It is the special form of kheer prepared during the Chhath festival.





# Angakar Roti

## Ingredients

- Rice flour - 1 cup
- Cumin seeds - ½ tsp
- Salt as per taste
- Green chillies, finely chopped - 2
- Cooked rice (optional) - ½ cup
- Oil for frying - 2 tbsp
- Water

## Method

Mix all the ingredients in a bowl. Sprinkle little water at a time and knead it. This will not be pliable dough. The dough should be soft without excessive stickiness. Make balls from the dough. Then take a polythene sheet and spread some oil on it. Take a rice ball, make a thick roti by hand and put it on the polythene sheet. Heat a griddle /frying pan in the meantime. Once it becomes hot, take the roti from the sheet carefully and place it on the frying pan. Roast it both the side until it gets cooked and brown spots appear on each side. Serve it with any vegetable curry.



# Chila

## Ingredients

- Rice flour - 2 cups
- Water- 1 - 1 ½ cups
- Salt as per taste - 3 tsp
- Oil for cooking the chila - 2 tbsp

## Method

Chila is a rice flour dosa or a crepe or a very thin pancake. It tasted very good. For its preparation mix all the ingredients except oil and make a thin batter. Heat a frying pan or a non-stick pan. Apply some oil to the pan and spread it properly. Pour a ladle of batter on the pan in a shape of a circle or a dosa. The pan has to be hot to get the pores on the chila. Pour a few drops of oil around the chila; cover the pan with a lid and cook for 2 minutes on medium flame. Flip over the chila and cook for another ½ minute and serve. Serve the chilas hot with some chutney or curry of choice.



# Chusela

## Ingredients

- Rice flour - 1 cup
- Water to knead
- Salt to taste
- Oil for deep frying - 3 tbsp

## Method

Take rice flour in a bowl, add salt and hot water. Mix with a spoon and then knead with hands to a soft dough. Divide into small balls, dust with flour and roll out as pooris. Heat a kadhai with oil and gently slide the pooris to cook on both sides. Serve it hot with pickles or Chhole.





## Dehrori

### Ingredients

Rice	- 2 cups
Curd	- ½ cup
Water	- 2 cups
Ghee	- 3 tbsp
Sugar	- 3-4 cups
Dry fruits	- ½ cup
Cardamom powder	- 1 tsp
Clove powder	- 1 tsp

### Method

Soak rice in water for five to six hours. Drain the water and grind the rice into a coarse paste. Add curd to the rice and knead the dough. Leave it overnight for fermentation. Make small balls of the dough. Press the dough balls to give a flat round shape and deep fry in ghee. Remove when both sides turn reddish brown. Add the sugar in two cups of water, and heat on the stove to make sugar syrup. Add cardamom and cloves powder. Keep boiling till it leaves 1-2 strings between your finger and thumb. Put the flat rice balls into the sugar syrup, until they are completely soaked. Garnish with dry fruits and serve warm or cold.

# Fara

## Ingredients

Rice flour	- 1 cup
Water	- 1 ½ cups
Oil	- 4 tbsp
Sesame seeds	- 1 tbsp
Green chillies, crushed	- 2
Garlic and green coriander paste	- 1 tsp
Salt as per taste	

## Method

Boil the water with salt and ¼ tsp oil. Once the water boils switch off the gas and add the rice flour. Stir it properly. Then Cover it with a lid and set aside. In a kadhai/wok add the sesame seed and roast them till reddish. Keep it in a plate to cool. Remove the rice flour into a plate or bowl, oil your hands and make small sticks or rolls of the flour. Once the sticks are made, heat oil in the kadhai/wok and add roasted sesame seeds, green chillies and the garlic and coriander paste. After getting a nice aroma add ½ cup of water into the seasoning and boil it. Once the water starts boiling add the rice sticks, cover and boil for about 5 minutes.

After 5 minutes open the pan and let it cook for another 2-3 minutes. Then garnish the fara with coriander leaves.



# Lae Bari

## Ingredients

- Popped rice (laee) - 3 cups
- Sago, small granule - 1 cup
- Water as per requirement
- Salt as per taste
- White sesame seeds - 2 tbsp
- Red chilli powder - 1 tsp

## Method

Wash laee thoroughly because it contains paddy cover or soil. After washing, soak in water for some time. Also soak sago for 1 hour. Heat some water in the container and when it starts boiling, add presoaked sago. Stir the mixture till it turned in concentrated paste. Then take out laee from the water and press it until it gets little dry. Mix the laee with the sago paste, add white sesame seeds, salt as per taste and mix 1 tsp red chilli powder. Take a big tray or parra (wooden tray in Chhatisgarh) and spread wet cotton cloth or polythene sheet on it. Make small balls from the mixture and put it on the tray. Then dry the laee bari (balls) on the open sun. It takes 2-3 days to dry properly. Deep fry the laee balls and serve it hot.





## Kharzi

### Ingredients

Rice, cooked	- 1 cup
Spring onion, chopped / <i>Mann</i> leaves (an indigenous greens)	- ½ cup
Cheese, traditionally fermented/ mozzarella cheese	- 2 -3 tbsp
Red chilli chutney	- 4 tbsp
Ginger paste	- ½ tsp
Salt as per taste	

### Method

In a pan add red chilli chutney, ginger paste, mozzarella cheese and heat them till the cheese melts a bit. In case of using fermented cheese there is no need for heating, it can directly mix with red chilli chutney and ginger paste. After the cheese and chutney mixture is well combined, add the chopped spring onion/ *mann* greens. Mix this well into the hot cooked rice and serve them warm.



## Khura

### Ingredients

Rice flour	- 1 cup	Oil to cook the pancakes - 2 tbsp
Water	- 1 ½ cup	Salt as per taste

### Method

Mix flour and water in a bowl. Let the batter be slightly thick. Leave it to ferment overnight. You can see the batter would have become soft. Add salt to taste. Heat a griddle or frying pan in a medium flame. Smear some butter and spread the batter and make round pancakes. Roast both side with a little oil drizzled till there are light brown spots. The batter should not spread thin like a dosa. This will be slightly thicker. Serve it warm with Butter Tea.





# Aanguli Pitha

## Ingredients

Rice powder	- 150 gms
Peanut oil	- 4 tbsp
Crushed black pepper	- ½ level tsp
Nigella	- ½ tsp
Luke warm water to make the dough	
Cumin seeds	- a pinch
Dry chillies	- 2
Green chillies	- 4
Sliced onion	- 1 medium sized
Sliced capsicum	- ½ medium sized
Carrot pieces	- 1 medium sized
Sliced tomatoes	- 1 medium sized
Salt as per taste	
Sugar	- 1 tsp
Turmeric powder	- a pinch



## Method

Take the rice powder, salt, peanut oil, crushed black pepper and nigella in a large bowl and mix well with your fingers. Add water and make a smooth dough. Divide it into about 40 small balls. Make thin and long smooth rolls. Steam cook the pithas for about 10-15 minutes.

Immediately dip the hot pithas in cold water for 3-4 minutes and drain. In a heavy kadhai heat the oil. Fry cumin seeds and dry chillies. Add the onion pieces and fry upon medium heat for about 10 seconds. Sprinkle turmeric powder and stir. Add the pithas, carrot pieces and half of the tomato pieces and stir. Add the capsicum pieces and stir for another 10 seconds. Sprinkle salt to taste and sugar and stir. After about a minute add the green chillies and the remaining tomato pieces. Garnish with coriander leaves and serve aanguli pitha as a tea time snack.

# Ghila Pitha

## Ingredients

Sticky rice	- 1 ½ cups
Rice	- 3 ½ cups
Jaggery, grated	- 1 ½ cups
Water	- ½ cup
Lemon rind, grated	- 1 tsp
Ground pepper	- 2 tsp
Mustard oil	- 200 ml

## Method

Soak both the rice together for an hour. Drain well. Pound the rice together to a fine powder and sieve. In a mixer grinder, grind the jaggery with water to a smooth paste. Add the jaggery paste to the rice powder. Sprinkle lemon rind and mix well. Keep covered for four hours. Heat mustard oil in a kadai. Put a tablespoon of batter into the oil. Deep fry the pithas one by one till golden brown colour appears.



# Kholasapori Pitha

## Ingredients

Rice powder	- 250 gms
Onion, chopped	- 1 medium
Fresh night jasmine (sewali phul)	- 2 tbsp
Water	- 1 ½ cup
Mustard oil to fry pancakes	- 3 tbsp
Salt as per taste	

## Method

Make a batter of rice powder, chopped onion, sewali phul, salt and water. Heat a griddle. Smear oil and pour two ladleful of batter and spread round like a pancake. Turn over when done and cook the other side. Again smear oil to the griddle and fry the next pancake. Serve kholasapori pitha with tomato or chilli sauce. Originally an earthen plate called khol is used to make the pancake. Hence the pitha is called kholasapori pitha.



# Pithagurir Halwa

## Ingredients

Rice powder	- 1 cup
Sugar	- ½ cup
Broken cashew nuts	- 1 tbsp
Almonds	- 15 nos
Raisins	- 1 tbsp
Refine oil	- 4 tbsp
Sugar	- 2 tsp (to caramelize)
Bay leaf	- 1
Cinnamon	- 1 inch long
Cardamom	- 4
Cloves	- 3
Boiling water	- 2 cups
Pure ghee	- 1 tbsp

## Method

Fry the rice powder upon medium heat for about 2 minutes. Mix 2-3 pieces of the almonds. Then in a heavy kadhai heat the oil and caramelize the sugar. Add about 2 tbsps of water and keep stirring for a few seconds. Then add bay leaf, cardamom, cinnamon and cloves. Also add the cashewnuts, almonds and raisins and stir for about ½ minute. Add the boiling water and sugar. May add a little more boiling water. Stir and add the rice powder. Reduce heat and keep stirring. Add the pure ghee and stir well till done. Garnish with cashew nut and cherries and serve warm with tea or coffee.



# Sunga Pitha

## Ingredients

- Sticky rice powder - 3 cups
- Finely grated coconut - 1 cup
- Sugar - ½ cup
- Tender bamboo tubes - 5 to 6

## Method

Mix the sticky rice powder with grated coconut and the sugar with a spoon. Put the rice powder mixture into the bamboo tube. Press the mixture inside the bamboo tube. Keep an empty space on the bamboo tube so that the mixture can expand. Tightly close the opening with a banana leaf. We can also use a silver foil. Cook upon slow open fire. First cook the mouth of the tube. Rotate from time to time so that it cooks evenly. When done remove and let the tube cool slightly. Split the tube and serve with cream and jaggery. The more the slice are thinner the tastier the taste of the sunga pitha. We can also make salty sunga pitha.





## Tekeli Pitha

### Ingredients

- Rice Flour - 1 cup
- Grated Coconut - ½ cup
- Sugar/ jaggery - ½ cup

### Method

In a plate take the rice flour and sprinkle water and mix to make the flour like bread crumbs. When you hold the flour tightly in your palm, it should take the shape and when slightly crushed it should crumble. At this consistency, the flour is ready. Take a small sieve and line it with a cotton cloth. Press half the flour into it, lining the sieve. Now arrange the sugar and coconut in the middle. Use the remaining flour to top the coconut. Press it to set it inside the sieve. Heat water in a small vessel in which the sieve can well fit on the top. Place the sieve, cover the pitha with the cloth and allow it to cook for 15 minutes. Flip it on a plate, remove the cloth and sprinkle some grated coconut on top. Serve hot with ghee.



## Til Pitha

### Ingredients

- Sticky rice - 1 kg
- Black sesame seed (til) - 400 gms
- Jaggery, grated - 750 gms
- Orange rind - as per taste

### Method

Soak the rice for 3-4 hours. Drain well. Pound the rice to a fine powder. Sieve twice with a very fine sieve. Keep in an airtight container in a compact condition. Clean, wash and dry the sesame seed beforehand. When the sesame starts to crackle remove the sesame seeds from fire. Pound coarsely. Mix the pounded sesame seed well with grated jaggery and orange rind. Heat a griddle. Take a handful of rice power and spread thinly in round shape. Sprinkle sesame and jaggery mixture on the pitha and fold the pitha in half. Keep aside for a while on the side of griddle so that the pitha is crisp. Turn once. Serve til pitha hot. It can be stored fresh for 2 weeks. Before serving warm the pithas in an oven for two minutes.





## Xutuli Pitha

### Ingredients

Sticky rice	- ½ kg
Sesame	- 250gm
Jaggery	- 200gm
Refined oil	- 250 ml

### Method

Wash sticky rice, drain and spread to dry for about an hour. Do not soak, as it will make the rice sticky. Grind rice to a fine powder. Rinse sesame thoroughly. Rub vigorously while wet and let dry for some time, the skin will fall off. Roast this cleaned sesame a little and crush to make a coarse powder. Mix with jaggery, leaving 2 or 3 tbsp jaggery to add to the dough. This is the stuffing of the pitha. To make the dough, mix the jaggery that was kept aside with 1/2 cup water and strain. Pour this to the powdered rice and knead well, add little more water if necessary while kneading to make a soft dough. Take a little dough on your palm, make a ball and flatten it, spread 1 or 2 tsp of the sesame and jaggery filling and fold it, sealing it well by pressing with your fingers. Make the xutulies, heat oil and deep fry the xutulies in medium heat, turning gently, till they turned golden brown. Yummy xutuli pitha is ready.

# Jadoh

## Ingredients

Hill rice/any short grained rice	- 2 cups
Pork, cut in ½ inch cubes	- 400 gm
Onion medium size, chopped	- 1
Ginger paste	- 1 tbsp
Turmeric	- ½ tsp
Black pepper powder	- 1 tsp
Bay leaves	- 2-3
Vegetable oil	- 2 tbsp
Salt to taste	
Fresh cilantro for garnishing	

## Method

Wash the rice properly and keep aside. Heat oil in a flat bottomed pan, sauté the bay leaves, onions, ginger paste, turmeric and black pepper and fry till the oil separates. Add the pork pieces and fry for sometime till light brown. Add the pre-washed rice and fry for 2-3 minutes, then add salt. Add 4 cups of water and simmer till cooked. Garnish with cilantro and serve hot.



# Pukhleín

## Ingredients

- Rice flour - 1 cup
- Jaggery - ½ cup
- Water for melting jaggery - 2 cup
- Oil for deep drying - 200 ml

## Method

Slightly roast the rice flour in a medium flame without changing the colour. Melt the jaggery with water to thick syrup (no need of string consistency) and pass it through a fine filter to remove the scum. To this jaggery syrup add the rice flour and mix it well to form smooth dough. Let it rest for at least 15 minutes. Heat a pan with oil in a medium flame. Divide the dough, make balls and pat them flat. Deep fry on both sides till golden brown colour appears and remove it from the oil and drain it on a paper towel.





## Putharo

### Ingredients

- Rice flour - ½ cup (If available, red rice flour is preferred)
- Jaggery, powdered - 2 tbsp
- Freshly grated coconut - 2 tbsp
- A pinch of salt and few sprinkles of water

### Method

Take the rice flour in a flat plate, add salt and sprinkle warm water 2-3 times and start mixing the rice. One should be able to hold the flour in your fist and when pressed, it should hold shape and when crumbled it should crumble well. Add jaggery and fresh coconut, mix well. Take two small bowls, grease the bowls, and fill the bowls with the rice flour mixture till half of their capacity. Cover the bowls with a piece of parchment paper, to avoid water dripping into the bowl while steaming. Steam cook for 10-12 minutes. Remove from the steamer, allow it to cool for 2 minutes, and then carefully unmould it on to a serving plate. Serve them hot.



# Koat Pitha

## Ingredients

Rice flour	- 1 cup
Ripe bananas, mashed	- 6
Jaggery, grated	- 1 cup
Cooking oil (for deep frying)	- 250 ml

## Method

In a big bowl, take six pieces of ripe mashed bananas and mix it with jaggery. Add rice flour slowly into the banana jaggery mixture. Heat the oil in a pan and then put the batter with help of a spoon in the hot oil, on medium heat. When the pithas turn golden brown drain them on brown paper. This cake is also a traditional cuisine of Arunachal Pradesh.





## Sel Roti

### Ingredients

Raw rice	- 1 cup
Sugar	- ¼ cup
Ghee	- 1/3 cup
Water	- ½ cup
Cardamom powder	- ¼ tsp
Powdered clove	- a pinch
Oil for deep frying	- 250 ml

### Method

Wash and soak rice overnight. Next day, drain the water and grind the rice in a mixer grinder/mixie. Add sugar, ghee, powdered cardamom and clove along with water. Grind again to blend everything to a thick paste. Transfer the batter into a jar and whisk it with spoon until fluffy. Heat the oil in a pan / kadhai in a medium heat. Pour the batter into hot oil in the shape of a circle and fry until turn golden brown on both sides. Drain oil and transfer the sel rotis on a plate. Cool and store it in a airtight jar.





NORTHERN INDIA

# Kashmiri Pulao-I

## Ingredients

Long grain rice	- 500 gms
Onion, sliced vertically	- 100 gms
Cinnamon	- 5 gms
Cardamom	- 5 gms
Cloves	- 5 gms
Turmeric powder	- a pinch
Saffron	- 1 gm
Milk	- 10 ml
Walnut	- 20 gms
Cashew nut	- 20 gms
Water	- 1 litre
Oil	- 50 gms
Salt as per taste	

## Method

Wash and soak rice. Heat oil and fry onions till golden brown and remove. Fry whole spices, turmeric powder, add rice and sauté. Add half-saffron dissolved in little warm milk. Add hot water and mix well. Cook a little. Add remaining saffron and cook till grains are separated and done. Garnish kashmiri pulao with fried onions, walnuts & cashew nuts.





# Kashmiri Pulao - II

## Ingredients

Long Grain Rice (basmati)	- 2 cup
Milk	- 2 cup
Cream Beaten Smooth	- ½ cup
Sugar	- 1 tsp
Salt as per taste	
Cumin Seeds	- ½ tsp
Cloves	- 3
Cinnamon	- 1 inch
Cardamoms	- 3
Bay leaf	- 1
Ghee	- 2 tbsp
Canned mixed fruit, chopped and drained	- 1 cup
Edible rose petals	- 2 - 3

## Method

Wash rice and soak it for 15-20 minutes. In the mean-while take a bowl and mix milk, cream, sugar and salt in it. Drain rice and keep it aside. Now, take a pan and heat ghee in it. Put cumin seeds, cinnamon, bay leaf, cardamoms and cloves in it.

When the seeds start to crackle, add rice and fry in ghee for 2 minutes. Add milk and cream mixture to it along with ½ cup water and bring it to boil. When boiled, simmer the flame, cover it with lid and let it cook. Make sure that the rice is not overcooked and it can be separated too. Now, gently mix it in chopped fruits and sprinkle finely broken rose petals over it. Serve it hot with dal.







## Modur Pulao

### Ingredients

Long Grain Basmati Rice	- 2 cups	Saffron strands	- 5
Sugar	- 2 cup	Almonds, blanched and split	- ½ cup
Ghee	- ½ cup	Raisins	- ½ cup
Whole Cardamoms	- ½ tsp	Dry Coconut Slivers	- ½ cup
Cloves	- ½ tsp	Dried Dates	- ½ cup
Black Peppercorns	- ½ tsp	Water, as required	
Cinnamon	- ½ tsp	Milk	- 2 tbsp
Bay leaves	- 5		

### Method

Wash and drain the rice and keep it aside. Take a pan and boil 8 cups of water and put rice in it and let it cook. When cooked (3/4th), drain the rice, and keep it aside. In the meantime soak the saffron strands in 2 tbsp of milk and mix it to make a paste. Heat the ghee in a pan and put all the spices in it except saffron. Allow it to sizzle a bit. Now add sugar and 1/3 cup of water in it and stir well. Put all the dry fruits in it and stir well. Now, add cooked rice in it along with saffron liquid and mix it carefully. Cover it and let it cook for an hour. When cooked mix it properly and serve warm.

## Phirni

### Ingredients

Milk	- 1 litre
Basmati (half ground rice powder)	- 100 gm
Sugar	- 150 gm
Cardamom (ground)	- 1-2
Rose water	- 2-3 tbsp
Raisins	- ½ cup
Cashew nut, chopped	- ½ cup
Almond, chopped	- ½ cup
Pistachio, chopped	- ½ cup

### Method

Boil the milk until it reduces to 1/2 of its original volume. Add rice powder with milk and cook it well. Add sugar, raisins, cashew nut, and cardamom and mix well. Stir it continuously otherwise it will form lumps. When the mixture becomes thick, add rose water. Keep the Phirni in a glass bowl and garnish with chopped almond & pistachio. Enjoy the cold Phirni as a dessert after dinner.



# Saffron Rice

## Ingredients

Long grain raw rice	- 1 cup
Saffron threads	- ½ tsp
Water	- 2 cups
Oil or ghee	- 6 tbsp
Minced celery	- ½ cup
Cinnamon stick or equivalent ground cinnamon	- 1 inch piece
Cloves	- 2
Sugar	- 1.5 tbsp
Molasses	- 1.5 tbsp
Salt	- 1 tsp
Coriander, ground	- a pinch
Cardamom, ground	- a pinch

## Method

Wash the rice in water. Place the saffron threads in spoon of boiling water to soak. Heat the oil, cinnamon, and cloves in a heavy saucepan. Add the celery into the saucepan. Add the rice to the saucepan; stir for 5 minutes or until the grains are golden. Add the water, sugar, molasses, salt, coriander, and cardamom. Stir to dissolve the sugar. Bring to a boil, then reduce to a low simmer. Add the saffron mix, both water and threads, stir gently. Cover and cook 30 minutes, or until rice is tender and the liquid absorbed.



# Arsa

## Ingredients

- Rice - 200 gm
- Jaggery - 1 ½ cup
- Mustard oil to deep fry - 300 ml
- Water as required

## Method

First keep the rice soaked in water for at least three hours. Then drain out the water. Take a muslin cloth, tie the rice in it. This is done to dry up the rice. Next, grind the rice into fine powder. Prepare syrup of jaggery. It is made by boiling the jaggery in water till the liquid gets thick. Now, mix the thick syrup of jaggery and rice by the same



process as we prepare dough. Make smaller balls out of it and roll them in the shapes of purls or dough nuts. Heat oil in a frying pan and deep-fry the rolls. Take out on a paper towel to soak up any extra oil. Now Delicious Arsa is ready to serve.

# Jholi

## Ingredients

Rice flour	- 1 cup	Asafoetida	- a pinch
Curd	- 3 cups	Dry coriander powder	- ½ tsp
Oil or Ghee	- ½ cup	Turmeric powder	- ½ tsp
Garlic	- 4 to 5 cloves	Red chillies powder	- ½ tsp
Cumin seeds	- 1 tsp	Water	- 3 cup
Red chillies, whole	- 4 to 5	Salt	- 3 tsp or as per taste
Chopped spinach or fenugreek leaves - optional			

## Method

Jholi can be made of rice flour or gram flour. Mix rice flour, ¼ tsp turmeric powder and ½ tsp salt. Make it into a thick paste by gradually adding water, and continuously folding it with a spatula. Now mix the paste with Curd and water. Churn the mixture well. Take a pan or kadhai and heat the oil. Add garlic cloves in the hot oil. When the garlic turns light brown, add cumin seeds, red chillies and asafoetida. Immediately pour the curd mix into the frying pan. Add turmeric powder, dry coriander powder, red chillies powder and salt. Cook till the gravy starts thickening. Let the jholi cook for about 15-20 minutes. If you are using rice flour then cook it for few minutes more. Add more water to keep the consistency thin. Before taking it off from heat, add handful of chopped spinach leaves or chopped spring onion leaves. Cook for few more minutes till the leaves are tender. Garnish with a table spoon full of ghee, coriander leaves and green chillies (slit apart into two pieces) and serve with steamed rice.





# Amratsari Vegetable Pulao

## Ingredients

Cooked rice	- 2 cups	Green cardamom, lightly crushed	- 3-4
Carrot	- 1	Cloves	- 3-4
Beans	- 10-12	cumin seeds	- ½ tsp
Capsicum	- 1	Garlic, minced	- 1 tsp
Green chillies, slit	- 3-4	Salt	- 2-3 tsp
Large onion	- 1	Ghee or oil	- 2 tbsp
Cinnamon	- 1 piece		

A small bunch of coriander leaves/cilantro, for garnish

## Method

Cook rice and set aside. Slice the onions and shred the vegetables fine. Heat ghee or oil in a pan and add the onions and cumin seeds. When they are slightly browned, add the cinnamon, cloves, and crushed cardamom. Stir and fry for another few seconds until fragrant and the onions turn a darker brown. Add the minced garlic and fry for a few more seconds. Add the



shredded vegetables, chillies and salt. Mix well, lower flame, and cook, covered for about 5 minutes until the vegetables are soft. Gently mix in the cooked rice. Garnish with coriander leaves and keep partially covered for the flavours to mingle until ready to serve.

# Jeera Rice

## Ingredients

Basmati Rice	- 1 cup
Cumin Seeds	- 2 tsp
Onions, sliced	- 1
Cashew nuts	- 2 tbsp
Whole Peppercorns	- 3
Bay leaves	- 2
Cloves	- 3
Cinnamon sticks	- 2
Ghee	- 2 tbsp
Salt as per taste	

## Method

Wash the rice and soak in water for half an hour. Heat ghee in a heavy saucepan, add cashew nuts. Fry until brown. Take them out and keep aside. Add onions, bay leaves, cloves, cinnamon sticks, cumin seeds, peppercorns to the same ghee and fry for a while. Add rice, salt, water and stir. Cover it and simmer the flame. Keep cooking until the rice is done. Jeera rice is ready. Garnish with coriander leaves. Serve hot with any spicy curry or raita.



# Punjabi Chicken Biryani

## Ingredients

Onions, medium size	- 4	Black cardamom	- 2
Chicken	- 650g	Cloves	- 4
Rice (Basmati)	- 400g	Black peppercorn	- 8
Curd	- ½ cup	Cinnamon bark	- 1 inch
Ginger garlic paste	- 2 tsp	Water	- 2 litres
Red chilli powder	- 2 tsp	Small muslin cloth	
Biryani masala	- 2 tsp	Butter – melted	- 100 grams
Salt as per taste		Cooking oil	- 2 tbsp
Lemon juice	- 2-3 tsp	Milk (luke warm)	- ½ cup
Mint leaves	- ¼ cup	Food color (orange)	- 2-3 drops
Coriander leaves, chopped	- ¼ cup	Garam masala powder	- 1 tsp
Bay leaves	- 2	Kewra jal	- 2 tsp
Green cardamom	- 2		
Green chillies cut from centre in two long strips - 6			
Ginger, julienned (cut into long thin strips) - 1 inch			

## Method

Cut onions into slices and fry till golden brown. Keep aside for use. Wash and clean the chicken pieces. Poke the Chicken pieces with a fork. Take a glass bowl, add chicken pieces, curd, ginger garlic paste, red chillies, biryani masala, salt as per taste, lemon Juice, few mint leaves, one fourth part of onions fried earlier and mix well. Apply the mix well on and around all the pieces of chicken. Cover the bowl and marinate it in a refrigerator for thirty minutes. Wash and soak the rice in water for thirty minutes. Keep bay leaves, green cardamom, black cardamom, cloves, black peppercorn and cinnamon in a muslin cloth and tie it. Boil water in a pan. Add and mix half a teaspoon of salt into it. Put the tied muslin cloth bag into the boiling water. Drain the soaked rice and add it to the boiling water. Partially boil the rice. Don't overcook. When parboiled, drain the excess water from the rice and let it dry. Take out the marinated chicken from the refrigerator. Take a pan with a thick bottom. Add two tablespoons of cooking oil in it and heat it on a slow flame for two minutes. Add



marinated chicken pieces into it. Cook the chicken on medium flame. Stir well but gently. Add one to two tablespoons of water, if it appears dry. The chicken will be cooked in 15-20 minutes. Remove from flame and keep aside. Take another large pan with a thick bottom. Add and arrange a layer of cooked pieces of chicken on the bottom of the pan with a little gravy. Then, spread and cover the chicken pieces with half the parboiled rice. Sprinkle half of the remaining fried onions; half of the green chillies, a few mint leaves, a few chopped coriander leaves over the layer of the parboiled rice. Pour half the melted butter, half the milk, half the kewra Jal and a few drops of orange food colour all-over the layer of the rice. Sprinkle half a teaspoon of garam masala and half the julienned ginger all-over the layer of the rice. The first layer of the chicken biryani is now ready.

Add and arrange a layer of the remaining pieces of chicken over the first layer of rice. Then, spread and cover the layer of the pieces of chicken with the remaining parboiled rice. Sprinkle the remaining fried onions, green chillies, mint leaves and chopped coriander leaves over the layer of the parboiled rice. Pour the remaining melted butter, milk, kewra jal and a few drops of orange food colour all-over the layer of the rice. Sprinkle the remaining garam masala and julienned ginger all-over the layer of the rice. Tightly cover the pan/ cookware with food wrapping aluminium foil or cover the pan with a lid and seal it with cooking dough. Cook the sealed pan on a very slow flame for 25-30 minutes. The chicken biryani is now ready. Stir and mix all the contents gently. Serve hot with mint raita/ chutney.

# Jaipuri Mewa Pulao

## Ingredients

Long grained white rice	- 2 cups
Sugar	- 1 cups
Ghee	- 1 cup
Chironji, coarsely ground	- ½ cup
Almonds, blanched and chopped	- 20
Pistachios, chopped	- 20
Cardamom powder	- 1 tsp
Nutmeg powder	- ¼ tsp
saffron, soaked in 1 tsp milk	- ½ tsp
Milk - 4 cups	

## Method

Soak rice in water for 2 hours and drain. Heat the ghee and add the drained rice and milk. Cover and cook on a low fire, stirring occasionally but gently, so that the rice grains do not break. As soon as the rice is cooked, add cardamom and nutmeg powders, dry fruits, sugar and saffron. Mix well. Bake in a moderately hot oven till each grain is separate. Serve jaipuri mewa pulao hot as a sweet dish.





# Kesari Mishthan

## Ingredients

Full cream milk	- 3 Cups
Sugar	- ¼ cup
Rice	- ¼ cup
Condensed milk	- ½ cup
Raisins	- 2 tbsp
Small piece of nutmeg, powdered	- ½ tsp
Almonds, blanched and silvered	- 10-15
Green cardamoms, powdered	- ½ tsp
Saffron threads, soaked in little warm milk	- ½ tsp

## Method

Wash and soak rice in ½ cup of water for 1 hour. Cook the rice in the same water until the rice is fully cooked and water has dried up. To the cooked rice add milk. When the milk starts boiling, simmer and leave the kheer to cook till the milk starts thickening. Stir occasionally. Mash the rice a little, add sugar and condensed milk. Add raisins, almonds and saffron. Boil the mixture one more time.

Remove from flame; add cardamom powder and nutmeg powder. Keep aside. Allow to cool and then refrigerate. Serve well chilled.



# Tehri

## Ingredients

Rice	- 1 cup	Chilli powder	- 2 tsp
Carrots	- 2	Turmeric powder	- 1 tsp
Beans	- 10	Green chillies, sliced	- 8-10
Potatoes	- 2	Ginger, sliced	- 3 tsp
Fresh peas	- 100 gm	Green cardamom powder	- 1 tsp
Mustard oil	- 1 tbsp	Mace powder	- 1 tsp
Cumin seeds	- 2 tsp	Cream	- ½ cup
Garlic paste	- 2 tsp	Salt as per taste	
<i>Kasoori methi</i> leaves	- ½ cup	Water as per requirement	
Thick yoghurt	- ½ cup		

## Method

Soak the rice in double the amount of water for 20 minutes. Peel and cut carrots, beans and potatoes into small diagonal pieces. Boil water in a pan, add salt and blanch potatoes, carrots, peas and beans, separately for 2-3 minutes. Once they are boiled, rinse them in cold water. Heat mustard oil in a vessel, add cumin seeds, garlic paste, *kasoori methi* leaves and sauté. Add water and cook for a minute. Add the vegetables and salt. Cook for some time.



Now add yoghurt, chilli powder, turmeric powder and cook for 5-10 minutes. Add water and boil it for some time. Add green chillies, ginger, green cardamom powder, mace powder and rice. Gently stir and reduce the heat. Cover and cook for some time. Once the rice is cooked add the cream and sauté for a minute. Serve hot.

# Pulao with Peas and Carrots

## Ingredients

Basmati rice	- 2 cup	Bay leaves	- 2
Ginger (1 ½ " piece), chopped	- 2 tsp	Black cumin seeds	- ¼ tbsp
Garlic cloves, chopped	- 8 large	Mace powder	- 1/8 tbsp
Vegetable oil	- 4 tbsp	Onion, cut into half rings	- 1 medium
Whole cloves	- 4	Carrots, diced very fine	- 2 small
Black cardamom pod	- 1 large	Peas	- 1 cup
Cinnamon stick (1" piece)	- 1	Salt	- 1 tsp

## Method

Wash rice very well. Soak it in 5 cups of water for 30 minutes. Drain thoroughly. Blend together the ginger and garlic with 1 tbsp of water until you have a paste. Heat oil in a heavy pot over medium-high heat. When very hot, add cloves, cardamom, cinnamon, bay leaves, cumin seeds and mace. Stir once and add onion rings. Fry till the onion turns reddish brown. Add garlic-ginger paste. Fry for 2 minutes. Put in carrots and peas. Stir and fry for 1 more minute. Add

drained rice and salt. Lower heat a little and Fry rice for 2 to 3 minutes. Add 2 ½ cups water and bring to a boil. Cover tightly and reduce heat to very low. Cook gently for 25 minutes.







SOUTHERN INDIA

# Akki Roti

## Ingredients

Rice flour	- 2 cups	Asafoetida	- a pinch
Chopped onion	- ½ cup	Turmeric powder	- ½ tsp
Chopped green chillies	- 3-4	Chilli powder (optional)	- 1 tsp
Grated fresh coconut	- ½ cup	Oil for roasting	- 4 tsp
Chopped coriander leaves	- 2 tbsp	Salt as per taste	
Cumin seeds	- 1tsp		

## Method

Mix all the ingredients with little oil in warm water. Knead well to make soft dough. Spread some oil on the hand and take a lemon sized ball of the dough and pat it to thick roti. Heat a pan and place the prepared roti on it. Make 3-4 holes in the rotis and pour few drops of oil in each hole. Cook well on both sides till golden brown. Repeat the same with the remaining dough. Grated vegetables like carrots and cabbage can also be added while making the dough.





# Belladanna

## Ingredients

Rice	- ½ cup	Cardamom powder	- ¼ tsp
Green gram dal	- ½ cup	Copra grated	- 2 tbsp
Jaggery	- 1 cup	Cashew nuts	- fistful
Ghee	- 2tbsp	Raisins	- fistful

## Method

Lightly dry roast green gram dal to golden colour. Soak green gram dal and rice for 15 minutes and cook the rice with 2 cups of water in a pressure cooker for 2-3 whistles. Allow to cool. Along with the above process, melt jaggery with ¼ cup water in a pan and allow 5-10 minutes to cook until it becomes syrup. Fry both cashews and raisins separately in ghee and keep it aside. When cooker cools down, remove the lid and mix Jaggery syrup, cardamom powder, copra and remaining ghee and allow cooking for 10 minutes on a medium to low flame. Remove from the flame, garnish with nuts and raisins.



# Bisi Bele Bhaat

## Ingredients

Raw Rice	- 1 cup
Arhar dal	- 1/2 cup
Tamarind	- small lemon sized ball
Oil	- 1 tbsp
Ghee	- 5 tsp
Onions	- 15
Beans	- 4-5
Carrot	- 2
Potato	- 1
Peas	- fistful
Tomato	- 1
Capsicum	- 1

## Bisi Bele Bhaat Masala (fry and dry grind)

Oil	- 1 tsp
Kopra/Dry coconut powder	- ½ cup
Coriander seeds	- 1 tbsp
Red chillies	- 6-7
Bengal gram dal	- 2 tsp
Black gram dal	- 1 tsp
Fenugreek	- ½ tsp
Cinnamon	- 1 inch piece
Cloves	- 2
Cardamom	- 1
Khus khus	- 1 tsp

## For the seasoning

Mustard	- 1 tsp
Fenugreek	- ¼ tsp
Curry leaves	- 2 sprigs
Asafoetida	- ¼ tsp

## Method

Heat a tsp of oil, roast the ingredients under Bisi Bele Bhaat Masala, adding coconut at the end. Roast everything until it becomes slightly brown in colour and dry grind it. Pressure cook rice with 4 ½ cups of water for 4 whistles. Pressure cook dal with a cup of water and keep aside. Mash it well. Cut onions into 2-3 pieces. Cut beans and carrot lengthwise. Peel and chop potatoes into cubes. Cut capsicum into small pieces. Soak tamarind in a cup of hot water for 15 minutes. Extract its juice and discard the pulp.

Heat a tbsp of oil, add mustard seeds, when it splutters, add fenugreek seeds, Asafoetida and curry leaves. Sauté for a seconds and add chopped onions. Sauté onions until it become transparent. Then add all the vegetables (except capsicum) and sauté for a few more seconds. Sprinkle water and cook for 4-5 minutes. Now add tamarind extract, required salt and the bisi bele bhaat masala powder. Let it boil well until the raw flavour goes. By the time the vegetables will also get cooked well. Add cooked dal, cooked rice, 4-5 tsp of ghee and mix well. Heat a tsp of ghee and sauté capsicum until slightly cooked. It should be crunchy. Garnish Bisi bele bhaath with capsicums, coriander leaves and serve hot with chips or papads or onion raita.



# Chitranna

## Ingredients

Rice	- 2 cups
Water	- 4 cups
Oil	- 2 tbsp
Cumin seeds	- ½ tsp
Mustard seeds	- ½ tsp
Turmeric powder	- ½ tsp
Dried whole red chilli (break them into 2 pieces)	- 2
Green chilli, sliced in four long way	- 1
Fresh curry leaves	- 2 sprigs
Bengal gram dal	- 1 tbsp
Black gram dal	- 1 tbsp
Unsalted roasted peanuts	- ¼ cup
Fresh coconut, grated	- ¼ cup
Salt as per taste	
Lemon juice according to taste	
Fresh coriander, chopped	- 2 sprigs



## Method

Wash and soak the rice for 15 minutes before cooking. Boil the water in a pan, when it comes to boil, reduce the heat to medium, add soaked rice and allow to cook until rice is tender and most of the water is evaporated, now reduce the heat to low, cover the lid and allow to fluff up for 5-6 minutes. When you remove the lid steam will come and rice looks fluffier. Now keep it aside to cool.

Heat the oil in a frying pan on medium heat, add mustard and cumin and allow them to splutter, now add bengal gram and black gram dals, after the dals become lightly brown add green chillies, red chillies, curry leaves and turmeric powder and sauté for 1 minute, mix well and add salt and take out of the flame and keep aside to cool for 5 -10 minutes.

Take a wide bowl and add all the rice, break the lumps very gently with wooden spatula(clean hand is better), now add the cooled tempering, chopped coriander, lemon juice, and 1 or 2tbsp of oil, roasted peanuts, grated fresh coconut on top of the rice, mix gently with wooden spatula, making sure not to break the rice. If you find salt is less you can add and mix it along with other ingredients. Before serving garnish with fresh coriander, fresh grated coconut and fried peanuts and enjoy with pickles and curd rice.

# Kodubale

## Ingredients

Rice flour	- 1 cup
Refined wheat flour	- ¼ cup
Roasted bengal gram dal	- ¼ cup
Groundnut	- ¼ cup
Fresh coconut	- ¼ cup
Ajwain	- 1/8 tsp
Red chillies	- 3-4
Butter	- 1 tbsp
Dry curry leaves powder	- ¼ teaspoon or finely-chopped curry leaves - 1 sprig
Salt as per taste	
Oil for deep frying	- 250 ml



## Method

Grind roasted bengal gram dal and groundnut to a powder. Grind coconut and chilli into a coarse paste, adding sufficient water to enable grinding. Mix rice flour, refined wheat flour, ajwain, butter, salt, curry leaves powder or fresh curry leaves and roasted begal gram dal and groundnut powder. Add the ground paste to the mixture. Add sufficient water to the mixture and make chapati-like dough. Knead for a few minutes. Heat oil in a thick bottomed kadhai or pan. Take small lemon-size dough. Roll the dough, with your palm into a thin pencil shape log. Make the above shape thinner and longer, depending on the thickness you desire. Hold one end of the above shape and place next to the other end to get a circle-like pattern. Press the two ends. Raw kodubale is ready. Make more raw kodubales, depending on the quantity of oil you are using for frying. Heat the oil. To test, drop small sized dough into the oil. If the dough sizzles and floats to the surface immediately, the oil is hot. If it does not, heat the oil for a few more minutes. Gently drop the raw kodubales, one by one, into the hot oil. Fry till both sides turn to light brown. Place the kodubales on paper napkins to allow them to absorb the extra oil. Kodubale is ready.



# Rice Burfi

## Ingredients

Rice	- 2cups
Jaggery	- 1cup
Poppy seeds	- 1tbsp
Grated dry coconut	- ½ cup
Dry roasted dehusked peanuts	- ½ cup
Puff Channa	- ½ cup
Cardamom powder	- ½ tsp
Ghee-1tbsp and extra for greasing tray	

## Method

To prepare roasted rice powder, dry roast the rice flour till light brown and nice aroma comes, grind it into fine powder or milled it. Take 1cup of roasted rice powder. In a vessel add 2 cups of water and jaggery and boil it until the jaggery is fully dissolved in water.

Meanwhile coarsely crush peanuts and puff channa and grease the tray or plate with ghee and keep aside. When the jaggery syrup begins to boil, add cardamom, grated dry coconut, crushed peanut and puff channa and ghee, mix well. Stir the mixture slowly, add rice powder and mix well, close the lid and keep on a low flame for 5 minutes. Take out of the flame remove the lid and transfer the mixture to greased tray or plate and evenly pat the mixture on the plate. Leave it to cool. Cut into desired shapes and serve.



# Vangi Bhaat

## Ingredients

Rice (basmati rice)	- 2 cups
Brinjal	- 2 big eggplants/ 4 medium/ 6 small (cut into big chunks)
Onion (optional)	- 1 big (finely chopped)
Tomato	- 1 / Sour Curd – ¼ cup
Green chillies	- 2
Whole garam masala	- 1 tbsp (1 stick cinnamon, 3 cloves, 1 star anise, 2 cardamom, 1 bay leaf)
Oil (preferably sesame oil)/Ghee	- 2 tbsp
Ground nuts (optional)	- 1 tbsp (roasted)
Turmeric powder	- ½ tsp
Salt as per taste	
Coriander leaves(Cilantro)	- 2 sprigs (finely chopped)
Asafoetida	- a pinch

## Ingredients II

Corriander seeds	- 1 tbsp
Bengal gram dal	- 1 tbsp
Black gram dal	- 1 tbsp
Kus kus	- ½ tsp
Sesame seeds	- 1 tbsp
Peppercons	- 1 tsp
Dry red chillies	- 2 or 3
Curry leaves	- 1 sprig
Copra or coconut, grated	- 2 tbsp

## Method

Heat little oil in a pan and roast all the spices under 'ingredients II' till they turn golden brown. Let it cool down and then grind it into a coarse powder (Vangi Bhaat powder) and keep aside. Soak the rice for 10-15 minutes, cook it separately with required salt and keep aside.

Heat oil/ghee in a deep pan, add the whole garam masala and groundnuts. Sauté the onions and green chillies till it turns golden brown. Next add the tomatoes/sour curd and sauté it.

Add the eggplant pieces, turmeric, asafoetida and little salt to it. Add the Vangi Bhaat masala powder to this, cover and let it cook till the eggplant (brinjal) is cooked nicely.

Add the cooked rice to this and mix well so that the rice is nicely coated with the masala.

(Alternatively, if you do not have cooked rice, add this masala along with rice and cook it.)

Garnish the Vangi Bhaat with finely chopped cilantro. Serve with papad and raita.



# Akkaravadisal

## Ingredients

Raw Rice	- ½ cup
Green gram dal	- 3 tbsp
Jaggery	- ¾ cup
Milk	- 4 cups
Water	- ½ cup
Ghee	- 4 tbsp
Cashews	- 5-7
Raisins	- 5-7
Cardamom	- 3 (crushed)
Saffron	- few strands (soaked in 1 tbsp of warm milk - optional)
Edible Camphor	- a very tiny piece (optional)



## Method

Wash the rice and green gram dal. Drain it well. Take a heavy bottomed pan and add 2 tbsp of ghee. Fry the cashews and raisin for just a minute. Remove it using a slotted spoon and keep aside. In the leftover ghee, fry the rice-dal mixture for few minutes. Add the milk and bring to a boil. Reduce the flame and cook on medium low heat till all the liquid is absorbed. By now, the mixture will be cooked, mashed up and creamy. In the meantime, prepare your jaggery. If the jaggery is high quality one and there are no impurities, then just powder it. If not then melt it in ¼ cup of water and strain it to remove any impurities. Add the prepared jaggery to the creamy pudding and continue to cook on low flame. Once everything comes together, add the remaining ghee, crushed cardamom, soaked saffron, camphor, toasted cashews and raisins. Cook for few more minutes. Switch off and enjoy the hot and sweet Akkaravadisal.

# Coconut Sevai

## Ingredients

Idiyappam	- 4 cups or a packet of ready made rice sevai
Fresh coconut	- ½ cup, grated
Oil	- 2 tsp
Salt to taste	

## For Tempering

Ghee (or oil)	- 1 tbsp
Mustard seeds	- 1 tsp
Bengal gram dal	- 1 tsp
Split black gram dal	- 1 tsp
Dry red chillies, tear and de-seed	- 2
Green chillis, slit into two	- 2
Asafoetida	- ¼ tsp
Cashew nuts break into small pieces-	8
Curry leaves	- 1 sprig



## Method

If using store bought rice sevai, boil 4 cups of water. Add the rice sevai and turn off flame and allow to sit for 3 to 4 minutes. Drain and spread the sevai on a wide plate. Drizzle a tbsp of oil, lightly mix with a ladle and set aside. If using homemade sevai, lightly loosen the strands/noodles to break into small pieces. Heat ghee in a heavy bottomed vessel. Add the broken cashew nuts and sauté till golden brown. Drain them and set aside. In the same ghee, add mustard seeds and allow them to splutter. Add the bengal gram dal and black gram dal and allow them to turn red. Add red chillies, green chillis, curry leaves and asafoetida and mix for a few seconds. Add the grated coconut and sauté for 3 minutes on low to medium flame. Finally, add the rice sevai and salt and mix. Allow the sevai to cook on low flame for a minute. Turn off the flame and serve warm.



# Idli

## Ingredients

- Rice - 2 cups
- Black gram dal (skinless) - 1 cup
- Salt - 1 ½ tsp
- Oil for greasing - 4 tsp
- Water as required

## Method

Wash & soak rice & black gram dal in water overnight. Drain, wash them & grind to a smooth paste. Cover & keep aside 12 hours fermenting. Add salt & mix well. Put spoonfuls of the batter into greased idli moulds & steam for 8-10 minutes. Serve hot with sambhar & coconut chutney.



# Kuzhi Paniyaram

## Ingredients

### For Batter

- Raw rice - 3 cup
- Black gram dal - 1 cup
- Salt as per taste

### For the Seasoning

- Black gram dal - ½ tsp
- Mustard seeds - 1 tsp
- Onion - 1
- Green chilli, finely chopped - 1
- Ginger, finely chopped - 1 inch piece
- Curry leaves - few tender ones
- Coriander leaves - few finely chopped
- Oil - 3 tbsp
- Salt as per taste
- Paniyaram pan



## Method

Wash and soak raw rice and black gram dal for 6-7 hours. Strain the water and grind it to fine batter. Keep it aside for 3 to 4 hours for fermentation. For seasoning, heat 2 tsp of oil in a pan, add mustard seeds, when it splutters, add black gram dal. When dal turns golden brown, add finely chopped onions, ginger, green chilli and curry leaves. Saute till onions turn pink, add needed salt and coriander leaves. Let it cool a little. Now mix the above with the batter. The batter for kuzhi paniyaram is ready. Heat a paniyaram pan, add 2-3 drops of oil in each hole and pour a tbsp of batter in each hole. Keep the heat on medium low and close the pan. Once the edges turn golden brown, flip over the paniyaram to the other side using a stainless steel rod or spoon. Cook the other side also until golden brown. Remove from pan using a rod or spoon and serve hot with tomato chutney or sambhar.

# Masala Dosa

## Ingredients

Rice	- 2 cup
Black gram dal (skinless)	- ½ cup (soaked with rice for 5-6 hours)
Fenugreek seeds	- ½ tsp
Oil	- 2 tsp
Salt as per taste	

## For masala

Potatoes (boiled, peeled and cubed)	- 500 gm (3 cups)
Onions (sliced not very thin)	- 1 ½ cups
Turmeric	- ¼ tsp
Green chillies, chopped coarsely	- 2-3
Curry leaves- 6-7 or dried curry leaves powder	- ½ tsp
Oil	- 2 tbsp
Mustard seeds	- 1 tsp
Salt	- 2 tsp
Water	- ½ cup

## Method

Grind rice and dal mixture together to a very smooth consistency. Add salt and enough water to make into a dropping consistency. Leave to ferment for about 5-6 hours, till a little spongy. If thickened too

much, add a little water to thin a bit. Heat frying pan, and brush oil over it. When really hot, splash a little water over it, and immediately pour batter onto it, spreading it thin, with a circular motion. This will have to be very swift and will need a bit of practice. After spreading the batter, lower the heat and dribble a little oil around the edges so that it seeps under the dosa. When edges start browning a bit, pass a flat spoon under it to ease the dosa off the pan. Put desired filling in the centre and fold the two edges over. Serve accompanied with sambhar and chutney.



## For the masala filling

Heat the oil in a heavy based pan and add the mustard seeds, then onions, curry leaves and green chillies, and sauté over high heat till the onions are a little transparent. Add the salt and the turmeric and mix well before adding the potatoes. Turn the potatoes around till well mixed and add the water and let it simmer for 2-3 minutes.

# Pongal

## Ingredients

Rice	- ½ cup
Green gram dal	- ¼ cup
Cumin seeds	- ½ to 1 tbsp
Peppercorns	- ½ to 1 tbsp
Fresh powdered pepper	- ½ to 1 tbsl
Cashew nuts (broken)	- a few
Desiccated Coconut	- ½ cup
Turmeric powder	- a pinch
Ghee as per taste	- 5 tsp

## Method

Fry the green gram dal a little till you get a light flavour. Mix the dal with the rice, add 2 -3 cups of water. The rice should cook very soft. Add turmeric powder, coconut, a few peppercorns and a 1-2 tsp of ghee to the rice and pressure cook till done. When done, take a kadhali add sufficient of ghee to it, more the ghee better it tastes, add jeera, pepper corns and cashewnuts. Add the cooked rice mixture, pepper powder, salt and mix well with the ghee and jeera/cashewnuts.



# Puliyodharai

## Ingredients

Raw Rice	- 1 ¼ - 1 ½ cup
Tamarind	- 70 grams
Sesame seed oil	- 50 ml

### Spice powder or Podi

Fenugreek seeds	- 1 tsp
White sesame seeds	- 1 tsp
Coriander seeds	- 2 tbsp
Red chillies	- 5

### For the rice (for mixing)

Turmeric powder	- ½ tsp
Sesame seed oil	- 2 tsp

### For the seasoning

Mustard	- 1 tsp
Black gram dal	- 4 tsp
Bengal gram dal	- 4 tsp
Red chillies	- 4 (break it into 2)
Asafoetida	- ½ tsp
Turmeric powder	- 1 tsp
Roasted peanuts	- 100 grams
Curry leaves	- little

## Method

Dry roast fenugreek seeds, coriander seeds and red chillies until you get a nice aroma. Dry roast sesame seeds separately and powder everything together. Our spice powder for puliyodharai is ready. Keep it aside. Cook the rice with salt to taste in such a way that each grains are separate. Soak tamarind in hot water (around 2 cups) and extract 2 cups of thick juice from it. Discard the pulp.

Heat oil and add the ingredients mentioned under seasoning. You can remove red chilli and then add back to the oil to prevent it from getting burnt. When dal turns golden brown, add the thick tamarind extract, salt and let it boil on medium flame. Switch off when it thickens and oil oozes out. Now the tamarind paste or pulikachal is ready.

### For mixing the rice

Spread the rice on a plate to cool. When it is warm, add 2 tsp sesame seed oil and 1/2 tsp turmeric powder and mix it gently without breaking the rice. Once it cools, add needed spice powder, tamarind paste and mix the rice gently. Adjust spice powder and tamarind paste according to your taste. Delicious Tamarind rice or Puliyodharai is ready to be served.





# Sweet Paniyaram

## Ingredients

Raw rice	- 3 cup
Black gram dal	- 1 cup
Jaggery	- 5 tbsp or as required
Grated coconut	- 3 tbsp
Cardamom powder	- a pinch
oil for cooking paniyarams	- 3 tbsp
Salt as per taste	
Paniyaram pan	

## Method

Wash and soak raw rice and black gram dal for 6-7 hours. Strain the water and grind it to fine batter. Keep it aside for 3 to 4 hours for fermentation. Mix the batter, jaggery, grated coconut, a pinch of salt and cardamom powder. The batter should be thick, as once the jaggery dissolves the batter will become slightly thin. Heat the paniyaram



pan and then add  $\frac{1}{2}$  a tsp of oil in each hole (kuzhi) of the pan. Then fill only up to  $\frac{3}{4}$  of holes with the prepared batter. Cover and cook on medium flame. Once the bottom starts browning, using a skewer or spoon, flip it over gently to the other side. Cook the other side uncovered until golden brown. Remove from the pan and serve hot.

# Sweet Pooranam Kozhukattai

## Ingredients

### For Outer covering/dough

- Rice flour - 1 cup
- Water - 1 ½ cup (approx)
- Salt - as needed
- Oil for grease - 1 tsp

### For Pooranam/Stuffing

- Fried gram dal - ¼ cup
- Grated coconut- ¼ cup
- Grated jaggery- ¼ cup
- Cardamom - 3 nos (or) ½ tsp powder



## Method

### For pooranam

In a mixie jar grind fried gram dal, grated coconut, grated jaggery and cardamom to make a semi dry paste without adding water. Remove and set aside. Pooranam is ready.

### For dough

Boil water in a bowl, add this water little by little to the rice flour and mix well with a ladle. When the dough becomes warm, knead it well to make a non-sticky ball. Make small lemon sized balls out of the dough. Grease your hands with oil and make a cup with the dough (You can also use a mould), keep 2 tsp of pooranam and close it to make a coconut shape or half moon shape. Grease the idli plate with little oil and keep the the dumplings/kozhukattai. Heat water in an idli pot. When the water starts roll boiling, keep the idli plate arranged with kozhukattai and Steam it for 10 minutes. When the kozhukattai becomes shiny and slightly turns its color, it's cooked. Do not remove immediately. Remove after a minute when it becomes warm using a flat spoon.

# Thayir Sadam

## Ingredients

Raw rice	- ½ cup
Milk	- 1 cup
Yogurt/curd	- 1 cup
Salt as per taste	
Oil	- 1 tsp
Mustard seeds	- ½ tsp
Ginger, finely chopped	- 1 tsp
Asafoetida	- ¼ tsp
Green chilli, finely chopped	- 1
Curry leaves	- 2 sprigs
Coriander leaves	- few
Cashew nut (optional)	- few for garnishing

## Method

Pressure Cook the rice by adding 1 and ½ cup of water. When done, mash the rice nicely with the back of the spoon. When it is slightly warm add milk to this. Mash it nicely and mix it up nicely with the rice. When it is completely cool add the yogurt to this and mix it up smoothly without any lumps. Add salt to this. Heat a pan, add oil and put the mustard seeds and add the chopped green chilli, ginger, curry leaves, asafoetida. Add this to the curd rice. Finally garnish with coriander leaves and finely chopped raw cashew nuts.



# Andhra Pulihora

## Ingredients

Raw rice	- 6 cups (uncooked)	Ground nuts, roasted	- ½ cup
Tamarind	- 36 one inch pieces	Bengal gram dal	- ½ cup
Green chillies	- 5 (make small slits)	Black gram dal	- ¼ cup
Curry leaves	- 1 bunch	Cashew nut	- 1/8 cup
Dry red chillies	- 5	Oil	- 1 ¼ cups
Mustard seeds	- 2 tbsp	Cumin seeds	- 1 tsp
Ginger, finely minced	- 1 ½" piece	Asafoetida	- 1 pinch(optional)
Turmeric powder	- 1 ½ tsp		
Sugar	- 1 tsp		
Salt as per taste			

## Method

Soak Bengal gram dal in water for 30 minutes. Mix this soaked dal with washed and drained rice. Pressure cook it with 12 cups of water. Rinse the tamarind and soak it in 1 cup of water for 30 minutes or microwave it for 7 minutes with 1 cup of water. Extract the pulp of it and keep aside. Heat oil in a pan. Add bengal gram, black gram and 1 tbsp of mustard seeds. Once they splutter, add roasted groundnuts and cashews and sauté for a while. Add cumin seeds, ginger, green chillies, red chillies and curry leaves and sauté for a while. Add the tamarind pulp and sauté for another 2 minutes. Cover and cook for 10 minutes on medium flame, until the oil separates. Add sugar, salt and turmeric and switch off the stove. Grind together 1 tbsp of mustard seeds, 1 red chilli and asafoetida (optional) and keep aside. Mix together the pressure cook dal-rice mixture with the sautéed masala. Add the ground mixture to the above and mix well. Serve hot.



# Bellam Undrallu

## Ingredients

Rice flour	- ½ cup
Water	- 1 cup
Jaggery, grated or palm sugar	- ½ cup
Few cashew nuts	
Coconut, grated or desiccated	- 1 tbsp
Ghee	- 1 tsp
Cardamom powder	- a Pinch

## Method

Melt grated jaggery in 1 cup water and filter to discard impurities. Bring it to a boil after adding a tsp of ghee. Allow to rapidly boil for 2 minutes, simmer the flame and slowly pour the rice flour to the syrup, stirring continuously to break up the lumps. Once you finish adding the flour, add coconut, cardamom powder. Keep stirring till it becomes a mass of



dough. Switch off the stove, cover and leave it aside for 5 minutes. Set aside to cool it. When cool, grease the palms and knead well to get soft undrallu / kudumulu. Make rice balls out of these and place a cashew, press it in. place these in a wide bowl. Heat a steamer with water, you can use pressure cooker or pan to do this. Place the bowl in boiling water, cover and steam for about 5 to 6 minutes on high flame. The steaming time could vary if using any other methods of steaming other than pressure cooker. Garnish with fresh grated coconut.



# Coconut Rice

## Ingredients

Biryani rice	- 400 gms
Coconut, grated	- 120 gms
Ghee	- 40 ml
Black gram dal	- 25 gms
Cashew nuts	- 25 gms
Dry chillies	- 6 gms
Curry leaves	- 2 gms
Asafoetida powder	- 2.5 gms
Coriander leaves , minced	- 20 gms
Salt as per taste	

## Method

Boil rice and keep aside. Fry grated coconut evenly to a golden colour on a slow flame. Heat 3 tea spoon of ghee. Fry the cashew nuts and remove. Then fry the dry chillies, black gram dal, and curry leaves well. Mix rice, fried coconut, cashew nuts, 1 teaspoon of ghee and salt. Serve hot garnished with coriander leaves.



# Hyderabadi Biryani

## Ingredients

Meat	- 1 kg	Lemon juice	- 2 tbsp
Semi cooked rice	- 750 gm	Curd	- 250 gm
Sautéed brown onions to taste		Clarified butter	- 4 tbsp
Ginger garlic paste	- 1 tbsp	Mace	- a pinch
Red chilli paste	- 1 tbsp	Mint leaves to taste	
Green chilli paste	- 1 tbsp	Saffron	- 1 tsp
Cardamom powder	- ½ tbsp	Water	- ½ cup
Cinnamon	- 3-4 sticks	Salt	- 3 tsp
Cumin seeds	- 1 tbsp	Oil	- ½ cup
Cloves	- 4-5		

## Method

Clean the meat. Now in a pan add meat, salt, ginger garlic paste, red chilli powder, green chilli paste, sautéed brown onions, cardamom powder, cinnamon, cumin seeds, cloves, mace, mint leaves and lemon juice. Mix it well. Add curd, clarified butter, semi cooked rice, saffron, water and oil and mix it well. Now apply sticky dough on the sides of the pan. Cover with lid to seal it and cook for about 25 minutes. Hyderabadi Biryani is ready to eat. Garnish with boiled eggs, sliced carrot and cucumber. Serve hot.



# Nimmakaya Uppudu Pindi

## Ingredients

- Broken rice (rice rava) - 1 cup
- Water - 2 cup
- Salt - ½ tsp

## For tempering

- Oil - 1-2 tbsp
- Mustard seeds - ½ tsp
- Cumin seeds - ¼ tsp
- Asafoetida - a pinch
- Bengal gram dal - 1 tbsp
- Black gram dal - 1 tbsp
- Groundnuts - a handful
- Dried red chillies - 2
- Slit green chillies - 2
- Turmeric powder - ½ tsp
- Curry leaves - 1 sprig
- Lime juice - 1-2 tbsp (adjust to suit your taste)



## Method

Add salt into the water and bring to a boil. Add the broken rice into it and give a stir. Lower the flame, cover and cook till the entire water is absorbed by the rice. Switch off heat and allow to cool. Heat a pan with oil. Add the mustard seeds and cumin seeds. When they start to splutter, add the asafoetida. Put the lentils and groundnuts and stir for a minute. Add the chillies, curry leaves and turmeric and mix well. Switch off heat. Add the cooked rice rava and mix. Make sure you don't over mix. Add lime juice to suit your taste and mix again uniformly. Serve as it is or with pickle of your choice.

# Pakam Undalu

## Ingredients

Homemade Rice Flour	- 2 cups
Powdered jaggery	- 1 cup
Grated coconut	- 1 tbsp
Cardamom powder	- ½ tsp
Ghee / oil as required	- 300 ml

## Rice Flour Preparation

Wash and soak the rice overnight and drain the water completely. Then grind the rice into a very fine powder and sieve it. The flour should be slightly damp.

## Method

In a heavy bottomed pan, add the powdered jaggery and little water and cook till it melts. Strain the jaggery water to remove any dirt and bring back to heat and cook on a low flame till it becomes thick syrup. Switch off the flame and add the cardamom powder, grated coconut and a tablespoon of ghee to it and mix. Slowly add the rice flour and mix well without forming any lumps. Mix very well to make soft dough and allow it to cool completely.

Divide the dough into small and smooth balls and set aside. Heat ghee / oil in a deep frying vessel, and deep fry the dough balls till it becomes golden brown color on medium flame. Remove from the oil and cool. Store in a airtight container and serve as a sweet snack.



# Pappu Chekkalu

## Ingredients

Rice flour	- 1 cup
Water	- 1 cup
Red chilli powder or green chilli paste	- $\frac{3}{4}$ tsp
Asafoetida	- $\frac{1}{4}$ tsp
Salt as per taste	
Cumin seeds	- 1 tsp
Bengal gram dal	- 1 $\frac{1}{2}$ tbsp (soak in water for an hour and drain)
Ghee or butter (optional)	- 1 tsp
Roughly torn few curry leaves (optional)	
Oil for deep frying	- 250 ml

## Method

Bring a cup of water to boil. Add salt, red chilli powder, asafoetida and rice flour and combine. Place lid and turn off heat. Leave aside to cool. Once cool, add cumin seeds, bengal gram dal and butter to the rice flour mixture and combine well. Test the dough for salt before deep-frying.



Heat a wide heavy bottomed vessel with enough oil for deep frying. Take a small lemon sized ball of the dough, place on an oiled plastic sheet or banana leaf and using your fingers shape into a circle. Use a fork or knife to make small dents all over the chekkalu so that they don't puff up when deep frying. Once the oil is hot, slowly peel the shaped chekkalu off the plastic sheet and slide into the hot oil. Based on the size of vessel and amount of oil, you can deep fry a batch of 5-8 chekkalu. Don't crowd the vessel with too many chekkalu. Reduce flame to medium and deep fry the chekkalu to a golden colour. When the chekkalu turn a golden color use a slotted ladle to remove onto an absorbent paper and cool. Repeat the same process till the rest of the dough is done. Cool completely before storing in an air tight metallic container.



# Ponganalu

## Ingredients

### Ponganalu Batter

- Rice - 1 cup
- Black gram dal - ½ cup

### For seasoning (Add to the overnight fermented batter)

- Big red onion, finely chopped - 1
- Green chillies, finely chopped - 4
- Cilantro, finely chopped of - 3 sprigs
- Bengal gram dal (soaked overnight) - A fistful
- Cumin seeds - 1 tsp
- Turmeric - ½ tsp
- Salt - ½ tsp
- Peanut oil - 4 tsp



## Method

Soak rice and black gram dal in water for about 6 hours. Drain and grind them into smooth batter adding just enough water. The consistency of the batter must be thick like idli batter or like condensed milk (commercial kind). Take the batter into a big vessel, cover and keep it overnight for fermentation. Sour and leftover dosa batter is perfect to prepare *ponganalu*. Add all these seasoning ingredients to the batter and mix thoroughly.

Place the *ponganala* skillet on medium heat. Add few drops of peanut oil into each impression. With a spoon or with a piece of paper towel, rub oil around, to season the skillet. When the skillet is hot and ready, pour a ladleful of batter into each impression. Once all impressions are filled, cover the skillet with a lid and cook on medium heat for about 5 minutes. Remove the lid; the batter will be set by now. Gently lift the *ponganalu* with a “*ponganala* lifter” or with a spoon. If properly cooked, they should come out easily without sticking to the skillet. If not, cook them for few more minutes. Turn each one to opposite side to cook. Cook them another 5 minutes on medium heat. Gently lift them from the skillet. Remove them all onto a plate. Season the skillet with oil; again repeat the steps to cook another batch.

# Sakinalu

## Ingredients

Raw rice	- 2 cups
Sesame seeds	- ¼ cup
Ajwain	- 2 tbsp
Salt as per taste	
Oil to fry	- 300 ml

## Method

Wash the rice and soak it in water for 4 – 5 hrs. Drain the water. Dry the rice on thin cloth for 25 minutes. Grind it as fine powder. In a large bowl add flour, ajwain, sesame seeds, salt and mix well. Now add water slowly to get proper consistency. Take a bowl of water and wet your hands. Take small quantity of the dough and make round thin circles on a cloth. The cloth will absorb the water in the flour. The dough should not be too watery or too thick. Leave it for some time. Heat oil in a deep pan, deep fry the sakinalu.



# Sarva Pindi

## Ingredients

Rice flour	- 1 cup
Sesame seeds	- 2 tbsp
Roasted peanuts	- 2 tbsp
Bengal gram dal	- 2 tbsp (soaked for 2 hours)
Green chillies, coarsely ground or finely chopped	- 2
Cumin seeds	- 1 tsp
Red chilli powder	- 1 tsp
Garlic pods, minced or ground	- 2-3
Large onion, finely chopped	- 1
Coriander leaves/cilantro, chopped	- 2 sprigs
Curry leaves, chopped	- 4-5
Salt as per taste	
Water	- ½ cup
Oil as per needed	- Almost ½ cup for 5 pancakes

## Method

Wash sesame seeds and keep aside. Roast the peanuts; remove the skin by crushing with your hands. Soak the roasted peanuts for 10 minutes in warm water and then grind coarsely. Drain soaked Bengal gram dal and grind coarsely. Mix all the ingredients (except oil) and knead to a dough with the help of little water. Keep the dough aside for 10 minutes. Take a pan add little oil, take a hand full for dough and make a ball spread all over the pan equally. Make small holes all over the pancake. Pour some oil in the holes in between and also on the edges from time to time. Cover it with a lid and cook in slow flame till it is golden brown colour. This pancake will take around 10 minutes to get cooked by one side, now flip and cook another side for next 5 minutes. Make sure its cooked properly, by touching the sides. It should be crispy not soggy. Take it off and enjoy hot with chutney.



# Uppu Pindi

## Ingredients

Raw rice	- 1 ½ cups
Green gram dal	- 1/3 cup
Red chillies	- 3 or 4
Sesame oil	- 1 tbsp
Mustard seeds	- ½ tsp
Cumin seeds	- ½ tsp
Split black gram dal	- 1 tsp
Water	- 4 cups
Curry leaves	- 6 to 8
Asafoetida	- a pinch
Salt as per taste	

## Method

Grind rice into a coarse powder. In a heavy bottomed vessel, heat oil over medium flame. Add mustard seeds and wait till they splutter. Add black gram dal and fry till it turns light brown. Add the green gram dal and fry for 5 minutes. Add split red chillies, curry leaves, and asafoetida. Fry for a minute. Add water and salt. Wait till the water boils. Lower the heat so that the water just simmers.

Add the ground rice slowly while stirring constantly. Mix well so that there are no lumps. Cover and cook over low to medium heat till the rice rava is cooked and the uppu pindi has the consistency of upma. Mix at regular intervals.



# Appam

## Ingredients

White rice	- 2 cups	Yeast	- ½ pinch
Grated coconut	- 1 cup	Oil to cook	- 2 tbsp
Cooked rice	- 2 tsp	Salt as per taste	
Sugar	- 2 tbsp		

An appam maker (or a small, shallow kadhai- 6"-8" diameter on top)

## Method

Soak white rice for six hours. Strain the water and grind the soaked rice along with grated coconut and cooked rice. Take some water, add sugar and yeast and mix it properly. Add this dilution into the dough. Keep the dough overnight to ferment. When fermented, add enough water to make it a pouring consistency. Just one hour before cooking, add salt and stir well. Now to make appam, heat a tablespoon of oil in the kadhai/appam maker, swirl it around and pour off extra oil. When hot, pour about 1 cup batter in the kadhai. Turn the kadhai around swiftly, to let a thin layer rise up to cover the sides of the kadhai also. The center is thicker. Cover, lower the heat and cook, till the edges start lifting for about a minute. Lift the cover, ease out the appam thus formed and transfer on to a serving plate. Continue thus with the rest of the batter. You might have to grease again only after 3-4 appams.





# Idiyappam

## Ingredients

Roasted rice flour	- 1 ½ cups
Boiling water	- 1¼ - 1½ cups
Grated coconut	- ½ - ¾ cup
Oil to grease the idli plates	- 2 tsp
Salt as per taste	
Idiyappam mould	

## Method

Combine salt and roasted rice flour. Add boiling water gradually and using a wooden spatula mix the dough. Add water till the dough comes together. Using your hands (be careful the dough can be very hot), knead together until you get a smooth and soft dough. The dough should not be too tight and it should not be sticky also. Cover the dough



with a wet cloth. Grease the top and bottom of idli moulds. Sprinkle the grated coconut on these moulds. Take small portions of dough and press each portion through Idiyappam mould or Idiyappam presser onto greased idli moulds or banana leaves. Once the water starts boiling in the steamer, place the idli moulds and steam for 7-9 mins on medium - high flame. Keep the steamed closed for a min or two. Transfer the cooked Idiyappam to a serving plate. Serve hot with any curry of your choice.

# Kallappam

## Ingredients

Raw rice	- 500 g
Yeast	- 2 g
Sugar	- 50 g or to taste
Salt as per taste	
Coconut	- 1
Cumin seeds	- 5 g
Small onions, sliced	- 10
Curry leaves, chopped	- 2 sprigs
Garlic, crushed	- 5 cloves
Coconut oil	- 20 ml

## Method

Grind the soaked raw rice to a smooth paste. The batter should be thick, but of pouring consistency. Dilute the yeast in 15 ml luke warm water and 10 g of sugar and mix to the ground batter. Mix in the sugar and salt to the batter and allow 6 to 8 hours to ferment. Mix in the grated coconut, garlic, curry leaves, small onion and check for salt and sugar. Keep aside for half an hour. Heat dosa pan, sprinkle oil, and pour one ladle full of batter and cook for one minute in slow fire. Turn the side and cook till golden brown colour. Sprinkling a few drops of ghee before serving will add to the taste and flavour.



# Puttu

## Ingredients

- Puttu flour - 2 cups
- Grated coconut - 1 whole
- Water (approx) - 1 cup
- Salt as per taste
- Puttu maker/idli steamer



## How to make Puttu flour

Buy raw rice specially sold for making puttu also called puttu arisi. Wash and soak rice for 4-5 hours. Wash again and drain the water completely. Spread it on a cloth for 20-25 minutes. Then get it ground in the flour mill when it is slightly wet. Then fry the flour on medium heat until it reaches a sandy consistency. Spread it to cool and then store in an airtight container. This is puttu mavu/puttu rice flour.

## Method

Take 2 cups of puttu flour in a bowl. Add a little salt. Add water little at the time and mix well with your finger tips. When you take a handful of flour and press it between your fists, it should hold its shape, when you press it again a little harder, it should crumble. That is the right consistency. The flour should be crumbly and moist. There should be no lumps. You can blend it in a mixer for 2-3 seconds using the whipper blade. Keep it aside for 15 minutes.

## How to fill the puttu kuty/puttu maker

Layer the puttu maker (cylindrical tube) first with a little grated coconut, then add 2 fistful of puttu flour. Then again add grated coconut followed by puttu flour. Repeat the same process until the mould/puttu kuty is full ending it with grated coconut. Now fill the puttu pot with water, cover the cylindrical tube with lid and fix it on the pot. Keep it on high flame. Once the water start boiling in the pot, you will see steam escaping from the holes on top of the cylindrical tube, reduce the flame and cook for another 5-6 minutes. When you get a nice flavour of steamed puttu, switch off, remove the cylindrical tube/puttu kuty from the pot, open it and gently push the puttu using a wooden ladle. Serve hot with small yellow banana and sugar.

# Unniappam

## Ingredients

Raw rice	- 1 cup
Jaggery	- 1 cup
Dry coconut	- A few pieces
Ghee	- 2 tbsp
Cardamom powder	- a pinch
Baking powder	- a pinch
Ripe bananas	- 2 nos
Oil	- 2 tbsp

## Method

Soak raw rice in water for 2 to 4 hrs. Drain it well and grind it in a mixer adding very little water, baking soda and banana. When it becomes a fine paste, add the jaggery to it and grind. Chop the dry coconut into small bits and fry it in ghee till golden brown. Add the coconut bits and cardamom powder to rice and jaggery batter. The consistency of the batter should be like the dosa batter. Heat oil in paniyaram pan/ unniyappam kara, and when the oil

is hot, lower the flame to medium. Drop tablespoons of batter to the pan and fill the pits with the batter up to a little more than 3/4th full. When the bottom get a golden dark brown, turn the unniyappam with a spoon and cook the other side too. Once cooked, remove and drain on a kitchen towel.





# WESTERN INDIA





# Biranj-Sweet Rice

## Ingredients

Basmati rice	- 1 bowl
Ghee	- 2 tsp
Saffron	- ½ tsp
Sugar	- ½ bowl
Cloves	- 5 or 6
Cinnamon	- 3 pieces
Almond	- 4 or 5
Cardamom	- 6
Pistachio	- 6

## Method

Wash rice. Fry it in one spoon of ghee. Cut almond, pistachio in pieces and add into the fried rice. Also add cinnamon, cloves, sugar and warm water to it. Then pressure cook it for 10 minutes. Open the lid, spread ghee and half tsp of saffron, cardamom (crushed) and get it sizzled. This sweet Rice is specially prepared on good occasions.



# Doodh Paak

## Ingredients

Milk	- 1 litre
Saffron	- a few strands
Rice	- 1 tbsp
Ghee	- 1 tbsp
Sugar	- ½ cup
Cardamom powder	- ½ tsp

## For garnishing

A few almonds and pistachio slivers

## Method

Dissolve the saffron in 1 tbsp of warm milk and keep aside. Wash the rice, drain and add the ghee and mix well. Keep aside. Bring the remaining milk to a boil in a broad bottom non-stick pan and simmer for approximately 15 minutes, while stirring occasionally. Add the rice, mix well and simmer for approximately 25 minutes, while stirring occasionally. Add the sugar, cardamom powder and saffron-milk mixture, mix well and cook on a medium flame for 15 minutes or till the sugar is completely dissolved. Serve warm garnished with almond and pistachio slivers.



# Bardoli ki Khichdi

## Ingredients

Rice	- 1 cup
Green gram dal	- ½ cup
Oil	- 2 tsp
Cinnamon sticks	- 1 to 2
Mustard seeds	- ½ tsp
Cumin seeds	- ½ tsp
Onions, chopped	- 1
Asafoetida	- a pinch
Green chillies, crushed	- 5
Garlic paste	- 1 tsp
Ginger paste	- 1 tsp
Raw peanuts	- ¼ cup (optional)
Cilantro, chopped	- 2 sprigs
Garam masala	- 1 tsp
Vegetables	- Potato, peas, carrots, brinjal (optional), black eyed peas (frozen or boiled), frozen tuvar dana
Water	- 3-4 cups



## Method

Soak the rice and dal for about half-an-hour. Add about 2 tsp oil in a kadhai or a heavy bottom vessel. Add the cinnamon, mustard seeds and cumin seeds. After the mustard seeds pop, add the onions and sauté for a few minutes. Add asafoetida. Then, add all the vegetables and sauté for a few more minutes. Add the crushed green chillies, the garlic paste and the ginger paste and sauté for 3 more minutes. Now add the soaked rice and dal. You can also add peanuts at this time. Add about 3-4 cups water. (Depending on how you like khichdi's consistency to be). Add some chopped cilantro and some garam masala. Close the vessel with a tight lid and leave to cook for about half-an-hour till the rice and dal are cooked to a nice mashed mix. You could also make this in a pressure cooker or a rice cooker. Serve it hot with ghee, some curd, papad and pickle.

# Gujarati Dhokla

## Ingredients

Rice	- 1 cup
Black gram dal (skinless)	- ¼ cup
Yogurt	- ¼ cup
Warm water	- 1 ½ cup
Salt as per taste	
Ginger, 1" piece	- 1
Green chillies	- 4
Baking soda	- ½ tsp
Lemon juice	- 1 tbsp
Oil	- 2 tsp
Coriander leaves	- 2 tbsp



## Method

Roast the rice and the dal on medium heat for four to five minutes. Allow it to cool and then grind into a semi-coarse powder. Put the powder in a bowl. Add yoghurt (little sour) and warm water into the bowl. Mix thoroughly so that no lumps are formed and the batter is of pouring consistency. Add salt and let it ferment for eight to ten hours. Make a paste of ginger and green chillies. Once fermented, mix the ginger, green chilli paste with the batter. Grease the dhokla platter or a thali. Boil water in the steamer/boiler. Pour half of the batter in another vessel. In a small bowl, add one-fourth-tsp baking powder, half tsp oil and half tsp lemon juice. Add this to the batter and mix well. Repeat this for the remaining batter just before putting it in the steamer. Pour this onto the greased platter and keep it in the steamer to steam for eight to ten minutes. Check with a knife. If the knife comes out clean, it is cooked. Sprinkle some finely chopped coriander leaves and serve hot with green chutney.

# Handvo

## Ingredients

Rice	- 1 cup
Green gram dal (skinless)	- 1 cup
Bottle gourd, medium	- 1
Coriander, chopped	- 3 tbsp
Green chillies, finely chopped	- 3-4
Buttermilk	- 3 cups
Baking soda	- 3 tsp
Black gram dal	- 1 tsp
Bengal gram dal	- 1 tsp
Cumin seeds	- 1 tsp
Mustard seeds	- 1 tsp
Oil	- 4-5 tbsp
Salt as per taste	



## Method

Soak rice for 4-5 hrs, drain the water and grind it into fine flour. Also grind the green gram into fine flour. Take butter milk in a large vessel. Add salt, baking soda and flour in the butter milk, mix well and prepare a batter. Keep it aside for 6-7 hours. Grate bottle gourd and squeeze out excess water. Then add gourd, coriander and green chillies in the batter. Heat oil in a pan, add black gram dal and bengal gram dal. Also add cumin and mustard seeds. Allow to splutter, pour half in the batter and mix it thoroughly. Put it in a greased oven proof deep container. Pour remaining seasoning on top. Place in a preheated oven at 280°C for 10 minutes. Reduce to 200°C or 180 °C for 40 minutes or till done. Check by inserting a skewer, which should come out clean. Slice into wedges and serve hot.



# Khaman Dhokla

## Ingredients

Rice	- 1 ½ cups
Black gram dal (split white lentils)	- 1 ½ cups
Green gram dal (split yellow lentils)	- 1 cup
Sour curd	- 2 tbsp
Asafoetida	- a pinch
Baking soda	- a pinch
Ginger, crushed	- ½ tsp
Green chillies, thinly chopped	- 2
Red chilli powder	- ½ tsp
Curry leaves	- Few bits
Mustard seeds	- 1 tsp
Fresh coriander leaves, chopped	- 2 sprigs
Salt as per taste	
Oil	- 1 tsp



## Method

Wash and soak the dal and rice separately in sufficient amount of water for few hours. Combine and grind dal and rice together. Make a smooth paste by adding little amount of water. Now add curd, salt, asafoetida and baking soda. Mix well and keep the batter for 3-4 hours at a room temperature. After 3-4 hours, mix all the ingredients into the batter except oil, curry leaves, mustard seeds, coriander and green chillies. Pour the mixture into a greased aluminum plate or bowl. Place on top of the cooker or steamer. Make sure any vessel you are using should be filled with 50% of water. Steam for about 10-12 minutes and then check with the knife. If knife comes out clean that means dhokla is done. If not then you may need to keep them for more time on heat. When the dhokla are completely ready, then cut them into desired pieces. Heat oil in a saucepan and add curry leaves, mustard seeds and green chillies. When the seeds start to splutter then pour it over the dhokla. Garnish with thinly chopped coriander leaves and serve with green chutney and sweet chutney.

# Khichu

## Ingredients

Rice Flour	- 1 cup
Water	- 2½ cups
Cumin seeds	- 1 tsp
Sesame seeds	- 1 tsp
Green chillies, crushed	- 2
Baking soda	- 1/8 tsp
Salt as per taste	
Peanut oil (for greasing and serving)	- 1½ tbsp
Fresh coriander leaves	- 2 tbsp



## Method

Take 2½ cups water in a deep pan. Add cumin seeds, sesame seeds, green chillies, baking soda and salt and boil it over medium flame for a minute. Now gradually add rice flour (1-2 tablespoons at a time) while stirring continuously using wooden spatula. As the flour is getting mixed with water, it will start to thicken. Make sure that there are no lumps of flour. Slowly add and mix entire rice flour and it will start getting soft dough like consistency. Cook for a minute and turn off flame. Transfer it to a plate. Pour 1-glass water in steamer and bring it to boil over medium flame. (If you do not have steamer then take a deep vessel and boil water in it). Keep prepared dough in a steamer container, place it inside the steamer, cover with a lid and steam-cook for about 10 minutes. Turn off flame, open the lid and let it cool for 2-3 minutes. (If you are not using steamer then take prepared dough in colander and place it over deep vessel having boiling water in it. Cover it with a plate and steam cook for about 10 minutes. Turn off the flame, remove plate and allow it to cool for 2-3 minutes) Grease 4-individual cups with peanut oil. Divide prepared rice flour khichu into 4-portions and transfer it to individual serving cups. Garnish with chopped coriander leaves and serve hot with raw peanut oil (add little red chilli powder in it for spicy taste).

# Modak

## Ingredients

### For the filling

- Shredded fresh coconut - 2 cup
- Mixture of unsalted pistachios and unsalted cashews - ½ cup
- Cardamom powder - ½ tsp
- Milk - ½ cup
- Jaggery or sugar - 1 cup

### For the outer cover

- Rice flour - 1 cup
- Ghee - 1 tsp
- Water - 1 cup
- Salt - ½ tsp



## Method

To prepare the filling, combine coconut, milk and jaggery or sugar and mix the ingredients well. Cook it over medium flame, stir continuously till they are mixed properly. Add cashews and pistachios and cook for about one minute. Now add cardamom powder. Keep aside the mixture to allow it to cool down. Bring the water to a boil in a vessel. Now add flour, ghee and salt, stir quickly to remove all lumps. Cover the vessel with a lid for some time and let it cook. Remove the lid and keep stirring the mix. Now remove the pan from heat and transfer all the mixture on a flat plate. Knead it to make soft dough. It should be neither too sticky nor too dry. Grease the palms of your hands properly and make a ball from the dough. Flatten the dough to make a cup shape. Put ¾ tsp coconut filling into this cup. Dip thumb and index finger in the oil and make 5-6 small pinches on the outside edges of the cup. Bring them together on top and join to shape a peak. Put modak on a greased plate. Make rest of the modaks in the similar way. Now steam them for about 15 minutes and serve with ghee.

# Thalipeeth

## Ingredients

Rice Flour	- 1 cup
Bajra Flour	- 1 cup
Gram Flour	- 1 cup
Wheat Flour	- 1 ½ cups
Spinach (Palak) or Methi (Fenugreek leaves) chopped	- 250 g
Green chillies, chopped	- 2 to 4
Onions, chopped finely	- 3
Ginger, 1 inch	- ½ tsp
Coriander leaves, finely chopped	- ½ cup
Turmeric powder	- ½ tsp
Cumin powder	- 1 tsp
Oil	- 2 tbsp
Sugar	- 1 tsp
Asafoetida	- a pinch
Salt and Pepper as per taste	

## Method

Add all the ingredients together and use warm water to prepare dough. Grease a frying pan or a flat pan. Press the dough on it to form a roti. Apply a little oil on hand to press the roti. Cook one side of the roti, turn it over and pour a teaspoon of oil. Cook it till golden brown. Remove and serve it with chutney.



# Rice Chapati

## Ingredients

- Rice - 500 gm
- Coconut, grated - 1
- Vegetables oil - 3-4 tbsp
- Salt as per taste
- Some banana leaves

## Method

Clean, wash and soak the rice overnight. Drain the water of rice and grind it along with grated coconut and salt using very little water so that the dough will be quite dry. Divide the dough in equal portions. Grease a banana leaf and spread a portion of the dough using two fingers to make a  $\frac{1}{4}$  cm thick chapati. Heat up a griddle and grease it slightly. Gently take off the chapati from the leaf and put it on the hot griddle. Roast the chapati on both sides till lightly browned. Serve hot with mutton or chicken curry.





## Scope and opportunities for commercialization of VAPs

India is a country of continental size with a population of over 1270 million out of which about one third live in urban areas. Ready-to-eat processed and packaged foods have become necessity and popular among this huge urban population in recent years. Therefore, the Indian food processing industries are being termed as a 'sun-rise industries' and several efforts have been made in the last few years to give a big thrust to this sector.

The food processing sector plays an important role in improving agricultural productivity, reducing post-harvest losses, providing better nutrition, creating huge employment opportunities and in improving food availability for the domestic market. India produces over 260 million tons of food grains every year of which the share of rice alone is about 105 million tons. Of the several agricultural products exported from India, rice alone constituted nearly 30 percent of the quantum and 29 percent of the foreign exchange in the year 2012-13, indicating the importance of rice in the Indian export scenario and in the Indian economy. Looking at the inherent skills and expertise of Indian women in preparation of traditional rice based value added products, we need to harness this vast pool of knowledge and skill, and translate them into commercial ventures providing food, nutritional and livelihood security, and thus contributing to national economy. Therefore, we should focus on some of the following issues and strategies for commercialization of such rice based value added products (VAPs) and establishment of a value chain in the country.

- **Identification of commercially viable VAPs:** Since there are numerous value added products being prepared across different states based on their local taste and demand, we can identify some of the products having maximum demand and consumers' preference, having maximum shelf-life, better preservation quality and good taste. Varieties of rice based food products like bakery products, convenience foods (ready mixes/ snacks/ shelf-stable & ready-to-eat foods etc.) and rice beverages should be identified.
- **Mass production and popularization:** The identified products need to be produced in mass scale with the establishment of mechanized processing plants. Farmers' interest groups (FIGs) and women development organizations should also take lead in awareness, capacity building, preparation and marketing of VAPs. Mass and print media can play important role in mass awareness of the importance of such food products in nutritional security.

- **Quality control:** Now-a-days, health is a major concern world wide and average people have become health conscious. National and international food quality standards have to be strictly adhered to while producing, packaging and marketing of products. Attractive and protected packaging with nutritional facts, method of preparation and expiry information etc should be given due importance.
- **Nutritive foods:** Malnutrition and protein deficiency being the chief reasons for infant mortality in India, particularly among the low-income groups, rice-based food supplements can be very effective in reducing nutrition-related infant mortality.
- **Marketing infrastructure:** Since, shelf-life of different products varies widely, proper marketing strategy need to be planned with proper transportation carriers having temperature regulation facility. Products should be prepared based on seasonal, regional and international demand.
- **Opening of urban outlets:** It has been observed that many products of demand among the elite urban consumers are not available easily in retail outlet or shopping malls. The demand can be harvested through opening of urban outlets of VAPs.
- **Enterprise planning:** Business planning and capacity development in VAP processing, marketing and allied activities through technical and financial support from institutions like national bank for agricultural and rural development (NABARD) and agricultural products export development authority of India (APEDA) is of paramount importance to extract commercial benefit out of this processing industry. Necessary state and central level planning and interventions by the government are to be ensured.
- **Research and development:** Research institutions like Central Food Technological Research Institute (CFTRI), Mysore have done commendable research on value added products. However, further research on areas like nutrition quality analysis of all available products, protective packaging, quality control parameters etc. need to be studied. Research in network mode involving different government and private research organizations is the need of the hour.

## Proposition for value chain on rice-based VAPs

While the Indian people have the traditional and technical knowledge relating to rice products and processing, there are other players at different levels of the chain that need to be coordinated. Productive management of the rice product chain means that the actors have to satisfy consumers' expectations through continually improving the process and relationships that support the efficient development and flow of products from producer through consumer. This is about reducing waste and improving quality - that is, providing value. Starting an agro-based enterprise without proper value chain cannot be sustainable and remunerative.

Value chain involves people, organizations and activities, which are required to create, process and deliver a product (say rice-based VAP) or service to customers/end users. Basically, the inputs undergo transformation processes in the value chain to give out-puts utilizing many resources such as land, labour, money, equipments, buildings, materials, administration and management. The value chain connects effectively all the actors involved in production and delivery of goods to consumers through a sequence of activities. In the process, all the actors like, farmers, processors, market players, research & development organizations, government & non-government organizations, financial institutions and even consumers derive benefit, making the system sustainable. So it is the prime time to establish proper value chain on rice-based value added products, including traditional rice dishes, involving all stakeholders in the chain.



Dr. T. Mohapatra, Director, CRRI inaugurating the Women Group - Ananya Mahila Bikash Samiti



Director, CRRI looking at the rice-based value added products displayed by the Mahila Samiti members

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