

South Indian Nonveg Recipes





Andhra Recipes

Egg Paratha

Ingredients

1/2 kg maida

salt to taste

1 egg for each paratha

1 tsp pepper powder

1 cup ghee or dalda

Method

Add maida salt ghee with little water kneed well

Roll into a paratha fry both sides with ghee

Add one egg to a paratha on top add little salt

Smash every thing with a spoon add pepper powder

Serve hot with gongura pachadi



Andhra Recipes

Chicken Rasam

Ingredients

1 small chicken
(fry a little in the open fire take out
only inner portions cut into small pieces)
2 tbsp ghee
1 tsp lemon juice salt as per taste
grind into paste:
1 cup onion, chopped
1 tsp dhania

2 garlic flakes
1/2" ginger
2 cloves
2 cardamoms
1/2 tsp aniseed
1/2 tsp poppy seeds
1/2 tsp turmeric powder
1 tsp red chilli powder

Method

Heat ghee in a pan
Add the grounded masala and let it cook for 5-6 minutes
Add chicken pieces with 1 litre of water
Boil for some time
Add salt and lemon juice
Serve hot



Andhra Recipes

Fish Pittu

Ingredients

- | | |
|-----------------------|-------------------------|
| 1/2 kg fish | 1" ginger |
| 1 tsp turmeric powder | 8 garlic flakes, peeled |
| 1/2 cup oil | 1 cup coconut scrap |
| 1 cup onion, chopped | salt as per taste |
| 1 tsp pepper powder | 2 tsp lemon juice |

Method

- Clean fish cut into pieces
- Mix turmeric powder and salt
- Heat oil and fry onion, ginger paste, garlic till golden brown
- Add coconut scrap and salt and let it cook on slow flame
- Add fish and let it cook
- When it cools a little add lemon juice



Andhra Recipes

Masala Egg

Ingredients

6 eggs

2 onions

1/2 kg tomatoes dried

2 tsp chilly powder

5 tsp oil (sesame)

1" ginger 4 garlic flakes 1/2 tsp turmeric powder salt to taste

Method

Boil eggs and peel the skin

Cut into square pieces

Grind tomatoes and onion

Heat the oil and fry the paste

Add ginger-garlic paste and simmer for 2 minutes

Add turmeric powder, salt and chilli powder

Add 1/2 cup water and let it boil for for 2-3 minutes

Add the egg pieces and let the gravy thickens



Andhra Recipes

Bone Soup

Ingredients

1/2 kg nengelumbu
1/4 kg tur dhal
10 green chillies
4-5 cloves
1/2 tsp cumin seeds
2 onion sliced
salt to taste

Method

Clean and wash the bones
Wash and soak the dal for 1/2 hour
Cook the bones with the dal in a pressure cooker (with enough water)
Mix all other items with the cooked bones
Boil for sometime till every thing mixes well



Andhra Recipes

Menthi Pulusu With Fish

Ingredients

waral fish-1/4 kg
clean and cut it to slices
2 cups cooked toor dal
2 tbsp tamarind extract
1 tbsp fenugreek
1 tbsp jaggery
1 tsp chilly powder
salt to taste
1 cup menthi leaves

For seasoning

1 cup oil
1 cup onion, chopped
5 green chillies

Method

Heat oil and season the seasoning items

Fry fish till it cooks

Mix tamarind extract, chilly powder, salt, with 3 cups of water

Let it boil

Mix cooked dal with all the other items (fenugreek, jaggery) boil for 2 minutes

In a separate pan fry one cup of menthi leaves in little oil add it with other items



Andhra Recipes

Gongura Pachadi

Ingredients

2 cups gongura leaves
1 tsp tamarind juice
1 tsp salt (rocksalt)
1 tsp oil
12 small onion peeled
1 cup big onion diced
20 red chillies

fry in oil and powder:

20 red chillies
1 tsp dhania
2 tbsp urad dhal
1 tbsp sesame seeds
1/2 tbsp cumin seed

Method

Wash gongura leaves, fry in a pan with little oil

Close the pan with a lid, cook for a while

Add tamarind juice

Using a pestle, pound the cooked leaves

Add salt, 1/4 tbsp sugar, all powdered ingredients till every thing blends well

Season with mustard

Add onions

Mix with 1 cup of boiled water

Gongura pachadi is to serve



Andhra Recipes

Guthi Mutton Pulav

Ingredients

Part A:

200 grams onion (big ones)
20 grams (approx 5-6) green chillies
1 cup pudina, cleaned
1 cup ginger sliced
10 gms (approx 2 tbsp) oil
1 cup coconut milk
3 cups pulav rice [washed and soaked]
1/2 mutton pieces cooked with salt
1/2 kg brinjals

Part B:

1/2 kg tomato's sliced
10 grams (1 tsp) garlic paste
2 tsp chilli powder
1 tsp turmeric powder
1 tsp cloves pattai powdered

Method

Fry ingredients in part a in pan with 10 grams of oil
Mix ingredients in part b b with cooked mutton and add 1 cup of water
Cook it till it becomes soft
Cook rice with coconut milk
Slice brinjals with salt
Add every thing together and fry
Add required salt
Preserve hot and serve



Andhra Recipes

Mutton Preserve

Ingredients

2 kg goat mutton
1/2 cup salt
200 gms red chilli

Method

Clean the mutton neatly cut into uniform pieces

Wash it 3 or 4 times with seeing water

Make big holes in the pieces with a poker

Mix salt and chilli powder and mix it with the pieces

Soak it for 2 or 3 hours

Pass a string through all the pieces and dry it in hot sun till it becomes crisp and store in a tight jar.

Uses of these preserves:

Can be fried, powdered added to any masala

Soaked, cooked prepare, kara kuzhambu

Can be used in egg chaps

Chips also can be made



Andhra Recipes

Mamidikayalu (Mango) Mutton

Ingredients

Part A:

1/2 kg washed goat mutton sliced into pieces
5 gms (approx 1 tsp) ginger juice
10 gms (approx 2 tsp) onion juice
7 gms (approx 1-1/2 tsp) garlic juice
3 gms (approx 1/2 tsp) turmeric powder
3 gms (approx 1/2 tsp) khuskhus
2 gms (approx 3-4) pepper

part b:

5 gms (approx 1-2) dried red chilli
5 gms (approx 1 tsp) roasted channa dhal
1 cup grated coconut

Part C:

2 cups green mango pieces
salt as per your requirement

Part D:

10 gms (approx 1 small onion)
sliced onion
2 gms (approx 1/4 tsp) cumin seeds

Method

Cook mutton + juices + other ingredients of part a with 3 cups of water

Grind ingredients of part b into a paste add it to the mutton

Add green mango pieces to the cooked mutton

Add salt as per your taste.

Cook it for another 5 minutes till mango pieces becomes soft

Heat oil in a small pan

Add cummin seeds

Fry onion till golden brown

Put the onion seasoning in the mutton mixture

Let is cook for 2-3 minutes



Andhra Recipes

Andhra Style Chilli Chicken

Ingredients

chicken drumsticks - 12

finely chopped green chillies - 25 nos or more

freshly grated ginger - 2 tbs

freshly grated garlic - 2 tbs

finely chopped onions - 3 big

grind to powder:

coriander seeds - 1 tbsp

methi seeds - 1/4 tsp

jeera - 1/4 tsp

saunf - 1/4 tsp

kasuri methi - 1 tbsp

cinnamon - 3 big pcs

cloves - 5 nos

kaloova - 1 tsp

Method

Heat oil and fry the onions till it starts to brown slightly add the cleaned chicken and chopped green chillies, cook till all the juices are nearly evaporated.

Next add the grated ginger and garlic and fry for a few minutes.

When the chicken is nearly done add the powder and fry for another well add some water and cook till done and most of the water is evaporated.

Ps: Kaloova is a kind of spice i brought from india not sure if you can find it in the west but it is the key to the aroma.

Try it and let me know how it went folks.



Andhra Recipes

Andhra Chicken Kurma

Ingredients

chicken - 1 kg
coconut* - 1
poppy seeds - 2 tbsp
chilli powder - 2 tsp or to taste
salt - to taste
turmeric powder - ½ tsp
tomato - 1, chopped
onion - 1, chopped finely
curry leaves - few

cloves - 2
cardamoms - 2
cinnamon - 2 pieces
oil - 2 tbsp
coriander powder - 1 tsp
ginger - 2.5 cm
garlic - 8-10 flakes
coriander leaves - ½ cup

Method

Clean and joint the chicken. Extract 1 cup of thick coconut milk and 2 cups of thin coconut milk.

Grind poppy seeds to a paste. Grind ginger, garlic and coriander leaves together.

Cook chicken with thin coconut milk, salt, turmeric, chilli powder, and green paste.

When ½ done, add poppy seed paste, dhanian powder and tomato.

Simmer till chicken is cooked. Heat oil in another pan, add clove, cardamom, cinnamon, onion and curry leaves.

When onion is light brown add the cooked chicken. Simmer for a few minutes.

Add the thick coconut milk. Just as it begins to boil, remove from fire.

* Packaged coconut milk can be used. Mix 1 cup of it with 1 cup of water and use to cook the chicken.

Add 1 cup undiluted at the end. 1 tbsps of ginger-garlic paste can be used instead of garlic and ginger.



Malabar Recipes

Kohzi Curry (Chicken Curry)

Ingredients

chicken - 1 kg

onions - 3-4

garlic - 5-6 cloves

ginger - 1 piece

green chillies - 5-6

coriander powder - 3 teaspoon

turmeric powder - 1 teaspoon

red chilli powder - 2 teaspoon

tomato - 3nos

coconut milk - 1 cup

curry leaves - 1 stalk

oil - as required

garam masala powder - 2 teaspoon

salt - to taste

Method

Cut and clean the chicken in big pieces.

Slice the onions, slit green chillies, ginger and garlic.

Heat a pan and add oil and sliced onion and fry till transparent.

Add crushed ginger, garlic and green chillies and fry for 2- 3 minutes.

Add the coriander powder, chilli powder, turmeric powder, garam masala and saute for some time and add the chopped tomatoes, curry leaves and fry for some time.

Add the chicken and fry for a few minutes and add salt

Cover the pan and cook on slow fire till chicken is cooked.

When chicken is cooked add coconut milk and heat for few minutes and remove from fire.

Serve with aripathiri or rice chapathi.



Malabar Recipes

Aripathiri (Rice Flour Chapathi)

Ingredients

rice flour - 1 cup
water - 1-1/2 cup
salt - 1/2 teaspoon
coconut milk - 1 cu

Method

Boil water and salt add the rice flour and mix well and take it off from fire.

Cool and knead the dough well.

Shape into small balls and roll out the balls into thin chapathi.

Heat a tava and place a chapathi on it. After few seconds turn it over.

When it puffs up remove it from the tava.

Before serving dip each chapathi in coconut milk.

Serve with mutton or chicken curry.



Malabar Recipes

Arikkadukka (Stuffed Mussels)

Ingredients

medium sized mussels - 25 nos.
par boiled rice - 400gm
coconut grated - 1/2
aniseed - 2 teaspoon
cumin seed - 1teaspoon
small onion - 10 nos.
oil - for frying
salt - to taste

For Masala:

chilli powder - 2 table spoon
turmeric powder - 1/2 teaspoon
garlic - 5-6 cloves
aniseed - 1 teaspoon
salt - to taste

Method

Scrape and remove the entire dirt from the mussels.

Wash them several times in cold water till clean.

Drain the water.

Cut each one half way down. Keep aside to remove excess water.

Soak rice in hot water for 4-5 hours.

Wash and drain the excess water.

Add all the ingredients, except oil to the rice and grind the rice to a smooth thick paste.

Stuff each mussel neatly with rice paste.

Steam it till done and remove from fire cool and remove the shell.

Mix the ground masala in a little water and make a thin batter.

Heat oil. Dip each mussel in masala and shallow fry till done.

Remove and drain the excess oil and serve hot.



Malabar Recipes

Mutton Biryani

Ingredients

mutton - 1kg
basmati rice - 1kg
onions - 500gms
garlic - 50gms
ginger - 50gm
green chillies - 100gms
coriander powder - 3 teaspoon
turmeric powder - 1 teaspoon
red chilli powder - 1/2 teaspoon
tomato - 300 gms
poppy seeds - 2teaspoon
fresh coconut - 1/2 cup
coriander leaves - 1small bunch
mint leaves - 1 small bunch
curd - 1 curd

oil - as required
cashew nuts - 50 gms
raisins - 50gms
garam masala powder - 2 teaspoon
salt - to taste

For garam masala powder:

cinnamon - 2" piece
cardamom - 3-4
cloves - 3-4
nutmeg - 1/4
aniseed - 1/2 teaspoon
cumin seed - 1/2 teaspoon
mace - 2 strand
lime juice - 4table spoon
ghee - 5 table spoon

Method

Slice the onions, grind green chillies, ginger and garlic. Grind poppy seeds and fresh coconut and keep aside. Chop coriander leaves and mint leaves. Heat a pressure cooker and add oil and 3/4 of sliced onion and fry till transparent. Add ginger, garlic and green chillies and fry for 2- 3 minutes .add the coriander powder, chilli powder, turmeric powder, garam masala, and saute for some time and add the chopped tomatoes and fry for some time. Add the mutton and fry for a few minutes and add curd and salt .cover the cooker and cook on slow fire for 15 - 20 minutes.when mutton is cooked add the ground poppy seeds and coconut and heat for few minutes and keep aside. Wash and drain the water from the rice. Heat ghee and add rice and fry for 4-5 minutes. Add salt and double quantity of water and cook till the rice is cooked. Remove from fire. Heat heavy-bottomed vessel and fry onions, cashew nuts, and raisins and keep aside. Take a vessel and pour some rice and spread little coriander, mint leaves, lime juice and fried onion and cashew nuts and raisins. Put one layer of mutton over that and repeat the process till all rice and mutton are over.preferably do three layers. Cover with a heavy lid and put dish in oven or place some coals on top for 10 minutes. Serve with curd kachumber and papad.

Remove and drain the excess oil and serve hot.



Malabar Recipes

Mutta Mala and Kinnathappam

Ingredients

For Mutta Mala:

eggs - 15
sugar - 500gms
water - 3cups

For Kinnathappam:

eggs - 15
cardamom powder - 6 nos.
left over syrup from mutta mala

Method

Separate the yolks and whites of the egg. Keep the whites for kinnathappam.

Strain the egg yolk through a muslin cloth into a clean dry bowl.

Clean a coconut shell and make a very small hole at the center.

Put sugar and 2 cups of water in a wide heavy vessel. Add a little egg white, rubbing it well.

Place it on the fire. When it boils remove all the scum.

Remove it from the fire and strain through a muslin cloth.

Heat it again and make syrup of one string consistency.

Take the coconut shell and fill it with egg yolk, stopping the hole with the finger.

Remove your finger and pour the yolk in the boiling syrup in a circular motion to form chain like strings.

Pour it continuously until the egg yolk in the shell has all been used up. By this time the yolk will be cooked.

Reduce the heat and sprinkle a little cold water.

Remove the egg strings from the syrup with out breaking them.

Spread in a thali and keep slightly raised to remove the excess syrup.

Use up all the eggs yolks this way. When the syrup becomes thick add a little water to bring it back to one string consistency.

Arrange the mutta mala or the garlands in a large plate and put kinnathappam in the middle.



Malabar Recipes

Unnakayi (Banana Rolls)

Ingredients

half ripe nendram banana - 2 nos.

eggs - 2 nos.

sugar - 2-table spoon

raisins - 1 tea spoon

cashew nuts chopped - 1 tablespoon

fresh grated coconut - 1 tablespoon

ghee - 2 tea spoon

oil for frying cardamom powder - to taste

Method

Cut the banana into two and steam and remove the skin and the black seeds in the center.

Grind the banana to smooth dough with out adding any water. Keep aside.

Mix the eggs with sugar.

Heat 2 tsp. Of ghee in a saucepan. Add the egg mixture and stir it well till it reaches scrambled egg consistency. Add the cashew nuts, grated coconut and raisins.

Remove from the fire and add cardamom powder.

Oil your palms and take small balls of the ground banana. Flatten on your palm into a small purr.

Put 2 tsp. Of scrambled egg in it. Fold the edges and press lightly. Now roll it with your hands, and shape it like rolls.

Heat oil and deep fry to golden brown and remove and serve hot.



Malabar Recipes

Alisa

Ingredients

cracked wheat or dhalia - 200 gms

mutton - 1/2 kg

small onion - 2 tsp chopped

onion - 1 big

cinnamon - 1 piece

ghee - 4 table spoon

Method

Cook the wheat with mutton, big onion and cinnamon in sufficient water till the wheat is very soft.

Remove from the fire and mash it well with a masher. Keep it aside.

Heat ghee and fry chopped onion till golden brown. Remove from fire.

Add the ghee and onion to the mashed wheat and stir. Serve hot with sugar.



Malabar Recipes

Adaku Pathiri

Ingredients

for egg batter

egg - 4nos

sugar - 4-table spoon

coconut milk - 4 table spoon

salt - a pinch

turmeric powder - a pinch

cardamom - 3nos

for rice batter:

rice flour - 4 desert spoon

coconut milk - 350ml

sugar - 5-table spoon

salt - a pinch

cardamom - 4 nos.

ghee - as required

Method

For egg batter, beat the eggs and sugar and add the rest of the ingredients and keep aside.

For rice batter, mix rice flour, coconut milk, sugar, pinch of salt, cardamom and keep aside.

Now both the batters are ready for steaming.

Take a pressure cooker and pour some water and keep a greased small vessel in it.

Pour 4-table spoon of rice batter into the greased vessel and steam it till it is done.

Spread 1 teaspoon of ghee evenly on the cooked layer.

Now pour 2-table spoons of egg batter and steam till done.

When egg batter is cooked pour again 4-table spoons of rice batter and steam it.

No need to apply ghee on the egg batter. It should be applied only on the rice batter.

Repeat the layers till both the batters are over.

When all batter is over steam it again for 2-3 minutes and switch off the gas.

Cool and remove from cooker and cut it into desired shapes and serve as a snack. When cut you can see the layers of white and yellow.



Malabar Recipes

Malabar Pepper Chicken

Ingredients

1kg chicken thighs cut into 4
2 small onions finely chopped
6 table spoons black pepper corns
4 pods cardamom
2 table spoons coriander powder
3 table spoons refined cooking oil

3 table spoons coconut oil
4 dried chilli
6 table spoons desiccated coconut
1 teaspoon mustard seeds
curry leaves

Method

Add the pepper corns to the frying pan and quickly roast it. Let it cool and grind to powder.

Add the desiccated coconut to the frying pan and quickly roast it without browning it and set aside.

Add the refined oil to the pan and add the cardamom pods. Fry until it gives out an aroma, then add the onions. Fry the onions until it turns transparent.

Add the chicken pieces and fry until it turns colour. Add the salt, pepper powder and coriander powder and cook covered under a low fire for 20 minutes stirring occasionally to prevent burning.

When the chicken is cooked, mix the desiccated coconut

Heat another frying pan and fry the mustard seeds curry leaf and the dry chill is in coconut oil. Add this to the chicken and serve hot with rice.



Tamilnadu Recipes

Mutton/Lamb Cutlet

Ingredients

1 kg lamb	2 tbsp cornflour
1/2 tbsp ginger, garlic paste	1 egg
6 big onion, cut into very small pieces	salt to taste
6 green chillies	if you feel its too meaty
1/4 tbsp chilli powder	add a boiled potato to the mix.

Method

Cook the lamb well and drain all the water.

Grind green chillies, ginger, garlic.

Heat oil, add some garam masala, fry the onions in it

Add the ground paste to it and fry well till onion turns golden brown and become 1/4 after cooking.

Now add the ground lamb to it, put little chilli powder and fry well.

Fry well till oils leaves the mix

Now after it cools. Add corn flour, egg and mix well.

Flatten the little portions of meat .

In a tawa heat oil, dip the flatten meat in breadcrumbs and fry well.



Tamilnadu Recipes

Kofta Curry

Ingredients

1/2 kg ground lamb/mutton- 1/2kg
1 tbsp ginger, garlic paste- 1 tbsp
1/4 tbsp garam masala
1 big onion - 1 big

3-4 green chillies
1 big tomatoes - 1 big
1/4 tbsp jeera - 1/4 tbsp
salt to taste

Method

Cook the meat/lamb without water, since it will leave water.

Take one the meat without water.

Make a paste out of green chillies and little ginger & garlic, jeera etc.

Add the paste to the meat, then one egg and mix well with hand.

If the meat is a bit coarse, grind it in mixer.

Make into small balls.

Fry the balls in little oil. Do not over fry, just fry lightly.



Tamilnadu Recipes

Mutton/Lamb Vindaloo

Ingredients

1/2 kg mutton	4 green chillies
ginger small piece	1 tbsp vinegar
4 pods garlic	(as per likes)
mustard, little	2 onion
1/2 tbsp chilli powder	2 tomato
1/2 tsp turmeric powder	salt to taste

Method

Wash the mutton and soak in little vinegar for about ten minutes

Grind 1 onion, 1 tomato, 3 pods of garlic, ginger small piece and mustard into a thick paste and keep aside.

In a kadhai, fry the remaining cut onion then add chilli powder, turmeric powder and fry well

Add tomato and fry well once well done, add the masala and fry well.

Add mutton to this and fry well.

Add water accordingly and cook the mutton. Once cooked add little cumin seeds.

When fully down, bring down the heat, add little vinegar. After adding vinegar do not keep in the stove.



Tamilnadu Recipes

Chicken Bajji

Ingredients

1/2 kg chicken boneless
cut into small pieces
1 tbsp cornflour
2 tbsp maida
1/4 tsp chilli powder

1/2 tsp ginger garlic paste
1/4 tsp jeera
1 egg
1 pinch garam masala
salt to taste

Method

Mix the flour, egg all the ingredients and make a thick mix

Add the chicken pieces in it. Let it marinate for 1 hr

Deep fry the chicken pieces in oil.

Take little of that oil add some onion, green chillies and saute and add to the chicken for garnish.



Tamilnadu Recipes

Pepper Chicken

Ingredients

6 green chillies

(add more if you want very spicy)

ginger small piece

5 pods garlic

1 kg chicken

1 tbsp pepper

cinnamon, clove & bay leaves- just little crush it

capsicum (bell peppers) cut into long strips

onion cut into small strips, just little

salt to taste

Method

Heat oil, add cinnamon, clove & bay leaves crushed. Saute the onions in oil

Make a paste out of the green chillies, garlic & ginger

Add the paste to the sauted onions, fry well.

Add chicken and fry well in the masala

Add very little water and cook the chicken well.

When there is just little water add the pepper and mix well.

Now add the capsicum in the chicken and fry well.

Please note, most of the water should be absorbed when capsicum is added, since capsicum will leave water.

Also it should not be over cooked also.

Fry well and garnish with cilantro.



Tamilnadu Recipes

Authentic Tamilnadu Fish Curry

Ingredients

fish
(any which is good for curry)
wash and clean well.
onion - big
2 tomato
cut into pieces
5 garlic pods, make into paste
fenugreek, little
mustard, little
1tbsp chilli powder

2 tbsp coriander powder
1/4 tbsp turmeric
2 cups tamarind juice.
depends on taste
if you like sour
then add more.
salt to taste

Method

Heat oil in a pan, oil should be a bit excess, it will taste good.
Add fenugreek and mustard and let it splutter
Now add the onions and fry well.
Add garlic paste and fry well.
Add chilli powder , turmeric, coriander powder and fry well
Now add the tomato cut into small pieces. Fry well, till oil leaves masala
Now add the tamarind juice and bring it to boil
Add fish and bring to boil till the fish cook.
Garnish with coriander



Tamilnadu Recipes

Crab Curry

Ingredients

1/2 kg crab

4 kashmiri red chillies

2 tbsp coriander

½ tbsp turmeric 11

4 pods garlic

ginger, small piece

1/4 tbsp cumin

1 big onion

1 big tomatoes

coconut, as per taste

tamarind juice, little as per taste.

if more then it will be more sour.

salt to taste

Method

Cut the crab 4 pieces (or as per taste)

Grind ginger, garlic, chillies, coriander, coconut, cumin into thick paste.

In a kadhai, add oil, put mustard , then add cut onion, fry well

Add tomatoes and fry well.

Then add the masala and fry well till oil leaves

Add the crabs and boil well.

Add tamarind juice and cook for 10 minutes

Garnish with cilantro



Tamilnadu Recipes

Kill Molaka Mutton Curry

Ingredients

1/2 kg mutton
1 big onion
1 tomato
1 tbsp ginger
garlic paste
1/2 tbsp cumin

10 red chillies
cut into small pieces
1 potato
cut into pieces
salt to taste

Method

Heat oil, add the red chillies

Add onions and fry well

Add tomato and fry well

Grind little onion, half tomato, ginger , garlic, cumin

Now add the masala to the onions and fry well.

Add mutton and cook with potato.

At the end, make a paste of 1 tbsp maida with vinegar, little salad oil and pour this in the gravy.



Tamilnadu Recipes

Nilgiri Kurma

Ingredients

1/2 kg lamb/mutton	1/4 tbsp turmeric
6 green chillies	one pinch garam masala
cilantro one bunch	cashew, a little
1 tbsp ginger, garlic paste	1/4 tbsp saunf
1/4 tbsp khuskhus	1 1/2 onion
1/2 cup curd	1 tomato
coconut, a little	salt to taste
2 red chillies	

Method

Marinate the mutton in curd for 1/2 hr

Grind 1 onion, green chillies, cilantro, curry leaves, ginger, garlic, khuskhus, coconut, little red chilli, garam masala, cashew, and one tomato into a thick paste

Heat oil , put saunf , fry the remaining half onion and then add the ground masala and fry well

Add the meat with the curd and water and cook well

You can add vegetable like potato , bean etc. As per taste



Tamilnadu Recipes

Spicy Chicken Curry

Ingredients

1/2 kg chicken
(cut into small pieces)
1 tbsp chilli powder
1/4 tbsp turmeric
1 tbsp ginger
garlic paste

1/4 tbsp garam masala
1 big onion
2 small tomatoes
cut into small pieces
salt to taste
salt to taste

Method

In a kadhai, heat oil , fry the onions well

Add ginger , garlic paste and fry well

Add turmeric, chilli powder, little garam masala and fry well. Pour some water and fry well.

Add tomatoes and fry well till the tomato cooks well and oil leaves the masala

Now add the chicken pieces and fry well, then add little water and cook well

Let it simmer well and gravy thicken up. Garnish with cilantro.



Tamilnadu Recipes

Chettinad Pepper Chicken

Ingredients

chicken - 1 1/2 lb cut into medium sized pieces
garlic - 3 - 4 cloves, roughly chopped
ginger - finely chopped
(4 tbsp)
onions - 2 (medium) chopped
green chillies - 3
(lengthwise split into two)
curry leaves - 8-10

oil - 5 tbsp
coriander powder - 2 tsp
turmeric powder - 1/2 tsp
garam masala - 1/2-1 tsp
whole black pepper - a few
black pepper powder - 1 tsp
(freshly ground pepper
will bring better flavor)
salt to taste

Method

Heat oil in a large pan.

Add the onions, curry leaves, whole black pepper and green chillies and saute for a while.

Then add the ginger and garlic (mash them up together or can use ginger garlic paste instead) and fry for a few min.

Then, add the coriander, turmeric powders and garam masala and salt and mix well.

Add the chicken to the frying pan and mix well, then add some water and cover and cook over a low-medium heat for 20-30 minutes or until the chicken is cooked through.

When the chicken is almost done, add the ground pepper into the mixture and mix well. Consistency should be gravy like.

Goes well with rice and rotis.



Tamilnadu Recipes

Chettinad Chicken Fry

Ingredients

chicken - 1 kg

salt - to taste

turmeric powder - ½ tsp

oil - 6 tbsp

onions* - 2 cups, chopped

tomatoes - ¾ cup, chopped

fennel - 1 tsp

red chillies - 10-15 broken into pieces

Method

Clean chicken and cut into bite size pieces.

Rub with salt and turmeric.

Heat oil, add fennel , red chillies and onion.

When onions are light brown add tomatoes and chicken and fry well.

Sprinkle hot water as and when necessary, using as little as possible.

When the chicken is well cooked remove from fire.



Manglorean Recipes

Fish Ambotik

Ingredients

1 kg. of bombay ducks / cat fish / shark / lep
(clean, cut & washed)
6 – 7 cloves of garlic
(mildly crushed)
3 tbsp coconut oil for tempering
1 tomato (sliced finely lengthwise)

onions* - 2 cups, chopped
tomatoes - $\frac{3}{4}$ cup, chopped
fennel - 1 tsp
red chillies - 10-15 broken into pieces

For wet ground masala :

(to be ground with as less water as possible)

Method

Heat oil and add garlic and stir-fry till light brown.

Then add sliced tomato and stir-fry till cooked.

Add ground masala and fry for another 5 – 7 minutes.

Add salt to taste and add sufficient to make a pouring consistency gravy (not very thick).

Cover and bring the curry to boil. Uncover and add the fish pieces and shake the vessel so that the masala should cover each and every fish piece.

Simmer on low gas for 15 – 20 minutes and serve hot with rice.



Manglorean Recipes

Pork Vindaloo

Ingredients

1 kg. pork (boneless) cubed as desired and washed
1 kg. onions sliced finely
5 - 6 tbsp oil
9 - 10 slit green chillies
1 pod garlic chopped

2 inches ginger chopped
salt to taste

For vindaloo paste :
(grind very fine)

Method

Apply the ground masala to the pork pieces and set aside for 4 - 5 hours to marinate or more if possible. The more, better.

Heat oil add onions and salt to taste and fry till the onions are cooked, translucent and about to turn brown.

Add ginger, garlic & chillies and fry for one minute. Add pork with all the marinade and fry stirring continuously.

Cover and cook stirring occasionally, as the pork should not stick to the bottom of the vessel.

If necessary, add 1/4 cup of water. Usually it is not required as pork meat leaves its own soup while cooking.

It tastes best when made a day or two before and improves with time older it gets. It has an refrigerator life of one week.

Taste best when hot and served with simple bread or pulao of your choice.



Manglorean Recipes

Pomfret In Green Nest

Ingredients

1 kg. fresh white water pomfret
(clean, cut & washed)
1 big onion sliced finely
2 tbsp coconut oil for tempering
salt to taste

For wet ground masala:

(to be ground very fine with
as much less water possible)
1 1/4 cup grated coconut

3/4 tsp mustard seeds
3/4 tsp cummin seeds
1/2 tsp turmeric powder
9 - 10 fresh green chillies
(as per desired)
6 pepper corns ,8 garlic cloves
lemon sized ball of tamarind
2 handful bunches of fresh
coriander leaves
1/2 onion chopped

Method

Heat oil. Add chopped onion and fry until golden brown.

Add masala and fry till the oil leaves the sides of the pan.

Add around 2 1/2 cups of water, add salt as per taste, cover allow the curry to boil.

After one boil, uncover and add fish pieces and adjust the vessel so that the masala covers the fish evenly.

Let the curry boil for next 10 - 15 minutes.

Serve very hot with steamed rice and pickle.



Manglorean Recipes

Sungtam Ani Bhendam Chi Kadi

Ingredients

1/2kg prawns, shelled, deveined
clean & washed

1/2kg okra (ladyfingers or bhendi)
washed & diced

3/4tsp mustard seeds

2 sprigs curry leaves

2 tbsp coconut oil for tempering

salt to taste

For the wet ground masala:

(to be ground very fine and
with as much less water as possible)

Method

Heat oil. Add mustard seeds and allow it to splutter. Add curry leaves and fry.

Then add the ground masala and fry for 3 minutes.

Add sufficient water to make gravy of pouring consistency.

Add cut okra and prawns simultaneously, check the salt.

Allow the curry to one boil and then cover the vessel and let the curry simmer over a medium flame for around 15 - 20 minutes.

Serve hot with rava dosas or rice.



Manglorean Recipes

Kori Ajadina

Ingredients

1 kg. chicken (broiler)- clean
cut into medium pieces
3/4 cup fresh grated coconut
dry roasted on tawa
1 inch cinnamon, 3 cloves
7 - 8 pepper corns
(coarsely pounded)
1 pod garlic - minced
2 1/2 inches ginger - minced
1 cup finely chopped onions
1 sprig curry leaves
2 tej patta
2 tomatoes - finely chopped
4 tbsp oil
salt to taste
finely chopped coriander leaves to garnish

To Grind Dry Powder :

(all ingredients to be very lightly
roasted
on hot tawa, should not be burnt or
blackish)
1/2 inch cinnamon
1 green cardamom
4-5 pepper corns
1 tsp khus khus (poppy seeds)
1 tsp cummin seeds
3 cloves
6 kashmiri red chillies
5 madras red chillies
1/2 tsp turmeric powder
1 tbsp coriander seeds
1/2 tsp methi seeds

Method

In a heavy bottom vessel heat oil add the pounded garam masala with tej patta and fry for a minute. Add onions and curry leaves and fry for some time more till the onion starts turning brown.

Add ginger and garlic and fry till it turns golden brown. Add grated coconut and fry for 3 minutes. Add ground dry masala powder and fry for 5 minutes till it exudes a good aroma.

Add tomatoes and fry, add salt to taste. Add chicken pieces and fry till the chicken pieces leave water. Check for salt. Add half cup of water or less so that it just forms a thick gravy.

Cover and cook for 15 minutes, stirring occasionally. Garnish with coriander leaves and serve hot with neer dosa, roti's or rice.



Manglorean Recipes

Pork Bafad

Ingredients

1 kg. pork (medium or less fat)
cubed as desired
clean, washed & strained
1/2kg onions, diced finely
12 green chillies slit
2 pods garlic, chopped
4 inches ginger, chopped
1/2cup of tamarind pulp (thick)
1/4cup of vinegar
1 1/2 inch cinnamon
7-8 peppercorns, 4 cloves
(pounded coarsely)
4 tej patta
salt to taste

To be dry ground:

5 - 6 cloves
2 inches cinnamon
7-8 peppercorns
1 tsp turmeric powder
1 1/2 tsp cummin seeds
1 tbsp coriander seeds
8 madras chillies
12 kashmir chillies

Method

Mix all the ingredients mentioned including the masala and salt with the pork.

Cover and cook till it boils and pork pieces leave water.

Check for salt and vinegar. If needed.

Stir occasionally to prevent the pork sticking to the bottom of the vessel.

Cover and lower the gas to medium or a little less than medium and cook till the pork meat pieces are tender.

It tastes best when made a day or before eating.

For storing in the refrigerator, heat thoroughly stirring the meat to the heat.

Then cool it totally and store in the refrigerator.

Remove as much quantity required, heat and serve.



Manglorean Recipes

Bangada Ghashi

Ingredients

1 kg. bangda fish
(mackerel)
clean, cut & washed
1 onion - sliced fine
5 green chillies slit
1 inch ginger - chopped
1 sprig curry patta
1 tsp mustard seeds
4 tbsp of coconut oil
for tempering
chopped coriander leaves to garnish
salt to taste
8 garlic cloves
lemon sized ball of tamarind

For coconut - chilli masala :

(to be wet ground very fine with
as much little water as possible)
1 cup grated coconut
1/2 onion chopped
3/4 tsp mustard seeds
3/4 tsp cummin seeds
1/2 tsp turmeric powder
8 madras red chillies
8 kashmir red chillies
1/2 tsp methi seeds
6 pepper corns
1 tbsp coriander seeds

Method

Heat oil in a heavy bottomed vessel. Add mustard seeds and allow it to splutter.
Add curry patta, onion, ginger, chillies and fry for a while.
Add the ground masala and fry for 5 minutes more stirring continuously.
Add enough water to form a thick but pouring consistency gravy.
Check salt and cover the vessel and allow it to boil for 5 - 10 minutes.
Open the lid and add the mackerels to it.
Shake and adjust the vessel so that every piece of the fish is covered in the gravy.
Do not stir as it may break the fish pieces.
Allow it to boil and then simmer it on very low gas for next 10 - 15 minutes.
Garnish with coriander leaves and serve hot with rice.



Other South Indian Recipes

Chicken Fry

Ingredients

400 gms chicken	1 tsp pepper
1 cup onion (finely chopped)	1 tsp coriander seeds
1 cup tomato (finely chopped)	1 tsp anise seeds
2 inch ginger	4 tsp coriander leaves
10 garlic cloves	(finely chopped)
4 tsp oil	few curry leaves
1 tsp chilli powder	salt to taste
1 tsp turmeric powder	

Method

Clean the chicken and cut into medium-sized pieces.

In a heated pan add coriander seeds, pepper and anise seeds and fry it till golden brown.

Grind these ingredients with ginger and garlic into a fine paste.

In a pressure cooker add this mixture, onion, tomato, turmeric powder, chilli powder and salt and mix it well.

Cook it in a medium-high flame.

Once you get the pressure, put the weight on the cooker and turn the flame to medium low and keep it for 8 minutes.

Remove the cooker from the stove and let it cool for few minutes.

In a heated pan add oil and then the cooked chicken, coriander leaves and curry leaves and fry it well.



Other South Indian Recipes

Chicken 65

Ingredients

6 chicken pieces
(medium-size)

1 tsp turmeric powder

1 1/4 tsp red chilli powder

1 tsp lemon juice

1/4 tsp kesari powder

oil for frying

salt to taste

Method

Add the chicken, lemon juice, kesari powder, chilli powder, turmeric powder and salt in a bowl

Marinate for 2 hours.

Heat oil in a deep fry pan.

Fry the chicken pieces few at a time in a low flame until the chicken turns reddish brown in color.



Other South Indian Recipes

Prawn Biryani

Ingredients

20 prawns	1 tsp anise seeds
1 cup basmati rice	1 cinnamon stick (small)
1 1/2 cup water	3 cloves
1 cup onion(thinly chopped)	kesari powder a pinch
3/4 cup tomato(finely chopped)	1/4 tsp garam masala powder
2 inch ginger	1/4 cup mint leaves
8 garlic cloves	4 tbsp coriander leaves
1 green chilly	(finely chopped)
3/4 tsp turmeric powder	3 tsp oil
1 tsp red chilli powder	2 tsp ghee or dalda
1 tsp coriander seeds	salt to taste

Method

Clean the prawns.

Grind the ginger, garlic and anise seeds into a fine paste.

Add oil in the pressure cooker and heat it.

Add cinnamon stick, cloves and fry it for a few seconds.

Add ginger-garlic paste, mint leaves, coriander leaves, onion and tomato and fry it well.

Add the prawns and fry it for a minute.

Then add turmeric powder, chilli powder, 1 1/2 cups of water, salt and rice and stir it well.

Close the cooker with the lid and turn the flame to medium high.

Once you get the pressure, put the weight on the cooker and turn the flame to medium low and keep it for 8 minutes.

After 8 minutes remove the cooker from the stove and keep it aside.

After 10 minutes remove the lid and stir the rice well and serve it with onion raita.



Other South Indian Recipes

Prawn Fry

Ingredients

1/4 kg prawns	1 1/2 tsp red chilli powder
1 cup onion (finely chopped)	3/4 tsp anise seeds
3/4 cup tomato (finely chopped)	few curry leaves
1 inch ginger	4 tbsp coriander leaves (finely chopped)
7 garlic cloves	3 tsp oil
3/4 tsp turmeric powder	salt to taste

Method

Clean the prawns.

Grind the ginger, garlic and anise seeds into a fine paste.

In a heavy bottomed kadai add the oil and heat it.

Add the ginger-garlic paste and fry for a minute.

Then add the onion, tomato, chilli powder, turmeric powder and salt and fry it for 4 minutes.

Add the prawns and cook till the prawns become tender.

Then add curry and coriander leaves and fry it well.



Other South Indian Recipes

Kola Urundai Kuzhambu

Ingredients

100 gms mutton (boneless)
1/4 tsp turmeric powder
1 green chilly
5 garlic cloves
1 inch ginger
2 onion

2 tomato
3 tsp roasted gram powder
1/2 tsp garam masala powder
4 tsp oil
salt to taste

Method

Cook the mutton with a pinch of turmeric powder & salt for 5 minutes and drain the water
Grind it with ginger and green chilly.

Add roasted gram powder, onion, garam-masala powder and make this into small shape balls and keep it aside.

For Gravy:

Fry ginger, garlic, garam-masala powder, onion & tomato and grind it with coconut.

In a pan, add 4 spoons of oil and a cinnamon stick

Add the above mix with 1 cup of water.

Allow it to boil for 5 minutes.

Then add the mutton balls and allow it to cook for 10 minutes.

Then garnish with coriander leaves



Other South Indian Recipes

Fish Kuzhambu

Ingredients

100 gms mutton (boneless)
1/4 tsp turmeric powder
1 green chilly
5 garlic cloves
1 inch ginger
2 onion

2 tomato
3 tsp roasted gram powder
1/2 tsp garam masala powder
4 tsp oil
salt to taste

Method

Grind the onion, garlic and curry leaves very coarsely.

Soak the tamarind in a cup of water.

Extract the juice from the tamarind.

Pour the tamarind juice in a bowl.

Add the grinded mixture, chilli powder, turmeric powder, and salt and mix it well.

In a heated pan add oil and add vadavam or mustard seeds.

When it splutters add the kuzhambu mixture and close it with a lid.

Boil it for 5-8 minutes and remove the lid and add the fish and cook it for 5 more minutes.

Then heat the kuzhambu till it gets thick.



Other South Indian Recipes

Egg Gravy

Ingredients

4 egg	3 tsp oil
3/4 cup onion (finely chopped)	1 tsp chilli powder
1/2 cup tomato (finely chopped)	2 green chillies
1 tsp ginger-garlic paste	4 tbsp coconut
1/4 tsp garam masala powder	salt to taste

Method

Grind the coconut into fine paste.

In a heated pan add oil and then add ginger garlic paste, onion and tomato and fry it well.

Add chilli powder, green chilli, garam masala powder, salt and the grinded coconut

Then add 1 cup of water and boil for 5 minutes.

Then break the eggs and pour directly into the gravy and then close the pan with the lid.

After egg is cooked remove from heat and garnish with coriander leaves and serve it with rice.



Other South Indian Recipes

Mutton Fry

Ingredients

1/2 kg mutton

1 tsp garlic-ginger paste

1 onion

1 big tomato

1 tsp cumin seeds

8-10 red chilli

1 tsp salt

1 tsp vinegar

pinch of turmeric powder

4 tsp oil

Method

Soak chillies for few minutes. Add salt, turmeric powder to the mutton and boil it.

Take oil in a non-stick pan. Put onion and garlic-ginger paste.

Fry it in simmer for few minutes. Add tomato and again fry it.

Put mutton and chilli-cumin paste in it. Finally add vinegar



Other South Indian Recipes

Chicken Pakoda

Ingredients

1/2 kg chicken

1 tsp garlic-ginger paste

1 tsp salt

1 cup besan

2 tsp chilli powder

pinch of turmeric powder

1 tsp garam masala

oil for deep fry

Method

Cut chicken into small pieces and boil it. Let it be cool.

Add all the above ingredients and fry it.

Serve hot chicken pakoda with onion



Other South Indian Recipes

Fish Fry with Green Masala

Ingredients

4 fish
salt as per taste
4-6 green chillies
1 tsp pepper powder
4-5 stems of coriander
1 tsp garlic-ginger paste
2 tsp corn flour
oil for deep fry

Method

Clean the fish.

Make the paste of all the above ingredients and apply it to the fish.

Heat the oil and deep fry the fish.

Serve it the lemon.



Other South Indian Recipes

Quick Chicken Fry

Ingredients

1/2 kg chicken
1 tsp salt
2 tsp chilli powder
pinch of turmeric
4-5 tsp oil
2 cups water

Method

Clean the chicken and cut in to small pieces.

Take chicken in a non-stick pan add water to it.

Keep it on the stove.

After 5 minutes add salt, turmeric powder, chilli powder and oil to it.

Cook it until the chicken leaves the oil.



Other South Indian Recipes

Mutton Koftas

Ingredients

1/2 kg mutton kheema	1/2 tsp salt
1 tsp ginger-garlic paste	1 tsp coconut paste
1 medium onion	4-5 stems of coriander
1 tsp chilli powder	2 tsp ghee /oil
1/2 tsp dhania powder	2 cups water
pinch of turmeric	

Method

Clean the kheema.

Add all the ingredients to it and grind it.

Make small balls with kheema.

Take 2 cups of water in a pan.

When water is simmering put kheema balls in it add ghee also.

When all water has absorbed turn off the gas.

Serve koftas with rice or with chapati.



Other South Indian Recipes

Chicken Kababs

Ingredients

1/4kg boneless chicken
1 tsp ginger-garlic paste
1 tsp chilli powder
less than 1 tsp salt
pinch of food colour
1/2 tsp garam masala

few drops of vinegar
2 tsp corn flour
1 tsp chilli sauce
1 tsp tomato sauce
oil for deep frying

Method

Clean the chicken.

Add all ingredients to it.

Keep it in the fridge for few seconds.

Then deep fry it.

You can serve this with rice or with biryani



Other South Indian Recipes

South Indian Egg Curry

Ingredients

hard boiled eggs - 8

oil - 3 tbsp

coconut - ½

chilli powder - 1 tsp

pepper powder (black) - ½ tsp

dhania powder - 2 tsp

turmeric powder - ½ tsp

oil - 2 tbsp

garlic - 1 tsp, minced

finely chopped onions - ¾ cup

ginger - 1 tsp, minced

tomato - ½ cup, chopped

salt - to taste

for tempering

oil - 1 tbsp

cloves - 2

cinnamon - (2 cm) crushed

finely chopped onion - ¼ cup

curry leaves - few

Method

Grind coconut to a smooth paste.

Mix all the powders with a little water to make a paste.

Heat oil in a fry pan, add garlic and fry till fragrant..

Add onion and ginger and fry till onions are light brown.

Add masala powder paste and fry for 1 minute.

Add tomato and cook covered on a low flame till they are reduced to a pulp.

Add coconut paste and cook stirring for 2-3 minutes. 0

Add enough water to form a creamy gravy. Add salt and simmer for 3 minutes.

Peel the eggs, cut into halves and add to the gravy. Simmer for 1 minute and remove from fire.

Heat oil for tempering. Add crushed cloves, cinnamon and curry leaves. Add onions and fry till dark brown and pour over the curry.