

# *Kadubu*

## **Ingredients**

### **For Dough :**

maida - 1 cup  
rice flour - 3 tbsp  
ghee - 1 tbsp  
salt - a pinch  
milk - to mix

### **For Filling :**

desiccated coconut - 1 cup  
powdered sugar - ½ cup  
cashew nuts - 2 tbsp, chopped fine  
poppy seeds - 2 tbsp, roasted  
cardamom powder - ½ tsp  
milk - little  
oil or ghee to deep fry

Combine all the dry ingredients together.

Add enough milk and make a stiff but pliable dough. Keep covered.

## **Method**

Combine all the dry ingredients together.

Sprinkle some milk to bind them.

Divide the dough into small balls. Divide the filling into same number of portions.

Roll out a ball of dough into a thin poori.

Place a portion of filling on one half of the poori, fold the other half to cover the filling.

Press the edges together to seal well. Use all the dough and filling thus.

Deep fry 4-5 kadabus at a time in moderately hot oil or ghee till crisp.

Drain on kitchen paper. Cool and store in air tight container. (keeps well for 3-4 days).

# *Fried Modak*

## **Ingredients**

semolina (rawa) - 1 cup

rice flour - ¼ cup

slightly over ripe bananas - 1 cup, mashed

powdered jaggery - ½ cup

salt - 1/8 tsp

oil - to deep fry

## **Method**

Mix all the ingredients except the oil together.

Add little water and make a dough, the consistency of very thick paste.

Drop spoonfuls in moderately hot oil and fry till rich brown.

# *Rava Kesari*

## **Ingredients**

ghee - 1/3 cup

raisins - 2 tbsp

cashew nuts - 2 tbsp

semolina (rawa) - 1 cup

water - 2 ½ cup

sugar - 1 to 1 ½ cup as per taste

orange food colour - little

cardamom powder - ½ tsp

## **Method**

Heat 2 tbsp of ghee, fry raisins and cashew nuts, drain and reserve.

Add semolina to the remaining ghee and roast till pale brown. Transfer to a plate.

Boil water in the same kadai. Lower the flame and add semolina little at a time stirring well so that no lumps are formed. Cook for 5 minutes.

Add sugar. When the sugar is dissolved, add the remaining ghee, little at a time and cook stirring till the mixture forms a thick lump.

Add colour, mix well and transfer to a serving dish.

Garnish with fried raisins and cashew nuts.

# *Keerai Vadai*

## **Ingredients**

black gram (urad) dal - 1 cup  
rice flour - ½ cup  
green chillies - 2-3, chopped  
finely chopped keerai\* - 4 tbsp  
salt - to taste  
oil - to deep fry

Use spinach , "mula keerai" or radish leaves.

## **Method**

Soak black gram dal in water for 2 hours. Drain well

Reserve 2 tbsp of the soaked dal and grind the rest with salt, to a smooth, stiff paste. (use as little water as possible)

Add the reserved dal and rest of the ingredients except the oil. Mix well.

Take a lime size balls of the mixture and flatten to 1/8" thick discs on a piece of greased plastic sheet.

Drop about 4-5 discs in moderately hot oil, fry till crisp and golden brown. Drain on kitchen paper.

Use all the batter thus. Serve hot with chutney.

# Sweet Boondi

## Ingredients

besan (chick peas flour) - 2 cups  
orange food colour - little, optional  
ghee or oil - to deep fry  
raisins - 2 tbsp  
cashew nuts - 2 tbsp  
sugar - 1 ½ cup  
water - ¾ cup  
cardamom powder - ½ tsp

## Method

Mix besan with water and make a thick batter as for pakoda or bhaji. .Add colour.(optional)

Heat oil or ghee till moderately hot. (if a drop of batter is dropped into the oil, it should puff )

Hold a large perforated ladle over the oil and pour some batter on it. Small drops of batter will fall into the oil and puff like beads. Fry till they are just crisp. (avoid over cooking). Drain on kitchen paper. Use up all the batter thus.

Fry the raisins and cashew nuts in the same oil or ghee and add to the boondis.

Mix sugar with water and prepare a two thread syrup. Add cardamom powder.

Add the boondi mixture and stir till the syrup coats the boondis,

## Khara Boondi :

Prepare boondis as explained above, but add salt to the batter and fry the boondis till crisp and light brown.

Fry cashew nuts and add to the boondis.

Heat 2-3 tbsp of oil, season with mustard, curry leaves, ½ tsp each of chilli and turmeric powders .

Add to the boondi and mix well.

# *Sundal*

## **Ingredients**

brown chana (kadalai) - 2 cup  
oil - 2 tbsp  
mustard seeds - 2 tsp  
red chillies - 2, broken into pieces  
curry leaves - few  
asafoetida - ¼ tsp  
green chillies - 2, slit  
grated coconut - ½ cup  
salt - to taste

## **Method**

Soak chana over night in water. Drain, add fresh water and cook till soft but not mushy. ( can be cooked in pressure cooker, with salt )

Drain away the excess water, retaining about 3-4 table spoons.

Heat oil in a Kadai, add mustard. When it splutters, add red chili, curry leaves and asafoetida.

Add chana, green chillies and salt. Simmer for 3-4 minutes.

Add grated coconut, mix well and remove from fire.

**Variations :** This sundal may be prepared with Kabuli chana( chick peas) , dried yellow peas or dried green peas. 3-4 tbsp of finely chopped raw mango pieces may be added after removing the sundal from fire.