

Mutton Curry

Ingredients

1/2 kilo mutton (cut into pieces)

1 tbl spoon Coriander Powder

1/2 tbl spoon Chilli Powder

1/2 tsp Crushed Pepper

1/4 tsp turmeric

1/4 tsp Cinnamon

1/2 tsp fennel seed

Cardamom 2 or 3

Onion (Red) 3 chopped

2 tbl spoon ginger finely chopped

4 cloves of garlic

Green chillies - 4 split lengthwise.

Potatoes (optional)

Coconut milk - 1 can, water 2 cups

1/2 cup oil, 1/4 tsp mustard seeds, curry leaves for taste

Method

Heat oil in a heavy bottom pan. Add mustard seed and curry leaves.

Add chopped red onion and stir until it turns brown

Add ginger, ~~and~~ garlic and green chillies

As ginger and garlic turns brown add turmeric, chilli powder, coriander powder and masala (spices) & stir

After 2 minutes add the mutton pieces and stir well altogether (Pour some more oil if necessary).

Add water and cook until tender (add salt).

Add coconut milk and bring to boil

Turn off stove as curry begins to boil

Curry is ready to be served.

Goes well with chappathi, bread or rice.

Bite Sized Fiesta

Ingredients:

Shredded chicken breast: 1 can

Taco seasoning : 2 tbsp

Mini taco shells: 1 package

Sour cream: ½ cup

Cilantro for garnishing

Method for Preparation:

Line up taco shells

Mix the chicken with seasoning mix

Place seasoned chicken into taco shells

Dollop with sour cream

Finally garnish with cilantro

BIRDS NEST

[An Quail Egg
Appetizer with a
twist]

Filling:-

Chicken Breast - 500 gm cooked

Onion - 2 nos - Chopped

Green chilli - 4 nos - finely chopped

Ginger - 1 inch piece - finely chopped

Garlic - 3 cloves - finely chopped

Pepper - 1 tsp

Garam Masala - 1/2 tsp

Coriander powder - 1/2 tsp

Chicken Masala - 1/2 tsp

Salt - to taste.

Vermicilli & Bread crumbs - for covering.

Potatoes - 2 nos - bot cooked

~~egg~~ nos.

Quail egg - 6 nos.

Saute Onion, Ginger, garlic, Chilli and when

raw small escapes add all the Masalas

and saute until it is well combined

at last add then add ^{shredded} chicken breast

and combine it well and last add

Potatoes and combine it and make

Small balls and shape it into nest shape

and dip it in egg wash and cover it with

Vermicilli and fry it until golden brown

~~Now~~ Next boil the Quail eggs and remove shells

and saute it with some chilli powder and

Date Night in Arabia

Ingredients:

Dates (seedless): 1 cup

Boiled milk: 2 cups

Condensed milk: 2 tsp

Cashew nuts: ¼ cup

Raisins: 2 tsp

Ghee/butter: 3 tsp

Crushed cardamom/cardamom powder: ½ tsp

Water: 1.5-2.5 cup

Tapioca pearls: 1 cup

Coconut jelly: 1 cup

Method of Preparation:

Chop the seedless dates into small pieces

Cook it by adding 1.5 cup water for 10 minutes, until it is mushy and the gravy/sauce is thick.

Add more water if you think it is not cooked or if you want a bit more sauce.

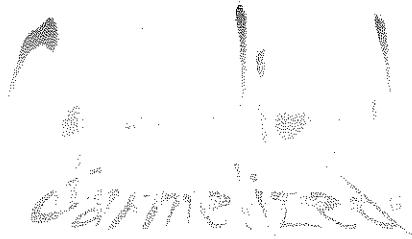
Add boiled milk to this and simmer for another 5-7 minutes, stirring continuously and add condensed milk and mix it well.

Add crushed cardamom and let it stand for another 2 minutes

Heat butter or ghee in a pan and fry cashew nuts and raisins until golden brown.

Add tapioca pearls and coconut jelly

Pour this over prepared payasam and serve



Cardamom Poha

Ingredients:

Aval: 2 cups

Ghee: 2 tsbp

Condensed milk: ¼ cup

Milk: 3 cups

Sugar: ¼ cup (adjust according to your taste)

Cardamom Powder: ½ tsp

Pista (pistachio nuts), cashews, almonds and dry grapes: ½ cup

Method of Preparation:

Heat a tbsp of ghee and fry the poha/aval for couple of minutes or until it becomes light golden brown and keep it aside

Heat a tbsp of ghee and fry all the nuts and keep it aside

In a wide pan, add ¼ cup of sugar and 2 tbsp of water. Bring it to boil, when it becomes dark brown add the fried poha.

Mix it all together and add a cup of milk. Bring it to full boil and let it sit in heat for couple of minutes.

Now add the condensed milk and bring it to boil

Now add another cup of milk, mix it all together and let it sit in the heat for another couple of minutes.

Finally add the remaining milk and mix it all together, bring it to full boil until the mixture gets thick and creamy.

Finally garnish with fried nuts and remove from heat.

Serve it hot or cold.

Mothiram Appam - A Delicious Snack

Ingredients

Raw rice powder - 1 glass
All purpose flour (Maida) - 1 glass
Sugar (powdered) - 3/4 glass
Coconut milk (thick) - 1 can
Black Sesame seeds- 1 table spoon
Eggs - 2
Oil for frying

Preparation

- 1) Beat the eggs well.
- 2) Mix together eggs, sugar, rice powder, maida and coconut milk well. Then add Sesame seeds. The consistency should that of dosa batter.
- 3) Heat the oil and dip the Mothiram Appam mould. The mould should be very hot so that the Mothriam Appam will come out from the mould when you dip it in the oil.
- 4) Once the mould is hot enough, dip the mould into the batter and fill it till 3/4th of the capacity.
- 5) Dip it in oil again and after half a minute, shake the mould lightly so that the Mothriam Appam will come out easily. (If you shake the mould vigorously, the shape will not be maintained and there are chances of the Mothriam Appam to break.)
- 6) Once slightly golden brown, turn and cook the other side.
- 7) Remove from the oil and place them on a tissue paper.
- 8) A t a time, you can make 3-4 Mothriam Appam or more depending upon the size of the vessel.

Nivedhya

Ingredients

Rice: $1\frac{1}{2}$ cup

Moong Daal: $\frac{1}{2}$ cup

Ghee: $\frac{1}{2}$ cup

Black candy (sarkkara): 1 pound

Raisins: A handful

Cardamon: 4 pieces crushed

Rock candy (Kalkandan): 2 ounce crushed

Menthapazham (plantain): $\frac{1}{2}$ - cut into small pieces

Preparation

1. Cook rice and set aside
2. Fry moong daal in 2 tsp ghee, add one cup water and cook in medium heat until water is all drained.
3. Take 2 cups water and add sarkkara to it, let it boil until sarkkara dissolves
4. Pour left out ghee (keep a little side for frying raisins), in a vessel, when it heats up, add rice, cooked moong daal and sarkkara paav.
5. Mix well in medium flame for 20 mins.
5. Add fried raisins, cardamon, crushed kalkandan, and sliced plantain to this and mix well
6. Let it be in medium flame for another 5-10 mins.

Perfect Jackfruit Parfait

Ingredients:

- 1 cup mung beans (without skin)
- 1/4 cup pearl rice
- 1/2 cup brown sugar
- 2 tbsp white sugar
- 1/2 can of condensed milk
- 1 can coconut milk
- 1 can water (use coconut milk can)
- 2 tbsp butter
- 1 can chopped jack fruit
- 1 tbsp raw cashew nut
- 2 tbsp of raisins
- 1 tsp sesame seed
- 1 tbsp chopped coconut

Instructions:

In pot of boiling water cook mung beans with pearl rice until soft.

In a large pot melt butter, add chopped jack fruit, and saute for two minutes. Add both sugars, and stir until melted together. Add coconut milk, water, and boil. After it starts boiling, add softened mung beans and rice, keep stirring until everything is dissolved. Turn heat to low, and add condensed milk, and stir.

In a frying pan, heat 1 tbsp butter, nuts, raisins, sesame seed, and coconut. Fry until light brown. Add this to the pot, and stir until completely combined.

Serve warm or cold.

Queen Maffle

Queen Maffle is a Mango Soufflé recipe. This is a variation of the normal soufflé recipe where some knick-knack ingredients were added ☺

Ingredients (Serves 12)

- Milk – 2 Cups
- Thick Mango juice or Mango Puree – 2 Cups
- Eggs – 2 Nos
- Sugar – ½ Cup
- Mango Flavor Custard powder or Corn flour – 2 tbsp
- Knox Gelatin –3 small pouches
- Mangos – 2 nos
- Whole Cashews 20-25 nos
- Whipped Cream – ½ cup
- Caramel syrup

Preparation

- Cut one mango in very small cubes and the second to slices and set aside
- Separate the egg white and yolks.
- Soak the gelatin in water.
- Make the Custard - Mix together the egg yolks, milk, sugar and custard powder with a hand mixer for 2 minutes. Transfer the mix to a thick bottom pan and keep stirring on a low flame on stove till the custard thickens.
- Once the gelatin is completely soaked double boil and melt the gelatin to form a real clear liquid.
- Wait till the custard completely cools and add the mango puree / juice and mix well
- Add the melted gelatin to the above mix and mix well
- Add the thin mango cubes add mix well.
- Beat the egg white till it is fluffy and stiff (a consistency where it can be cut out from the bowl)
- Add the fluffy egg whites add gently mix it with a fork
- Add the whipped cream and gently mix it with a fork
- Transfer to the required dessert bowl and freeze till it sets (Since it is a gelatin added recipe, setting time is 2-3 hours)
- Decorate with mango slices, whipped cream, cashews and caramel syrup

Palada Prathamam

Any Sadhya is not complete without a Payasam. Palada Prathamam is the perfect payasam which any one wouldn't say a 'No' to in any Sadhya. Back in Kerala Ada is made in a traditional way out of rice flour pressed in banana leaves and steamed till you get the real tasty soft rice flakes. I took the easy way out and bought the read made Rice Ada available in Indian grocery stores. Please make sure you break the Ada into real small flakes before you make the payasam. Of course store bought Ada is just not as soft and tasty like the home made ones which are worth all the effort in making them.

To serve 12 you need:

- ❖ Whole Milk – 4 Cups
- ❖ Half and Half Milk – 2 cups
- ❖ Sugar – 2 cups
- ❖ Rice Ada – ½ cup (100 grams) - half of the packet you get from the stores
- ❖ Ghee – 4 tablespoons
- ❖ Cashews – 20 nos
- ❖ Raisins - 20 nos

Preparation Method:

- ❖ In a pressure Cooker, mix the whole milk, half and half milk sugar and Rice Ada. Stir till the milk boils.
- ❖ Now close the Pressure cooker and cook in high heat don't add the whistle yet. When the vapors come out of the nozzle, add the wait and reduce the heat to medium- low and cook for 25 minutes
- ❖ Open the pressure cooker after 25 minutes
- ❖ Transfer this mix to a heavy bottom pan, keep stirring the Pradhamaam till the desired consistency is achieved and take it off the flame
- ❖ Heat ghee in a pan and fry the cashews and raisins and add them to the pradhamaam. (Keep some aside to decorate)
- ❖ Decorate with cashews and Raisins
- ❖ Serve hot or cold

Notes: You can make Palada Prathamam in a traditional way by skipping the cooker method. Instead of making it in a cooker, you can heat milk, sugar, rice ada and cook until the consistency becomes thick. This will take minimum 2 to 3 hrs, and follow rest of the seasoning process as above. Preparing pradhamaam by cooker method saves time and the results are the same. The cooker method helps to cook the rice ada fast.

കുഴിക്കോട്ട

തലാർന്നുക്കുന്ന വിധം :-

അരിചൊടി ഘ്രലക്കാപൊടിയിട്ട് ഉപ്പിട്ട് ചൂടുവെള്ളത്തിൽ വാട്ടി കുഴുക്കുക.

തേങ്ങായും പഞ്ചസാരയും ഘ്രലക്കാപൊടിയുമിട്ട് കുഴിക്കോട്ടയുടെ ഉള്ളിൽ വയ്ക്കാനുള്ള കുട്ട് തയ്യാറാക്കുക.

കുഴുപ്പ് വച്ച പൊടികൊണ്ട് ഉരുളു ഉണ്ടാക്കി വിരൾകൊണ്ട് അതിൽ തൂളു ഉണ്ടാക്കുക.

തൂളുവിൽ തേങ്ങാകുണ്ട് ഉണ്ടാക്കിയ കുട്ട് ഇട്ട് വീണ്ടും ഉരുളു അടക്കുക.

ഉരുളുകൾ നന്നായിയിൽ വേയിക്കുക.

തേങ്ങായും ഘ്രലക്കായും ഇട്ട് ഗാർനിഷ് ചെയ്യുക.

Nadan Beef kurumulakittu ularthiyathu

(the all time classic)

Ingredients:

1. Group 1

Ginger – 2" piece

Garlic – 1 whole set

Green chillies – 2-3

Curry leaves – a small hand full

Salt - as needed

2. Group 2

Red chili powder -2 spoon

Coriander powder – 1 spoon

Turmeric – 1/4 tea spoon

3. Group 3

Garam masala – 3/4 tsp

Red chili powder -1/2 tsp

Coriander powder – 1/2 tsp

4. Group 4

Nadan Kurumulaku -3 -4 spoons

5. Group 5

Coconut oil – 4 tbsp (+ little more for final touch up)

Small onions – a hand full (sliced)

Method:

Mix the ingredients group 1 and 2 together with beef and cook until done. Remove beef and pour oil and sauté onions until brown (group 5). Again add (group 3) bit of (1/2 tsp) coriander and chilli powder. When it looks fried, add the beef mixture and mix everything well. Then add garammasala (group 3), then add the pepper powder (group 4) and mix everything well and turn of the heat. Finally add bit of curry leaves and a spoon of coconut oil.

Tip: After putting pepper powder do not put on flame for long!

Fish Biryani

"Fish Under Rice"

302

Ingredients:

2 cups Basmati Rice
1 tsp Salt
2 tsp Lemon Juice
4 cups water
2 tbsp canola oil
2 large onions
2 tsp fennel seed
2 tsp black pepper
2 tbsp garlic
1 14 oz can coconut milk
1 cup chopped tomato
1/2 cup cilantro
10 pieces medium sized halibut pieces
1 tsp chili powder
1/2 tsp turmeric
1 tsp salt
1/2 tsp black pepper
1 tsp ginger paste

Instructions:

First soak rice in water for half an hour, then drain. To make rice, boil 4 cups of water, 1 tsp salt, and 1 tsp lemon juice for 20 minutes. ‘

Marinate fish with chili powder, turmeric, salt, and ginger for two hours.

In a large pan heat canola oil, fry chopped onion until brown. Set aside 1/2 of browned onion aside. With the remaining onion in the pan, add crushed garlic, and ginger. Saute for 1 minute. Add crushed fennel seed, black pepper, and keep cooking for 1 minute. Add tomato, and stir. Finally add coconut milk, and cilantro. Stir ingredients until boiling.

In a separate pan, start frying marinated fish until fully cooked. Add fried fish to coconut milk mixture, and cook on low heat for 5 minutes.

In a casserole/baking dish spread a thin layer of rice. On top of this layer spread the fish mixture, and gravy. Continue this layering until all ingredients are finished. Cover dish tightly with foil, and bake for 15 minutes. Garnish with remaining fried onion and cilantro.