**Brinjal, Drumtick, Mango Sambar**

**Ingredients:**
2 - brinjal
1 - drumstick
1 - mango
1 cup - pigeon pea/red gram dal
1/4 kg - pearl onion
2 - tomato
2 - green chillies
2 - red chilly
1 tbsp - red chilli powder
2 tbsp - coriander powder
2 tbsp - sambar powder
1 ts p - turmeric powder
asafoetida, a pinch
tamarind, small quantity
1 ts p - mustard
1 tbsp - black gram dal
1 tsp - fenugreek seeds
curry leaves, small quantity
coriander leaves, small quantity
1 tbsp - grated/shredded coconut
1 clove - garlic
1 tbsp - cumin seeds
1 tbsp – ghee

**Method**

1. Wash and keep dal in pressure cooker after adding a pinch of asafoetida, turmeric powder and 1 tea spoon oil.
2. Pour 2 cups of water and keep for 20 minutes.
3. Once it is boiled keep it aside.
4. Wash and cut brinjals, drumsticks and mango.
5. Boil and keep aside.
6. Peel off the skin from onions, chop it and chop tomatoes and keep ready.
7. Soak tamarind in hot water, filter all dust particles and keep it aside.
8. Prepare sambar powder, grind grated coconut, pearl onion, curry leaves and garlic and make it to a paste.
9. Heat oil in a pan/kadai, splutter mustard seeds, cumin seeds, black gram dal, fenugreek, add curry leaves, green chillies, red chillies and fry them.
10. Now add pearl onions and fry them well.
11. Add tomatoes and a little salt and fry them well.
12. Now add all the vegetables and let it boil for some 5 minutes.
13. Now add tamarind paste and mix them well.
14. Once it starts boiling add sambar powder, chilly powder, coriander powder and the coconut paste.
15. Finally add smashed dal and ghee and allow it to cook for some 15 minutes.
16. Garnish with coriander leaves.
17. Hot sambar is delicious and ready to be served.
18. It can be served with white rice.
19. It is also called araithu vitta sambar.

**This recipe is called Pachai Parupu Sambar in Tamil.**

**Coconut Pudina Chutney**

**Ingredients:**
coconut-1 cup
pudina-chopped 1 cup
channa dal- 2 spoon
salt- to taste
hing - little

**To Fry:**
redchilli- 5
urad dal- 2 spoon

**Method**

1. Fry red chilli, urad dal, and channa dal.
2. Let it cool first grind coconut and cleaned pudina leaves and salt.
3. Then add all the fried items.

**Cooriander curry leaves chutney**

**Ingredients:**
2 big bunches - coriander
1 punch - curry leaves
salt to taste
4 tsp - urad dal
hing little
6-8 - red chilli

**Method**

1. Heat some oil in a kadai
2. Fry urad dal and red chilli, allow to cool
3. Clean and cut the coriander and curry leaves
4. Add salt, urad and red chilli, hing and some water
5. Grind well.
6. Heat 2 tsp gingelly oil, add mustard, ground paste
7. Keep flame low
8. Mix it for 5 mins
9. Shelf life 1 week if refrigerated

**Ven Pongal**

**Ingredients:**
rice-1cup
moong dal-1/4 cup
turmeric-a pinch
asafoetida
milk-1cup
black pepper-1teaspoon
cumin seeds-2 tablespoon
ghee-2 spoons
curry leaves
salt to taste.
cashew nuts-10 whole.(optional)

**Method**

1. Cook rice and moong dal with a pinch of turmeric and asafoetida by adding 41/2cups of water and 1 cup of milk.
2. Grind cumin seeds and black pepper coarsely.
3. Take ghee and add the cumin and pepper grinded coarsely into the hot ghee and fry till the cumin seeds are brown.
4. Add this to the cooked rice.
5. Add salt for taste and garnish with curry leaves and cashew nuts.
6. Serve hot with Coconut chutney and brinjal gojju.

**Paruppu Payasam**

**Ingredients:**
1 cup - kadle bele/ chana dal
1 to 1.5 cup - jaggery
2 cups - fresh grated coconut or thick coconut milk
3/4 to 1 tsp - rava or raw rice
1 tsp - ghee
1 tsp - elaichi powder
1 to 2 tsp - raisins
1 to 2 tsp – cashews

**Method**

1. Pressure cook chana dal in water and keep aside.
2. Dry roast the rava until the raw smell disappears and add it to the cooked chana dal.
3. If you are using raw rice, dry roast it and grind it to a smooth powder and then add to the dal. This gives thickness to the payasam.
4. Add thick coconut milk to the above mixture and boil.
5. If you are using grated coconut, grind the coconut with water to a smooth paste and then boil with the mixture.
6. Add extra water if required. Stir regularly.
7. Add jaggery and elaichi powder.
8. Roast raisins and cashews in 1 tsp ghee and add to payasam.
9. Mix well and let it boil for some more time.
10. Adjust the sweetness according to your taste.
11. Serve hot or cold, as desired.

**Moong Dal Payasam**

**Ingredients:**
milk - 3 cups
moong dal - 1 cup
jaggery - 1 cup
ghee - 1 tsp
cardamom - 1/2 tsp
turmeric - 1 pinch
cashews
raisins

**Method**

1. Fry the Moong dal in a kadai for 2-3 mins in ghee.
2. Pressure cook the moong dal with a pinch of turmeric and water.
3. To the cooked dal add the jaggery, milk and boil for 10-15 mins.
4. Garnish with fried cashews and raisins.
5. Serve hot.

**Pal Payasam**

**Ingredients:**
Basmati rice - ¾ cup
Milk - 1 ½ litre
Sweetened Condensed milk - 1 tin.
Cardamom, saffron - little
Almond and pistachio nuts to garnish

**Method**

1. Wash the rice, soak in water for 1 hour. Drain well and crush with your hands. ( It will become like broken rice)
2. Boil milk in a thick bottomed pan.Add the rice cook for 10 minutes. , stirring now and then till the rice is very soft.
3. Add condensed milk. Let the payasam come to a boil.. Add cardamom, saffron and nuts. Serve hot or cold.

**Kerala Kadala Curry**

**Ingredients:**
brown chana (chick peas) - 1 cup
curry leaves - few
coconut chips - 1/3 cup
oil - 5 to 6 tbsp
cloves - 3
cardamoms - 3
cinnamon - 5 cm
onion - 1 cup, finely chopped
curry leaves - few
green chilies - 2, slitv ginger - 2 tsp, cut into thin strips
chili powder - 1 tsp, or to tastev coriander powder - 2 tsp
turmeric powder - ½ tsp
thick coconut milk - 1 cup
salt to taste

**Method**

1. Cut coconut flesh into thin strips and cop them into tiny pieces.
2. Soak chana in water over night.
3. Drain, cover with enough water to come about 2 cm above the level of chana.
4. Add curry leaves and coconut chips.
5. Add 1 tsp salt and pressure cook for 15 minutes.
6. Heat oil in a kadai. Add cloves, cardamoms and cinnamon.
7. Add onion, curry leaves, ginger and green chilies.
8. Fry till onion is light brown.
9. Add chili, coriander and turmeric powders.
10. Fry very well till the oil separates along the sides.
11. Add cooked chana and salt if needed.
12. Simmer for 5 minutes. Add coconut milk.
13. When the curry begins to boil, remove from fire.