Introduction

Most curries known outside India are North Indian curries. A vast world of South Indian curries still lies undiscovered - which is a pity, considering it is Tamilnadu which gave the word 'Curry'. South Indian cuisine is one of the oldest vegetarian cuisines of the world.

This cookbook is aimed at the amateur cook with absolutely no cooking experience. It has been field tested by numerous amateurs over the past few years and I can assert it works, and works surprisingly well.

One page cookbooks offer a new, easy way to look at cooking.

For the reluctant cook
These cookbooks are designed for the ”don't-wanna-but-gotta-cook” people. No cooking terms are used and no knowledge is assumed on the part of the reader. The presentation is non-threatening. There are no complicated steps, no exact measurements and nothing to memorise.

Learn one recipe – Cook a thousand more
Each recipe is broken into three easy parts- The base, the flavouring and the additives. These are prepared separately, then mixed and cooked together. This way, the chances of going wrong are minimised. Since all recipes follow this exact format, learning one recipe lets one cook thousands of other recipes.

Easy to refer
One page cookbooks are designed for easy reference. Hang it in the kitchen and thousands of recipes are right there, in front of you!

Focus on creativity, not manual skill
The core idea is to encourage creativity by not focusing too much on details or on manual skill. All recipes demanding a good deal of manual skill have been avoided. Only simple, easy to cook recipes are listed.

Cook on the first try
All recipes are designed to be cooked by a novice on the very first try.

101 cookbook series
A series of 101 such cookbooks are planned and the 75 books listed below are ready to be published.

About me
I'm a software engineer and a business management graduate who learnt cooking the hard way - by botching up innumerable dishes. This gave me a unique advantage over professional chefs - I've made far dumber mistakes and I have an insider's information on how a reluctant cook's mind works.

Cooking for the world
Since learning cooking, I’ve derived great pleasure during my travels in cooking for Arabs, Americans, Chinese, Filipinos, Singaporeans, Belgians, Australians, Japanese and of course my friends and family. Their encouragement and appreciation emboldened me to write these books. Through these books, I really want to share cooking’s one big secret – that it is really simple, if you look at it the right way.

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Other books by the same author

The One page Cookbook series

Regional Curries
1001 South Indian Vegetarian Curries
1001 South Indian Non - Vegetarian Curries
1001 Tamilnadu Curries (Veg, Non Veg)
1001 Kerala Curries (Veg, Non Veg)
1001 Andhra Curries (Veg, Non Veg)
1001 Karnataka Curries (Veg, Non Veg)
1001 Maharashtra Curries (Veg, Non Veg)
1001 Goan Curries (Veg, Non Veg)
1001 Sindhi Curries (Veg, Non Veg)
1001 Rajasthan Curries (Veg, Non Veg)
1001 Gujarati Curries
1001 Marwari Curries
1001 UP Curries (Veg, Non Veg)
1001 Kashmiri Curries (Veg, Non Veg)
1001 Punjabi Curries (Veg, Non Veg)
1001 North Eastern Curries (Veg, Non Veg)
1001 Kormas

Main Foods
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1001 Parathas
1001 Naan
1001 Kulcha
1001 Pancakes
1001 Variety rice
1001 Pasta
1001 Soups
1001 Sandwiches
1001 Salads
1001 Raitas

**South Indian Curries**
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1001 Poriyals
1001 Kulambus (Veg & Non Veg)
1001 Chutneys
1001 Kootu
1001 Rasam

**International Curries**
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1001 Green Curries (Veg, Non Veg)
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1001 Red Curries (Veg, Non Veg)

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**Separate Recipes**
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1001 Egg Recipes
1001 Chicken Recipes
1001 Mutton Recipes
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1001 Seafood Recipes
1001 Lentil recipes
One Page Cookbooks

1001 South Indian Vegetarian Curries

Ramki
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One Page Cookbooks

One page cookbooks offer a new, easy way to look at cooking. All curries in the following pages are listed in the One page cookbook format.

For the reluctant cook
These cookbooks are designed for the "don't-wanna-but-gotta-cook" people. No cooking terms are used. Absolutely no cooking knowledge is assumed on the part of the reader. The presentation is non-threatening. There are no complicated steps, no exact measurements and nothing to memorise.

Three Step Cooking: Learn one recipe – Cook a thousand more!
All One page cookbooks follow the ‘Three step easy cooking’ format. Three step cooking breaks each recipe into three easy parts - The base, the flavouring and additives. These are prepared separately, then mixed together. This minimises the chances of going wrong. Since all recipes follow this format, learning one recipe lets you cook thousands of other recipes. Three step cooking would change the way you cook!

A thousand recipes?
Each One page cookbook has a table listing recipes from 000 to 999 - a total of 1000 recipes. There is a recipe corresponding to each number. Think of a three digit number and you can look up the corresponding recipe.

Easy to refer
One page cookbooks are designed for easy reference. Paste a page in the kitchen and thousands of recipes are right there, in front of you!

Focus on creativity, not manual skill
The core idea of this cookbook is to encourage creativity by not focusing too much on details or on manual skill. All recipes demanding a good deal of manual skill have been avoided. Only simple, easy to cook recipes are listed.

Cook on the first try
All recipes are designed to be cooked by a first time cook on the very first try. The chief goal is to make cooking appear so simple that a first time cook will be motivated to try.

Unleash your creativity
One page cookbooks strip down a recipe to its barest essentials. This helps you understand what makes it tick. Once you know this, you can let your creative side to take over – mixing and matching to your heart’s content. I have been constantly surprised by the amount of creativity first time cooks bring into cooking. They do things which professional chefs would not dream of doing. Their bold mixing and matching, and willingness to give anything a shot occasionally creates some amazing dishes. It also makes cooking fun and fulfilling, which is not always the case when you rigidly follow a cookbook.

No copycat cooking
Did you know it is virtually impossible to duplicate a recipe? Even professional chefs cannot recreate a recipe perfectly. There are just too many variables involved that duplicating is a pointless exercise. The closest anyone has come to reproducing even a simple recipe perfectly, is McDonald’s - and they had to spend billions to achieve it. On the other hand, the numerous variables, which make duplication of recipes impossible, make creating new recipes easy.

Any combination works!
Nature is so forgiving that almost any combination of foods turn out edible. Once you follow a few simple rules, it is virtually impossible to botch up food. With these ground rules in place, you can mix and match as you wish, creating hundreds of recipes on the fly.

Core beliefs
One page cookbooks are built on the following beliefs:

1. Cooking is simple, if you look at it the right way.
2. Cooking is highly personal – you alone decide what tastes good. I’m with Lucretius – “what is food to one person may be bitter poison to others”
3. Traditional recipes are general guidelines – not rigid instructions.
4. “The only way” to cook a dish is a myth. Even highly traditional dishes are cooked in many different ways. Recipes are alive and change with time and place. They are meant to be experimented with.
5. The main element in any cooking is your imagination.
6. The biggest block to cooking is thinking you can’t do it.
7. Basic cooking can be learnt in an hour. Learning the balance would take a lifetime.
8. Duplicating a recipe exactly is almost impossible.
9. The more you cook, the easier it becomes.
10. Recipe purity is no different from racial purity or linguistic purity - It just does not exist. What is traditional today was esoteric a few decades back.

If this style of cooking is alien to your way of thinking, I suggest you pass the rest. This book won't help you.
If you decide to go on, be warned that this book will not teach you to duplicate a single recipe. Instead it would enable you to create hundreds of your own recipes.

This book has been designed to let you see the big picture and encourage you to experiment, cooking up food of your choice, unfettered by what the purists dictate a recipe should be.

In doing this, have I oversimplified recipes? You bet I have. The core idea is to let you understand a recipe at the first glance and get you cooking. So, I’ve used a very broad brush, glossing over details. But once you start cooking, and start enjoying it, you can easily move on to ‘normal’ cookbooks, and appreciate finer details a lot better.

If you are a first time cook, Details can wait. Get the big picture straight !.
Indian Curries

A cornucopia of curries, too numerous to list, is cooked across India. Most Indians have eaten curries every single day of their lives.

Roughly speaking, curries are nothing but a spice mix in which a variety of vegetables/meat are cooked. What gets cooked and how it gets cooked depends on the local availability, external influences and religious beliefs.

The curries of a region are always built around what is easily available in the region. They are then tempered with religious beliefs and shaped by external influences.

How local availability shapes curries

The coastal regions generally abound with coconuts and fish. So in the coasts of Kerala, Goa and West Bengal, it is no surprise we see numerous variations of coconut-based curries and fish curries. It will be a huge surprise if you find a coastal region which does not have numerous coconut or fish curries. In that case, you can be sure there is an interesting historical / religious reason behind it.

Fresh vegetables / fish are rare in arid regions like Karaikudi in Tamilnadu or Rajasthan. Here, we see a profusion of curries made from sun-dried vegetables, and dried lentils.

The Brahmins who migrated to Kerala from Tamilnadu had a hard time finding sesame oil and tamarind. Instead, they substituted the easily available coconut oil and yogurt in traditional Tamil recipes, thereby developing a whole new cuisine.

The vegetarian Saraswat Brahmins once faced a famine. The starving Brahmins were then permitted by their religious leaders to eat the abundantly available fish, which was reclassified as a vegetable (Kadal pushpam – Sea flower). Fish still forms a part of their diet.

How external influences modify curries

The Moguls, who ruled most of India for over a thousand years heavily influenced the Indian cuisine. Using nut paste (made from almonds, pistachio, cashew), use of expensive spices like saffron/cardamom, cooking up rich curries with milk & cream and slow prolonged cooking in sealed clay pots were the techniques Indian cuisine learnt from the Moguls.

The Portuguese who ruled parts of the west coast influenced the cuisines of Goa, Kerala, and Karnataka. Portuguese introduced the technique of cooking with vinegar, giving us vinegar-based curries (vindaloo).

The Portuguese influence was responsible for prevalence of pork curries in the west coast.

The far eastern cooking techniques seeped through the trading community of Chettiyars, mingled with Indian spices and evolved into the Chettinad cuisine.

How religious beliefs change curries

Jains, Brahmins and many other Hindus do not eat meat. So, a variety of lentil-based curries evolved to supply them their daily protein.

Orthodox Brahmins and Jains do not eat onions or garlic. This led to the use of Asafetida, a plant resin, which imparts an onion-garlicky flavour to curries.

Pork is taboo for Muslims. Hindus shun both beef and pork. So these meats are generally not found in any regional cuisine, with a very few exceptions.

These three factors are chiefly responsible for the diversity of curries across India.

Demystifying Curries

The numerous curries may seem bewildering at the first glance. But look beyond the details, and a clear picture emerges. Each curry has just three major building blocks - the base, flavouring and additives.

Base

All curries in India are built from just a handful of bases. Onion, tomato, lentils, spinach and yogurt are used across India as a curry base. In addition, North India uses milk, cream and nut paste as a base for curries. In South India, tamarind paste and coconut are the preferred curry bases.

Flavouring

It takes just a dozen spices to flavour the majority of Indian curries. Coriander seeds, cumin, garlic, ginger, turmeric and chili powder are used across India for flavouring curries. In addition, South Indian curries use black mustard and asafetida, which are rarely used in North Indian curries.

Flavouring also changes with the cooking oil used. Each region prefers its own cooking oil. For example, mustard oil, common in Bihar, Bengal and Orissa is never used in South India. Coconut oil preferred by Kerala, is not used anywhere else in the country. However, refined vegetable oils like sunflower oil or palm oil are used across the country.

Additives:

A variety of vegetables, pulses, meats or seafood are simmered in the flavoured base. Almost anything edible can be safely added to a curry.

In the following pages, we will look at different bases, flavouring techniques and additives that are used in South Indian curries. We will then systematically vary each building block, thereby cooking up a variety of curries.
South Indian Curries

The four states of south India – Andhra, Karnataka, Tamilnadu and Kerala have similar climatic conditions and share similar religious beliefs. They were relatively insulated from foreign conquests which plagued north India. This is why the curries of South India show a remarkable similarity in the way they are cooked, served and eaten. And this is why we can talk of South Indian Curries as a single family. Almost all South Indian curries share the following characteristics.

1. They are built from Tamarind, Yogurt, Coconut and Tuvar dal.
2. They are flavoured by fried mustard, curry leaves, red chilies and asafetida..
3. They are eaten mixed with hot, cooked rice.
4. They are traditionally served on banana leaf.
5. They use boiled lentils extensively.

The key point to remember is that almost all South Indian curries are built on Tamarind, Tuvar dal, Yogurt and Coconut. You’ll repeatedly encounter various combinations of these basic building blocks in all South Indian curries.

Of these building blocks, only lentils need be cooked. Tamarind, Yogurt and Coconut are used uncooked in many curries. For example, uncooked yogurt is used to make a variety of yogurt curries. Raw coconut and tamarind are blended together to make thick sour curries, which require no further cooking.

What makes the curry of one state taste different from another is the differing emphasis on the basic blocks. Andhra curries are the spiciest as they use the most tamarind and chilies. Karnataka curries use more lentils and coconut than Tamil curries. Kerala curries use Tamarind sparingly and rely instead on yogurt as a souring agent.

Curries across regions use different oils. Coconut oil is preferred in Kerala, groundnut oil in Andhra, Karnataka and sesame oil in Tamilnadu. Refined vegetable oils are now used across regions.

Each region has its own speciality vegetables. Jackfruit seeds and Tapioca are used in Kerala curries, Banana stem and Banana flower in Tamilnadu curries, Dosakkai and Gongura (a sour spinach) in Andhra, Bamboo shoots and Colocasia leaves in Karnataka.

These regional variations make the curries of these four southern states look and taste very different. But at their core, they are built from the same four building blocks – Tamarind, Tuvar dal, Yogurt and Coconut.

All four states use almost similar spices for flavouring. However, different regions use different combinations of these basic spices.

Black mustard seeds fried in oil is probably the most common flavouring used in all South Indian curries. Almost all recipes start with “Heat oil, add a pinch of mustard…”.

Curry leaves and dry red chili pieces are frequently fried along with mustard. A whiff of these frying spices is sure to induce nostalgia, especially to one who has been missing South Indian cooking for long.

The next most common are spices like coriander seeds, cumin, turmeric, and asafetida. Sambar powder (a powdered mix of toasted coriander seeds and red chilies with other spices) is the most commonly used readymade spice mix.

Food does not respect man made boundaries. This is why there is no clear-cut geographical division between curries of different states. As you move across the land, you’ll see the curries morph and change, reflecting local availability and local beliefs. This is why the Rayalaseema cuisine of South Andhra has more in common with South Karnataka cuisine than with Telungana (North Andhra) cuisine. This is why Palghat cuisine resembles Tanjore cuisine more than it does Kerala cuisine. And this is why it is a fallacy to talk about ‘pure’ or ‘traditional’ recipes. Recipes keep changing all the time and even the most traditional of recipes is cooked differently across regions. Only the basic building blocks remain relatively unchanged over time.

The chief goal of this book is to give you a bird’s eye view of the general principles used to cook up a vast array of South Indian curries. Once you get the big picture, you’ll rarely go wrong in cooking up dozens of local variations.
South Indian Curries – A Primer

The following curries form the core of South Indian cuisine. With minor regional variations, these curries are cooked in the four Southern states – Andhra, Karnataka, Tamilnadu and Kerala.

Remember that all South Indian curries are built from just four basic building blocks – Tamarind, Yogurt, Coconut and Tuvar dal. All these curries are flavoured by fried mustard and curry leaves. All these curries can be garnished with cilantro.

We’ll now see how various combinations of these basic blocks give rise to different curry families.

Sour curries (Kulambu / Pulusu / Huli / Pulissery)
Sour curries are usually made from tamarind. Tamarind paste is mixed with water and flavoured by Sambar powder. Vegetables are simmered in this broth. Occasionally, a pinch of jaggery is added to balance the sour taste.

Lentil Sour curries (Sambar / Pappu Pulusu / Pulingari)
When you add boiled lentils to the sour curries above, you have a whole new class of lentil sour curries called Sambar. Vegetables are simmered in this flavoured sour lentil base. This is by far the favourite curry of all South Indians.

Thin Lentil curries (Rasam / Saaru / Chaaru)
When lentil stock (the water in which lentils have been boiled) is mixed with tamarind paste and flavoured by sambar powder, we get Rasams. These are thin, watery curries. They can be drunk like a soup. The famous mulligatawny soup is a type of Rasam. Only a handful of vegetables like tomato / garlic are traditionally used in Rasams.

Coconut – lentil thick curries (Kootu / Erissery)
Coconut is blended with cumin, green chilies and water into a thin paste. Vegetables are simmered in this base. A variety of boiled lentils are often added to this curry.

Roasted Lentil powders (Podi / Pudi)
Different lentils are roasted and ground together with dry red chili to make these spice powders. These powders are made in large batches and can be stored for months. They are eaten mixed with rice and oil / ghee to make a quick meal.

Dry Vegetable curries (Poriyal / Kura / Paalya / Kari)
Boiled vegetables / pulses / spinach are mixed with flavouring and cooked into dry curries. These dry vegetable curries are served as an accompaniment to all meals.

Blended Sour curries (Thuvaialy / Chutney)
A variety of raw / cooked vegetables are blended with tamarind and chilies to make a thick, sour curry.

These are the major families of curries you’ll encounter in different forms throughout south India. They might have different vegetables, they might be flavoured with different spice mixes or use different oils, but at the core, they are all alike.
## South Indian Curries – The building blocks

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tamarind</strong></td>
<td>The dark brown pulp from pods of the tamarind tree is one of the basic building blocks. It is now available as a paste, which is very easy to use.</td>
</tr>
<tr>
<td><strong>Tuvar dal / Yellow lentils / Sambar Dal.</strong></td>
<td>These split yellow lentils is the most commonly used lentil in South Indian curries. They are boiled and added to most curries. Split green gram can be used in placed of Tuvar dal.</td>
</tr>
<tr>
<td><strong>Coconut</strong></td>
<td>Coconut is blended to a paste and used as a curry base. Grated coconut is also used as a garnish.</td>
</tr>
<tr>
<td><strong>Yogurt</strong></td>
<td>Yogurt is used in a variety of cooked and uncooked curries. Plain yogurt is mixed with cooked rice and eaten at the end of a meal.</td>
</tr>
</tbody>
</table>
# South Indian Curries – Basic Spices and Herbs

<table>
<thead>
<tr>
<th>Black mustard seeds</th>
<th>Fried black mustard seeds are used both for flavouring and as a garnish. Almost all curries start with &quot;Fry a pinch of mustard in oil.&quot;</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asafetida</td>
<td>This is a dried and powdered plant resin extensively used in South Indian cooking. A pinch added to curries imparts a distinctive onion - garlicky flavour on cooking. This is a learned taste.</td>
</tr>
<tr>
<td>Sambar Powder:</td>
<td>This ready made spice mix is made by grinding toasted coriander seeds, red chili and lentils. This is the most commonly used flavouring in South India.</td>
</tr>
<tr>
<td>Turmeric Powder :</td>
<td>A pinch imparts an earthy flavour and a brilliant yellow colour to curries.</td>
</tr>
<tr>
<td>Curry Leaves :</td>
<td>Curry leaves are fried in oil and used both as a flavouring agent and as a garnish for most curries.</td>
</tr>
<tr>
<td>Cilantro</td>
<td>This herb with a delicate flavour can be added to almost all curries as a garnish just before serving.</td>
</tr>
<tr>
<td>Cumin</td>
<td>Cumin is fried in oil and used to flavour some curries. Cumin ground with coconut forms the base for a class of curries.</td>
</tr>
<tr>
<td>Red Chilies</td>
<td>These are fried in oil and used as a garnish. These are also ground up with toasted coriander seeds to make Sambar Powder. They are blended with coconut and tamarind to make a variety of uncooked, blended sour curries.</td>
</tr>
<tr>
<td>Fresh Green Chilies</td>
<td>These are chopped up and added to curries to spice them up. They are also blended with Coconut and cumin and used as a curry base.</td>
</tr>
</tbody>
</table>
The ground rules

Contrary to popular belief, it is almost impossible to make food inedible. Nature is so forgiving that almost any combination of foodstuffs turn out edible. It is not easy to botch up recipes if you follow a few ground rules.

1. Do not use any ingredient you do not understand. Unless you know the purpose of each element you use, skip it altogether.

2. Do not burn stuff. Always cook on medium / low heat. Carbon is not tasty!

3. Do not add too much salt / chili powder / spices. Till you get the hang of the right amount, always use less than you need. They can be added even after you finish cooking. I can’t emphasize this point enough. Adding too much spices/ salt / chili is the surest way to spoil a recipe.

4. Keep it simple! Many classic recipes are built on very few elements. One of the pet beliefs of amateurs is that adding more stuff makes a recipe tastier. It does not!

5. Learn a bit of kitchen science. Some foodstuffs have peculiar properties.

   i. Any curry with milk, cream, yogurt or coconut milk needs to be cooked as little as possible, on gentle heat, with constant stirring. Otherwise it splits (the solids separate) and looks unappetizing.

   ii. Lemon juice turns bitter on prolonged cooking. So add it after you have finished cooking.

   iii. Delicate herbs like cilantro or mint have a gentle flavour which is lost during prolonged cooking. So add them after you have finished cooking.

   iv. All spices give a richer flavour when they are lightly toasted and freshly ground.

   v. Spices start losing their flavour as soon as they are ground. This is why any readymade spice mix starts tasting like sawdust after a few weeks. Buy readymade mixes in small quantities and consume fast.

   vi. Most dried lentils need be soaked overnight and then pressure cooked for four whistles. However Tuvar dal and split green gram are quick cooking lentils and need no presoaking. This is probably why these are the two most popular lentils used in South India.
Three Step Cooking

All One page cookbooks in the following pages follow the easy Three step cooking method. Three step cooking lets you cook numerous curries by systematically varying the base, flavouring and additives.

The key insight I hope to share is this – *Any combination of the base, flavouring technique and additives work!*

This is possible because South Indian cuisine does not focus on individual recipes, but on combinations. Like letters of the genetic alphabet, it strings together four basic building blocks with numerous variations of flavouring techniques and additives, to build up a staggering array of recipes.

This is why it is possible to list thousands of recipes in a single page. Unlike the alphabet, where numerous nonsensical combinations are possible, there are very few combinations here which will not work. The base and flavouring techniques have been carefully chosen so that any combination remains edible.

Three step cooking lets you clearly understand a recipe. It shows you how one recipe differs from another. Once you gain this key insight, you can mix and match the bases with different additives and flavouring, thereby cooking up numerous curries. You’ll never need to remember a recipe again!

All one page cookbooks have three columns corresponding to the three steps. Column 1 lists 10 different bases, numbered from 0 to 9. Similarly column 2 and 3 list flavourings and additives from 0 to 9.

In step 1, you choose & prepare a base from column 1
In step 2, you choose & prepare a flavouring from column 2
In step 3, you choose & prepare the additives from column 3.

Mix these up and heat together – and your curry is ready!

You can choose any base from column 1, any flavouring from column 2 and any additive from column 3. So, each three digit number from 000 to 999 corresponds to a recipe in the table.

Breaking the curry into three small steps lets you clearly understand and appreciate each step. It also ensures that you do not go wrong.

In the next page, the table lists over a thousand basic South Indian curries. Let us see how you can use three step cooking to cook all of them.

Let’s take a few examples and see how three step cooking works.

Before starting, prepare the basic building blocks.
1. Readymade Tamarind paste
2. Boiled Tuvar dal (A handful of tuvar dal pressure cooked in a two cups of water with a pinch of turmeric and salt)
3. Yogurt
4. Coconut

Keep the following spices ready
1. Black Mustard
2. Sambar powder
3. Turmeric powder
4. Asafetida
5. Dried red chili & fresh green chili.

Now, you are all set to cook up most South Indian curries.

**Tamarind curries (Kulambu/Pulusu/Pulingari)**

**Recipe number : 101**

In the recipe number, the first digit (1) denotes the base, the second digit (0) denotes the flavouring method and the third digit (1) denotes the vegetables used.

Now refer to the master recipe in the last row of the cookbook. “Choose and prepare a base from column 1, flavouring from column 2 and vegetables from column 3. Mix all and cook on low heat till vegetables are cooked. Garnish with cilantro and serve.”

Taking the recipe number and following the master recipe, we have,

**Step 1** : Prepare the base from column 1. point 1: “Take a spoon of tamarind paste and mix in a cup of water. Add a pinch of turmeric, a pinch of asafetida, 2 pinches of salt , 2 pinches of sambar powder and a pinch of jaggery / sugar.”

**Step 2** : Prepare flavouring as per column 2 : point 0
Heat half a spoon of oil. Add a pinch of mustard. Wait till it stops popping. Add a dry red chili and remove from heat.

**Step 3** : Prepare vegetables as per column 3 : point 1
“Take a handful of chopped and boiled vegetables.”
Mix all and cook on low heat till vegetables are cooked. Garnish with cilantro and serve.

That’s it, your first curry is ready! Similarly, all curries listed below have a recipe number and follow the master recipe.

**Tamarind – Lentil Curries (Sambar)**

*Recipe number: 201*

Easy recipe:
Step 1: Prepare the base as per column 1: point 2.
Step 2: Prepare flavouring as per column 2: point 0
Step 3: Prepare vegetables as per column 3: point 1

Mix all and heat gently till vegetables are cooked.

**Tamarind – Lentil thin Curries (Rasam)**

*Recipe number: 400*

Easy recipe:
Step 1: Prepare the base as per column 1: point 4.
Step 2: Prepare flavouring as per column 2: point 0
Step 3: Prepare vegetables as per column 3: point 0

Mix all and heat gently till all are cooked.

**Boiled Lentils: (Paruppu / Pappu / Thove)**

*Recipe number: 320*

Easy recipe:
The recipe number 320 actually means the following:
Step 1: Prepare the base as per column 1: point 3.
Step 2: Prepare flavouring as per column 2: point 2
Step 3: Prepare vegetables as per column 3: point 0

Mix all and cook on low heat till all are cooked.

**Coconut – Lentil curries (Kootu)**

*Recipe number: 501*

Easy recipe:
Step 1: Prepare the base as per column 1: point 5.
Step 2: Prepare flavouring as per column 2: point 0
Step 3: Prepare vegetables as per column 3: point 1

Mix all and heat gently till vegetables are cooked.

**Raw Yogurt Curries (Thayir Pachadi / Perugu Pachadi / Mosaru Baji)**

*Recipe number: 701*

Easy recipe:
Step 1: Prepare the base as per column 1: point 7.
Step 2: Prepare flavouring as per column 2: point 0
Step 3: Prepare vegetables as per column 3: point 1

Mix all and serve. No need to heat.

**Yogurt – Coconut Curries (More Kulambu / Majjigae pulusu / Majjigae Huli / Pulissery)**

*Recipe number: 801*

Easy recipe:
Step 1: Prepare the base as per column 1: point 8.
Step 2: Prepare flavouring as per column 2: point 0
Step 3: Prepare vegetables as per column 3: point 1

Mix all and heat gently till vegetables are cooked.

Once you have tried the recipes above, you are all set to cook numerous variations using the table in the next page.

*A thousand recipes?*

Each one page cookbook has a table listing a thousand numbered recipes from 000 to 999. Naming them would be a bigger challenge than cooking them!

**Tens of thousands**

But wait – In the additive column, you have entries like vegetable, spinach, pulses etc. You can choose from among dozens of vegetables / pulses. So you actually have much more than a thousand recipes. But is that all you have?

**Hundreds of thousands**

No! Point 9 in each column says “Any combination of the above”. This means you can combine bases, flavouring and additives anyway you like. For example, you can have a mix of bases 1, 3 and 8 with flavouring 2, 4 & 5 and additives 4, 6 and 7. So the number of recipes you can cook from this simple table is exactly 9!*9!*9! (Read nine factorial cubed). You will not run out of recipes anytime soon!

Needless to say, there is no space to list thousands of detailed recipes from each table. So once you have understood the format, go ahead and cook up your own variations. With so many recipes, it is likely many of them have never been cooked before. You could invent your own recipe!
<table>
<thead>
<tr>
<th>Base (1 Cup = 200 ml)</th>
<th>Flavouring</th>
<th>Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.: Boiled vegetables (Dry curries). Take a handful of chopped and boiled vegetables. Add a couple of pinches of salt and a pinch of turmeric powder.</td>
<td>0.: Mustard Heat half a spoon of oil. Add a pinch of mustard. Wait till it stops popping. Add a dry red chili and remove from heat.</td>
<td>0.: None</td>
</tr>
<tr>
<td>1.: Tamarind (Kulambu / Pulusu/Huli / Pulingari) Take a spoon of tamarind paste and mix in a cup of water. Add a pinch of turmeric, a pinch of asafetida, 2 pinches of salt, 2 pinches of sambar powder and a pinch of jaggery / sugar.</td>
<td>1.: Mustard + Curry leaves. Heat a spoon of oil. Add a pinch of mustard, and a couple of curry leaves. Remove from heat.</td>
<td>1.: Vegetables Take a handful of chopped and boiled vegetables.</td>
</tr>
<tr>
<td>2.: Tamarind + lentils (Sambar / Pappu pulusu) To point 1 above, add half a handful of boiled tuvar dal.</td>
<td>2.: Mustard + Red chili Heat a spoon of oil. Add a pinch of mustard, a couple of curry leaves and a red chili. Remove from heat.</td>
<td>2.: Spinach Take a handful of chopped spinach.</td>
</tr>
<tr>
<td>3.: Lentils (Paruppu / Pappu / Thove) Take a handful of boiled tuvar dal.</td>
<td>3.: Mustard + Curry leaves + Asafetida Heat a spoon of oil. Add a pinch of mustard, two curry leaves, a red chili and a pinch of asafetida. Remove from heat.</td>
<td>3.: Mushroom Take a handful of chopped mushrooms.</td>
</tr>
<tr>
<td>4.: Tamarind + Lentil water (Rasam / Saaru) Take half a handful of boiled tuvar dal. Dissolve in a cup of water with half a spoon of tamarind paste and 2 pinches of sambar powder. No vegetables except tomato / garlic are added to Rasam.</td>
<td>4.: Mustard + Curry leaves + fenugreek Heat a spoon of oil. Add a pinch of mustard, two curry leaves and a pinch of fenugreek. Stir for a minute and remove from heat.</td>
<td>4.: Dried Veggies Heat a spoon of oil. Add half a handful of sun dried vegetables and fry them.</td>
</tr>
<tr>
<td>5.: Coconut + Cumin + Chili (Kootu) Take a handful of grated coconut. Blend to a smooth paste with all the ingredients of cumin, turmeric, a green chili and a little water. Add water and mix to make a cup of base.</td>
<td>5.: Mustard + Curry leaves + coconut Heat a spoon of oil. Add a pinch of mustard, two curry leaves and half a handful of coconut flakes. Stir for a minute and remove from heat.</td>
<td>5.: Dried Pulses Take half a handful of dried pulses. Soak overnight in 2 cups of water. Drain, add a cup of water and pressure cook for 4 whistles.</td>
</tr>
<tr>
<td>6.: Coconut + Cumin + Yogurt (Aviyal) Take a handful of grated coconut. Blend to a smooth paste with all the ingredients of cumin, turmeric, a green chili and 2 pinches of salt. Mix in yogurt to make a cup of base. This base need not be cooked.</td>
<td>6.: Mustard + Curry leaves + Garlic Heat a spoon of oil. Add a pinch of mustard, a couple of curry leaves and a chopped garlic clove. Stir for a minute and remove from heat.</td>
<td>6.: Fresh Pulses Take a handful of fresh pulses (E.g.: green peas).</td>
</tr>
<tr>
<td>7.: Yogurt (Thayir Pachadi / Perugu Pachadi / Mosaru Baji) Take a cup of yogurt. Mix in 2 pinches of salt. This base is not cooked.</td>
<td>7.: Roast &amp; Ground Spices Heat a pan. Add a dry red chili, two pinches each of coriander seeds, tuvar dal, a pinch each of pepper &amp; Bengal gram. Dry roast all these together and grind.</td>
<td>7.: Fruits Take a handful of chopped fruits like mango or pineapple.</td>
</tr>
<tr>
<td>8.: Yogurt + Soaked pulses (More Kulambu / Majjigae pulusu / Majjigae Huli / Pulisseriy) Soak half a handful of tuvar dal, urad dal and Bengal gram mixture overnight. Blend to a paste with a couple of pinches of coriander seeds, a pinch of turmeric, a green chili and a couple of pinches of salt. Mix with yogurt to make a cup of base.</td>
<td>8.: Fried &amp; Ground spices Heat half a spoon of oil. Add a dried red chili, a pinch each of coriander seeds, fenugreek, pepper, Bengal gram, a couple of pinches of tuvar dal and half a handful of coconut flakes. Stir till they redden &amp; grind together.</td>
<td>8.: Fusion Take a handful of Baby corn, / Olives/ Brussels sprouts / Paneer etc.,</td>
</tr>
<tr>
<td>9.: Any combination of the above.</td>
<td>9.: Any combination of the above.</td>
<td>9.: Any combination of the above.</td>
</tr>
</tbody>
</table>

This table lists a thousand basic South Indian curries from 000 to 999. The three digits denote the base, flavouring and additives. **Master Recipe**: Choose and prepare a base from column 1, flavouring from column 2 and vegetables from column 3. Mix all and cook on low heat till vegetables are cooked. Garnish with cilantro and serve.
Rough and ready measures:
Throughout one page cookbooks, you’ll encounter only the following rough and ready measures:

1. A handful: The amount of stuff you can hold in your palm.
2. A pinch: The amount of stuff you can hold between your index finger and thumb.
3. A cup: 200 ml or the amount of liquid in a small soft drink bottle.
4. A spoonful: The amount of stuff a spoon, with its head as large as the first joint of your thumb, will hold.

The exact amount of ingredients do not matter for the base or the vegetables. It is tough to make a curry inedible by adding too much of base or vegetables.

Not so with flavouring. Too much spices / salt / chilies can make a curry inedible. So always use less spices than you feel necessary. You can always add more later.
Variations of basic curries

We’ll now focus on each major class of curry, vary the base, flavouring technique and additives, thus cooking up scores of variations. Every time you change a building block, you get a new curry.

For example, let us take sour curries which are listed in the table next page.

Sour curries normally use tamarind for sourness. But when a different souring agent is used, we get a new sour curry. For example, replace tamarind with tomato and the tamarind sour curry becomes tomato sour curry. Replace tamarind with mango pulp or yogurt and you get Mango sour curry or yogurt sour curry. The table in the following page lists how each building block can be changed. In subsequent pages, you’ll find similar tables for each major curry family.

Out of the thousands of possible combinations, a few popular recipes are listed, to let you get started.

After we get through the major families of curries, we will focus on individual states and take up speciality curries cooked up in each state. A table listing possible variations is presented for each state.

Unlike a traditional one-block recipe, the three step cooking method detailed in these tables would let you mix and match with ease, without the fear of going wrong.
Sour Curries:: Kulambu / Pulusu / Huli / Pulingari

Our curries are one of the easiest curries to make. Known as Kulambu in Tamil, Pulusu in Andhra Pradesh, Huli in Karnataka and Pulingari in Kerala, this curry is a cornerstone of South Indian cuisine.

Dissolve a spoon of tamarind paste in a cup of water. Bring it to a boil. Add a couple of pinches of sambar powder, a couple of pinches of salt, a pinch of asafetida and a pinch of jaggery. Let it simmer for five minutes and your basic sour curry is ready.

The defining characteristics of these sour curries are sourness and sweetness.

The sourness comes usually from tamarind and sweetness from jaggery. Jaggery / sugar is added to balance the sour taste. These curries are so versatile that whole new families of them can be created by small variations of the basic ingredients. For example, by replacing / complementing tamarind with other souring agents like tomato / mango pulp / yogurt, whole new families of sour curries can be cooked.

The table on the next page lists the many ways in which you can cook up a variety of sour curries by varying the base, flavouring and vegetables.

Vatral kulambu 001 (Tamilnadu)
Sour curry with sun-dried vegetables
Prepare base as in point 0 & flavouring as in point 0. Add half a handful of sun-dried vegetables shallow fried in a spoon of oil. Cook as per master recipe.

Koda Milagai Puli Kulambu 010 (Tamilnadu)
Tamarind Sour curry with bell pepper.
Prepare base as in point 0 & flavouring as in point 1. Add half a handful of chopped capsicum. Cook as per master recipe.

Kootu kulambu 014 (Tamilnadu)
Mixed vegetable sour curry
Prepare base as in point 0 & flavouring as in point 1. Add half a handful of chopped eggplant, small onions (shallots) and capsicum. Cook as per master recipe.

Poosani Thayir Kulambu 320 (Tamilnadu)
Pumpkin-yogurt sour curry
Prepare base as in point 3 & flavouring as in point 2. Add half a handful of white pumpkin cubes. Cook as per master recipe.

Thandan keerai puli kulambu 006 (Tamilnadu)
Spinach sour curry
Prepare base as in point 0 & flavouring as in point 0. Add half a handful of chopped spinach. Cook as per master recipe.

Vendakkai iru puli kulambu 600 (Tamilnadu)
Tamarind – yogurt sour curry with Okra.
Prepare base as in point 6 & flavouring as in point 0. Add half a handful of chopped okra. Cook as per master recipe.

Kathirikai Kara Kulambu 700 (Tamilnadu)
Chettinad style sour curry with eggplant.
Prepare base as in point 7 & flavouring as in point 0. Add half a handful of chopped eggplant. Cook as per master recipe.

Bangaladumpa / Aratikaya / Chema Pulusu 020
Sour curry with Potatoes / Banana / Colocasia (Andhra).
Prepare base as in point 0 & flavouring as in point 2. Add half a handful of peeled and boiled potatoes or raw banana or colocasia. Cook as per master recipe.

Kanda gadda pulusu 020 (Andhra)
Tamarind sour curry with Yam
Prepare base as in point 0 & flavouring as in point 2. Heat a spoon of oil. Add half a handful of grated yam. Stir and cook for a couple of minutes. Mix all and cook as per master recipe.

Mukkula pulusu 044 (Andhra)
Tamarind sour curry with mixed vegetables.
Prepare base as in point 0 & flavouring as in point 4. Add half a handful of boiled mixed vegetables. Mix all and cook as per master recipe.

Bhendi Huli 070 (Karnataka)
Tamarind sour curry with Okra.
Prepare base as in point 0 & flavouring as in point 7. Heat a spoon of oil. Add half a handful of okra cut into rounds. Stir and cook for a couple of minutes. Mix all and cook as per master recipe.

Chembu Pulingari 080 (Kerala)
Tamarind sour curry with Colocasia.
Prepare base as in point 0 & flavouring as in point 8. Take half a handful of boiled and sliced colocasia. Mix all and cook as per master recipe. Drumstick, potato or ash gourd can be used in place of colocasia.

Mathanga Pulingari 080 (Kerala)
Tamarind sour curry with yellow squash.
Prepare base as in point 0 & flavouring as in point 8. Add half a handful of chopped and boiled yellow squash. Mix all and cook as per master recipe.
<table>
<thead>
<tr>
<th>Base (1 cup = 200 ml)</th>
<th>Flavouring</th>
<th>Goodies (½ handful)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tamarind</td>
<td>Sambar Powder</td>
<td>Fresh Vegetables</td>
</tr>
<tr>
<td>Tomato</td>
<td>Fried Spices</td>
<td>Dried Vegetables</td>
</tr>
<tr>
<td>Mango</td>
<td>Mustard + Onions</td>
<td>Fresh Pulses</td>
</tr>
<tr>
<td>Yogurt</td>
<td>Onion - Garlic</td>
<td>Dried Pulses</td>
</tr>
<tr>
<td>Coconut milk + lemon</td>
<td>Roast &amp; ground spices</td>
<td>Mix of fresh vegetables</td>
</tr>
<tr>
<td>Tamarind + coconut milk</td>
<td>Onion + Sambar powder</td>
<td>Papad</td>
</tr>
<tr>
<td>Tamarind + yoghurt</td>
<td>Fried spices + garlic</td>
<td>Spinach</td>
</tr>
<tr>
<td>Tomato + Garlic</td>
<td>Fried spices + Coconut</td>
<td>Lentil balls</td>
</tr>
<tr>
<td>Tomato + Ginger + Coconut milk</td>
<td>Fried spices + rice</td>
<td>Fruits</td>
</tr>
<tr>
<td>Any combination of the above</td>
<td>Any combination of the above</td>
<td>Any combination of the above</td>
</tr>
</tbody>
</table>

This table lists a thousand sour curries from 000 to 999. The three digits denote the base, flavouring, and additives.

Master Recipe: Choose a base from column 1, a flavouring from column 2 and vegetables from column 3. Mix all. Add 2 pinches of salt. Optionally, add a pinch of sambar powder. Cook on low heat till vegetables are cooked. Heat a spoon of oil. Add a pinch of mustard and a couple of curry leaves. Add to curry and serve.
Lentil Sour Curries :: Sambar / Pappu Pulusu

Sambar

Sambars are probably the tastiest lentil stews on the planet. With the tang of tamarind balanced by lentils and divinely flavoured by sambar powder, a good sambar can be slurped up like a soup. Sambars are uncomplicated curries, easily made when you understand the building blocks. If you have learnt to make sour curries (kulambu), all you need to do is to throw in a handful of mashed, boiled tuvar dal and behold, the sour curry becomes a sambar. In fact, sambar is still called Paruppu Kulambu (Sour curry with lentils) in pockets of Tamilnadu.

The word ‘Sambar’ is most likely not a Tamil word. For ages, Kulambu was the traditional Tamil dish and not sambar. The prohibitive price of dal did not permit it to be used in daily cooking. The technique of cooking kulambu with dal was probably learned from the Marathas. Experts say the word ‘Sambar’ has been borrowed from Marathi. Tanjore was under the rule of Marathas in the 17th century. Legend goes that Sambaji, son of Shivaji, modified a traditional Maharashatra recipe and created the first sambar. Probably apocryphal, but what is true is that the Marathas had a dish predating sambar - the Amti, which uses Kokkum as a souring agent.

The building blocks of a Sambar are the sour lentil base, the flavouring and the goodies added.

The soursness comes usually from Tamarind, and flavour from Sambar powder. A wide variety of vegetables are used simmered in this flavoured broth. Sambars are versatile dishes and whole new families of them can be created by small variations of the basic building blocks.

Like any recipe, as the sambar moved into different regions, it changed form and moulded itself to the local cuisine. When it moved into Tanjore from Maharashatra, it dropped kokkum and took on the easier available tamarind as a souring agent.

Various regional variations of sambar exist within Tamilnadu. For example, in Salem, we bump into garlic in sambar. Moving west across Tamilnadu, we have the Gounder sambar which uses a paste of cumin, black pepper , garlic and curry leaves to flavour the sambar. Finely chopped tomato, onion and cilantro is added to the sambar just before serving.

When sambar moved further west, into Kerala through the Palghat pass, in the cook pots of the migrating Iyers, it morphed to accommodate the easily available coconut and coconut oil. Tamarind trees being uncommon in Kerala, we see keralite sambars using yogurt or kokkum as souring agents instead of Tamarind.

Sambars in Andhra evolved into a thick stew called pappu pulusu (Lentil - Tamarind). The technique of cooking vegetables along with tuvar dal characterizes many Andhra sambars.

When sambar moved into Karnataka, Kannadigas found out a way to cook two dishes in one. They let the sambar rest after cooking. It then separates into a thin watery layer and a thick dal-laden bottom layer. They would use the watery top layer as Rasam and the thick bottom layer as sambar - proving the point that rasam is nothing but a clear sambar.

Karnataka also gives us the delicious, greenish, Rayar sambar. This is sambar in which dollops of blended cilantro (kothumalli) puree has been added.

In Udupi sambar, we find a novel way of using onions. Onions are grilled on a open flame and the charred outer layers are removed. The grilled onion is pureed along with coconut and this paste is added to the sambar to give a unique flavour.

With easy availability of spices, it is not surprising we find cinnamon and clove in Konkani sambars, a combination which would raise the hackles of Tanjore Brahmins.

Moving north to Maharashtra, we bump into the ancestor of Sambar - the Amti. Amti-Bhaat-Bhaji (lentil dal, rice and vegetable) is the staple diet of Maharashtrians. Amti is very similar to Kannada sambars and like them, uses Cinnamon and cloves for flavouring. Instead of Tamarind, it uses Kokkum as a souring agent.

Further north, we meet another staple, the Tuver-ni-daal (Tuvar dal curry), one of the pillars of Gujarati diet. This is nothing but sambar with added ginger and green chilli paste. Like the Tamil rasavangis and pitlais, you’ll find whole peanuts in Tuver – ni-daal.

Prepackaged Sambar powder has greatly simplified sambar making and has guaranteed uniformly flavoured sambar. Like any mass produced spice mix, the easy availability of prepackaged sambar powder is fast killing off many delightful regional spice mixes. Though it is a lot less flavourful than fresh ground spices, readymade sambar powder now dominates sambar preparation throughout the south, with fresh ground spices being reserved for special occasions.

By varying the soursness, flavouring and the vegetables added, we can create many varieties of sambars.
Sample Sambar Recipes:

**Easy Kathirikkai sambar 000 : Tamilnadu**
*Lentil sour curry with Eggplant*
Prepare base as in point 0 & flavouring as in point 0. Add a handful of chopped eggplant and cook as per the master recipe.

**Thalithu kottiyae Thakkali sambar 100 : Tamilnadu**
*Tomato- Lentil sour curry flavoured by fried spices.*
Prepare base as in point 1 & flavouring as in point 0. Add a handful of chopped tomatoes and cook as per the master recipe.

**Iru paruppu mullangi sambar 820 : Tamilnadu**
*Two- Lentil sour curry with radish*
Prepare base as in point 8 & flavouring as in point 2. Add a handful of sliced daikon and cook as per the master recipe.

**Podi potta Thenga pal sambar 442 : Tamilnadu**
*Coconut milk – lentil sour curry flavoured with fresh ground spices.*
Prepare base as in point 4 & flavouring as in point 4. Add a handful of fresh pulses and cook as per the master recipe.

**Basic Iru puli sambar 500 : Tamilnadu**
*Tamarind – yogurt sour curry*
Prepare base as in point 5 & flavouring as in point 0. Add a handful of cut vegetables and cook as per the master recipe.

**Chettinadu sambar 600 : Tamilnadu**
*Tamarind – tomato – onion- garlic lentil sour curry.*
Prepare base as in point 6 & flavouring as in point 0. Add a handful of cut vegetables and cook as per the master recipe.

**Pavakkai Pitlai 020 : Tamilnadu**
*Lentil sour curry with bitter gourd*
Prepare base as in point 0 & flavouring as in point 2. Add a handful of sliced bitter gourd and half a handful of boiled peanuts. Cook as per the master recipe.

**Salem sambar 010 : Tamilnadu**
Prepare base as in point 0 & flavouring as in point 1. Add a handful boiled vegetables. Cook as per the master recipe. Add a couple of crushed garlic cloves and a pinch of fenugreek seeds. Simmer for five more minutes.

**Gounder Sambar 010 : Tamilnadu**
Prepare base as in point 0 & flavouring as in point 1. Add a handful of boiled vegetables. Take a couple of pinches each of cumin, black pepper, two cloves of garlic and a couple of curry leaves. Blend them all together and mix them in. Let it simmer for 5 minutes. Just before serving, add half a handful of finely chopped tomato, onions and cilantro.

**Rayar Sambar 070 : Karnataka**
Prepare base as in point 0 & flavouring as in point 7. Add a handful of boiled vegetables. Cook as per master recipe. Just before serving, add half a handful of cilantro blended to a paste.

**Udupi Sambar 060 : Karnataka**
Prepare base as in point 0 & flavouring as in point 6. Add a handful of boiled vegetables. Cook as per master recipe.

**Travancore sambar 030 : Kerala**
Prepare base as in point 0 & flavouring as in point 3. Add a handful of boiled vegetables. Cook as per master recipe.

**Bendakaya Pesara pappu pulusu 780 : Andhra**
*Tamarind green gram curry with Okra*
Prepare base as in point 7 & flavouring as in point 8. Add a handful of boiled vegetables. Cook as per master recipe.

**Vankaya pappu pulusu 080 : Andhra**
*Tamarind lentil curry with Eggplant*
Prepare base as in point 0 & flavouring as in point 8. Add a handful of chopped eggplant. Cook as per master recipe.

**Namboodri sambar 040 : Kerala**
Prepare base as in point 0 & flavouring as in point 4. Add a handful of cubed and boiled ash gourd. Cook as per master recipe.
### One page cookbook:: 1001 Lentil Sour Curries

<table>
<thead>
<tr>
<th>Base (1 cup)</th>
<th>Flavouring (1 spoonful)</th>
<th>Goodies (1 handful)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>0.</strong> Tamarind</td>
<td>Take half a spoon of tamarind paste. Mix in a cup of water with half a handful of boiled tuvar dal.</td>
<td><strong>0.</strong> Vegetables Take a handful of chopped , boiled vegetables.</td>
</tr>
<tr>
<td><strong>1.</strong> Tomato</td>
<td>Take a handful of chopped tomatoes. Mix in a cup of water with half a handful of boiled tuvar dal.</td>
<td><strong>1.</strong> Dried Vegetables Take half a handful of dry vegetables. Fry them in oil.</td>
</tr>
<tr>
<td><strong>2.</strong> Mango</td>
<td>Take a sour mango and scoop out the flesh. Blend with half a cup of water. Mix in a cup of water with half a handful of boiled tuvar dal.</td>
<td><strong>2.</strong> Fresh Pulses Take a handful of fresh pulses like green peas.</td>
</tr>
<tr>
<td><strong>3.</strong> Yogurt</td>
<td>Take a cup of curd. Mix in half a handful of boiled tuvar dal.</td>
<td><strong>3.</strong> Dried Pulses Take half a handful dried pulses soaked in a cup of water overnight. Drain, add two cups of water and pressure cook for 4 whistles.</td>
</tr>
<tr>
<td><strong>4.</strong> Coconut milk + Tamarind</td>
<td>Take half a cup of coconut milk. Mix with half a cup of water and half a spoon of tamarind paste. Mix in a handful of boiled tuvar dal.</td>
<td><strong>4.</strong> Mix of fresh vegetables Take a handful of chopped &amp; boiled mixed vegetables.</td>
</tr>
<tr>
<td><strong>5.</strong> Yogurt + Tamarind</td>
<td>Take half a cup of curd. Add half a spoon of tamarind paste and half a cup of water. Mix in half a handful of boiled tuvar dal.</td>
<td><strong>5.</strong> Papad Take a roast papad and crumble it.</td>
</tr>
<tr>
<td><strong>6.</strong> Onion + tomato+ garlic + tamarind</td>
<td>Heat a spoon of oil. Add half a handful of chopped onions, tomatoes and a couple of cloves of garlic. Cook for a couple of minutes. Blend to a paste with half a spoon of tamarind paste and some water. Mix in half a handful of boiled tuvar dal.</td>
<td><strong>6.</strong> Spinach Heat a spoon of oil. Add a handful of chopped spinach. Stir and cook for five minutes.</td>
</tr>
<tr>
<td><strong>7.</strong> Green gram + Tamarind</td>
<td>Take half a spoon of tamarind paste. Mix in a cup of water with half a handful of boiled green gram (Pasi paruppu / Pesara pappu).</td>
<td><strong>7.</strong> Mango/ Pineapple Take a handful of chopped fruits like mango. pineapple etc.</td>
</tr>
<tr>
<td><strong>8.</strong> Tuvar dal + Green gram + Tamarind</td>
<td>Take half a spoon of tamarind paste. Mix with a cup of water and half a handful of boiled green gram + tuvar dal mixture.</td>
<td><strong>8.</strong> Fusion Take a handful of sweet corn, baby corn, olives, mushroom etc.,</td>
</tr>
<tr>
<td><strong>9.</strong> Any combination of the above</td>
<td><strong>9.</strong> Any combination of the above</td>
<td><strong>9.</strong> Any combination of the above</td>
</tr>
</tbody>
</table>

This table lists 1000 curries from 000 to 999. The three digits denote the base, flavouring and vegetables respectively.

**Master Recipe:** Choose and prepare a base from column 1, flavouring from column 2 and vegetables from column 3. Mix all together. Add a couple of pinches of salt. Optionally add 2 pinches of sambar powder. Cook on low heat till all are cooked. Fry a pinch of mustard, two curry leaves and a red chilli in a spoon of oil. Add and serve.
Thin Lentil Curries :: Rasam / Chaaru / Saaru

Rasam, meaning ‘extract / essence’, is a thin, South Indian curry. It is usually made from lentil stock (the water in which tuvar dal has been boiled) and tamarind paste. Roughly speaking, it is a watered down version of sambar. But unlike the thick, chunky sambar, rasam has the consistency of water. Vegetables are rarely used in a rasam. The famous Mulligatawny soup of the Western world is actually a rasam (Mulligatawny is actually Milagu Thanni or Pepper water).

Called Chaaru in Telugu and Saaru in Karnataka, Rasams are cooked all over South India, with minor variations across regions. Tamilnadu and Karnataka take their rasams seriously and serve them at every meal. Some of the most innovative Rasams come from Karnataka. It is here you'll find chopped onions, green beans, spinach and coconut in Rasams. It is in Karnataka we see vegetable stock (water in which vegetables have been boiled) being used for making the delicious Rasam called Bus saaru.

Traditionally, only a select few vegetables listed in column 3 are used in Rasams.

Sample Recipes

0.0.0 Basic Rasam : Tamilnadu
Thin tamarind curry
Prepare base as in point 0, flavouring as in point 0 & goodies as in point 0. Cook as per master recipe.

1.0.0 Thakkali Rasam : Tamilnadu
Thin tomato curry
Prepare base as in point 1, flavouring as in point 0 & goodies as in point 0. Cook as per master recipe.

2.3.0 Manga Poricha rasam :Tamilnadu
Thin mango curry flavoured by fried and ground spices
Prepare base as in point 2, flavouring as in point 3 & goodies as in point 0. Cook as per master recipe.

3.2.1 Gottu Rasam : Tamilnadu
Thin lentil – tamarind curry flavoured by fresh ground spices
Prepare base as in point 3, flavouring as in point 2 & goodies as in point 1. Cook as per master recipe.

4.0.1 Inji rasam: Tamilnadu
Thin tamarind ginger curry
Prepare base as in point 4 & flavouring as in point 0. Add half a handful of chopped tomatoes and cook as per master recipe.

5.0.2 Pasi paruppu Poondu rasam : Tamilnadu
Thin green gram tamarind curry with garlic
Prepare base as in point 5 & flavouring as in point 0. Add 3 crushed garlic cloves cook as per master recipe.

6.4.0 Ulava Chaaru : Andhra
Horse gram thin curry
Prepare base as in point 6, flavouring as in point 4 & goodies as in point 0. Cook as per master recipe. Add a spoon of butter.

0.6.0 Kottambari Jeerige Saaru: Karnataka
Coriander – cumin thin curry
Prepare base as in point 0, flavouring as in point 6 & goodies as in point 0. Cook as per master recipe.

8.1.0 Soppina Saaru: Karnataka
Thin curry with spinach
Prepare base as in point 8, flavouring as in point 1 & goodies as in point 0. Cook as per master recipe.

7.6.0 Bus Saaru: Karnataka
Thin curry with vegetable stock
Prepare base as in point 7, flavouring as in point 6 & goodies as in point 0. Cook as per master recipe.

0.7.1 Mysore Rasam: Karnataka
Prepare base as in point 0, flavouring as in point 7 & goodies as in point 1. Cook as per master recipe.

0.4.0 Miriyala Charu : Andhra
Black pepper thin curry
Prepare base as in point 0, flavouring as in point 4 & goodies as in point 0. Cook as per master recipe.
<table>
<thead>
<tr>
<th>Base (1 cup = 200 ml)</th>
<th>Flavouring (1 spoonful)</th>
<th>Goodies (½ handful)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.: Tamarind Paste</td>
<td>0.: Sambar powder</td>
<td>0.: None</td>
</tr>
<tr>
<td>Take half a spoon of tamarind paste. Mix in a cup of water.</td>
<td>Take two pinches of readymade Sambar powder or Rasam Powder. (Tamilnadu)</td>
<td></td>
</tr>
<tr>
<td>1.: Tomato</td>
<td>1.: Fried Mustard + Curry leaves</td>
<td>1.: Tomato Take half a handful of chopped tomato.</td>
</tr>
<tr>
<td>Take a handful of chopped tomatoes. Blend to a paste with a cup of water. Or mix half a cup of readymade tomato paste in half a cup of water.</td>
<td>Heat a spoon of ghee. Add a pinch of mustard; wait till it pops, add a pinch of curry leaves, a dried red chili and a pinch of asafetida. Stir for a few seconds and remove from heat. (Tamilnadu)</td>
<td></td>
</tr>
<tr>
<td>2.: Mango</td>
<td>2.: Roast Lentils + Spice mix</td>
<td>2.: Garlic Take a couple of garlic cloves. Peel and crush them.</td>
</tr>
<tr>
<td>Take a sour mango, peel and chop the flesh. Blend to a paste with half a cup of water.</td>
<td>Dry roast three pinches of tuvar dal. Remove from flame and mix with a couple of pinches of readymade sambar powder, a pinch of asafetida and a couple of curry leaves. Grind all to a powder. (Tamilnadu)</td>
<td></td>
</tr>
<tr>
<td>3.: Tuvar dal</td>
<td>3.: Fried Lentils</td>
<td>3.: Baby Brinjals Heat half a spoon of oil. Add a chopped baby brinjal and cook for five minutes.</td>
</tr>
<tr>
<td>Take half a handful of boiled tuvar dal. Dissolve in a cup of water.</td>
<td>Heat half a spoon of oil. Add a pinch each of urad dal, Bengal gram, tuvar dal and a red chili. Fry well and grind with a pinch of cumin. (Tamilnadu)</td>
<td></td>
</tr>
<tr>
<td>4.: Ginger + Tamarind</td>
<td>4.: Cumin + Pepper + Garlic</td>
<td>4.: Lemon. Take the juice of half a lemon. Always add lemon juice just before serving, as lemon juice turns bitter on cooking.</td>
</tr>
<tr>
<td>Take a couple of pinches of grated ginger. Mix with half a spoon of tamarind paste and a cup of water.</td>
<td>Heat a pan. Add three pinches of black peppercorns, two pinches of coriander seeds, a pinch of cumin and a garlic clove. Stir for a minute and grind all together with a pinch of asafetida. (Andhra)</td>
<td></td>
</tr>
<tr>
<td>5.: Green Gram</td>
<td>5.: Cumin + Chili + Garlic.</td>
<td>5.: Neem Flower Heat half a spoon of oil. Add a couple of pinches of dried neem flower and fry.</td>
</tr>
<tr>
<td>Take half a handful of boiled green gram (Pasi paruppu). Dissolve in a cup of water.</td>
<td>Take a couple of pinches each of cumin, coriander seeds and a garlic clove. Grind to a paste with a couple of pinches of chili powder. (Kerala)</td>
<td></td>
</tr>
<tr>
<td>6.: Horse gram + Tamarind</td>
<td>6.: Coriander + Cumin + Coconut</td>
<td>6.: Drumstick Boil a drumstick and scoop out the flesh.</td>
</tr>
<tr>
<td>Soak half a handful of horse gram in water overnight. Drain water, add a cup of water and pressure cook for 4 whistles with a pinch of turmeric and half a spoon of tamarind paste. Blend to a paste.</td>
<td>Take 2 pinches each of coriander seeds, cumin, two red chilies, a spoon of grated coconut and a pinch of jaggery. Blend all to a paste with a bit of water. (Karnataka)</td>
<td></td>
</tr>
<tr>
<td>7.: Stock + Tamarind</td>
<td>7.: Fried spices + lentils</td>
<td>7.: Rose petals Add a couple of pinches of rose petals.</td>
</tr>
<tr>
<td>Dissolve half a spoon of tamarind paste in a cup of vegetable stock (water in which vegetables have been boiled).</td>
<td>Heat a spoon of oil. Add a pinch each of tuvar dal, cumin, Bengal gram, coriander seeds, black pepper, a red chili and a spoon of coconut. Stir for 2 minutes and grind to a powder with a pinch each of turmeric powder and asafetida. (Mysore)</td>
<td></td>
</tr>
<tr>
<td>8.: Spinach + lentils + tamarind</td>
<td>8.: Soaked and ground lentils + Spice mix</td>
<td>8.: Pineapple Take half a handful of chopped pineapple cubes.</td>
</tr>
<tr>
<td>Take half a handful of tuvar dal. Add half a handful chopped spinach, a bit of ginger, a garlic clove, a slit green chili and a chopped tomato. Add a cup of water and pressure cook for 2 whistles. Mash and mix in half a spoon of tamarind paste.</td>
<td>Soak three pinches of tuvar dal in water for an hour. Add a couple of pinches of sambar powder, a pinch of asafetida and 2 curry leaves. Grind all together. (Tamilnadu)</td>
<td></td>
</tr>
<tr>
<td>9.: Any combination of the above</td>
<td>9.: Any combination of the above</td>
<td>9.: Any combination of the above</td>
</tr>
</tbody>
</table>

This table lists 1000 thin curries from 000 to 999. The three digits denote the base, flavouring and vegetables respectively.

**Master Recipe:** Choose and prepare a base from column 1, flavouring from column 2 and vegetables from column 3. Mix all together. Add two pinches of salt. Optionally, add a pinch of sambar powder/ rasam powder. Cook on low heat till all are cooked. Garnish with fried mustard.
Coconut- Lentil Curries :: Kootu

Kootus are mild, thick curries built from coconut and boiled lentils. Cumin & chiliies blended together give the basic flavouring for most kootus.

Kootu is very popular in Tamilnadu and various types of kootus are cooked here. Though normally made without tamarind, the Tamil’s love for tamarind is so strong that it is sometimes added to kootu to cook up a puli kootu (Tamarind kootu).

Keralites prefer to use yogurt in place of Tamarind in their kootus. The popular Aviyal is a type of kootu cooked with yogurt. Tamilnadu also has a sweetish variety of Kootu called pal kootu which is cooked up from milk / coconut milk.

Kootus can be eaten not just with rice, but with a variety of flatbreads like chappatis and parathas. Being mild, they also serve as an excellent introduction to south Indian cuisine for the uninitiated.

Your first Kootu :
In a blender add half a handful of freshly grated coconut. Add a green chili, a couple of pinches of cumin and a couple of pinches of salt. Add half a handful of boiled vegetables, half a handful of boiled tuvar dal and simmer for five minutes. Garnish with a pinch of mustard and a couple of curry leaves fried in a spoon of oil.

Sample Recipes:

Peerangai kootu 000 Coconut – cumin curry with Ridgegourd
Prepare base as in point 0 & flavouring as in point 0. Add a handful of chopped peerangai (Ridge gourd). Follow master recipe.

Paringikkai Pal Kootu Yellow squash sweet kootu 800 Coconut – cumin curry with yellow squash
Prepare base as in point 5 & flavouring as in point 0. Add a handful of chopped parangikai (Yellow squash). Follow master recipe.

Okra Sour kootu 600
Coconut- cumin- tamarind curry with Okra.
Prepare base as in point 6 & flavouring as in point 0. Add a handful of sliced okra. Follow master recipe.

Aviyal 703 Coconut- cumin- yogurt curry with mixed vegetables : Kerala
Prepare base as in point 7 & flavouring as in point 0. Add a spoon of boiled mixed vegetables. Add a spoon of coconut oil and some raw curry leaves. Just mix all and serve. No need to cook any further.

Pudalangai masala kootu 120
Coconut- cumin- curry with snake gourd and garam masala.
Prepare base as in point 1 & flavouring as in point 2. Add a handful of chopped Snake gourd. Follow master recipe.

Beans kootu 130
Coconut- cumin- beans curry with fried and ground spices
Prepare base as in point 1 & flavouring as in point 3. Add a handful of chopped beans. Follow master recipe.

Green peas kootu 042
Coconut- cumin- Green peas curry with roast and ground spices
Prepare base as in point 0 & flavouring as in point 4. Add a handful of fresh green peas. Follow master recipe.

Suraikai kootu 060 Coconut- cumin curry with bottlegourd and roast and ground spices
Prepare base as in point 0 & flavouring as in point 6. Add a handful of chopped suraikai (Bottle gourd). Follow master recipe.
# One page cookbooks :: 1001 Coconut- Lentil Curries

<table>
<thead>
<tr>
<th>Base (1 cup = 200 ml)</th>
<th>Flavouring</th>
<th>Goodies</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.: None</td>
<td>0.: Coconut + cumin + chili</td>
<td>0.: Vegetables</td>
</tr>
<tr>
<td></td>
<td>Take half a handful of coconut, a green chili and a couple of pinches of cumin. Add a little water and blend to a smooth paste.</td>
<td>Take a handful of a chopped and boiled vegetable.</td>
</tr>
<tr>
<td>1.: Double dals</td>
<td>1.: Fried spices</td>
<td>1.: Mushroom</td>
</tr>
<tr>
<td></td>
<td>Heat a spoon of oil. Add a pinch each of mustard, cumin, asafetida, ginger, curry leaves, a dried red chili and half a handful of coconut flakes. Stir for 2 minutes and remove from heat.</td>
<td>Take a handful of chopped mushroom.</td>
</tr>
<tr>
<td>2.: Green gram</td>
<td>2.: Roast &amp; ground spices</td>
<td>2.: Fresh Pulses</td>
</tr>
<tr>
<td></td>
<td>In a pan, add half a handful of coconut, a red chili, a couple of pinches of coriander seeds and a couple of pinches of cumin. Roast till they reddens and grind them together.</td>
<td>Take a handful of fresh pulses like green peas.</td>
</tr>
<tr>
<td>3.: Triple dals</td>
<td>3.: Fried &amp; Ground spices</td>
<td>3.: Mixed veggies</td>
</tr>
<tr>
<td></td>
<td>In a pan, add a spoon of oil. Add half a handful of coconut, a couple of pinches of each of urad dal, cumin and a red chili. Roast till they reddens and grind them together.</td>
<td>Take a handful of chopped and boiled mixed vegetables.</td>
</tr>
<tr>
<td>4.: Tuvar dal</td>
<td>4.: Roast &amp; Ground spices +</td>
<td>4.: Papad</td>
</tr>
<tr>
<td></td>
<td>urad dal and pressure cook for 2 whistles.</td>
<td>Take a handful of roast and crushed papad.</td>
</tr>
<tr>
<td>5.: Bengal gram</td>
<td>5.: Roast gram + coconut +</td>
<td>5.: Spinach</td>
</tr>
<tr>
<td></td>
<td>pepper In a pan add half a handful of coconut flakes, a couple of pinches of each of pepper and roasted chana (pottu kadalai). Roast till they reddens and grind them together.</td>
<td>Take a handful of chopped spinach.</td>
</tr>
<tr>
<td>6.: Tamarind</td>
<td>6.: Spices + soaked dal +</td>
<td>6.: Dried pulses</td>
</tr>
<tr>
<td></td>
<td>coconut In a blender, add half a handful of coconut flakes, a couple of pinches of each of cumin, urad dal &amp; a green chili. Add a couple of pinches of Bengal gram which has been soaked in water for an hour. Grind to a paste.</td>
<td>Take half a handful of dried pulses. Soak them overnight in a cup of water and pressure cook for 4 whistles.</td>
</tr>
<tr>
<td>7.: Yogurt</td>
<td>7.: Fried spices</td>
<td>7.: Fruits</td>
</tr>
<tr>
<td></td>
<td>Heat a spoon of oil. Add a pinch each of pepper, curry leaves, fenugreek, urad dal, Bengal gram &amp; Tuvar dal. Roast &amp; grind together with a green chili and half a handful of coconut flakes.</td>
<td>Take a handful of chopped fruits like Mango, Pineapple, or Apple.</td>
</tr>
<tr>
<td>8.: Coconut Milk /</td>
<td>8.: Fenugreek + dal + coconut</td>
<td>8.: Fusion</td>
</tr>
<tr>
<td>Milk</td>
<td>Heat a pan. Add a pinch each of fenugreek, cumin, curry leaves, Bengal gram, urad dal, two pinches of pepper and half a handful of coconut flakes. Roast well and grind.</td>
<td>Take a handful of non traditional goodies like Sweet corn, Olives, Paneer, etc</td>
</tr>
<tr>
<td>9.: Any combination</td>
<td>9.: Any combination of the above</td>
<td>9.: Any combination of the above</td>
</tr>
<tr>
<td>of the above</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

This table lists a thousand coconut – lentil curries from 000 to 999. The three digits denote the base, flavouring and additives.

**Master Recipe** :: Choose a base from column 1, flavouring from column 2 and vegetables from column 3. Mix all, add 2 pinches of salt and cook on low heat till vegetables are cooked. Garnish with fried mustard and curry leaves.
Blended curries:
Thuvaiyal / Pachadi / Chutney

A variety of uncooked, blended curries are eaten all over the South. All these curries can be made in a jiffy. Most require no cooking at all. Just add everything and blend to a paste – and your curry is ready.

They do not need any garnish too, though normally a couple of pinches of mustard seeds and curry leaves are fried in a spoon of oil and added. They can be eaten with rice and a variety of Indian breads. They can also be used as dips or spreads.

The sourness of the curry comes from Tamarind paste, lemon or yogurt. The curry is spiced up by red / green chilies. A variety of herbs / vegetables / pulses are blended to a paste with a souring agent and chilies to make these curries. Blended curries from sour fruits like tomato / mango do not need an extra souring agent. Salad vegetables like onions, radish, tomato, can be used raw. Vegetables like eggplant, which cannot be eaten raw are cooked and used.

Thuvaiyal, Masiyal, Chutney, and Thayir Pachadi – all belong to the blended curry family. Their names change depending on the souring agent used.

Thuvaivails are made by blending raw / boiled vegetables / roasted pulses with red chili and tamarind.

Masiyals are made by blending boiled vegetables with green chilies and lemon juice.

Chutneys are made by blending raw vegetables / herbs usually with coconut and green chilies. Normally no souring agents are used for Chutneys.

Thayir pachadis are made by mixing raw / boiled vegetables with yogurt.

Chena Arachu Kalakki 103
Yam and yogurt blended curry : Kerala
Take half a handful of chopped and boiled yam. Blend to a paste with a green chili, a couple of pinches of salt and half a cup of yogurt. Add flavouring as in point 0. Pickled mango / pickled gooseberries can be used in place of yam.

Gongura pachadi 808
Sour spinach blended curry : Andhra
Take a handful of chopped Gongura leaves. Add a chopped green chili and boil in a cup of water for 5 minutes till leaves are cooked. Drain water and blend to a paste with a spoon of roasted peanuts and a couple of pinches of salt.

Mix in a couple of spoons of finely chopped onions. Add flavouring as in point 0.

Coconut Thuvaiyal 600
Coconut sour curry : Tamilnadu
Prepare base as in point 6 & souring agent as in point 0. Blend together with a red chili and a couple of pinches of salt. Add flavouring as per point 0.

Paruppu Thuvaiyal 500
Lentil sour curry : Tamilnadu
Prepare base as in point 5 & souring agent as in point 0. Blend together with a red chili and a couple of pinches of salt. Add flavouring as per point 0.

Kottimeera pachadi 308
Coriander Chutney : Andhra
Prepare base as in point 3 & souring agent as in point 8. Blend together with a green chili and a couple of pinches of salt (Optionally add half a handful of coconut while blending). Add flavouring as per point 0.

Kathirikai Masiyal 111
Eggplant sour curry : Tamilnadu
Heat a spoon of oil. Add a handful of chopped eggplant. Cook on low flame for about five minutes till it is cooked. Prepare souring agent as in point 1. Blend together with the juice of half a lemon and a couple of pinches of salt. Add flavouring as per point 1.

Carrot Thayir pachadi 003
Carrot – yogurt curry: Tamilnadu
Take a handful of chopped carrots / cucumber. Mix with a cup of yogurt. Add flavouring as per point 0. Mix in a couple of pinches of salt. (No need to blend if you use finely chopped carrots. Just mix and serve).

Allam Pachadi 120
Ginger curry : Andhra
Heat a spoon of oil. Add half a handful of chopped ginger. For a couple of minutes. Prepare souring agent as in point 0. Mix in a pinch of jaggery. Prepare flavouring as per point 1. Blend together to a paste.

Kobari Velluli Pachadi 640
Coconut Garlic Chutney : Andhra
Prepare the base as in point 6, flavouring as per point 4 and additives as per point 1. Blend to a paste with a red chili and a couple of pinches of salt.

Kobari Pachadi 608
Coconut Chutney : Andhra
Prepare the base as in point 6. Blend to a paste with a green chili and a couple of pinches of salt. Add flavouring as per point 0.
### Base (1 handful)

<table>
<thead>
<tr>
<th>Base</th>
<th>Flavouring (1 spoonful)</th>
<th>Souring Agent</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.: Salad vegetables</td>
<td>0.: Fried whole spices</td>
<td>0.: Tamarind paste</td>
</tr>
<tr>
<td>Take a handful of cut vegetables that you can eat raw (onions, tomatoes, radish, carrot etc.)</td>
<td>Heat a spoon of oil. Add a pinch of mustard, a couple of pinches of urad dal, a pinch of curry leaves, a pinch of asafetida and a dried red chili. Stir for a few seconds and remove from heat.</td>
<td>Take half a spoon of tamarind paste. <em>(Thuvaïyal)</em></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>1.: Cooked vegetables</th>
<th>1.: Fried Spice powders</th>
<th>1.: Lemon</th>
</tr>
</thead>
<tbody>
<tr>
<td>In a pan heat a spoon of oil. Add a handful of finely chopped vegetables. Stir for around 5 minutes till they are cooked. <em>(Brinjal, Garlic, Onions, Capsicum, etc.)</em></td>
<td>Heat half a spoon of oil. Add a pinch each of coriander powder, cumin powder and turmeric powder. Stir for a few seconds and remove from heat.</td>
<td>Take the juice of half a lemon <em>(Masiyal)</em></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2.: Nuts</th>
<th>2.: Fried &amp; ground spices</th>
<th>2.: Vinegar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take a handful of Peanuts / Cashew nuts / Almonds / Pistachio / Ground nuts.</td>
<td>Heat a spoon of oil. Add 2 pinches each of split urad dal, Bengal gram and a pinch of cumin. Stir till they redden and grind them together.</td>
<td>Take a spoon of vinegar.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3.: Herbs</th>
<th>3.: Roast &amp; ground spices</th>
<th>3.: Yogurt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take a handful of chopped herbs like Cilantro, Mint or Curry Leaves.</td>
<td>Heat a pan. Add a dry red chili, 2 pinches each of split urad dal and Bengal gram. Stir till they redden and grind coarsely.</td>
<td>Take a cup of curd. <em>(Thayir pachadi)</em></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>4.: Seeds</th>
<th>4.: Garlic</th>
<th>4.: Sour Tomato</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heat a pan. Add a handful of Sesame seeds / Coriander seeds / pumpkin seeds etc., Dry roast them over a low fire for a couple of minutes, stirring often to avoid burning.</td>
<td>Heat half a spoon of oil. Add two garlic cloves. Stir and cook for a minute.</td>
<td>Take half a handful of chopped tomatoes.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>5.: Pulses.</th>
<th>5.: Onion + Tomato</th>
<th>5.: Kokkum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heat a pan. Add a handful of lentils. Roast till they redden. <em>(Lentils like <em>Tuvar dal</em> / urad dal / Bengal gram are normally used)</em></td>
<td>Heat half a spoon of oil. Add a pinch each of coriander powder, cumin powder and turmeric powder. Add half a chopped onion, half a chopped tomato and cook for a couple of minutes.</td>
<td>Take a couple of small bits of kokkum soaked in water.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>6.: Coconut</th>
<th>6.: Fennel+ Cumin+ Fenugreek</th>
<th>6.: Mango</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take a handful of grated coconut.</td>
<td>Heat a spoon of oil. Add a pinch each of fennel, cumin and fenugreek. Stir for a few seconds and remove from heat. Grind together.</td>
<td>Take half a handful of skinned &amp; chopped sour, raw mango.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>7.: Fruits</th>
<th>7.: Onion+ginger+ garlic</th>
<th>7.: Tamarind paste + jaggery</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take a handful of skinned mango / pineapple</td>
<td>Heat half a spoon of oil. Add 2 pinches of garlic, half a handful of chopped onion and half a spoon of ginger garlic paste. Stir and cook for a couple of minutes. Remove from heat.</td>
<td>Take half a spoon of tamarind paste and a pinch of jaggery.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>8.: Leaves <em>(Young tamarind leaves, young neem leaves, Sour Spinach (Gongura leaves etc.)</em></th>
<th>8.: Garam Masala</th>
<th>8.: None <em>(Chutney)</em></th>
</tr>
</thead>
<tbody>
<tr>
<td>Heat a spoon of oil. Add a handful of leaves. Cook for a couple of minutes. Add a pinch of jaggery.</td>
<td>Heat half a spoon of oil. Add a pinch each of coriander powder, cumin powder, turmeric powder &amp; a pinch of garam masala. Stir for a few seconds and remove from heat.</td>
<td>Any combination of the above</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>9.: Any combination of the above</th>
<th>9.: Any combination of the above</th>
<th>9.: Any combination of the above</th>
</tr>
</thead>
</table>

This table lists 1000 blended curries from 000 to 999. The three digits denote the base, flavouring and souring agent.

**Master Recipe:** Prepare the base as in column 1 and souring agent as in column 3. In a blender, add base and souring agent. Add a couple of pinches of salt and a dry red chili. Blend to a smooth paste with a spoon of water. Prepare flavouring as in column 2. Mix all. Heat a spoon of oil. Add a pinch of mustard, and a couple of curry leaves. Add to curry and serve.
Roasted Lentil- Chili Powder :: Podi / Pudi

Podi (literally meaning Powder) is an important part of South Indian cuisine. To make a Podi, various pulses are roasted and ground together with red chili, spices and salt. They store well and are normally prepared in large batches and stored for months. For a quick meal, mix a podi with cooked, hot rice, add a bit of oil or ghee and dig in. Podis form a big chunk of the baggage South Indians carry abroad. Podis also make excellent accompaniments to idlis and dosas. Podis are very popular especially in Andhra and Tamilnadu.

Podis, thuvaiyals and chutneys are all members of the same family. Grind the pulses to a powder and you get a podi. Add water (and usually some tamarind paste) to the podi, making a thick paste, and it becomes a thuvaiyal. Add more water to the podi (and usually some coconut paste), making a thin paste, and you get a chutney.

Cooking your first Podi:
Heat a pan. Add half a handful of tuvar dal. Stir for a couple of minutes till the dal starts browning. Remove from heat and cool for 10 minutes. Add to a blender with a couple of red chilies and a couple of pinches of salt. Grind to a coarse powder. Eat mixed with cooked rice, and a bit of ghee/oil.

Thengai Milagai Podi 400
Coconut Chili Powder (Tamilnadu)
Prepare base as in point 4, flavouring as in point 0 and additives as per point 0. Cook as per master recipe.

Idli Podi 030
Pulses- chili powder (Tamilnadu)
Prepare base as in point 0, flavouring as in point 3 and additives as per point 0. Cook as per master recipe. This is eaten mixed with sesame oil and is usually served with Idlis and Dosas.

Paruppu Podi 200
Bengal gram – Chili powder (Tamilnadu)
Prepare base as in point 2, flavouring as in point 0 and additives as per point 0. Cook as per master recipe

Poondu Podi 320
Garlic- Chili Powder (Tamilnadu)
Prepare base as in point 3, flavouring as in point 2 and additives as per point 0. Cook as per master recipe.

Nuvvula podi 600
Sesame – Chili Powder (Andhra)
Prepare base as in point 6, flavouring as in point 0 and additives as per point 0. Cook as per master recipe.

Karuveppilai Podi 730
Curry Leaf powder (Tamilnadu)
Prepare base as in point 7, flavouring as in point 3 and additives as per point 0. Cook as per master recipe.

Vaera Sanaga Podi 870
Peanut – chili powder (Andhra)
Prepare base as in point 8, flavouring as in point 7 and additives as per point 0. Cook as per master recipe.

Kollu Podi 550
Horse gram – chili powder (Tamilnadu)
Prepare base as in point 5, flavouring as in point 5 and additives as per point 0. Cook as per master recipe.

Pappula Podi 370
Roasted gram- chili powder (Andhra)
Prepare base as in point 3 & flavouring as in point 7. Cook as per master recipe.

Endu Kobbari Podi 920
Coconut Chili Powder (Andhra)
Heat a spoon of ghee. Add half a handful of dry coconut flakes, a spoon each of urad dal and Bengal gram and a garlic clove. Roast well. Follow master recipe.

Sonthi Podi 251
Ginger Powder (Andhra)
Heat a spoon of ghee. Add a spoon of urad dal and Bengal gram mixture. Roast. Add a bit of dry ginger. Follow master recipe.

Paalya / Vangeebath pudi 930
Spice powder for rice / vegetable curries (Karnataka)
Heat a pan. Add half a handful of Bengal gram and urad dal mixture. Add a spoon of grated coconut, a bit of cinnamon and a tiny bit of nutmeg. Roast all and grind with a red chili and 2 pinches of salt. This can be added to dry vegetable curries or eaten mixed with cooked rice.
## One page cookbook :: 1001 Lentil-Chili Powders

<table>
<thead>
<tr>
<th>Base</th>
<th>Flavouring</th>
<th>Additives</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>0.:</strong> Urad Dal</td>
<td>0.: None</td>
<td>0.: None</td>
</tr>
<tr>
<td></td>
<td>Heat a pan. Add half a handful of split, husked urad dal. Keep stirring till it starts to brown.</td>
<td></td>
</tr>
<tr>
<td><strong>1.:</strong> Tuvar Dal</td>
<td>1.: Pepper</td>
<td>1.: Tamarind</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Take a pinch of black peppercorns.</td>
</tr>
<tr>
<td></td>
<td>Heat a pan. Add half a handful of Tuvar dal. Keep stirring till it starts to brown.</td>
<td></td>
</tr>
<tr>
<td><strong>2.:</strong> Bengal Gram</td>
<td>2.: Garlic</td>
<td>2.: Cashew / Almonds</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Take a clove of garlic.</td>
</tr>
<tr>
<td></td>
<td>Heat a pan. Add half a handful of Bengal gram. Keep stirring till it starts to brown.</td>
<td></td>
</tr>
<tr>
<td><strong>3.:</strong> Roasted gram</td>
<td>3.: Asafetida</td>
<td>3.: Fenugreek seeds</td>
</tr>
<tr>
<td>Take half a handful of Bhuna Chana (Pottu Kadalai).</td>
<td>Take a pinch of asafetida.</td>
<td>Take a pinch of fenugreek seeds. Add to a pan and roast them without oil for a couple of minutes.</td>
</tr>
<tr>
<td><strong>4.:</strong> Dry Coconut</td>
<td>4.: Turmeric</td>
<td>4.: Mango powder</td>
</tr>
<tr>
<td>Heat a pan. Add half a handful of grated coconut. Copra (dried coconut) works especially fine. Keep stirring till it starts to brown.</td>
<td>Take a pinch of turmeric powder.</td>
<td>Take a pinch of mango powder.</td>
</tr>
<tr>
<td><strong>5.:</strong> Horse gram</td>
<td>5.: Dry Ginger</td>
<td>5.: Cilantro</td>
</tr>
<tr>
<td>Heat a pan. Take half a handful of horse gram. Keep stirring till it starts to brown.</td>
<td>Take a small bit of dry ginger.</td>
<td>Take a couple of pinches of sun dried coriander leaves.</td>
</tr>
<tr>
<td><strong>6.:</strong> Sesame Seeds</td>
<td>6.: Onion powder</td>
<td>6.: Kasoori Methi</td>
</tr>
<tr>
<td>Heat a pan. Take half a handful of sesame seeds. Keep stirring till it starts to brown.</td>
<td>Take a pinch of onion powder.</td>
<td>Take a pinch of dry fenugriek leaves.</td>
</tr>
<tr>
<td><strong>7.:</strong> Curry Leaves</td>
<td>7.: Cumin</td>
<td>7.: Garam Masala</td>
</tr>
<tr>
<td>Heat a pan. Add half a handful of curry leaves. Add half a handful of Bengal gram and urad dal mix. Keep stirring them till the lentils start to brown.</td>
<td>Heat a pan. Add a pinch of cumin and roast them for a minute.</td>
<td>Take a pinch of garam masala powder.</td>
</tr>
<tr>
<td><strong>8.:</strong> Peanuts</td>
<td>8.: Coriander seeds</td>
<td>8.: Jaggery</td>
</tr>
<tr>
<td>Take half a handful of dry roasted peanuts. Remove the skin.</td>
<td>Heat a pan. Add a pinch of coriander seeds and roast them for a minute.</td>
<td>Take a pinch of jaggery.</td>
</tr>
<tr>
<td><strong>9.:</strong> Any combination of the above</td>
<td>9.: Any combination of the above</td>
<td>9.: Any combination of the above</td>
</tr>
</tbody>
</table>

This table lists 1000 lentil-chili powders from 000 to 999. The three digits denote the base, flavouring and additives.

**Master Recipe ::** Choose and prepare a base from column 1, flavouring from column 2 and additives from column 3. Add one or two red chilies and a couple of pinches of salt. Grind to a fine powder. Store in airtight jars. It takes a well roasted base to make a great podi.
Dry Vegetable Curries:: Poriyal / Kura / Paalya / Kari

Dry curries are an integral part of South Indian cuisine. In South India, the staple food - rice, is eaten with a variety of gravies. Dry curries accompany all these dishes. A variety of vegetables, leafy greens, fresh & dried pulses are cooked into delicious poriyals. The most common cooking technique is braising, where the vegetables are cooked in a covered pan on low heat with minimum water.

Sample Poriyal Recipes :

Parangikkai Paal Kari 000 (Tamilnadu)
Take a handful of chopped parangikkai (Yellow squash). Prepare flavouring as in point 0 and goodies as in point 0. Cook as per master recipe.

Kuda milagai Masala kari 043 (Tamilnadu)
Capsicum dry curry flavoured by ginger-garlic
Take a handful of chopped capsicum. (Kuda milagai) Prepare flavouring as in point 4 and goodies as in point 3. Cook as per master recipe.

Peerkangai paruppu poriyal 006 (Tamilnadu)
Ridge gourd dry curry with boiled lentils.
Take a handful of chopped peerkangai (Ridge Gourd) Prepare flavouring as in point 0 and goodies as in point 6. Cook as per master recipe.

Carrot, cabbage Poriyal 102 (Tamilnadu)
Carrot-cabbage dry curry
Take a handful of chopped cabbage and carrots. Prepare flavouring as in point 0 and goodies as in point 2. Cook as per master recipe.

Thandan keerai poriyal 313 (Tamilnadu)
Spinach dry curry
Take a handful of chopped spinach. Prepare flavouring as in point 3 and goodies as in point 1. Cook as per master recipe.

Beans Usili 055 (Tamilnadu)
Dry curry with Beans and spiced dal
Take a handful of chopped beans. Prepare flavouring as in point 5 and goodies as in point 5. Cook as per master recipe.

Green peas sundal 431 (Tamilnadu)
Green peas Dry curry
Take a handful of boiled green peas. Prepare flavouring as in point 3 and goodies as in point 1. Cook as per master recipe.

Bele Kosambari 601 (Karnataka)
Soaked lentil curry
Prepare base as in point 6. Add flavouring as in point 0 and goodies as in point 1. No need to cook. Add a dash of lemon juice a pinch of salt and serve.

Gotti vankaya kura 038 (Andhra)
Stuffed Eggplant curry
Take 4 eggplants. Rub the surface with oil and slit it into quarters so that they remain joined at the base. Prepare flavouring as per point 3, additives as in point 8, mix in a couple of pinches of salt and stuff the eggplant with it. Microwave on high heat for 4 minutes.

Chena Mezhuguperatti 002 (Kerala)
Dry yam curry
Take a handful of chopped and boiled yam. Add flavouring as in point 0 and additives as in point 2. Mix all and serve.

Batata paalya 751
Potato dry curry: Karnataka
Prepare base as per point 7, flavouring as per point 5 and additives as per point 1. Cook as per master recipe. Mix in a pinch of sugar and some lime juice.

Ava Pettina Aratikaaya Kura 008
Raw Plantain in Mustard Paste: Andhra
Take a handful of chopped and boiled raw banana. Prepare flavouring as per point 0 and additives as per point 8. Cook as per master recipe.

Mushroom Thoran 207
Mushroom Coconut dry curry: Kerala
Take a handful of chopped mushroom. Prepare flavouring as per point 0 and additives as per point 7. Cook as per master recipe.
# One page Cookbook :: 1001 Dry Vegetable Curries

<table>
<thead>
<tr>
<th>Base (1 handful)</th>
<th>Flavouring (1 spoonful)</th>
<th>Additives</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.: Vegetables</td>
<td>0.: Fried whole spices</td>
<td>0.: Coconut milk</td>
</tr>
<tr>
<td>Take a handful of chopped and boiled vegetable.</td>
<td>Heat a spoon of oil. Add a pinch of mustard, wait till it pops, add a couple of pinches each of white gram, Bengal gram, 2 curry leaves and a dried red chili. Remove from heat.</td>
<td>Take a couple of spoons of coconut milk.</td>
</tr>
<tr>
<td>1.: Mixed vegetables</td>
<td>1.: Fried Spice powders</td>
<td>1.: Grated coconut</td>
</tr>
<tr>
<td>Take a handful of chopped and boiled mixed vegetables</td>
<td>Heat half a spoon of oil. Add a pinch each of red chili powder, coriander seeds powder, cumin powder and turmeric powder. Stir for a few seconds and remove from heat.</td>
<td>Take half a handful of grated coconut.</td>
</tr>
<tr>
<td>2.: Stir fried Vegetables</td>
<td>2.: Fried &amp; ground spices</td>
<td>2.: Coconut Oil</td>
</tr>
<tr>
<td>Take a handful of chopped vegetables. Heat a couple of spoons of oil in a pan. Add the vegetables and keep stirring on medium heat till they are cooked. Add a spoon of water if it becomes too dry.</td>
<td>Heat half a spoon of oil. Add a dried red chili, 2 pinches of coriander seeds, a pinch of cumin and half a handful of coconut flakes. Stir till they redden and grind them together.</td>
<td>Take a spoon of coconut oil.</td>
</tr>
<tr>
<td>3.: Spinach</td>
<td>3.: Roast &amp; ground spices</td>
<td>3.: Tamarind paste</td>
</tr>
<tr>
<td>Heat a spoon of oil. Add a couple of handfuls of chopped spinach. Stir and cook for five minutes. Till spinach is cooked</td>
<td>Heat a pan. Add a dry red chili, 2 pinches each of white gram and Bengal gram and half a handful of coconut flakes. Stir till they redden and grind coarsely with a pinch of asafetida.</td>
<td>Take half a spoon of tamarind paste.</td>
</tr>
<tr>
<td>4.: Boiled pulses</td>
<td>4.: Ginger + Garlic</td>
<td>4.: Spiced powders</td>
</tr>
<tr>
<td>Soak a handful of dried pulses in two cups of water overnight. Drain the water, add two more cups of water and pressure cook for 4 whistles.</td>
<td>To point 2, add half a spoon of ginger garlic paste.</td>
<td>Take a spoon of readymade spiced lentil powders.</td>
</tr>
<tr>
<td>5.: Sprouted pulses</td>
<td>5.: Onion</td>
<td>5.: Spiced dal</td>
</tr>
<tr>
<td>Soak a handfuls of dried pulses in two cups of water overnight. Drain the water, bundle in a cloth and hang in a cool place. The pulses will start sprouting in a day. Take a cup of sprouted pulses.</td>
<td>To point 0, Add one chopped onion. Stir and cook for 2 minutes and remove from heat.</td>
<td>Soak half a handful of tuvar dal in a cup of water for an hour. Coarsely grind with a green chili a pinch of salt. Microwave for a couple of minutes or steam in idli cooker till cooked. Crumble and use.</td>
</tr>
<tr>
<td>6.: Soaked lentils</td>
<td>6.: Onion+ginger+ garlic</td>
<td>6.: Boiled dal</td>
</tr>
<tr>
<td>Take a handful of chopped vegetables that can be eaten raw. Soak half a handful of split green gram in a cup of water for an hour. Mix and add a dash of lemon juice.</td>
<td>To point 0, add half a handful of chopped onion, and half a spoon of ginger garlic paste. Stir and cook for 2 minutes and remove from heat.</td>
<td>In a pressure cooker, add a cup of water and half a handful of tuvar dal. Cook for 2 whistles. Strain the water and use the dal.</td>
</tr>
<tr>
<td>7.: Mashed vegetables</td>
<td>7.: Fenugreek+ Mustard + Fennel + Cumin</td>
<td>7.: Coconut – garlic – chili</td>
</tr>
<tr>
<td>Boil a potato / Banana. Mash them.</td>
<td>Heat a spoon of oil. Add a pinch each of mustard, fenugreek, fennel and cumin. Stir and cook for a minute and remove from heat.</td>
<td>Take half a handful of coconut. Blend to a paste with a garlic clove and a green chili.</td>
</tr>
<tr>
<td>8.: Paneer</td>
<td>8.: Garam Masala</td>
<td>8.: Mustard paste</td>
</tr>
<tr>
<td>Take two handfuls of finely chopped paneer (Cottage cheese)</td>
<td>To point 1, add a couple of pinches of readymade garam masala.</td>
<td>Take two pinches of mustard seeds. Blend with a bit of ginger, half a green chili and two spoons of grated coconut.</td>
</tr>
<tr>
<td>9.: Any combination of the above</td>
<td>9.: Any combination of the above</td>
<td>9.: Any combination of the above</td>
</tr>
</tbody>
</table>

This table lists a thousand dry vegetable curries from 000 to 999. The three digits denote the base, flavouring and additives respectively.

**Master Recipe ::** Prepare a base from column 1 and flavouring from column 2. Mix both. Add salt and chili powder to taste. Sprinkle water and cook over a slow fire. Mix with additives from column 3. Heat half a spoon of oil. Add a pinch of mustard and a couple of curry leaves. Mix with curry and serve.
Andhra Curries:

Andhra Pradesh, being one of the largest producers of chilies in the world, is famous for its hot and spicy curries. Like other Southern states, the staple food is rice, which is served with a variety of curries built from tamarind, lentils, yogurt, red chilies and more red chilies.

Andhra cuisine can be divided across three regions – The eastern Kosta (Coastal Andhra), the northern Telangana and southern Rayalaseema.

Kosta is famous for its fiery tamarind curries and spicy sea food, Telungana for its Mogul influenced cuisine and Rayalaseema for its vegetable curries.

In coastal Andhra, tamarind is much loved and is added to just about anything. Even young tamarind leaves are used in curries. Despite its proximity to the center of the Muslim rule, the coastal cuisine shows little signs of Muslim or Christian influence. This is why Vijayawada cuisine is so very different from Hyderabad cuisine.

A lot of similarities can be found in the cuisine of Rayalaseema and the cuisine of Southern Karnataka. We also see the influences of Karnataka and Maharashtra cuisines here. That explains why this is the only region in Andhra where you find a roti - the Jonna Roti (made from Sorghum/Jowar/cholam) challenging rice for a place on the dinner plate.

Telungana is where the mild Mogul cuisine bumped into the fiery spices of Andhra and gradually morphed into the Hyderabad cuisine. This cuisine is very different from other South Indian cuisines. These curries are covered under the head Kormas in the following pages.

In spite of regional variations, certain curries are so popular, they are cut across regions. A variety of Pachadis (vegetables blended with tamarind, coconut and chilies into a thick sour curry) are eaten throughout Andhra. The chief among them is the Gongura Pachadi (sour spinach blended curry) - a uniquely Andhra curry.

Podis (Roasted lentils powdered with chili) are very popular and are eaten across the state mixed with hot, cooked rice and ghee. Powders like the Kandi Podi (Yellow lentil powder) papulla podi (Roasted gram powder) and karvepaaku podi (curry leaves powder) are eaten everywhere.

Eggplant is probably the best loved vegetable, though all other vegetables common to south India are consumed. A specialty vegetable is the Dosakkai – an orange sized, round, yellow variety of cucumber which is not common in other southern states.

Andhra pioneered the cooking of vegetables along with tuvar dal into a thick curry – the Pappu. The delicious Maamidikaaya Pappu, Beerakaaya Pappu and Dosakaaya Paapu are uniquely Andhra curries.

Sample recipes:

**MAJJIGA PULUSU 013 Yogurt curry**
Make the base as in point 6. Make flavouring as in point 0. Take half a handful of boiled vegetables. Mix all and cook as per master recipe.

**CHAARU 103 Lentil thin soup**
Make the base as in point 1. Make flavouring as in point 0. Tomatoes/garlic are the only vegetables used.

**VELULI PULUSU 203 Sour garlic curry**
Make the base as in point 0 & flavouring as in point 1. Add half a handful of garlic cloves. Cook as per master recipe.

**PEANUT PACCHI PULUSU 357 Raw Tamarind curry**
Make the base as in point 3 & flavouring as in point 5. Take half a handful of roasted peanuts and coarsely powder them in a blender. Mix all and serve. No need to cook further.

**MAMIDIKAYA PAPPU 505 Sour lentil curry**
Probably, the simplest dal of them all. Make base as in
point 2. Flavour as in point 0. Add juice of half a lemon. No need to cook any further.

**PAPPU CHAARU 703 Lentil thin soup with tamarind**
Take the base as in point 4 & flavouring as in point 1. Cook as per master recipe. Traditionally only few vegetables like tomato, garlic are added to Pappu Chaaru.

**PAPPU PULUSU 803 Lentil Tamarind curry**
Make the base as in point 1. Make flavouring as in point 0. Take half a handful of boiled vegetables. Mix all. Cook as per master recipe.

**GUTTI VANKAYA KURA 480 Stuffed Eggplant curry**
Take 4 eggplants. Rub them with oil and slit it into quarters so that they remain joined at the base. Prepare flavouring as per point 8, mix in a couple of pinches of salt and stuff the eggplant with it. Microwave on high heat for 4 minutes.

**TOMATO PERUGU PACHADI 603**
**Tomato Yogurt Curry**
Make the base as in point 6. Make flavouring as in point 0. Take half a handful of chopped tomatoes. Mix all. This curry is not cooked further. Just garnish and serve.
<table>
<thead>
<tr>
<th>Base</th>
<th>Flavouring</th>
<th>Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.: Majjiga pulusu. Take a cup of yogurt and mix well. (Yogurt curry)</td>
<td>0.: Mustard + Chili + Curry leaves Heat half a spoon of oil. Add a pinch of mustard, asafetida, a red chili and a couple of curry leaves. Stir for a minute and remove from heat.</td>
<td>0.: None</td>
</tr>
<tr>
<td>1.: Charu Dissolve half a spoon of tamarind paste in a cup of water. Traditionally no vegetables except tomato / garlic are added to charu. (Thin tamarind curry)</td>
<td>1.: Mustard + Chili + Garlic Heat half a spoon of oil. Add a pinch each of mustard, asafetida, a red chili, two curry leaves, and a crushed garlic clove. Stir for a minute and remove from heat.</td>
<td>1.: Fresh Pulses Take a handful of fresh pulses (Ex: green peas).</td>
</tr>
<tr>
<td>2.: Pulusu Take a spoon of tamarind paste, a couple of pinches of rice flour and a couple of pinches of jaggery. Dissolve in a cup of water. (Tamarind Stew)</td>
<td>2.: Mustard + Lentil + curry leaves Heat half a spoon of oil. Add a pinch each of mustard, asafetida, a red chili, a couple of pinches of urad dal, and a couple of curry leaves. Stir for a minute and remove from heat.</td>
<td>2.: Greens Take a handful of chopped spinach</td>
</tr>
<tr>
<td>3.: Pachhi Pulusu Take half a spoon of tamarind paste and mix it in a cup of water with a pinch of jaggery. This base is not cooked. Just mix with boiled vegetables, add salt, flavouring and serve. (Raw tamarind curry)</td>
<td>3.: Ginger + Garlic Heat half a spoon of oil. Add a pinch each of mustard, asafetida, a red chili, a couple of curry leaves and half a spoon of ginger garlic paste. Stir for a minute and remove from heat.</td>
<td>3.: Vegetables Take a handful of chopped and boiled vegetables.</td>
</tr>
<tr>
<td>4.: Kura. Take a handful of boiled vegetables. This is a dry curry. So, do not add too much water while cooking (Dry vegetable curry)</td>
<td>4.: Onion + Garlic + tomato Heat half a spoon of oil. Add a pinch each of mustard, asafetida, a red chili and a couple of curry leaves. Add one chopped onion, a chopped tomato and two cloves of crushed garlic. Stir for 2 minutes and remove from heat.</td>
<td>4.: Mushroom Take a handful of chopped mushroom.</td>
</tr>
<tr>
<td>5.: Pappu In a pressure cooker add cup of water. Add a handful of tuvar dal, a pinch of turmeric powder and a silt green chili. Cook for four whistles. Mix in half a spoon of tamarind paste. (Lentil curry)</td>
<td>5.: Fried Spice powders. Heat half a spoon oil. Add a pinch each of turmeric, asafetida, coriander powder, and cumin powder. Stir for a minute and remove from heat.</td>
<td>5.: Leaves/ Fruits Take a handful young tamarind leaves or chopped fruits like mango / pineapple.</td>
</tr>
<tr>
<td>6.: Perugu Pachadi Take a cup of yogurt and mix it well. A variety of raw / boiled vegetables are added to this pachadi. It is not cooked further, but mixed with flavouring and served. (Yogurt curry)</td>
<td>6.: Fried spices + Poppy Seeds Heat half a spoon of oil. Add a pinch each of mustard, cumin and 2 curry leaves. Add a couple of pinches of poppy seeds. Stir and toast for a minute. Add half a spoon of ginger garlic paste and a pinch of turmeric. Stir for a minute and remove from heat.</td>
<td>6.: Dried Vegetables Heat a spoon of oil. Add half a handful of sun dried vegetables and fry them.</td>
</tr>
<tr>
<td>7.: Pappu Charu In a pressure cooker add cup of water. Add half a handful of tuvar dal, half a spoon of tamarind paste and a pinch of turmeric powder. Cook for four whistles. Traditionally no vegetables except tomato / garlic are added to Pappu Charu. (Thin Tamarind and lentil stew)</td>
<td>7.: Fried &amp; ground spices Heat half a spoon of oil. Add 2 pinches of coriander seeds, and half a handful of coconut flakes. Stir till they redden and grind them together.</td>
<td>7.: Dried Pulses Take a handful of dried pulses. Soak overnight in a cup of water. Drain, add 2 cups of water and pulses in a pressure cooker. Close and cook for 4 whistles.</td>
</tr>
<tr>
<td>8.: Pappu Pulusu In a pressure cooker add cup of water. Add a handful of tuvar dal, half a spoon of tamarind paste and a pinch of turmeric powder. Cook for four whistles. (Tamarind &amp; Lentil Stew)</td>
<td>8.: Roast &amp; ground spices Heat a pan. Add a couple of pinches of sesame seeds, a bit of cinnamon a clove, a couple of pinches each of coriander seeds, cumin, poppy seeds, a red chili and half a handful of grated coconut. Stir till they redden and grind.</td>
<td>8.: Fusion Take a handful of Baby corn, Olives/ Brussels sprouts / Paneer etc.,</td>
</tr>
<tr>
<td>9.: Kobbaru Pachadi Take half a handful of grated coconut. Blend to a paste with a green chili, a couple of pinches of salt and 2 spoons of water. No vegetables are added and this curry is not cooked further.</td>
<td>9.: Any combination of the above</td>
<td>9.: Any combination of the above</td>
</tr>
</tbody>
</table>

This table lists 1000 Andhra curries from 000 to 999. The three digits denote the base, flavouring and souring agent respectively. Master Recipe:: Choose and prepare a base from column 1, flavouring from column 2 and vegetables from column 3. Mix all together. Add salt & chili powder to taste. Cook on low heat till all are cooked. Heat a spoon of oil. Fry a pinch of mustard & 2 curry leaves. Add to curry.
Korma :: Rich, Mild, Hyderabadi Curries

Mogul cuisine of North India is rich and mild. In parts of Andhra which were under Muslim rule, the Mogul cuisine was shocked by the strong spices of the south, absorbed them and evolved into the spiciest Mogul cuisine of India - the Hyderabadi cuisine.

Korma, the curry of the Moguls, is a mild, rich, thick curry, cooked for a long time over a slow fire. The base is rich (usually made from dairy products) and is flavoured by expensive spices. The Kormas of Hyderabad use these techniques, but use a variety of local spices for flavouring, yielding spicy Kormas unlike any other.

Though traditionally eaten with naan, rotis or rice, a korma goes equally well as a sauce with pasta or noodles. Being very mild, it is an excellent introduction to Indian cuisine.

Sample Recipes:

Mixed Vegetable Korma 0.0.6
Make the base as in point 0 & flavouring as in point 0. Add half a handful of mixed vegetables – say carrot, beans & capsicum. Prepare as per master recipe.

Green Peas Korma 1.0.1
Make the base as in point 1 & flavouring as in point 0. Add half a handful of fresh green peas. Prepare as per master recipe.

Creamy Mushroom Korma 2.1.3
Make the base as in point 2 & flavouring as in point 1. Add half a handful chopped mushrooms. Prepare as per master recipe.

Paneer Korma 4.2.4
Make the base as in point 4 & flavouring as in point 2. Add half a handful of chopped paneer. Prepare as per master recipe.

Cashew Korma 5.4.5
Make the base as in point 5 & flavouring as in point 4. Add half a handful of soaked cashew. Prepare as per master recipe.

Palak Korma 6.6.2
Make the base as in point 6 & flavouring as in point 6. Add half a handful chopped spinach. Prepare as per master recipe.

Pineapple Korma 7.6.7
Make the base as in point 7. Make flavouring as in point 6. Add a handful of chopped pineapple. Prepare as per master recipe.
<table>
<thead>
<tr>
<th>Base (1 cup: 200 ml)</th>
<th>Flavouring</th>
<th>Goodies (1 handful)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.: Milk</td>
<td>Fried whole spices</td>
<td>Vegetables</td>
</tr>
<tr>
<td>Take a cup of milk</td>
<td>Heat half a spoon of butter or ghee. Add a pinch of cumin. Add a bay leaf, half a handful of chopped onions and half a spoon of ginger-garlic paste. Stir for a minute and remove from heat.</td>
<td>Take a handful of chopped vegetables.</td>
</tr>
<tr>
<td>1.: Milk + coconut milk</td>
<td>Fried Spice powders</td>
<td>Fresh Pulses</td>
</tr>
<tr>
<td>Take half a cup of milk and mix with half a cup of coconut milk.</td>
<td>Heat half a spoon of ghee. Add a pinch each of white pepper, coriander powder, cumin powder &amp; garam masala. Stir for a minute and remove from heat.</td>
<td>Take a handful of fresh pulses (Ex: green peas).</td>
</tr>
<tr>
<td>2.: Cream</td>
<td>Fried &amp; ground spices</td>
<td>Spinach</td>
</tr>
<tr>
<td>Take a cup of cream</td>
<td>Heat half a spoon of butter or ghee. Add 2 pinchers of coriander seeds, a pinch of cumin, a clove, a cardamom seed and half a handful of coconut flakes. Stir till they start becoming brown and grind them together.</td>
<td>Take a handful of chopped spinach.</td>
</tr>
<tr>
<td>3.: Coconut milk</td>
<td>Roast &amp; ground spices</td>
<td>Mushroom</td>
</tr>
<tr>
<td>Take a cup of coconut milk</td>
<td>Heat a pan. Add a pinch each of coriander seeds, cumin, fennel, poppy seeds, a bit of cinnamon, a cardamom and a clove. Stir till they redden and grind together.</td>
<td>Take a handful of chopped mushroom.</td>
</tr>
<tr>
<td>4.: Cream + Nuts</td>
<td>Ginger + Garlic</td>
<td>Paneer</td>
</tr>
<tr>
<td>In a blender, add half a handful of cashew and some water. Make a smooth paste. Add cream and mix to make a cup of base.</td>
<td>Heat half a spoon of ghee. Add a pinch each of coriander seeds, cumin, a clove, cardamom seeds and half a handful of coconut flakes. Stir till they start becoming brown. Add half a spoon of ginger garlic paste. Grind everything together.</td>
<td>Heat a spoon of butter. Add half a handful of chopped paneer. Stir and cook for a couple of minutes.</td>
</tr>
<tr>
<td>5.: Cream + coconut milk</td>
<td>Onion + Garlic</td>
<td>Nuts</td>
</tr>
<tr>
<td>Take half a cup of cream and half a cup of coconut milk. Mix well to make a cup of base.</td>
<td>Heat half a spoon of butter or ghee. Add one chopped onion and two crushed garlic cloves. Add a pinch each of white pepper, coriander powder &amp; cumin powders. Stir &amp; cook for a couple of minutes.</td>
<td>Take a handful of cashew/ pistachio / almonds. Soak in water overnight and drain the water.</td>
</tr>
<tr>
<td>6.: Cream + coconut milk + nuts</td>
<td>Onion + Garlic+ Tomato</td>
<td>Mixed Veggies</td>
</tr>
<tr>
<td>In a blender, add half a handful of cashew and some water. Grind to a smooth paste. Add half a cup of cream and two spoons of coconut milk. Mix well to make a cup of base.</td>
<td>Heat half a spoon of butter or ghee. Add one chopped onion, two crushed garlic cloves and a chopped tomato. Add a pinch each of white pepper, coriander powder &amp; cumin powder. Stir &amp; cook for a couple of minutes.</td>
<td>Take a handful of mixed vegetables.</td>
</tr>
<tr>
<td>7.: Cream + Yogurt</td>
<td>Fried spices #2</td>
<td>Fruits</td>
</tr>
<tr>
<td>Take half a cup of cream and half a cup of yogurt. Mix to make a cup of base.</td>
<td>Heat half a spoon of butter or ghee. Add a pinch of cumin, a pinch each of white pepper, fenel, poppy seeds, a bit of cinnamon, a bay leaf, a cardamom &amp; a clove.</td>
<td>Take a handful of chopped fruits like mango / pineapple.</td>
</tr>
<tr>
<td>8.: Coconut milk + yogurt</td>
<td>Fried spices+ Onion+ Chili</td>
<td>Fusion</td>
</tr>
<tr>
<td>Take half a cup of coconut milk and half a cup of yogurt. Mix to make a cup of base.</td>
<td>Heat a spoon of butter. Add a bay leaf, a bit of cinnamon, a pinch each of fenel, poppy seeds, a clove and a crushed cardamom pod. Add a chopped onion &amp; a chopped green chili. Stir and cook for a couple of minutes.</td>
<td>Take a handful of Baby corn / Olives/ etc.,</td>
</tr>
<tr>
<td>9.: Any combination of the above.</td>
<td>Any combination of the above</td>
<td>Any combination of the above</td>
</tr>
</tbody>
</table>

This table lists 1000 Kormas from 000 to 999. The three digits denote the base, flavouring and vegetables respectively.

**Master Recipe**: Prepare a base from column 1, flavouring from column 2 and goodies from column 3. Mix all together. Add salt and chili powder to taste. Simmer gently and stir frequently till vegetables are cooked. Garnish with cream / chopped nuts / butter and serve.
Kerala Curries:

Kerala curries can be divided into the Malabar cuisine of North Kerala and Travancore cuisine of south Kerala.

The Non vegetarian curries of the Syrian Christians and Moplah Muslims form the bulk of Malabar cuisine. Christians fleeing persecution from Syria landed in Kerala in the first century. Their cooking styles mingled with the spices of Kerala creating the unique cuisine of the Syrian Christians. Unlike western cuisine, Syrian Christian curries use coconut oil, mustard seeds, curry leaves, and coconut milk extensively.

Arab traders have been trading with Kerala for centuries. Some stayed back, married local women and became Mappillai (Son-in-law), or Moplah muslims. Their cuisine has more in common with Arab cuisine than with South Indian or Mogul cuisine. Unlike Mogul curries, the moplah curries do not use rich ingredients but rely heavily on spices of the south like coriander powder, chili powder, turmeric and cumin. Like Syrian Christian cuisine, it uses meat extensively.

The meat based Malabar cuisine is not covered here. We’ll instead concentrate on the vegetarian curries of Travancore.

Kerala has been a home to Brahmmins since the earliest times. Over time, Brahmmins evolved a separate identity, lifestyle and cuisine and came to be called Namboodris. They created some very unique curries. The delicious Olan and Kaalan are Namboodri curries. Unlike other states, Namboodri curries use pepper in place of chili. Simplicity and elaborate rituals are a hallmark of Namboodri cuisine. Their feasts (sadhya) display the rich array of curries they can magically cook up with very few ingredients and with the use of very little spices.

A few centuries later, Tamil Brahmmins from Tanjore, Madurai and Tirunelveli migrated to Kerala through the breaks in the mountain chain in the north and south. They created major Brahmmin settlements in Palghat, Thrissur and Trivandrum. The Tamil Brahmmin cuisine morphed under the influence of Namboodri cuisine and the non availability of key ingredients. Sesame oil and tamarind, were not easily available in Kerala, but coconut oil and coconut were. These factors changed the way they cook. Over time, Tamil Brahmmin cuisine evolved into the Kerala Brahmmin cuisine or Travancore cuisine.

Across cuisines, coconut, coconut oil & yogurt are liberally used, due to their easy availability. Rice, a staple, is eaten almost at every meal, throughout the state. Unlike the thin, short and white rice eaten in other South Indian states, fat grained red rice is preferred in Kerala. Unlike the rest of south India, tamarind, cilantro or tomato are not extensively used. Use of raw coconut oil as a garnish, use of Jackfruit seeds and baby jackfruit as vegetables are unique to Kerala curries.

Sample Recipes

0.0.7: Mango Pulissery (Mango yogurt curry)
Prepare base as per point 0 & flavouring as per point 0. Boil a handful of skinned and cubed ripe mangoes in a cup of water with a pinch of turmeric and a slit green chili. Drain the water and mix in the base. Cook as per the master recipe.

1.4.0 Olan (Coconut milk curry)
Prepare base as per point 1 & flavouring as per point 4. Boil white pumpkin cut into cubes in a cup of water with a slit green chili. Drain the water, add a cup of coconut milk and a couple of pinches of salt. Simmer for a couple of minutes.

2.1.0 Pulingari (Tamarind curry)
Prepare base as per point 2 & flavouring as per point 1. Boil a handful of chopped and boiled raw bananas and a pinch of turmeric in a cup of water. Drain water, mix in the base and cook as per the master recipe.

3.8.0 Aviyal (Mixed vegetables cooked in a coconut-cumin yogurt curry)
Prepare base as per point 3 & flavouring as per point 8. Chop mixed vegetables into matchsticks. Boil them in a cup of water with a pinch of turmeric and a slit green chili. Mix with base. Add half a spoon raw coconut oil and raw curry leaves. No need to cook any further.

4.6.0 Plantain Erissery (Coconut- cumin curry with unripe banana)
Prepare base as per point 4 & flavouring as per point 6. Take a handful of chopped raw bananas. Boil in a cup of water with a pinch of turmeric and a slit green chili. Drain water, mix in the base and Cook as per the master recipe.

5.5.1 Kalan (Coconut – Onion curry with yam)
Prepare base as per point 5 and flavouring as per point 5. Take half a handful each of cubed yam and raw green banana. Boil them in water with a pinch of turmeric, a couple of pinches of salt and a slit green chili. Drain water, mix with base and cook as per the master recipe.

6.7.0 Keera Mulagootal (Spinach- lentil- coconut curry)
Prepare base as per point 6 & flavouring as per point 7. Cook as per the master recipe. Traditionally no vegetables are added to this curry, but you can add half a handful of your favourite boiled vegetable.

8.8.0 Plantain Thoran (Plantain coconut dry curry)
Prepare base as per point 8 & flavouring as per point 8. Cook as per the master recipe. Boil a handful of chopped and boiled raw bananas and a pinch of turmeric in a cup of water along with a slit green chili. Drain water, mix in the base and cook as per the master recipe.

8.4.0 Chena Mezhugu Peratti (Yam dry curry)
Boil a handful of chopped yam and a pinch of turmeric in a cup of water with a slit green chili and a couple of pinches of salt. Drain water, add flavouring as per point 4. Optionally mix in another boiled vegetable. Cook as per master recipe. (Traditionally only Green plantain, carrots, Jack fruit or yam are used for this curry).
<table>
<thead>
<tr>
<th>Base</th>
<th>Flavouring</th>
<th>Veggies</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>0.: Pulissery (Coconut + Yogurt Curry)</strong> Take half a handful of coconut, a pinch each of cumin and fenugreek. Blend to a paste. Mix in a cup of yogurt.</td>
<td><strong>0.: Fried whole spices</strong> Heat half a spoon of coconut oil. Add a pinch each of mustard, a couple of curry leaves and a red chili. Remove from heat.</td>
<td><strong>0.: Vegetables</strong> Take a handful of chopped and boiled vegetables.</td>
</tr>
<tr>
<td><strong>1.: Olan (Coconut milk curry)</strong> Take a cup of readymade thick coconut milk.</td>
<td><strong>1.: Fried Spices+ Shallots.</strong> Heat half a spoon of coconut oil. Add a pinch of mustard, a couple of curry leaves and a dry red chili and two chopped shallots (small onions). Stir for a minute and remove from heat.</td>
<td><strong>1.: Fresh Pulses</strong> Take a handful of fresh pulses (Ex: green peas).</td>
</tr>
<tr>
<td><strong>2.: Pulingari (Tamarind curry)</strong> Take half a spoon of tamarind paste and dissolve in a cup of water. Add a half a handful of boiled Tuvar dal. Add a pinch of turmeric powder and two pinches of chili powder.</td>
<td><strong>2.: Fried &amp; ground spices</strong> Heat half a spoon of coconut oil. Add 2 pinches of coriander seeds, and half a handful of coconut flakes. Stir till they redden and grind them together.</td>
<td><strong>2.: Spinach</strong> Take a handful of chopped spinach.</td>
</tr>
<tr>
<td><strong>3.: Aviyal (Coconut + chili+ yogurt curry)</strong> Take a handful of grated coconut, a couple of pinches of cumin and a green chilli. Blend to a smooth paste with a little water. Add thick yogurt and mix to make a cup of base.</td>
<td><strong>3.: Roast &amp; ground spices</strong> Heat a pan. Add a pinch of coriander seeds and a pinch of cumin. Stir till they redden and grind.</td>
<td><strong>3.: Mushroom</strong> Take a handful of chopped mushrooms.</td>
</tr>
<tr>
<td><strong>4.: Erisser (Coconut +cumin curry)</strong> Take a handful of grated coconut and a couple of pinches of cumin. Blend to a smooth paste with a dry red chili and some water. Add some coconut milk to make a cup of base.</td>
<td><strong>4.: Coconut Oil</strong> Heat a spoon of coconut oil.</td>
<td><strong>4.: Dried Veggies</strong> Heat a spoon of oil. Add half a handful of sun dried vegetables and fry them.</td>
</tr>
<tr>
<td><strong>5.: Kalan (Coconut +cumin yogurt curry)</strong> Take a handful of grated coconut. Blend to a smooth paste with a pinch of turmeric, two pinches of pepper and a little water. Add yogurt and mix to make a cup of base.</td>
<td><strong>5.: Mustard + Curry leaves + fenugreek</strong> Heat a spoon of coconut oil. Add a pinch of mustard, a pinch of fenugreek and a couple of curry leaves. Stir for a minute and remove from heat.</td>
<td><strong>5.: Dried Pulses</strong> Take a handful of soaked and boiled pulses.</td>
</tr>
<tr>
<td><strong>6.: Mulagootal (Spinach + Coconut curry)</strong> Take two handfuls of chopped spinach, and half a handful of Tuvar dal. Add a cup of water &amp; pressure cook for 2 whistles. Heat a spoon of oil &amp; fry 3 pinches of urad dal, 2 pinches of cumin and a red chilli. Blend to a paste with half a handful of grated coconut. Add cooked spinach and dal. Blend again.</td>
<td><strong>6.: Mustard + Curry leaves + coconut</strong> Heat a spoon of coconut oil. Add a pinch of mustard, a couple of curry leaves and half a handful of grated coconut. Stir till coconut browns and remove from heat.</td>
<td><strong>6.: Mixed Veggies</strong> Take a handful of mixed vegetables.</td>
</tr>
<tr>
<td><strong>7.: Thoran (Dry vegetable curry with roasted coconut)</strong> Take half a handful of grated coconut. Blend with a green chili and a garlic clove to a coarse paste.</td>
<td><strong>7.: Mustard + Curry leaves + Red chili</strong> Heat half a spoon of coconut oil. Add a pinch of mustard, let it pop, add a couple of curry leaves a torn red chili. Stir for a minute and remove from heat.</td>
<td><strong>7.: Fruits</strong> Take a handful of chopped fruits like mango or pineapple.</td>
</tr>
<tr>
<td><strong>8.: Mezhukku Peratti (Dry vegetable curry )</strong> Take a handful of vegetables. Boil in a couple of cups of water with a couple of pinches of turmeric, salt and a slit green chili. Drain off water.</td>
<td><strong>8.: Mustard+ Curry leaves</strong> Heat half a spoon of coconut oil. Add a pinch of mustard. Add a couple of curry leaves. Stir for a minute and remove from heat.</td>
<td><strong>8.: Fusion</strong> Take a handful of Baby corn, / Olives/ Brussels sprouts / Paneer etc.,</td>
</tr>
<tr>
<td><strong>9.: Parippu.</strong> Take a handful of split green gram. Add a cup of water, a pinch of turmeric and pressure cook with a couple of cups of water.</td>
<td><strong>9.: Any combination of the above.</strong></td>
<td><strong>9.: Any combination of the above.</strong></td>
</tr>
</tbody>
</table>

This table lists 1000 recipes from 000 to 999. The three digits denote the base, flavouring and vegetables respectively.
**Master Recipe ::** Choose and prepare a base from column 1, flavouring from column 2 and vegetables from column 3. Mix all together. Add salt and pepper to taste. Cook on low heat till all are cooked. Garnish with fried mustard and curry leaves.
Karnataka Curries ::

Karnataka curries are milder than those of Andhra, and uses more lentils and coconut than Tamil curries. Unlike other South Indian states, where curries are eaten with cooked rice, Karnataka curries are also eaten with Jowar (Sorghum, Cholam) and Ragi (Finger millet, Kelvaragu) in addition to Rice.

Karnataka cuisine can be broadly split into the North Karnataka cuisine, South Karnataka cuisine and Coastal cuisine.

North Karnataka cuisine has a large overlap with Maharashtrian cuisine. Rice starts giving way to a variety of flatbreads. Coastal Karnataka cuisine resembles Kerala cuisine. Like Kerala, coastal Karnataka curries uses coconut oil instead of sesame oil / ground nut oil used in other states. South Karnataka cuisine resembles the cuisine of Tamilnadu.

However, the emphasis on these building blocks differ from region to region. For example, Coorgi curries are generally coconut based, gently spiced, and usually sour.

Mangalore curries emphasize the use of coconut and coconut milk. Here we see the use of colocasia leaves as a vegetable.

Malenadu (mountainous land) spans Shimoga, Chikmagalur, Hassan, Kodagu (Coorg) and parts of South Karnataka. Its cuisine is a blend of Coorgi and Mangalorean cuisines. Speciality vegetables like tender bamboo shoots, turmeric leaves and raw jackfruit are used in their curries. Use of very little oil and steaming are hallmarks of Malenadu cuisine.

Some curries are unique to Karnataka. Thambuli, a uncooked curry is made from coconut, chili and tamarind blended together with water.

Kosambari, a dry curry, is actually a salad made from soaked green gram mixed with carrots and cucumber. This is served in many temples as a ‘prasad’.

Like all south Indian curries, most Karnataka curries are flavoured by various combinations of mustard, curry leaves, ginger, garlic and cumin. Saarina Pudi, an equivalent of Sambar powder is widely used to flavour most of the curries.

Sample Recipes:

**Dali Thoye 0.0.0**
Make the base as in point 0 & flavouring as in point 0. Add a chopped green chili. Cook as per master recipe.

**Kolombo 1.0.1**
This is a Konkani recipe. Make the base as in point 1 & flavouring as in point 0. Add half a handful of drumsticks cut to the length of your thumb. Prepare as per master recipe.

**Saaru 2.0.0**
Make the base as in point 2 & flavouring as in point 0. Prepare as per master recipe.

**Majjigae huli 3.0.2**
Make the base as in point 3 & flavouring as in point 0. Add half a handful of chopped, boiled vegetables, say potato. Prepare as per master recipe.

**Gojju 4.0.1**
Make the base as in point 5 & flavouring as in point 4. Add half a handful of soaked cashew. Prepare as per master recipe.

Like other southern states, Karnataka curries are built from lentils, coconut, yogurt and tamarind. Many Karnataka curries have their counterparts in other states. Saaru is a thin, watery curry very similar to Rasam. Huli is a tamarind curry resembling Kulambu. Majjigae Huli is a coconut and yogurt curry similar to More Kulambu. Palya are dry vegetable curries akin to Poriyals.
<table>
<thead>
<tr>
<th>Base</th>
<th>Flavouring</th>
<th>Additives</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.: Dali Thoye – Take a handful of tuvar dal. Add a cup of water, a pinch of turmeric powder, a chopped green chilli and two curry leaves. Pressure cook for 4 whistles. <em>(Lentil curry)</em></td>
<td>0.: Fried whole spices - Heat half a spoon of oil. Add a pinch of black mustard, a pinch of asafetida, a red chilli and some curry leaves. Stir for a few seconds and remove from heat.</td>
<td>0.: None</td>
</tr>
<tr>
<td>1.: Sambar - Take a handful of tuvar dal, half a spoon of tamarind paste, a pinch of turmeric powder, a couple of pinches of sambar powder and cook in a pressure cooker for 4 whistles. <em>(Lentil Sour curry)</em></td>
<td>1.: Fried Spice powders - Heat half a spoon of oil. Add a pinch each of Asafetida, Turmeric, Sambar powder, coriander powder, and cumin powders. Stir for a few seconds and remove from heat.</td>
<td>1.: Vegetable - Take half a handful of chopped and boiled vegetables.</td>
</tr>
<tr>
<td>2.: Saaru - Take half a handful of tuvar dal, half a spoon of tamarind paste, a pinch of turmeric powder, a couple of pinches of sambar powder and grated coconut and cook in a pressure cooker for 4 whistles. *(Normally vegetables are not added to saaru). <em>(Lentil thin curry)</em></td>
<td>2.: Fried &amp; ground spices - Heat half a spoon of oil. Add 2 pinches of coriander seeds, and half a handful of coconut flakes. Stir for a minute and remove from heat.</td>
<td>2.: Mixed Vegetables - Take half a handful of chopped and boiled mixed vegetables.</td>
</tr>
<tr>
<td>3.: Majjigae Huli - Take a green chilli, a pinch of turmeric, a couple of pinches of cumin, coriander seeds, and half a handful of grated coconut. Blend well with a little water to a smooth paste. Mix in sour yogurt to get a cup of base. <em>(Yogurt curry)</em></td>
<td>3.: Roast &amp; ground spices - Heat a pan. Add a pinch of coriander seeds and a pinch of cumin. Stir till they redden and grind together.</td>
<td>3.: Sprouts - Take half a handful of sprouts.</td>
</tr>
<tr>
<td>4.: Gojju - Take a spoon of tamarind paste, add a pinch of jaggery and a cup of water. <em>(Sweet and sour curry)</em></td>
<td>4.: Mustard+ Chili+ Garlic - Heat half a spoon of oil. Add a pinch of mustard, asafetida, a red chilli, some curry leaves, and a crushed garlic clove. Stir for a few seconds and remove from heat.</td>
<td>4.: Fresh Pulses - Take half a handful of fresh pulse like fresh green peas.</td>
</tr>
<tr>
<td>5.: Chutney - Take half a handful of grated coconut. Add couple of pinches of black pepper, salt and a couple of bits of ginger. Blend to a smooth paste. Mix in a cup of water. No vegetables are added and this base is not cooked any further. <em>(Blended curry)</em></td>
<td>5.: Ginger + Garlic - Heat half a spoon of oil. Add a pinch each of mustard, asafetida, a red chilli, a couple of curry leaves and half a spoon of ginger garlic paste. Stir for a few seconds and remove from heat.</td>
<td>5.: Dried Pulses - Take half a handful of overnight soaked and pressure cooked pulses.</td>
</tr>
<tr>
<td>6.: Mosaru Baji - Take a cup of yogurt. Note that In this curry, the flavouring is added to boiled vegetables of raw salad vegetables and then mixed with yogurt. This base is not heated. <em>(Yogurt curry)</em></td>
<td>6.: Onion + Garlic+ tomato - Heat half a spoon of oil. Add a pinch each of mustard, asafetida, a red chilli and two curry leaves. Add one chopped onion, a chopped tomato and two cloves of crushed garlic. Stir for a couple of minutes and remove from heat.</td>
<td>6.: Mushroom - Take half a handful of chopped mushrooms.</td>
</tr>
<tr>
<td>7.: Huli - Take a handful of tuvar dal, half a spoon of tamarind paste, a pinch of turmeric powder, a couple of pinches of sambar powder, half a handful of grated coconut and a couple of pinches of jaggery. Cook in a pressure cooker for 4 whistles. <em>(Tamarind curry)</em></td>
<td>7.: Mustard+ Lentil+ curry leaves - Heat half a spoon of oil. Add a pinch each of mustard, asafetida, a red chili, a couple of pinches of urad dal &amp; a couple of curry leaves. Stir for a few seconds and remove from heat.</td>
<td>7.: Spinach - Heat half a spoon of oil. Add half a handful of chopped spinach and cook for a couple of minutes.</td>
</tr>
<tr>
<td>8.: Kootu - In a blender, add half a handful of coconut, a green chilli and a couple of pinches of cumin. Add a little water and blend to a smooth paste. <em>(Coconut curry)</em></td>
<td>8.: Roast Onion + Garlic+ Coconut - Roast half an onion and a garlic clove with skin over open flame. Remove skin and blend to a paste with a couple of pinches each of sambar powder &amp; coconut.</td>
<td>8.: Fruits - Take half a handful of chopped fruits like mango / pineapple / apple.</td>
</tr>
<tr>
<td>9.: Paalya - Take a handful of boiled vegetables.</td>
<td>9.: Any combination of the above.</td>
<td>9.: Any combination of the above.</td>
</tr>
</tbody>
</table>

This table lists 1000 Karnataka curries from 000 to 999. The three digits denote the base, flavouring and additives respectively. Master Recipe :: Choose and prepare a base from column 1, flavouring from column 2 and vegetables from column 3. Mix all. Add salt and chilli powder to taste. Cook on low heat till all are cooked. Fry a pinch of mustard, a couple of curry leaves and a red chilli in a spoon of oil. Add and serve.
Tamilnadu Curries

Tamil cuisine is one of the oldest vegetarian cuisines of the world. The word "curry" is actually derived from the Tamil word 'kari' which means "sauce".

In the cook pots of traders, conquerors and workers, Tamil cuisine spread to Burma, Malaysia, Singapore and Thailand having a major impact on their local cuisines.

We can see four distinct cuisines in Tamilnadu

The priestly, Cauvery delta Brahmin cuisine of Thanjavur and Tiruchy in central Tamilnadu.

The agrarian Kongunad cuisine of western Tamilnadu.

The Chettinad trader cuisine of Karaikudi and neighbouring regions

and the Muslim cuisine of Tamil speaking Maraikairs, Labbaïs and Rowtars of South Tamilnadu.

Brahmin Cuisine

The recipes of the bestselling Meenakshi Ammal’s cookbook “Samaithu Paar” exemplify Brahmin cuisine. This pure vegetarian cuisine is built around tamarind, lentils, yogurt and vegetables.

The orthodox Iyengar cuisine is more ritualistic and frowns upon usage of anything more than the very basic spices. It uses no garlic or spices like cinnamon, cloves, fennel etc.

Kongunad Cuisine

Kongunad includes the western districts of Coimbatore, Erode, Salem, and Karur. In this agrarian and industrial belt, you'll see the use of roasted groundnut paste, shallots (sambar onions) and copra (dried coconut) in curries. This is where the undisputed rule of rice is challenged by millets (Samai, Thinai) jowar (Cholam), ragi (Kelvragu) and bajra (Kambu).

Chettinad Cuisine

Chettinad, being one of the driest areas of Tamilnadu is not conducive to agriculture. Unable to farm, its people, the Chettiar, became highly successful traders, reaching far into South east Asia. In direct contrast to Brahmin cuisine, Chettinad cuisine uses meat and exotic spices extensively. Spices like marathi mokku (dried flower pods), anasipoo (star anise) and kalpasi (dried bark) are used in addition to fennel, cinnamon, cloves, bay leaf, ginger and garlic. This makes their cuisine one of the most aromatic cuisines of India.

Tamil Muslim Cuisine

Tamil Muslim cuisine is a mixture of Tamil Hindu and Mughal cuisine. Though predominantly non-vegetarian, it is tempered with Tamil beliefs, and so does not use beef. Tamil Muslim curries are unique in using whole lime pickled in salt, which is mashed up and used as a souring agent.

Chettinad and Muslim cuisines specialize in non-vegetarian curries and are not covered in detail here.
Sample Recipes:

**Poondu Kulambu 1.0.1 Garlic sour curry**
Prepare the base as in point 1 and flavouring as in point 1. Add half a handful of garlic cloves. Cook as per the master recipe.

**Gounder sambar 2.2.1 Shallots cooked in a tamarind-lentil curry**
Prepare the base as in point 2 and flavouring as in point 2. Heat a spoon of oil. Add half a handful of small onions and cook for a couple of minutes. Mix all. Cook as per the master recipe.

**Tomato rasam 2.0.1 Tomato and lentil thin curry**
Prepare the base as in point 2 and flavouring as in point 1. Add a handful of chopped tomato. Cook as per the master recipe.

**Preerkangai kootu 3.0.1 Ridge gourd in a coconut curry**
Prepare the base as in point 4 and flavouring as in point 1. Add a handful of peeled and chopped ridge gourd. Cook as per the master recipe.

**Keerai paruppu Kootu 9.0.7 Spinach and lentil curry**
Prepare the base as in point 9 and flavouring as in point 0. Add a handful of peeled and chopped spinach leaves. Cook as per the master recipe.

**Chettinad Kathirikkai Kara kulambu 6.1.1 Onion tomato sour curry with eggplant.**
Prepare the base as in point 6 and flavouring as in point 1. Add a handful of chopped eggplant. Cook as per the master recipe.

**Paruppu 4.0.0 Boiled Lentils**
Prepare the base as in point 4 and flavouring as in point 0. Adding flavouring is optional.

**Paruppu Kadasal 4.6.0 Lentil curry**
Gounders, the enterprising community of farmers and industrialists love lentils. In addition to the regular Tuvar dal and green gram, their daily diet includes Kollu (horse gram), Avarai paruppu, (Country bean seeds) Thattapayaru & Karamani (local lentils).

Take half a handful of local lentils. Soak them in water overnight. Drain water, add a cup of water, a slit green chili and a couple of pinches of salt. Pressure cook for 5-6 whistles. Mash coarsely. Add flavouring as per point 6. Garnish with cilantro and serve.

**More Kulambu 5.0.1 Thin yogurt curry**
Prepare the base as in point 5 and flavouring as in point 0. Add half a handful of chopped vegetables. Cook as per master recipe.

**Manga Pachadi 8.0.1 Mango in a sweet and sour curry.**
Prepare the base as in point 8 and flavouring as in point 0. Add a handful of peeled and chopped raw mango. Cook as per the master recipe.

**Carrot Thayir Pachadi 6.0.1 Grated carrots in a seasoned yogurt curry.**
Prepare the base as in point 6 and flavouring as in point 0. Add a handful of grated carrot. Mix all and serve.

**Podi potta Beans Poriyal 7.2.4 Beans dry curry**
Prepare the base as in point 7 and flavouring as in point 2. Add half a handful of fresh green peas. Cook as per master recipe.
### One Page Cookbook :: 1001 Tamilnadu Curries

<table>
<thead>
<tr>
<th>Base</th>
<th>Flavouring</th>
<th>Additives</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>0.: Kulambu</strong> - Take a spoon of tamarind paste and dissolve it in a cup of water. Add a couple of pinches of sambar powder and a pinch of jaggery. (Sour Curry).</td>
<td><strong>0.: Fried whole spices</strong> Heat half a spoon of oil. Add a pinch of black mustard, a pinch of asafoetida, a red chili and a couple of curry leaves. Stir for a few seconds and remove from heat.</td>
<td><strong>0.: None</strong></td>
</tr>
<tr>
<td><strong>1.: Sambar</strong> In a pressure cooker, add a cup of water, add a handful of tuvar dal and half a spoon of tamarind paste. Add a couple of pinches of sambar powder. Pressure cook for two whistles. (Lentil sour curry).</td>
<td><strong>1.: Fried Spice powders.</strong> Heat half a spoon of oil. Add a pinch each of pinch each of asafoetida, turmeric powder, coriander powder, and cumin powder. Stir for a few seconds and remove from heat.</td>
<td><strong>1.: Vegetable Take half a handful of a chopped and boiled vegetable.</strong></td>
</tr>
<tr>
<td><strong>2.: Rasam</strong> In a pressure cooker, add half a handful of tuvar dal, a cup of water, a couple of pinches of sambar powder and half a spoon of tamarind paste. Pressure cook for two whistles. Strain the solids and keep the water. (Lentil thin curry).</td>
<td><strong>2.: Fried &amp; ground spices</strong> Heat half a spoon of oil. Add 2 pinches of coriander seeds and half a handful of coconut flakes. Grind them together. Stir for a few seconds and remove from heat.</td>
<td><strong>2.: Mixed Veggies Take half a handful of chopped and boiled mixed vegetables.</strong></td>
</tr>
<tr>
<td><strong>3.: Kootu</strong> Take a handful of grated coconut, a couple of pinches of cumin and a green chili. Blend to a smooth paste. Add water and mix to make a cup of base. (Coconut – cumin curry)</td>
<td><strong>3.: Roast &amp; ground spices</strong> Heat a pan. Add a pinch of coriander seeds and a pinch of cumin. Stir till they redder and grind together.</td>
<td><strong>3.: Sprouts Take half a handful of sprouted pulses.</strong></td>
</tr>
<tr>
<td><strong>4.: Paruppu</strong> Take half a handful of lentils like tuvar dal or green gram. Add a cup of water, a pinch of turmeric, a slit green chili, 2 pinches of salt and pressure cook for 2 whistles. Add a spoon of ghee. (Plain lentil curry)</td>
<td><strong>4.: Mustard+ Chili+ Garlic</strong> Heat half a spoon of oil. Add a pinch of mustard, a pinch of asafoetida, a red chili, a couple of curry leaves, and a crushed garlic clove. Stir for a few seconds and remove from heat.</td>
<td><strong>4.: Fresh Pulses Take half a handful of fresh pulse like fresh green peas.</strong></td>
</tr>
<tr>
<td><strong>5.: More Kulambu</strong>. Soak half a handful of tuvar dal, split urad dal and split green gram mixture overnight. Blend to a paste with a couple of pinches of coriander seeds and a chili. Mix with a cup of buttermilk. (Buttermilk curry)</td>
<td><strong>5.: Ginger + Garlic</strong> Heat half a spoon of oil. Add a pinch each of mustard, asafoetida, a red chili, a couple of curry leaves, and half a spoon of ginger-garlic paste. Stir for a few seconds and remove from heat.</td>
<td><strong>5.: Dried Pulses Take half a handful of soaked and pressure cooked pulses</strong></td>
</tr>
<tr>
<td><strong>6.: Thayir pachadi</strong> Take a cup of yogurt. This curry is not cooked. Just add the flavouring, vegetables and serve. (Uncooked Yogurt curry).</td>
<td><strong>6.: Onion + Garlic+ tomato</strong> Heat half a spoon of oil. Add a pinch each of mustard, asafoetida, a red chili, and a couple of curry leaves. Add one chopped onion, a chopped tomato and two cloves of crushed garlic. Stir for couple of minutes and remove from heat.</td>
<td><strong>6.: Mushroom Take half a handful of chopped mushroom.</strong></td>
</tr>
<tr>
<td><strong>7.: Poriyal</strong> Take a handful of boiled vegetables. This is a dry curry. So do not add any liquid. Just add salt, flavouring and serve. (Dry vegetable curry)</td>
<td><strong>7.: Mustard+ Chili+ Curry leaves</strong> Heat half a spoon of oil. Add a pinch of mustard, a pinch of asafoetida, a red chili and a couple of curry leaves. Stir for a few seconds and remove from heat.</td>
<td><strong>7.: Spinach Heat half a spoon of oil. Add half a handful of chopped spinach and cook for a couple of minutes.</strong></td>
</tr>
<tr>
<td><strong>8.: Pachadi</strong> Take a spoon of tamarind paste. Add a couple of pinches of jaggery and mix in with a cup of water. (Sweet and sour tamarind curry)</td>
<td><strong>8.: Roast Onion + Garlic+ Coconut</strong> Roast half an onion and a garlic clove with skin over open flame. Remove skin and blend to a paste with a couple of pinches each of sambar powder &amp; coconut.</td>
<td><strong>8.: Fruits Take half a handful of chopped fruits like mango / pineapple / apple.</strong></td>
</tr>
<tr>
<td><strong>9.: Paruppu Kootu</strong> Take a handful of grated coconut, a couple of pinches of cumin and a green chili. Blend to a smooth paste. Add water and half a handful of boiled tuvar dal (Coconut – cumin curry)</td>
<td><strong>9.: Any combination of the above.</strong></td>
<td><strong>9.: Any combination of the above.</strong></td>
</tr>
</tbody>
</table>

This table lists a thousand Tamilnadu curries from 000 to 999. The three digits denote the base, flavouring and additives respectively.

Master Recipe :: Choose and prepare a base from column 1, flavouring from column 2 and vegetables from column 3. Mix all. Add salt to taste. Cook on low heat till all are cooked. Fry a pinch of mustard, a couple of curry leaves and a red chili in a spoon of oil. Add and serve.
### Curry Families of South India: Glossary

<table>
<thead>
<tr>
<th>Tamil</th>
<th>English</th>
<th>Telugu</th>
<th>Kannada</th>
<th>Malayalam</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chutney</td>
<td>Blended uncooked curry, usually with coconut.</td>
<td>Pachadi</td>
<td>Chutney</td>
<td>Chutney</td>
</tr>
<tr>
<td>Kootu</td>
<td>Coconut- Cumin- chili- lentil stew</td>
<td>Pappu kattu/ Pesara Kattu</td>
<td>Kootu</td>
<td>Erissery</td>
</tr>
<tr>
<td>Kulambu</td>
<td>Sour Stew usually made from Tamarind</td>
<td>Pulusu</td>
<td>Huli</td>
<td>Pulingari</td>
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<tr>
<td>More</td>
<td>Buttermilk</td>
<td>Majjiga</td>
<td>Mosar</td>
<td>Moru</td>
</tr>
<tr>
<td>More Kulambu</td>
<td>Buttermilk stew</td>
<td>Majjiga Pulusu</td>
<td>Majjigae huli</td>
<td>Pulissery</td>
</tr>
<tr>
<td>Pachadi</td>
<td>Sweet and sour stew usually made from tamarind and jaggery</td>
<td>Bellam Pulusu</td>
<td>Goju</td>
<td>Pachadi</td>
</tr>
<tr>
<td>Paruppu</td>
<td>Boiled lentils (usually Tuvar dal)</td>
<td>Pappu</td>
<td>Thove</td>
<td>Parippu</td>
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<tr>
<td>Podi</td>
<td>Spice powder mix</td>
<td>Podi</td>
<td>Pudi</td>
<td>Podi</td>
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<tr>
<td>Poliyal</td>
<td>Dry Curry</td>
<td>Kura</td>
<td>Paalya</td>
<td>Kari</td>
</tr>
<tr>
<td>Rasam</td>
<td>Thin curry, usually made from lentil stock and tamarind.</td>
<td>Chaaru / Rasamu</td>
<td>Saaru</td>
<td>Rasam</td>
</tr>
<tr>
<td>Sambar</td>
<td>Tamarind - Lentil chunky stew</td>
<td>Pappu Pulusu</td>
<td>Sambar</td>
<td>Sambar</td>
</tr>
<tr>
<td>Thayir</td>
<td>Curd</td>
<td>Perugu</td>
<td>Majjigae</td>
<td>Thayir</td>
</tr>
<tr>
<td>Thuvaiyal</td>
<td>Cooked Vegetables mashed with Tamarind.</td>
<td>Pachadi</td>
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<tr>
<td></td>
<td>Coconut- cumin- yogurt – mixed vegetable stew</td>
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<td></td>
<td>Aviyal</td>
</tr>
<tr>
<td>Thayir Pachadi</td>
<td>Raw salad vegetables mixed with seasoned yogurt</td>
<td>Perugu Pachadi</td>
<td>Mosaru Bajji</td>
<td>Arachu Kalakki</td>
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<tr>
<td></td>
<td>Coconut milk stew</td>
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<td>Olan</td>
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<td></td>
<td>Coconut- yogurt stew</td>
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<td>Kalan</td>
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<td></td>
<td>Coconut-Spinach - lentil stew</td>
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<td>Mulagootal</td>
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<td></td>
<td>Roasted coconut dry curry</td>
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<td>Theeyal</td>
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<tr>
<td></td>
<td>Raw Tamarind curry</td>
<td>Pacchi Pulusu</td>
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<tr>
<td></td>
<td>Raw Coconut, chili &amp; tamarind blended curry.</td>
<td></td>
<td>Thambuli</td>
<td></td>
</tr>
</tbody>
</table>

The table above shows the relationship between South Indian curries. Many share the same root word, clearly demonstrating they spread from one region to another. Though they are similar, minor variations exist. For example, the Karnataka Saaru is different from the Tamil Rasam as it is normally thicker, and uses Saarina Pudi, (a close equivalent of Rasam / Sambar powder) as a flavouring agent. Unlike Rasam, Saaru might also have coconut in it. Such minor variations result in very different tasting curries. Similarly, the Arachu Kalakki (meaning blended and mixed) of Kerala is very different from other yogurt curries. Here pickled gooseberries/ mangoes are blended with coconut, chili and yogurt to produce a yogurt curry unlike any other.

Some curries are unique to a region. For example, Aviyal is a unique Kerala curry. Though it is cooked throughout the South, it has no separate name in other cuisines. Same is the case with Thambuli, which is unique to Karnataka. A curry with raw tamarind is cooked only in Andhra Pradesh (Pacchi Pulusu). A variety of coconut curries (Olan, Kalan, Theeyal) are cooked only in Kerala. This is why they have no equivalent names in other languages.

All these curries are eaten with parboiled rice in Kerala and parts of Tamilnadu. In Andhra and Karnataka, raw rice is usually preferred. (When raw rice is boiled in its husk, it becomes Parboiled rice. Parboiled rice is easier to cook, digest and is more nutritious than raw rice).
Basic Techniques

Cooking Rice
This is the single most important technique you need to learn. All these curries are served with rice. So if you have not learnt to cook rice, there is nothing you can eat these curries with.

The easiest way to cook rice is to use a pressure cooker. A pressure cooker does not let the steam escape, thus building up pressure inside the cooker. When stuff is cooked in this high pressure, it gets cooked faster – much faster! A rubber seal on the lid and a weight on top is used to maintain this pressure. Ensure these are assembled properly. Better still, get someone to show you how to use a pressure cooker – it will take a couple of minutes and it is a skill well worth learning!

In a pressure cooker, add a cup of rice. Add two cups of water. Close the cooker, and cook on medium heat for two whistles. Turn off the stove and wait for around 15 minutes for the steam to settle. You can now open the pressure cooker. If the rice is overcooked, add a little less water the next time. If undercooked, add a bit more. By trial and error you’ll know exactly how much water to add. Most households stick to one variety of rice. Presoaking rice for around 30 minutes in water makes it softer. Washing rice in water before cooking it makes it less prone to stick together.

Cooking Tuvar dal:
Add a handful of tuvar dal to a pressure cooker. Add a cup of water and cook on medium heat for two whistles.

Many pressure cookers come with two compartments so that Tuvar dal / vegetables can be cooked along with rice. Unlike other lentils, Tuvar dal needs no presoaking.

Tempering (Garnishing/flavouring with fried spices)
This is a technique of frying spices in hot oil. The fried mixture is then added to the curries to flavour / garnish it.

This technique is widely used in all South Indian curries both as a flavouring technique and as a garnish.

Basic tempering for all South Indian curries
Heat a spoon of oil over a gentle flame. Add a pinch of black mustard, wait till it pops, add 3-4 torn curry leaves, a torn red chilli and a pinch of asafetida. Stir for a few seconds and remove from heat. Take care not to burn the spices! This fried mixture can be safely added to almost all South Indian curries.

Pre cooking vegetables
Using pre-cooked vegetables greatly reduces cooking time. For example, a radish sambar would take nearly 20 minutes of simmering before the radish is cooked. But the radish can be pre-cooked in a microwave in just a couple of minutes and then added to the curry. This shortens the cooking time to under 5 minutes. Vegetables also preserve their color and nutrition better when cooked in a microwave.

To cook vegetables in a microwave, cut them into uniform chunks or slices. Sprinkle a bit of water on them and cook uncovered for 2-3 minutes.

Thickening curries
All curries can be thickened by mixing a couple of pinches of gram flour / rice flour in a spoon of water and mixing it into the boiling curry. The starch swells on heating and within a few minutes, thickens the curry.

This is all it takes to cook a variety of curries. The more you experiment, the bolder and more creative you will get. If in doubt, do not hesitate to dump the cooked curry and start it all over again.

If you are cooking for the first time, it is very likely you will botch up a quite a bit. Don’t give up. Don’t get lost in details. Just have the big picture in mind as to what makes a curry and very soon you’ll instinctively know what clicks and what does not. This will be your ‘aha’ moment and from here, you can do no wrong.
Cooking for the world

What makes a cuisine unique is the various combinations it has evolved. The combinations of tamarind, lentils, coconut and yogurt is South India’s gift to the culinary world. Like any cuisine, appreciating South Indian cuisine takes practice.

For those who have not tasted South Indian cuisine, we need to alter the flavouring and souring agents, so as not to cause a ‘cuisine shock’, which can put people off a cuisine forever. ‘Strange’ local spices need to be replaced by ‘safe’ spices familiar to your guests.

Red chilies can be replaced by the milder paprika, Asafetida by onion- garlic powder, Black mustard by brown mustard, Coriander seeds by cumin, and tamarind by lemon / tomato / sour cream / yogurt. Traditional sesame oil / coconut oil / groundnut oil can be replaced with oils familiar to your guests. Local exotic vegetables can be replaced by more familiar vegetables.

You can however use the original ingredients if you know your guests are familiar with it. For example Tamarind is familiar to people from Latin America, the Middle East and Africa. So you can safely cook up a Tamarind curry for these guests. Tamarind however is rarely used in the western world (except in Worcestershire sauce) and so might not be familiar to your guests from the west. When you have a doubt with your guest’s familiarity with an ingredient, it is usually better to replace it with a safer alternative.

Tips on cooking up a South Indian curries for ‘foreign’ guests

1. Tell your guests exactly what to expect – E.g.” “ A Spinach lentil stew with coconut flavoured by cumin”.

2. Strong flavourings like asafetida, turmeric, sambar powder or chili powder are not used in many western cuisines. Go easy on them or skip them altogether.

3. Acquaint your guests with ‘strange’ spices – let them handle the spices, smell them and even taste them. Talk about each of the spices and the reason why it is used.

Once you’ve let them taste a ‘safe’ curry, cooked with spices, vegetables and oils they are familiar with, it is easy to let them work their way up to more traditional curries.

Be warned! Curry is addictive and cooking is even more so !!
Happy cooking!
<table>
<thead>
<tr>
<th>Tamil</th>
<th>English</th>
<th>Telugu</th>
<th>Kannada</th>
<th>Malayalam</th>
<th>Hindi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brinji elai</td>
<td>Bay leaf</td>
<td>Pattaakulu</td>
<td>Patre</td>
<td>Karuvaela</td>
<td>Tej patta</td>
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<td>Ellu</td>
<td>Sesame seeds</td>
<td>Nuvvulu</td>
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<td>Kariampoo</td>
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<td>Jirakam</td>
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<td>Senagapappu</td>
<td>Kadalae balae</td>
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<td>Lal mirchi</td>
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<td>Kannevnu</td>
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<td>Kothamalli</td>
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<td>Kottmbari</td>
<td>Kottamalli</td>
<td>Coriander seeds</td>
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<td>Dhaniyalu</td>
<td>Kotaambari Kalu</td>
<td>Malli Coriander seeds saboot</td>
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<td>Ajamoda</td>
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<tr>
<td>Paasi Paruppu</td>
<td>Split, husked Green Gram</td>
<td>Pesara Pappu</td>
<td>Hesar Bele</td>
<td>Cherupayar Moong dal</td>
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<tr>
<td>Paruppu</td>
<td>Pulses</td>
<td>Pappu</td>
<td>Bele</td>
<td>Parippu Dal</td>
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<td>Pasalai Keerai</td>
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<td>Basala cheera</td>
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<tr>
<td>Pasi payaru</td>
<td>Whole green gram</td>
<td>Pesalu</td>
<td>Idi hesaru</td>
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<td>Dry ginger</td>
<td>Sonti</td>
<td>Ona sooniti</td>
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<tr>
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