

Tiffin and sides	How-to
<p>*Fermentation: Rinse urad dhal again after soaking. All idli, dosa batters have to be fine and thick(because they thin down on fermentation), and ground in a stone grinder. Ferment till the batter increases in volume visibly, looks airy and tiny bubbles appear in the batter. Don't let the batter sour too much. Mix well and keep in the back part of the fridge. The time required for fermentation can vary from 4 hours(summer) to 16 hours(winter). Very long fermentation can lead to mold formation, keep mixing the batter every 6 hours!</p> <p>^Idli: Heat the water first, grease the plates well and add the batter to the mold and cook immediately for 15 minutes. After cooking, leave the idlis on the mold for 5 mins to cool down before serving/ storing in the casserole immediately. !Instant idli/dhokla/ Moonglet: Don't make the batter too watery. Mix eno in evenly just before steaming.</p> <p>#Dosa: Heat an oiled cast iron tawa for 5 minutes on low before making the dosas. Sprinkled water should spiral and sizzle away slowly. When the dosa color on the top changes, flip! &Instant dosa: Batter should be thinner than regular dosa batter. Rest the batter for 30 minutes before making. Heat an oiled iron tawa for 5 minutes on medium before making the dosas. Take the batter in a big cup (davara) and pour from the edges and move to the center. Usually these are cooked only on one side.</p> <p>Instant dosas require a higher temp pan compared to the fermented ones. Don't leave the dosa unattended. If one dosa gets stuck, all the others will also be ruined.</p>	
Idli/ dosai	Soak for 5-6 hours and grind{Parboiled rice(puzhungal arisi) 3 cups, urad dal (1 cup), methi(1/2 tsp)+salt. *Ferment. Add 2 tbsp soaked channa dal for an exclusive dosa batter.Optnl: Add 0.5 cup poha for softer idlis.
Idli rawa idli	Soak for 4 hours urad dal (1 cup) and idli rawa (2 cups). Grind the urad dal until fluffy. Drain the excess water in the idli rawa and simply mix in the ground urad dal. Ferment!
Dosai- A1	Soak for 5 hours and grind smoothly {idli rice (2cups), raw rice (1 cup), urad dal (1cup) and fenugreek} and ferment.
After you grind the idli batter, remove only 70% of the volume from the grinder, add 1 cup ragi/sama/foxtail/any other whole millet soaked for 6 hours and grind till smooth. This makes a great dosa batter. Optional add-in: Soaked puffed rice(1/2 cup). Ferment*	
Raw rice idli	Soak for 4 hours & grind{raw rice(2 cups, parmal), poha(1 cup), urad dhal(1 cup), 1 tsp fenugreek}+salt. Ferment*
Kancheepura m idli	Soak for 6 hours {raw rice(1/2 cup), parboiled rice/idli rawa(1/2 cup), urad dal(1/2cup), fenugreek(1/2 tsp), salt} and grind to a fine rava consistency.*Ferment. Mix into the batter, soaked chana dal(1 tbsp), ginger powder(1/4 tsp). ghee +crushed{pepper+ jeera}(1/2 tsp each)+cashews+hing+curry leaves. Steam in tumblers with banana leaf!
Thattai idli	Soak overnight and grind{idli rice(3 cups), uraddal (1 cup), saago(1/3 cup), poha(1/2 cup, optnl), methi} +salt. [*]
Rava idli-cook on high, 8 mins	Soak and set aside for 1 hr { {oil+mustard+chana/urad dal+curry leaves+ ginger, G&R chilli (2) +hing+ellu,cashew, rawa(1 cup), roast till puffy}+ grated veggies+ sour dahi(1/2 cup)+ salt}. Mix in eno(1/2 tsp) before making idlis.
Multi grain idli	Soak overnight and grind{millet(ragi, bajra, sama, quinoa, foxtail..etc)(2 cups),Parboiled rice(1 cup), urad dal (1 cup), poha(1/2 cup), 1/2tsp fenugreek} +salt. *Ferment.
Kara appam / paddu(make in appa karai)	1) Oil+mustard+urad dhal+ ginger+green chilli(1)+hing+curry leaves+rava(1 tbsp)+onion+very thin coconut slices +idli/adai batter(1 cup). [Fill oil+ ghee, sprinkle sesame seeds and pour batter and cook on low flame.] 2)A1: Soak (2 hrs), grind {toor dal(1/2 cup},urad dal(1/4 cup), methi(1/4 tsp), red chilli, salt, hing, curry leaves}. [*]

Sweet appam/ guliappa	Idli batter 1 cup+1/2 cup powdered jaggery+thin coconut slices+cardamom+1/2 very ripe banana/jackfruit+dried ginger powder. Make appam on low flame. Use coconut oil+ghee for making the appam. Optn: sesame seeds.
Red rice dosai	Soak for 5-6 hours and grind finely in a stone grinder{red rice (1 cup), parboiled rice(1 cup), urad dal (0.5 cup), puffed rice/pori(1 cup),1/2 tsp fenugreek}+salt. *Ferment.
Ragi dosai	Soak for 5-6 hours and grind finely in a stone grinder {parboiled rice(1 cup), urad dal (0.5 cup), poha(1/4 cup),1/4 tsp fenugreek}+ragi flour(1 cup),salt. *Ferment. Serve with peanut chutney or chutney powder+ cheese. Divine!
Mysore masala paste: Fry in oil{chanadal(2tsp), red chillies(2), onion(1/2), garlic(2) } and grind with salt and tamarind (0.25”).	
Sponge/ tomato/green dosai	Soak 5-6 hours and grind {idli rice (2cups), {thin poha(1 cup)}, uradhal (0.5 cup), 1/2 tsp fenugreek}+salt. Ferment. Make thick dosas. Alt: Skip fermentation, skip urad dal, grind with tomato(ripe,6)/modakattan/vettalai, red chilli powder, cumin powder, coriander leaves, curry leaves(torn).
Instant idli- Hebbar	Powder thick poha(1cup) and mix with sour curd (1 cup). Add idli rava (1 ¼ cup) and water(2 cups), salt(1/4 tsp), set aside for an hour. Mix eno (3/4 tsp) and make idlis immediately.
Ash gourd dosai (Yum!)	Ranjitha: Grind finely{parboiled/ raw rice(1.5 cups), poha/sago ½ cup,} soaked for 4 hours with chopped ash gourd (1cup), coconut(¼ cup), urad dal(2 tbsp), Salt. Ferment *
Kal dosai	Soak for 4 hours {raw rice (1.5 cups), urad dal(0.5 cups)} and grind with salt. Ferment *. While making this dosai, sprinkle some water after it cooks. This packs well in tiffin boxes.
Instant set dosai	Mix and set aside overnight {Raw rice or idli rice (1 cup), aval (1/2 cup), Thick Buttermilk (1 cup)} and grind with salt in the morning.
Red pumpkin dosa instant	Soak for 4 hours and grind {1 cup dosa rice (or any raw rice)} mix with finely ground { chopped pumpkin(1cup), grated coconut (1/2 cup), Small piece ginger, 2 - 3 red chillies, hing, curry leaves, salt.}
Sago dosai	Grind T= ¾ cup{over-night soaked sago: rice::1:2 + gin, g-chill(1),curd(1 tbsp)}, mix with fc{coriander, curry leaves, onions} and salt.‘&’
Instant rava dosai	Making a flowing batter with 4 cups water (flour* 2.5 cups){[unroasted rava(1/2 cup), rice flour(1/2 cup), maida(1/2 cup)], hing, green chilli(1), ginger(1/2” grated), salt, onion, jeera, pepper, curry leaves, coriander leaves, onion (1, fc)}. Rest for 30 mins – 1 hr. Pour the dosa batter from the edges and spiral in. Fill in the gaps.
Oats dosai	Same as above, except [oats(1/2 cup), rava(1/4 cup), rice flour(1/4 cup), dahi(1/2 cup), grated coconut(2 tbsp)].
Godhuma dosai	Same as rava dosai, except use[whole wheat flour(1.5 cup), rice flour(2 tbsp)].
Kambu/jowar	Same as rava dosai, except use[bajra/jowar flour (1.5 cup), rice flour(2 tbsp)].
Ragi dosai	Same as rava dosai, except use[ragi flour (1 cup), rava(1/4 cup), rice flour(1/4 cup)].
Besan dosa	Besan (1cup), rava(¼ cup), rice flour (¼ cup), ajwain, salt, turmeric, red chilli powder, hing, water (3 cups, 2x the flours). Set aside for 10 minutes and make dosa on high.
Sorakkai dosai	Finely ground sorakkai(1/2)+salt+ hing, rice flour(1.5 cups) and rava(0.5 cups) +4 cups of water. Rest for 10 minutes. Fc{onion,greenchilli,coriander}+jeera. Read & note
Uttapam	Soak for 6 hours & grind{Parboiled rice 1.5 cups, raw rice(1.5 cup), urad dal(1 cup), methi 0.5 tsp}+salt.*Ferment. Top on one side: Fc{Onion, coriander leaves, tomato, mint, g chillies, capsicum, grated carrot, podi, paneer}+salt.

Chilla(rest for 30 mins)	Beat the batter{besan(100%)/moong(100%)/oat(50%) flour(1 cup), water(3/4 cup), red chilli pwdr,haldi,hing} + green chilli(1),tomato/capsicum/carrot(1,fc), ginger (1/2" g), coriander(2 tbsp)+salt+pinch{jeera /omam}+ onion.
Paneer bhurji	Oil+jeera+onion+ginger(1/2")+hing+haldi(1/4 tsp), red chilli powder(1/8 tsp), green chilli(1), coriander powder/ sambar powder(1/4 tsp), tomato(2),salt, grated paneer(150 grams),garam masala(1/4 tsp), coriander(2 tbsp).
Poori-masaal(2 people, 8 pooris) B'by chutney	Make a tight dough {1 cup atta, salt(1/2 tsp), rava (2 tsp), jeera or omam(1/4 tsp)} and rest for 5 minutes. Don't knead just mix until the dough has come together, else it will form gluten. Rava helps the poori stay puffed up. While rolling out, use oil instead of atta (helps not to leave a residue in the oil). Fry in oil till golden brown. Alt: tomato/spinach puree, red chilli powder. Masal: Oil+ mustard, jeera, channadal, hing, curry leaves, long slices of onions(2), green chilli(1), ginger(grate), *, red chilli powder (o), cook, mashed boiled potatoes (3) and coriander+1/2 cup of water. Squeeze lemon juice(1/2 L) Optional: tomato(at *, skip lemon), 2 tsp besan in 1cup water(at *).
Sagu (Ranjitha)	oil + mustard+ curry leaves+ onion , chow chow, carrot, peas, dill, tomato, potato, cauliflower, ridge guard cook covered for 10 minutes. Ground {gasa gasa 2 tsp, huri kadale(pottu kadale) 2 tsp, coconut (1/2 cup), coriander leaves(2 handful, skip if you use dill), roasted coriander powder(1/2 tsp, optnal),green chilli(2), ginger(1/2"), garlic (1 pod), fennel(2 pinches), cloves(1), cinnamon (1 small piece)} boil again and add salt.
Mangalore bun Preethi KP	Ferment for 8-10 hours{Hand mashed, ripe banana/mango(1), atta/maida(1 cup), jeera(1/2 tsp,crushed), sugar(1 tbsp), dahi(2 tbsp), no water(!)}. Make pooris and fry in oil. Serve with Bombay chutney or any spicy chutney.
Aapam – kannama cooks	Soak for 4-5 hours and grind very finely {Parboiled rice(2 cups), poha (2 tbsp), methi (1/4 tsp), coconut (1/2 cup), coconut water (2 tbsp), salt, sugar(1 tsp)}. Ferment for 6 hours*. Tilt the pan to spread the batter if you are making in Appamkarai. Cover and cook on 1 side. Optional add in: 1 tbsp of urad dal.
Neer dosai – A1, kalpagagaM Pumpkin dosa- self	Soak raw rice(1 cup) in warm water(2.5 cups) for 2-3 hours and grind very fine with coconut(1/2 cup)+ salt. Dilute it to form a thin batter. Watch out! If you make it too watery, you will end up with a goey mess. Cook both sides."&" (Look at the instructions for making perfect instant dose.) To make a pumpkin dosa, add cut white pumpkin(1/2 cup) while grinding the above recipe and add a dash of fenugreek powder. so yum!
Sevai- Amma1	Soak 3 hours and grind parboiled rice in a mixer to nice paste with salt. Lighter than the idli batter. Steam like you do normal idlis. Put on idiyappam mold and make sevai. Mix with 1) coconut grating+sugar+cardamom 2) thengai kaaram theechal or 3) lemon rice tempering.
Idiyappam (Kalpagam mami, A2) (for 2)	Dry roast 1 cup ragi/rice/buckwheat on low until it is hot to touch(5-7 mins). Don't burn the flour. Bring to boil water(1.25 cups) +salt(1/4 tsp)+ coconut oil (1 tsp), add to the flour little by little and mix with a fork. Stop adding water once the dough starts to come together. Keep covered for 15 mins. Knead well. Transfer to an idiyappam mould and finish using all the dough when the dough is warm. If the dough is too soft, the strands will merge into a glob when you cook, and if it too dry, it will be hard to squeeze it in the first place. Steam similar to idlis^, but on a banana leaf~ 10 mins. Serve hot with grated chutney on top and Bombay chutney or spicy chutney on the side.
Dhokla for 2 - Serve with coriander coco chutney.	Mix 3/4 cup of besan, sour curd(2 tbsp), grated ginger, green chilli (1/2) and salt with water and make a smooth thick batter that flows. Let it sit for 1/2 hour. Mix in {1 tsp of eno or 1/2 tsp of soda} before steaming (for 15 mins) in an oiled vessel (fill only to half the height). Sprinkle red chilli powder(1 pinch) before steaming. Tadka: Oil+ mustard +jeera+hing + slit greenchillies+ curryleaves+ op: sesame seeds+ grated coconut. Add 2 tbsp of water+ sugar to the tadka + lemon juice(1/2), mix well before pouring on the dhokla. Rava dhokla: sub besan with roasted

(KedarK, Battu)	rava and add a pinch of turmeric. Rest only for 15 mins. Don't put a lid on the vessel containing the dhokla batter.
Handvo (Dasanna)	Soak for 5 hours and grind{sona masoori rice (1 cup), moong dal (1/2 cup), tuvar dal (1 tbsp), urad dal (1 tbsp), channadal(1 tbsp)} with beaten Curd (1/4 cup) and ferment for 7 hours. Oil+mustard+ fenugreek(4)+hing+ curry leaves+ginger-garlic-greenchilli paste+turmeric+coriander powder+finely grated lauki (1 cup), coriander leaves, salt and mix with the batter. Make thick uttapam, sprinkle sesame seeds and cook covered on the first side.
Patra:	clean big colocasia leaves(5) of similar sizes and trim the hard parts. mix into a smooth thick batter: besan(1 cup), hing, grated green chillies(1), grated ginger(1/4"), salt, imli water(from 1 tsp tamarind), turmeric(2 pinches), coriander powder, cumin powder and jaggery coat the leaves with the largest one at the bottom(keeping the tip towards you, alternate the sides as you stack), layer, fill and roll. Tie and steam for 25 min. Tempering: sesame oil, mustard, jeera, hing, curry leaves, sesame seeds, chilli(1/2), coconut fresh, hing.
Khandvi (Dasanna)	Mix well without lumps(1 cup besan (1 cup), sour curd beaten(3/4 cup)+water(2.25 cups), Ging-gchilli paste, turmeric(1/4 tsp), salt, hing}, cook on low and keep stirring constantly(batter should not stick to the tawa) for 15 mins. Spread on an oiled plate, stuff with coconut grating and coriander, cut into strips and roll. Temper with oil, mustard seeds, curry leaves, sesame seeds, green chilli.
Suganda's Chut	Grind blanched tomato, soaked tamarind, coriander leaves, sauteed garlic, ginger, soaked redchilli, salt and sugar.
Moong-let (Kannama)	Soak moong dal(1 cup for 1 hour and grind with rice flour(2 tbsp), salt(3/4 tsp) and turmeric(1/4 tsp). For each individual moonglet, mix separately {cumin, ginger(g), green chillies, onion, capsicum, tomato, spinach, red chilli powder, black salt(pinch), fruit eno(1/2 tsp), coriander} and cook covered on the first side. Make a cross at the center and add some butter.
Akki hittu-Amma	Dry fry rice flour until kolam podi consistency. Turn off tawa. Add{tamarind water, salt, hing, turmeric, huli podi} to the rice flour. Consistency should be thicker than idli batter. Oil+mustard+urad dal+red chilli(1)+curry leaves+the mixture. Mix well and cook covered for 2 mins. Check every 2 mins. Top with grated coconut(1/4 S).
More kali-Amma1	Dry fry akki hittu(rangoli padam) mix with{ Huli mosuru+salt+coconut grated+hing} softer than dough. Sarsive, Urad dhal,channa dal(less) green chillies, curry leaves and coriander leaves+ mixture and cook close for 10 mins
Pongal (A2) for 3 ppl use 1 cup rice.	Fry moong dal:rice::1:2 in ghee and pressure cook with 9(3*3x) times water for 3 whistles or 30 mins. Once you open the cooker, grate 1/2" ginger and mix in salt(1 tsp) and ghee(1 tbsp). Mash the pongal well. Tadka: Ghee+oil+ jeera+ b pepper(crushed)+ sonth(2 pinches)+hing+ cashews+ curry leaves. Oil prevents the pongal from drying out. Also, feel free to add a slit green chilli and hing along with dal and rice before pressure cooking.
For pessarittu or adai,	add greens like murungai keera, or carrot/ onions, basically any veggie which won't leave water on cooking.
Pessaritu-Amma1	Grind finely {whole green moong/ skinned moong(1 cup- sprouted or soaked for 3 hrs), 1 cup parboiled rice(soaked for 3 hrs), red chillies (2-3), dry dhanial soaked(1 tsp), jeera (1/2 tsp) curry leaves} hing and salt.
Rice/dahlia adai-Amma2	{#}Grind coarsely {Soak parboiled rice/dahlia:chana dal: toor dal: urad dhal::3:1:1:0.5 cups for 4 hours}+ green (3)+red chillies(2)+curry leaves+hing+salt. Cook on low until crispy on both sides, else the center won't cook.
Ragi/atta sweet adai - kC	Jaggery(1/2 cup)+ water, remove impurities and bring it to boil. Mix Ragi flour/atta (1 cup) and let it thicken. Add coconut grated (1/2 cup), cardamom powder . Knead the dough and flatten adai with hand. Cook with ghee.

Sorrakai adai- Jayshree K	soak for 5 hours { Bottle gourd(2 cups), Idli rice(1 cup), toor dal(2 tbsp), chana dal(2 tbsp), Red chili(6)} and grind with salt. Add finely chopped onions on top while making the adai.
Sabhudhana adai	With your regular adai batter, add sabhudhana soaked for 6 hours+ pan-cooked or f-grated potato/sweet potato(fc), onions, coconut-sesame-peanut powder/ peanut pwdr, green chillies, hing, lots of coriander leaves and more salt.
Akki/ragi roti(4) -A1, Ranjitha P	Make a dough{rice/ragi flour(1 cup), fc onion(1)/dill/methi/cucumber/capsicum/carrot, green chill(1), grated coconut(3 tbsp), ghee(1tsp), jeera(1 tsp), salt, hing, fc coriander leaves} with warm water and kneed well. Rest for 20 mins. Take a lemon sized dough, make thin rotis by patting the dough on an oiled parchment paper or banana leaf. Cook side-1 covered; roast golden on both sides. Top with butter. Serve with kai/pnut chtny.
For any upma/khichdi, bring the water to a roaring boil, add salt, lower the heat, sprinkle the roasted rawa and mix quickly without lumps. Cook covered only after ensuring that there are no lumps. Rawa should be roasted only until it puffs; don't over fry. Don't add cold water if water is less! Just sprinkle hot hot water little by little and pray that the texture of your upma is not already spoilt! :-/	
Khichadi -A1; serve with coconut chutny	Finely chop veggies. Lightly fry rawa. Oil+ ghee+mustard, urad dal, channadal, ginger grated, green chillies(1)+ red chillies(1)+ cashews,curry leaves+ veggies and fry+ rawa(1 cup) and fry+3.5 cups water, haldi, hing, tomato, salt; p.cook for 2 whstls+ coriander levls. Khichdi should not be dry. Apply ghee on a davara, fill with K, invert & unmold.
Kara bhaat-pkp	In the khichdi recipe above, add vangai bath podi and tamarind water after frying the rava. Yum! Skip ginger.
Rava/idli upma (tomato+ averek- ai for veggies!)	Oil+mustard+urad dal(1 tsp)+chana dal(1 tsp)+red/green chillies(2)+ginger(g)+curry leaves+hing+ veggies cook. {Add water(2.5 cups) +salt & bring to rolling boil. Mix in ghee roasted rava(1 cup). Cook covered on low for 10 mins+ lemon(1/2 optn)/ dahi+coriander}. Skip {}, mix 5-6 cold idlis cut into tiny pieces+ 1 tsp idli milagai podi.
Arisi upma- Amma2	Oil+mustard+jeera+urad dal(1 tsp)+chana dal(2 tbsp)+red chilli(2)+crushed b.pepper(1/2 tsp)+hing+ fenugreek + curry leaves(optional)+coconut(1/4S)+veggies(optional). Add water(2.5 cups) +salt and bring to boil. Mix in 1 cup broken rice{wet the rice, dry for 20 mins, make rava in the mixie}. Pressure cooker for 2 whistles (~10 mins).
Semiya upma-(Mix in semiya without lumps)	1) Oil+mustard+urad dal(1 tsp)+chana dal(2 tbsp)+red chilli/grn chillies(2)+ginger+curry leavs+hing+ veggies+ semiya and fry until it is slightly roasted. Bring water(1.25 cups)+salt to rolling boil on the side. cook for 5-7 minutes on low. 2) For lemon/coconut/tomato semiya, make the initial tadka similar to the rice counterpart.
Godumai rawa upma	Oil+mustard+jeera+urad dal(1 tsp)+chana dal(2 tbsp)+red/green chilli(2)+ ginger(g)+ hing+fenugreek+ curry leaves+ veggies+dahlia(1 cup) and fry until the dahlia puffs up. On the side bring water(2.5 cups) +salt to boil. Once the dahlia cooks, add the boiling water+ finely chopped tomatoes(op), cover and cook on low for 10 minutes.
Bread upma	Toast 6 breads on a tawa till golden brown with butter. Oil+mustard+cumin+ cook till dry {onion+green chillies(2), ginger(1/2"), curry leaves, tomatoes(2), turmeric(1/8tsp), red chilli powder(1/8 tsp), hing+salt}. Add Maggie sauce(1 tsp)+ cubes of toasted bread. Mix well and garnish with coriander leaves.
Sabudhana khichdi- Sunanda PG	Wash until the sabhudhana (1/2 cup) runs clear and soak overnight in 1/2 cup water (don't add too much water, else you will end up a goey sabhudhana). Drain well and mix Marathi dry sesame-coconut-peanut chutney or simply crushed peanuts +sugar and salt in the strainer itself. Sesame oil+ghee+jeera(1tsp)+ potatoes (cubed) +[ginger(grated)+green chillies(2)] or [ginger-coriander-green chillies], roast on low heat and let it form a golden crust. Add the

	sabbaki- powder mixture and cook open. Keep tossing, else it will trap water and turn goey. Top with lemon juice, coriander leaves, curry leaves. For a vada, no need to cook the sabbaki, p.cooked potato has to be more finely cubed. Mix all the ingredients and deep fry in oil!
Majjige sabbaki- Amma	Roast sabbaki(1/2 cup) in ghee or oil till crispy. Cook with enough water until you see individual pearls. It should not be gooey. Add cold water to stop cooking+salt+coriander leaves+ thick curd. Oil+mustard+urad dal+green chillies+hing +curry leaves+ ginger(1/2" grated)/ shonti powder(2 pinches). Op: raisins, pome seeds, grapes.
It is mandatory that the poha doesn't become mushy. Just rinse thin poha in water twice and drain. For medium poha, keep the poha in equal amount of cold water. For thick poha, soak in equal amount of hot water.	
Basic poha	Sesame oil+mustard+urad dal+slit green chilli 1+ haldi, hing, washed poha(3/4 cup), salt,cover a coriander+ lemon juice.
Kanda batata poha(for 2) -Varada Bal ☺	Soak mota poha(1 cup) in water, drain when you can break it apart with your nails. If you over soak, the poha will become a porridge. Oil+ mustard, jeera, onion , green chilli(1), turmeric(1/4 tsp), hing and curry leaves , cook+ potatoes (1L cubed), ginger(1/2" grated), salt (1/4 tsp), water(2 tbsp) and cook +{Add some salt(1/4 tsp) and sugar(1/4 tsp) to the poha and let it drain in a colander}. Top with coriander leaves & squeezed lemon juice.
Bisi Neeru avalakki- A1	Wash, soak thick poha in hot water +salt (just submerge) for an hour. Don't add too much water. Pulse in the mixie {pottukadalai, mint, coconut, coriander leaves , green chilli(1)}. Oil+mustard+jeera+urad-channadal+curry leaves+ pulsed mixture+ poha & cover. You also pulse peas/ carrot and fry it before adding the poha. You can simply mix tomato thokku to the cooked poha too!
Hulishenu avalakki- A1	Grind{Coconut(1/2S)+red chillies(4)+mustard seeds(1/2 tsp)} with tamarind water(1/2 cup). Mix washed thick poha. Set aside for 10-15 mins. Oil+mustard+urad dhal+hing+curry leaves+haldi +soaked aval with paste & cover.
Dahlia salad	Oil+jeera+fc {capsicum, carrots, beans}, cooked chickpeas, paneer, black pepper, herbs, cooked dahlia , salt+ lemon+ coriander. Shraddha used to add goda masala! Wah!
Dahlia paneer bhurji	Oil+cumin seeds+ onions(fc)+carrot+ capsicum, salt, turmeric, red chilli powder, curry powder, garam masala , cooked dahlia, grated paneer+coriander.
Mandalu hoga-rane (Suprita)	Soak the puffed rice in water, squeeze and drain immediately. Oil+mustard+jeera+green chillies+curry leaves+ peanut+onion+ginger+ carrot+peas+salt, cook. Add the puffed rice and mix well. Top with lemon juice.
Hulishenu rava- A1	Fry rava till hot to touch, mix with {tamarind water+turmeric+hing+sambar powder, salt} and rest for 20 mins. Oil+mustard+urad dhal+curry leaves+red chilli(1)+ the mixed rava and coconut scraped and fry till dry.
Pidi Kozhakkattai / Nuchinunde unde	1.Amma2: Make rice (1 cup) wet(not soaking), let it dry and make rawa. If you add too much it will become a battar and if you soak for too long, it will become powder when you grind! Careful! Soak masoor dal+ toor dal+ channa dal(1 tbsp)(1/4 cup T) for 30 mins. Dry roast the rava. Grind with red chillies(2), green chillies(2) and coconut (1/4S). Oil+ mustard+urad dal+hing, curry leaves fry the ground dal, add water(2 cups), bring to boil. Add rawa (1 cup) little by little and mix until all the water is absorbed. Cool, make kozhakkattai and steam for 15 mins. 2.Raks: Powder{raw moong dal(2-3 Tbsp), cumin seeds(1 tsp), black pepper(1 tsp)}+crushed peanuts. Oil+mustard+channa dal+ red chillies(2)+curry leaves+hing+ 4 cups of water, bring to rolling boil. Add idli rawa(2 cups)+powder+ grated coconut(1/4 S). Mix well and let it cool before making kozhakattais. Steam. 3. Ranjitha: Wash and soak for 4 hrs {toor dal(1/2 cup), moong dal(1/4 cup), channa dal (2 tbsp), red chillie(1)}, drain the water and grind coarsely with green chillies(2), ginger(1"), hing,

	salt, grated coconut. Add pieces of coco -nut, fc{dill/methi, onions (optnl) and coriander leaves}. Make unde, steam for 15 mins & serve with ghee+chtny.
Puttu	Mix finely broken rice(1 cup) + salt(1/2 tsp) with water until wet and keep aside for 30 minutes. Oil 2-3 tumblers and place cut banana leafs along the inside surface. Repeat twice{fill with broken rice mixture and grated coconut}. Steam for 20 mins. Try to remove the puttu without breaking it. Serve with kadala curry.
Kadala curry (sowmya)	Soak black chickpeas(1/2 cup) for 8 hours and pressure cook for 5 whistles. Coconut oil+panch pooran+green chillies+ ginger (1/2") + curry leaves+ coconut powder+ cut onions(2)+turmeric+ dhania powder+ red chilli powder+ garam masala (should contain nutmeg, pepper and marati moggu). Once the masala has cooked, add tomato(2) and cook till soft. Add kadalai with water and bring to boil. Garnish with coriander leaves.
Mint coriander Thokku (solachi) Curry leaves thokku	Wash one bunch on mint and coriander. Roast, cool and grind{fenugreek seeds(1 tsp)+dry red chillies(10)}. Wilt{ Oil+coriander leaves first and later mint leaves}. Mint loses its fragrance on over cooking. Grind the leaves with the powdered mixture, hing+tamarind(1") +ginger(1"), without water. Sesame oil+mustard+ground mixture, fry until the mixture leaves the pan. Add salt and oil(1 tbsp). For longer shelf life, don't add dals to thokku! Follow the same procedure for curry leaves-coriander thokku by substituting the mint with curry leaves.
Red chutney (hebbbar)	Oil +urad dal(1 tsp), chana dal(1 tsp), methi(5 seeds)and red chilli(3), fry, add ripe tomatoes (2, L), garlic(1 clove), turmeric (pinch) and wait for it soften. Add salt, sugar and grind with hing. Oil+mustard seeds, urad dal, curry lvs.
Tomato thokku (Malti D,Baby A)	Grind tomato(2)+onion(1, optional)+sambar powder(optnl), green chilli(1, op). Oil+mustard+ urad dhal+ fenugreek +hing+ ground mixture+ red chilli powder+ turmeric. Once it thickens, add sugar and salt. If you want to take the thokku for a 2-3 day trip, skip the urad dal.
Tomato chutney	Ruku athai: Grind smoothly {onion(2), tomatoes(4), green chillie(2), garlic(1 clove)}. Oil+mustard+jeera+turmeric + ground paste. Let it thicken. Add salt, hing and red chilli powder(if required).
Hotel sambr-A1 + mini idlis	Pressure cook for 4 whistles {(moong+toor) dal(1/4 cup)+haldi, onions, tomato, grated coconut, sambar pwdr, green chilli, potato}.Oil+mustard+hing+curry leaves+methi pwdr+pepper+coriander+salt. Simmer~10mins.
Avasara sambr-Chandra Dma	Grind{onion(1), grn chillies(1), tomatoes(1)+ sambar pwdr+coconut+ puli+ halldi+chilli pwdr +salt}. Oil+ mustard+ methi+hing+curry lvs +veggies+ ground paste+water+ bring to boil +powdered pottukadalai, boil, coriander lvs.
Kumbakona m kadappa-Raks/ SRC hostel	Pressure cook moong dal(1/4 cup) with 2 potatoes. Grind{coconut(1/2 small), fennel(1/2 tsp), garlic(1), green chillies(2S)}. Oil+ bayleaf, cinnamon, mustard, cumin seeds, curry leaves+ onion+green chillies(1)+ turmeric (optnl) ,water(2cups)+salt+ dal. Boil. In low flame, add the masala and cook until the gravy thickens. Top with juice(1/2 lemon), coconut oil(1tsp) and coriander leaves.
Gotsu (without moong dal)	Fry brinjals on heat. Oil+mustard+urad dhal+ red chilli(1)+ green chilli(1)+ hing+curry leaves+ tomato+turmeric +tamarind water +boil. Add Brinjal+salt+ coriander leaves.
Gotsu (with moong dal)-Raks	Pressure cook moongdal(1/3 cup) (dal should not be mashy). Oil+ mustard+uraddal+jeera+curry leaves+onion+ green chillies(4)+(carrot+potato+brinjal) and fry. 2.5 cups of water +turmeric +salt, bring to boil, add dal,simmer for 4-5 mins. Top with coriander leavs and coconut oil(1 tsp). Optnl: tomato, tamarind/lemon at the right times.
Puli inji – K M	Oil+mustard+curryleaves+redchilli(1)+ginger(1") +greenchillies(2)+tamarind+salt,boil+jaggery +methi powder.

Grn chutny-A2	Grind{Coriander(3 handfals), gchilli(1), coconut(1/4 S)+ginger(optional)+salt}+lemon juice. Tadka: oil+mustard.
Green chutney shilpa Asopa	Take haradhaniya(2 handfals) with little bit of raw peanuts. Add lemon juice(1/2 lemon), green chillies (1)salt, jeera and little bit of asafoetida. Churn with 1 spoon water and 2 pieces of ice.
Chutney (Sugandha)	Grind {coriander leaves (one handful), raw tomato 1/2, green chill toasted(1),ginger(1/4"), garlic(1,op), sugar, salt, a pinch of tamarind}
Mango chutney	Grind { raw mango, green chilli, coriander, mint, salt and sugar}
Mint-tomato RA(RE)	1. Grind{Oil+mustard+hing+uraddal+red chillies(5)+onion(1)+tomato(2),cook. Add mint(1/2 cup), wilt+ tamarind+ coconut}. 2. Rukmini athai: Grind{mint(1 cup), onion(1S), tomato(1S)}. Oil+ mustard+ jeera+ garlic+ ground paste+ coriander powder(1/2 tsp), red chilli powder. Boil till it thickens.
Carrot chutney (Dasanna)	Grind{Oil+urad dal(1 tbsp) +chana dal(1 tbsp), once they become golden,add green chilli(1), curry leaves +carrot(1), chopped), cook +coconut (2 tbsp)}+hing+ salt. Tadka: oil+mustard+curry leaves. Mix with dahi for a raita! Wah!
Karivepillai C	A1:Fry {oil+urad dal+red chillie(2)+tomatoes(2)},curry leaves(2 handfals) grind with ging, tamarind(p), salt& hing.
Tomato-coriander	Fry {Oil+urad dhal(1 tbsp)+g chillies(3)+tomatoes(3L)+coriander(2 tbsp)+curry leaves(15)}. Optn1- LA: Grind {} with hing and salt. Optn 2- A1: Add mustard seeds, methi seeds, finely chopped ginger, haldi to {}and don't grind.
Onion-tomato Latha Athigai	1. Fry{oil+kadale bele(1tbsp,op)+onion(1)+tomato(1)+garlic(o)+red chillies(2-3)} and grind with coconut, hing, tamarind (pinch), pottukadalai and salt. Tadka: oil+ mustard+urad dhal+red chilli+curry leaves. 2. Grind{tomatoes(2)+onion(1)+redchillies(4)+salt}. Oil+mustard+ ground mixture and boil until it thickens.
Coco-chilli-L A	Grind{coconut(1/2L)+ red chillies(10)+tamarind(v little)+salt} Temper: Oil+mustard+urad+hing.
Coconut chutney	Grind {coconut(1/4 cup)+2 tbsp of pottukadalai, one green chilli, 1/4" ginger(optnl), 1/4" slice of tamarind(optnl), hing, salt}. Tadka with mustard, urad dhal, red chillies(optnl), curry leaves and hing. Optnl: coriander leaves (handful, add only little, else it tastes bitter) or toasted {curry leaves(2 handsful) if grinding with ging+tamarind}
Ellu chutney	Grind{Coconut (1 cup, shr), toasted {seame(3 tbsp)+peanut(2 tbsp)}+ tamarind(1/4"), garlic(1), salt, red chillie(3) .
Coriander chutney-Munji	Oil+ urad dal fry, 1 byedige chilli, handful of coriander(just until it wilts, not much), tamarind and grind with green chilli, ginger 1/4", hing and salt. Tadka with oil mustard seeds, urad dal.
Chnadalt-KM	Fry &grind{oil, chanadal(2tsp)+redchillies(2)+onion(1)}with pottukadalai,hing, salt, imli(pinch). Tadka:mustard.
Peanut(tomato) chutny-DA, SubK	Grind{Peanut:pottukadalai::1:1 (1/4 cup ,T)+ 1 green and red chilli+ginger+sesame seeds toasted(1/2 tsp)+ curry leaves+ hing +salt}. Tadka: Oil+mustard+red chilli+urad dhal+garlic(optnl) . Variation1: Skip sesame seeds, add grind with cooked tomato(2). Variation 2: Skip green chillies, roast 2 red chillies and garlic and grind.
Coconut Peant garlic powder ☺	Lightly roasted grated copra(1 cup), roasted peanuts (no skin)(2/3 cup), lightly toasted sesame(1/3cup), red chillies(12)/ chilli pwdr(1 tsp), hing+jaggery+salt. Pulse to make powder. If you grind it, the powder will release oils. Careful! Op: roasted {jeera(1/4 tsp)/ garlic(2)}

(Kedar Kirane)	
Alla pachadi (Bala, SK)	Cut ginger into small pieces. For 1 cup of ginger pieces, use 0.5 cup of powdered jaggery, 0.25 cup of tamarind (dry) and salt to taste. Fry a few red chillies (5 or 6) in a little oil. Grind well. Tadka: Oil+ mustard seeds+hing.
Ginger chutney (Jananee ☺)	Goes well with pessarittu. Fry and grind{Oil+urad & channa dal, ginger(2", diced), red chillies(2)} with salt, tamarind, jaggery and hing. Tadka with oil+mustard+jeera.
Kara chutney	1. Opos (kannama): In a cooker{ sesame oil (3 tbsp), onion(2 M,c), tomato(2M,c), garlic(1c), red chillies(8), imli (1" piece), jaggery(1/2 tsp), salt} for 3 whistles or 5 mins on medium heat. Cool and grind. 2. Peanut oil(2 tbsp)+ mustard seeds+urad dal(2 tbsp)+ red chilli(4)+ curry leaves+onion(2) +tomato(1)+ tamarind (1"OD)+salt+jaggery. 3. V Bhat: Grind{Onion(1)+ grated coconut(1/8 M)+ tamarind+red chillies(2) and some jaggery+salt}. Tadka: oil+ red chillies (broken), mustard (wait until it splutters), urad dal(wait till it is golden) and cut curry leaves.
Chilli chutney (Raks)- Super spicy!	1. Grind {red chillies(2) +salt+half an onion}+ lemon juice. Temper: Oil+mustard+ urad dal+curry leav+ onions, cook; add to the ground mixture. Optnl: Mint leaves, coriander leaves. 2. Skip lemon juice in the recipe, grind with little tamarind and garlic cloves(2)+jaggery. Oil+mustard+hing+ ground mixture & fry until the oil separates.
Kadamba chutney(raks)	Roast red chillies(2) in oil. Fry onion(1), tomato(1), green chilli(1), garlic, until tomato softens, ginger, mint, curry leaves, coriander leaves, tamarind, quick stir+coconut. Grind with hing and salt. Temper with mustard, urad dal.
Veggie chutney	Sesame oil+red chilli (2), jeera(1/4 tsp), coriander seeds (1 tsp), veggies(capsicum/turnip), fry. Add tomato and let it soften. Grind with hing, chilli and pottukadalai. Tadka: Oil+mustard, jeera and urad dal.
Dulburgose Dangar	Oil+ channa dal(4 tsp), urad (2 tsp), fry for a minute, tomato 5, redchilli 2, green chilli 4, salt, turmeric, and cook covered. Grind coarsely. Tadaka with sesame oil, mustard, urad dal, curry leaves.
Bhakri (Thalipeeth)	Make dough with hot water and kneed well without cracks {Jowar(1/2 cup), atta(1/4 cup), bajra(1/2 cup), besan(1/4 cup), rice flour(1/4 cup) + turmeric powder(1/4 tsp)+red chilli powder(1/4 tsp)+ cumin powder(1/2 tsp)+ coriander powder(1 tsp, op), salt} rest for 10 minutes, while rolling add {sesame seeds(1 tsp, op)+onion(1S, fchopped)+ ginger(1/2" g)+coriander leaves(1/4 cup)+oil(1 tsp).
Theecha	Grind/hand pound coarsely {Green chilli(4-5), shallots (12-15), salt }. Optnl: ginger, coriander leaves.
Sweet Dahlia/Over night soaked oats	Soak 1/3 cup oats/person with equal amount of water+milk. Add nuts(chia(1 tsp),flax(1 tsp),walnut, raisins, figs, dates, cashews, almonds, pumpkin seeds etc), nutmeg, cinnamon, vanilla and a dash of cardamom. Top with grated banana, apple, carrot, mangoes, peaches, etc. Feel free to cook the soaked oats. But then don't add any acidic fruit to the hot oats+milk! Sub with dry-roasted and cooked dahlia (1/4 cup per person) overnight.
Kaati roll	Sauté capsicum,corn, paneer, potatoes, mexican spices/pav bhaji masala/garam masala. Assemble roti with siracha, ketchup, tomato, grated cheese, coriander leaves & onions.
Cutlet	Steam potatoes, aloo,peas,beans, carrot, beet, etc. without excess water and mash well. Oil+onions(fc)+jeera pwdr+ green chillies+garam& chaat masala+ bread crumbs+ red chilli powder+ veggies+ salt; make a patty + coat with bread crumbs/cornflakes powder/rusk powder and cook on both sides. Serve with sauce and bread.
Coriander chutney	Gring{coriander(1 cup), mint(1/2 cup, op), ginger(1"), green chiilli(2), roasted cumin powder(1/2 tsp), blacksalt(2-3 pinches), chaat masala(1/4 tsp), garlic(op), salt}

Easy sandwiches: {Cheese+salt+pepper},{cucumber+buttermilk+salt+pepper}, {Nutella+banana},{crushed peanut+banana/ apple}, {cheese, garlic, basil}, {almond powder+berries+pinch of salt},{peanut butter+fruit jam/{siracha, honey, peanuts, dhanial, lemon,}}, {pesto/basil, tomato, cheese}, {hummus, sprouts, arugula},{figs, butter, coconuts}, {sour cream (culture amul cream with dahi), onion, peppers, coriander, salt, pepper}, {pineapple+paneer, sugar}, {Shredded {Carrot, cabbage, capsicum}+ mayo}, {radish(g), butter, p&s}	
Hung curd sandwiches	Hang curd for 4 hours. Mix with finely chopped coriander, cabbage, carrot, corn, spring onions, capsicum, green chillies, spices like oregano, thyme, basil, etc. fill between toasted bread.
Paneer/cheese	Toast green pepper and paneer on tawa. Layer with onion, cucumber, tomato, ketchup, siracha, pepper and salt.
Paneer	Mix crumbled paneer with {onions(fc),capsicum, chaat masala, oregano, salt, pepper}, layer with sauce, cucumber(optnl), stuff the bread slices and toast till golden brown in a sandwich maker.
Bean burgers	Make patties and fry{Chole/ pinto beans (2cups), carrot(grated,1), garlic, APF(1/4 cup), pepper, salt, onion(min-ced), cumin powder, coriander powder/ fresh, cumin powder, coriander leaves}
Tea sandwiches	Grind{groundnut+coriander+ginger+greenchillies+jeera(roasted)+salt}. Assemble with toasted bread+buttermilk.
Aloo sandwich	Either make dry potato palya or simply boiled aloo+salt+pepper+chaat masala+crushed potato chips! Yum!
Iyengar bakery sandwich	Oil+mustard+jeera+ green chillies+curry leaves+turmeric+vfc{onion+tomato+capsicum+grated carrots)+garam masala+ chaat powder+red chilli powder+jeera powder+sugar+salt. (Op: 1 tsp ketchup).
Spinach/capsicum with corn	Chop and wilt spinach/ finely chop capsicum and mix with corn. Season with chat masala, garlic, jeera powder+ pepper+ coriander leaves+ salt. Melt a cheese slice on one of the bread slices. Stuff and toast.
Mumbai style sandwich	Grind{coriander leaves+green chilli+chaat masala+black salt}. Assemble with cucumber, raw onion, tomato, potato boiled, beetroot boiled, butter, cumin powder, pepper, ketchup, sprouts!
Masala puri-Dasanna Bangalore days ☺ Ranjitha and Ramya <3	Pressure cook for 6 whistles {white/green vatana (1 cup) soaked overnight} Roast and grind {Dhanial(1 tbsp), cumin(1/2 tsp), cinnamon, mace,nutmeg, clove(1), marathi moggu}with pottu kadalai(1 tbsp). Grind{ 3 to 4 medium garlic cloves (chopped) 1/2 inch ginger (chopped), 1/2 cup chopped coriander leaves, 1 to 2 green chilies (chopped) and 1/4 cup tightly packed fresh coconut} with 1/4 cup cooked peas. Oil+onion+ masala mixtures, bring to boil. Add remaining peas. Assemble with puri, raw diced onions, tomato, lemon, coriander, tamarind chutney, chaat masala, lemon juice and sev!
Tamarind chutney- DA	Oil+cumin(1/2 tsp), sauth(1/2 tsp), red chilli powder(1/4 tsp), add { Soak overnight and keep the juice{1/2 cup seedless tamarind} boil for 3 mins, add chopped jaggery(1/2 cup), boil until it thickens. Add salt(regular and black)
Green chut-RP	Mint (1 cup), coriander leaves 2 cups, 3 green chillies, salt, tmarind-date chutney and a clove of garlic(optional)
Sundal	Soak and pressure cook channa(black/white)/ rajma/ dried peas/peanuts for 3 whistles. Oil+mustard+hing+red chilli+curry leaves+coconut, cooked beans+ grated mango/ finely chopped cucumber+salt. Set aside for 10 mins.
Pori (murmura)	Dry fry pori with pottu kadalai. Oil+mustard+ red chilli whole (1), turmeric(pinch)+ curry leaves+pori and pottukadalai. Fry on low until the pori shrinks in size and becomes crispy. Add salt.
Aval (ATV)	Dry fry very thin poha until it is very hot and slightly changes color. In a separate kadai, coconut oil+mustard+jeera + hing+green chillies+cashews/peanuts+ curry leaves (30). Layer {poha and the spiced oil} 4-5 time and shake well.

Avalakki (Ammal)	Avalakki sweet: Pulse powder thin poha(2 tbsp) with coconut(1 tsp)in the mixie. Add powdered jaggery (1 tbsp), cardamom along with it and pulse once more. Don't grind. Kaara avalakki: pulse thin poha (3tbsp) with salt, hing, hulisenu(pinch), red chilli (1) until powdered. oil+sarsive, udin bele, karumevu, powdered mixture, sugar (½ tsp)
Bhel puri	Cut and mix{ tomatoes, onion, green chillies, apple , pomogranate, coriander leaves, salt, red chilli powder, chat masala,dhania powder} with pori and Haldiram bhujia/ navrattan mix.
Sago chivda	Fry nylon sabhudhana in oil and use it in the recipe above in the place of poha+fried kismis+fried grated aloo.
Makhana/popcorn: Fry makhanas in ghee on low heat until crispy. Savory: Melt butter with salt, red chilli powder/ pepper/ lemon rind/ piri-piri, etc. and pour over the makhana and mix. Sweet: Melt 1 tbsp of sugar until light caramel forms, pour over makhanas. *Puffed amaranth with milk and almon powder*puffed rice(nel pori) with tadka: oil+mustard+hing+curry leaves+ turmeric +red chilli powder+garlic(optnl)* Sundal*Boiled sweet/n potato/ carrot+ S&P+cheese* Milkshakes* Fried cornflakes+salt+red chilli pwrdr* Roast till pink {wet and dried} rice, make a fine powder. Mix with jaggery,cardamom & milk.* Salted peanuts*with onion, tomato, masala. Chaat: Mix haldiram, murmura/ peanut/cooked chickpeas/cooked aloo+bhujia+onion +tomato+dhania+ green chilli+ salt + chaat masla+ lemon. *Store bought roasted {channa dal, green peas or moong dal}.*Kosambari: Soak moongdal for 2 hours +coconut, g. chilli, cucumber and tadka with mustard,hing, curry leaves* Masala papad*	

Millet recipes- Soak the millets for a 2-3 hours, rinse well and then cook. Portion sizes should be half of normal grains!	
Sama kheer	Soak for 2 hours, cook the millet(1/4 cup) soft in water. Mix milk, roasted cashews and cleaned jaggery. Yum!
Sama/ thinai pongal	For 2 ppl, use only ½ cup samai/ thinai. Fry moong dal:samai(thinai)::1:4 in ghee and add 15 x water. Rest of the procedure is the same as a normal Pongal.
Varagu pulao	oil/ ghee+ cinnamon, fennel, bay leaf+ onion+ ginger-garlic paste+ carrot, beans, peas, green chillies, mint+ soaked and drained kodo millet(1 cup)+salt + 2 cups water, pressure cook for 15 minutes at the lowest flame.
Kambu kozhukat tai	Soak bajra(1 cup) over night. Drain and let it dry in the air on a cotton cloth for an hour. Make kambu rava. Subsitute for idli rava in kozhukattai recipes.
Thinai appam	Raks: Rinse and soak for 2 hours {Foxtail millet /Thinai(1/2 cup), rice(2 tbsp)} and grind with atta(3 tbsp), jaggery powder (1/2 cup), coconut(1/4 cup) to make a pancake like batter. Ferment for 4-5 hours. Make appam!
Other millet recipes similar to their rice counterparts : Barnyard millet/ Kuthiraivali sweet Pongal, Kambu adai, kuthurai vali upma, kambu pakoda (pearl Millet Flour -3/4 c,besan-1/3 c, rice Flour- 1/4 c)	
Notes: Main millets: Finger Millet (Tamil : Ragi, Hindi: Jhangora), Pearl Millet (Tamil: Kambu, Hindi: Bajra) Eat kambu in summers as it cools the body, Barnyard Millet (Tamil: Kuthiraivali, Hindi: Jhangora), Little millet (Tamil: Samai, Hindi: Kutki), Kodo Millet (Tamil: Varagu Arisi, Hindi: Kodra), Proso Millet (Tamil: Panivaragu, Hindi: Barri), Sorghum (Tamil: Cholaam, Hindi: Jowar), Foxtail millet (Tamil: Thinai, Hindi: Kangni)	