

# *Tukdi*

## **Ingredients**

maida - 2 cups

melted hot ghee - ¼ cup

salt - 1 tsp

sugar - 2 tsp

cooking soda - ¼ tsp

oil - to fry

## **Method**

Combine all the ingredients except the oil and.

Add enough water and make a dough as for chapathis.

Divide the dough into orange size balls. Keep them covered with a wet cloth.

Roll out each ball to 1/8" thickness and cut into small diamond shapes.

Deep fry them in moderately hot oil till they puff and become crisp.

Cool and store in air tight container.

# *Savoury Kozukottai*

## **Ingredients**

black gram (urad) dal - ½ cup  
bengal gram (chana) dal - 1/3 cup  
green chillies - 1 tsp, chopped  
salt - to taste  
gingelly oil - 2 tbsp  
mustard - ½ tsp  
asafoetida - little

## **Method**

Soak both the dals together for 1 hour.

Drain, add salt and grind to a stiff batter, using as little water as possible. add green chillies.

Place the batter in a greased plate to a 1" layer and steam for 15 minutes.

Cool, cut into pieces and crumble.

Heat oil, season with mustard and Asafoetida and add to the dal mixture.

## **To prepare Kozukottai :**

Divide the covering dough into as many portions as the varieties of Kozukottai you intend making.

Keep it covered all the time to prevent it from drying.

Take one portion and knead it well with greased palm.

Take a small portion and flatten on greases left palm into a thin disk. (If it is not pliable or breaks, dip your hand in hot water and knead the dough well ) place some filling in centre and bring up the edges to cover the filling and form a conical shape . ( This is the traditional shape. But if you find it difficult, shape the kozukottai like samosa)

Place the Kozukottais on a grease plate ( the plate may be lined with a piece of grease banana leaf if available) and steam for 10 minutes.

# *Pidi Kozukottai*

## **Ingredients**

raw rice - 1 cup

salt - to taste

gingelly oil - 2 tbsp

mustard - 1 tsp

black gram (urad dal) - 2 tsp

asafoetida - little

## **Method**

Wash and soak rice in water for 2 hours.

Drain and grind to a coarse batter to the consistency of idly batter.

Add salt. Heat oil, season with mustard, dal and Asafoetida. Add to the batter.

Pour the batter in a thick pan (kadai) and cook stirring till it forms a lump.

Cool slightly and shape into small ovals. Steam for 15 minutes.

# *Easy Chakli*

## **Ingredients**

wheat flour - 1 cup

rice flour - ½ cup

maida - ½ cup

besan (chick peas flour) - ½ cup

salt - to taste

chilli powder - ½ tsp

white sesame seeds - 2 tsp

cumin seeds - 2 tsp

butter - 3 tbsp

oil - to fry

## **Method**

Mix all the four flours. Place in a muslin cloth and tie with a string.

Place in a steamer and steam for 20 minutes.

Remove the string and beat the ball of flours with a wooden spoon to powder it.

Sift to remove any lumps, powder the lumps and sift again.

Add rest of the ingredients except the oil.

Add water little at a time and knead into a soft but not sticky dough.

Place some dough in the chakli press and make discs of concentric circles, on a piece of butter paper or plastic sheet.

Transfer the discs carefully into moderately hot oil and fry till crisp.

Use all the dough thus.

Cool and store in in tight container.

# *Pooran Poli*

## **Ingredients**

maida - 1 1/4 cup  
turmeric powder - 1/4 tsp.  
oil or ghee - 2 tbsp  
powdered sugar - 2 tsp  
water - to mix  
oil or ghee - to pour on top (4-5 tbsp)  
bengal gram (chana dal) - 1 cup  
jaggery powder - 1 cup  
cardamom powder - 1/2 tsp

## **Method**

Mix maida with turmeric powder and powdered sugar.  
Add water, make a soft dough. Knead in the oil or ghee.  
Pour extra oil or ghee on top and keep covered till the filling is ready.  
Cook dal till soft but not mushy. Strain and cool.  
Add jaggery and grind in a mixie till smooth. Add cardamom powder.  
Place the mixture in a kadai and cook stirring till the mixture can be shaped into soft balls.  
Take a little dough on your palm and flatten into a round sheet. Place a ball of filling over it.  
Bring up the edges of the dough and cover the ball.  
Roll out to thin rounds, on a butter paper or plastic sheet.  
Cook on a hot tawa without adding any fat. Use all the dough and filling thus.  
Serve smeared with with melted ghee.

# *Pancha Kajjaya*

## **Ingredients**

thin beaten rice (poha) - 4 cups  
grated coconut - 4 cups  
white sesame seeds - 4 tbsp  
powdered jaggery - 3 cups  
cardamom powder - 1 tsp

## **Method**

Mix beaten rice with coconut and keep aside for ½ hour.

Add rest of the ingredients and mix.

Arrange in a shallow dish.

Pour about 2 tbsp of honey over it.

Decorate with slices of bananas.

# *Appam*

## **Ingredients**

ripe banana pieces - 1 cup

maida - ¼ cup

fine rava - ¼ cup

jaggery - 3 tbsp

salt - a pinch

oil - to deep fry

## **Method**

Mash the bananas, add jaggery, mix till jaggery is dissolved.

Add maida, rava and salt.

Take small portions of the mixture, shape like a thick disc.

Deep fry in moderately hot oil.

# *Steamed Modak*

## **Ingredients**

rice flour - 2 cups  
water - 2 cups  
salt - ½ tsp  
sugar - 1 tsp  
oil - 1 tsp

## **For Filling :**

grated coconut - 4 cups  
powdered jaggery - 2 cups  
roasted poppy seeds - 2 tbsp  
cardamom powder - 1 tsp

The quantity of water may vary slightly according to the quality of rice flour.

## **Method**

Boil the water with salt, sugar and oil.

Add the rice flour and cook on a slow flame till it forms one lump like a soft dough.

Cool slightly and knead with greased hand till smooth. ( The dough should be pliable but not sticky.

If it is too stiff, dip your hand in hot water while kneading the dough.

If it is too sticky, sprinkle a little rice powder and cook a little longer. )

## **For Filling :**

Combine coconut and jaggery and stir over a low flame till the jaggery melts and the moisture from coconut is absorbed.

Add the other ingredients.

To make the modak, take a lime size ball of the dough on your left palm.

Flatten into a small poori, with the edges thinner than the centre.

Place a little filling in the centre and gather the edges in pleats and bring them up to enclose the filling, making a conical shape.

Prepare all the modaks thus and steam for 15 minutes.



# *Coconut Kozukottai*

## **Ingredients**

coconut - 1 big  
powdered jaggery - ½ cup  
cardamom powder - ¼ cup

## **Method**

Grate the coconut finely.

Mix jaggery with ¼ cup of water, stir over a low flame till dissolved.

Strain through a thin cloth.

Place the liquid on fire a boil till it forms a thick syrup.

Add coconut and cook till the mixture is firm enough to shape into balls.

Add cardamom powder and allow to cool.

## **For Covering :**

Sift the rice flour to ensure that there are no lumps.

Boil 4 cups of water with 1 tsp salt and 2 tsps of oil (preferably gingelly oil) remove from fire.

Add 2 cups of flour, stirring the mixture well with a wooden stick or the handle of a wooden spoon or churner, to make a smooth lump.

Continue to add more rice flour ½ cup at a time and mix till you have a smooth, soft ball which is not sticky.

To test, cool a small lump and see if it can be flattened easily on the palm into a pliable thin disc.

If it is sticky, add more flour. Cover the dough with a wet cloth to prevent it from drying while you prepare the filling.

# *Gingelly Seed (Ellu) Kozukottai*

## **Ingredients**

white gingelly seeds - ½ cup

jaggery powder - ½ cup

cardamom powder - ¼ cup

## **Method**

Roast the gingelly seeds till they begin to pop.

Cool and powder in the mixer.

Add jaggery powder and cardamom powder and run the mixer for few seconds till the mixture is well combined.

## **For Covering :**

Sift the rice flour to ensure that there are no lumps.

Boil 4 cups of water with 1 tsp salt and 2 tsps of oil (preferably gingelly oil) remove from fire, add 2 cups of flour, stirring the mixture well with a wooden stick or the handle of a wooden spoon or churner, to make a smooth lump. Continue to add more rice flour ½ cup at a time and mix till you have a smooth, soft ball which is not sticky.

To test, cool a small lump and see if it can be flattened easily on the palm into a pliable thin disc.

If it is sticky, add more flour. Cover the dough with a wet cloth to prevent it from drying while you prepare the filling.

# *Dal Kozukottai*

## **Ingredients**

tuvar dal - ½ cup

jaggery powder - 1/3 cup

cardamom powder - ¼ tsp

grated coconut - ¼ cup

## **Method**

Wash the dal and cook in plenty of water till it is just soft but not mushy. ( avoid over cooking )

Strain, mix with jaggery and mash to a coarse paste.

Mix in the grated coconut.

## **For Covering :**

Sift the rice flour to ensure that there are no lumps.

Boil 4 cups of water with 1 tsp salt and 2 tsps of oil (preferably gingelly oil) remove from fire, add 2 cups of flour, stirring the mixture well with a wooden stick or the handle of a wooden spoon or churner, to make a smooth lump. Continue to add more rice flour ½ cup at a time and mix till you have a smooth, soft ball which is not sticky.

To test, cool a small lump and see if it can be flattened easily on the palm into a pliable thin disc.

If it is sticky, add more flour. Cover the dough with a wet cloth to prevent it from drying while you prepare the filling.