

Fermented foods	Use only freshest ingredients to ensure good quality end products. Most important tip: Make pickles, the day you buy the produce! Store in dry containers.
	<p>1. Some red chillies when powdered and added to pickles, will start darkening. Doesn't happen with Tata red chilli powder though.</p> <p>2. Don't over roast red chillies, that could also lead to darkening of pickles.</p> <p>3. Always wash well, scrape iffy parts and pat dry with a clean cloth.</p>
Pickle powder Recipe 1:	<p>With red chilli powder (get one which has natural oils): Dry fry mustard (1/2 tsp), 0.5 tsp of jeera(1/4 tsp), fenugreek(1 tsp) and hing. Grind it with red chilli powder (2.5 tsp), turmeric powder(1/2 tsp).</p> <p>With red chillies: Same as above, but dry fry the red chillies(20) and skip red chilli powder.</p> <p>Note: 1) I have also ground these raw and used in pickles. 2) For a fist sized cut veggies, add 2 tsp of chilli powder.3) Always sprinkle salt on the cut veggies to get the proportion right.</p>
Recipe 2:	<p>Dry fry fenugreek, hing and powder with red chillies/ red chilli powder + turmeric.</p> <p>Oil+mustard+veggies, diced and mixed with salt+ ground masala masala powder, quick stir and turn off the gas.</p>
Standard procedure	<p>1) Wash the bottle for storing the pickles in warm water, wipe it and dry it in the sun. It is important that there should be no residue seen in the bottle after it dries.</p> <p>2) Wash, wipe and dry the veggies before cutting. Cutting board, knives, etc. should also be dry.</p> <p>Sesame oil+ mustard, once splutters, turn off, add the pickle powder and mix well. Add the veggies, salt and mix evenly. Cool completely before transferring.</p>
Nellikai(goose berry) oorugai	<p>Wash and scrap the gooseberry. Add to boiling water with salt and turmeric. Cook until soft to touch. Drain, remove the seeds and let it air-dry. For each nellikai, add 1/4 tsp fenugreek seeds and fry (without leaving the pan unattended) until it develops a uniform dark color. Dry roast{ mustard seeds and jeera (1/4 tsp each for 10 gooseberry) until they splutter} and hing separately. Powder all the 4 spices in a mixie with fresh red chilli powder(1/4 tsp per nellikai) ,some turmeric powder(1/4 tsp) and salt. Sesame oil+mustard seeds+splutter+ deseeded gooseberry+masala mix. Add more sesame oil and let it cook for a minute. Once the pickle cools down, transfer to a clean container and store in the refrigerator.</p>
Nellikai- pacha milagai oorugai (aayi's recipes)	<p>Pressure cook nellikai with chopped green chillies and salt for 1 whistle only, don't over-cook. Remove the seeds. Make sure Powder in a mortar and pestle {Heat oil( 1 tsp) and add mustard seeds. When they start popping, add hing, menthiya, fry+ turmeric and take off the heat.} Add this powder to the nellikai and mix well. Once the pickle cools down, store it in the refrigerator.</p>
Nellikai(goose berry) thokku	<p>Pulse (don't grind) amla(6) with green chillies(10), salt. Oil+ mustard, once it splutters, turn off and add turmeric(1/4 tsp) hing (1/4 tsp) and roasted Fenugreek powder (1 tsp) and add the pulsed mixture.</p>
Nellikai(goose berry) ooral – Kalpagam Mami	<p>Wash nellikai(1/4 kg) and clean. Fill water until all the nellikai submerge well. Measure water. Take the nellikai out, bring just water, turmeric+ green chillies(8, slit)+hing+salt(2-3 tbsp). Bring to boil. After it cools, add nellikai and keep in an airtight glass container.</p>
Narhangai	<p>Cut into small pieces and mix with a lot of salt. Keep it in the sun for 14 days until it becomes soft. Follow the standard pickle procedure if you want to make it spicy. Simple salted narhangai is good for the stomach.</p>
Maaainji	<p>Wash and peel all the gingers. Wash again. Wash until the water is clear, else the pinckle will taste of mud! Grate it. For 1.5 cups of grated inji, add 1.5 tsp fenugreek seeds and fry without</p>

	leaving the pan until it develops a uniform dark color. Dry roast{ mustard seeds and jeera (1/4 tsp each) until they splutter} tamarind and hing separately. Powder all the 5 spices in a mixie with fresh red chilli powder(3 tsp), turmeric powder(1/4 tsp) and salt. Sesame oil+mustard seeds+splutter+ grated ginger+masala mix. Add more sesame oil and let it cook for a minute. Once the pickle cools down, transfer to a clean container and store in the refrigerator.
Siracha Use thai red chillies.	Grind {cleaned and dried 1/2 kg red peppers(big ones) or (small ones+ 1 red pepper)} with 10 cloves of garlic, 3-4 inches of 1" dia ginger, sugar and rock salt. Keep in a glass jar with plastic paper wrap. Keep away from direct sun and ferment for 3-5 days until you see bubbles. *Do mix the ingredients with a clean spoon once a day.* Grind again with 2 tbsp of vinegar and store in the fridge as it is or you can also filter it and store.
Green chilli sauce	Same as siracha, sub with green chillies + dry roasted{2 tsp of dhania and 2 tsp of jeera}.
Ellumichambalam (lemon) orrugai	Instant- Poke holes in the lemons and pressure cook them for one whistle. Follow the standard pickle procedure. Keep in the refrigerator. Long drawn- Cut and mix with salt. Let it sit in the sun for 2 weeks. Once it softens, follow the standard pickle procedure.
Maavadu	Remove the stems and wash the maavadu(2 kgs) in water and wipe. Coat with sesame oil or castor oil(1 tbsp), haldi(1 tbsp). Layer the coated maavadu with powdered non-iodized rock salt(1/2 cup) in a glass container/ceramic container with a big mouth. Keep away from the direct sun. It should release water in 15 days or so. Add powdered {mustard seeds(2 Tbsp), red chilli powder(1/3 cup)} after 1 week. Keep shaking the contents every day. Padhu's kitchen: [For 8 measures mango, add 1 measure salt and 1/4 measure chilli powder]
Maanga cut	Cut mango into small pieces and mix with salt. Follow standard pickle procedure.
Maanga thokku	Same procedure as Maa inji without the tamarind.
Lotus stem- Kalpagam mami	Wash and cut lotus stem into tiny pieces (1/8"). Clean thoroughly until soaked water looks clean. In boiling water, add salt, turmeric, red chilli powder+ lotus steam. Cook till tender, don't over-cook. Drain and air-dry.
Tamarind pickle	Mix green tamarind with salt and turmeric and set aside for two days. Once it softens, removed seeds and . Add fried methi powder, green chillies, hing. Grind into a fine paste. Tadka with oil and mustard seeds.
Lemon mix- Suprita ☺	Clean lemon peels(3 lemons) and green chillies. Dry grind and make a powder like consistency along with hing, turmeric and salt + juice from 1 lemon. Rest in the sun for 3 days. Tadka with oil and mustard seeds.
Aavakkai – Kalpagam mami (Store in a dark place after 3 days. No need to refrigerate.)	Get the mangoes cut with the seed. Clean, wipe dry and keep under the fan to dry completely. For 5 cups of cut mangoes, keep ready red chilli powder(1 cup), mustard powder(3/4 cup) and salt(1/2 cup+ 1 tbsp). Check for salt after the pickle is mixed. If the mango is not too sour, you don't need much salt. In a paranth(thambalam), mix mangoes with salt well. Add the powder, raw fenugreek seeds(1-2 tsp), turmeric(1/2 tsp) and mix well. Add hing(1/2 tsp) to the bottom of the final dabba you are going to store and add the mixed mangoes+masala on top. The fragrance of hing will spread, so no need to mix. Add good sesame oil(1/4 L) to the pickle. Make sure that the pickle is submerged in the oil. Keep in a well lit room(not in the sun) for 3 days and mix well after taking bath.
More molagai	If the milagai is hard/has thick seeds, slit and remove some of the seeds and slit each of them. If the milagai is soft, just prick the chillies, no need to cut. Trim the far edges of the steam, don't cut completely. For 1/4 kg chillies, soak vendayam(2 tsp) for 5-6 hours. Grind and mix with beaten curd(100 g)+ rock salt(1 handful). Soak the milagai for a day. After that, during the day, remove the milagai and dry it in the sun and at nights add it back to the curd mixture. Repeat until the curd mixture dries. Keep in the sun for 2 more days.

Chilli Pickle (dry)	Green chillies 10 (finely chopped), lemon (1 tbsp) and salt mix turmeric. Let it sit for a 5 days. Red chilli (1pinch), hing and fenugreek/ yellow mustard ?raw powder and mix. Top with sesame oil.
Northie big green chillie pickle (DA)	Keep in the sun and grind{Mustard seeds(2 tbsp), dry mango powder(2.5 tbsp), fennel(3 tbsp), fenugreek(1.5 tbsp), hing, salt, turmeric powder(1 tbsp)} and mix with mustard oil. Stuff red chillies after removing their stem, seeds and pith. Make sure that there is no moisture in the chillies. Leave in the sun covered with muslin cloth for a day. Add more mustard oil to fill to the brim. Keep in the sun for 4-5 days until it becomes soft.
Northie small green chillie pickle (DA, Meena Bal)	Remove the stalks, clean and cut the green chillies to 1" pieces(3/4 cup) and mix with mustard seeds yellow(3 tbsp) and salt(1.5 tbsp). Leave it in the sun for 2-3 days in a glass jar. Mix turmeric(2 tsp), lemon juice(1/4 cup) and keep it in the sun for 2 days again. Heat mustard/peanut oil(1/2 cup) and cool down. Mix into the pickle evenly and keep it outside for 3-4 days. Refrigerate.
Green chilli	Wash, dry and cut into 1/2 inch pieces long green chillies(15). Coarsely grind {raw fennel seeds(1 tsp), raw mustard(1/2 tsp), raw kalonji(1/2 tsp), fried and powdered fenugreek seeds(1tsp), salt (2 tsp) } + hing, turmeric (1 tsp) , mix with cut chillies, 2 tbsp lemon juice, mustard oil (1/4 tsp, lightly smoked and cooled).
Stuffed chili pickle (Raks)	Wash, dry and remove stem in green chillies (10). Dry roast for a minute and grind{Coriander seeds(2 tbsp),fennel (1 tsp), methi(1tsp), mustard seeds (1tsp)} with amchoor(1 tsp), turmeric (1/4 tsp), hing, salt. Mix the powder with oil (Sesame/ mustard) 2 tbsp + vinegar/ lemon juice (1.5 tsp), stuff the chillies and keep it in the sun for 3-4 days.
Northie mango pickle (DA)	Medium mangoes cut into chunks(5) and mix with hand pounded{fenugreek(1.5 tbsp), yellow mustard(1.5 tbsp), fennel(2 tbsp), nigella(1.5 tbsp),}+turmeric(1.5 tbsp), chilli powder(2 tbsp), salt and mustard oil. Cover with a muslin cloth and keep it in the sun for 3-4 days until it darkens. Mix more mustard oil(heated to smoking point and cooled) and store it in a jar.
Chunda - Alpa Stir twice everyday.	Mix and keep in the sun for 5 days{Dry and grate raw rajapuri/ladwo mango(1/2 cup), sugar(1/3 cup), salt ( 1/2 tsp), Turmeric (1/8 tsp)} add Red Chilli Powder (2 tsp)+Hing(4 dashes) and keep in the sun for two more days.

## Sun-dried stuff

<p>Characteristics of good vadam: Should 1) expand in volume when fried 2) have a good balance of sour(fermentation/lemon), salt(only rock salt), spicy(green chillies/(red chillies+jeera)) and astringent taste(hing). 3) Vadam should not turn red when fried.</p> <p>Dos and Don'ts: 1. Don't grind any dal raw, because it packs too much air. Always cook and then grind, if you want to use it for vadam.</p> <p>2) Dry at the right time of the month. Too much heat will make the vadam fry red, but less heat will not dry them well. 3) Don't fry the vadam in very hot oil. 4) Dry on both sides well. 5) Use only cotton cloth for drying the vadam, not plastic. 6) After one side dries, always flip the vadam so that it dries from both sides. 7) Vadam needs 2-3 days of continuous sun. 8) Pray well before you start.</p> <p>9) Store in an air-tight container after drying it in the sun.</p>	
Javvarisi vadam	Soak sago(1 cup) overnight. Bring 3 cups of water to boil, add sago and jeera(1/2 tsp, coarsely crushed) and cook. Mix in ground{green chillies(3), salt, hing}. Turn off and squeeze lemon juice. Rest of the procedure is same as thakkali javvarisi vadam below.

Thakkali javvarisi vadam(subbu )	Soak sago(1cup) over night. Grind{tomato(4)} and{green chilli(7), ginger(1 inch), hing, salt} seperately. Drain the sago and add fresh water(4 cups) and cook until it is translucent and very soft. Add the tomato puree and cook for 2 mins and then add the ground mixture. Mix well and cook for another 2-3 mins. At no point should the vadam turn too thick. It should still be porridgy because the koozh thickens as it cools. Turn off. Squeeze juice from 1 whole lemon. Make small discs (1.5") directly on the veshti! Keep flipping. Dry completely for 2-3 days.
Thalir vadam(makes 80 vadams) – Kalpagam mami ☺	Soak raw rice(2 cups, preferably parmal) for 4-5 hours and grind very fine. Ferment for 12-14 hours. It should be quite sour. Add rock salt(2 tsp), oil(2 tbsp), hing(1/4 tsp) and add water if needed to make a flowing batter that is not too thin. Test the right consistency by making a tiny dosa on a plate. If you can spread thin, yet not too thin that it is runny, you have the right consistency. Season with sesame seed (2 tsp), carom seeds(1 tsp) and red chilli powder. There should not be more than 4-5 seeds in a vadam. Make vadam in the device and air dry in cotton sheet indoors for a day. Keep flipping the vadam to dry on both sides. Keep in the sun the next for 4-5 hours. Stores well for a year! Variation: Add sago: rice::1:3 and make the same vadam.
Koozh vadam(Subbu's kitchen)	Soak raw rice(2 cups) for 2 hours. Bring water to a rolling boil and add sago(1/2 cup) and let it sit for 20 mins. Drain the sago and grind with the raw rice. Add 4.5 litres of water in a cooker with a tsp of salt and bring to a rolling boil. Add the ground mixture and mix until it thickens and become a koozh. Once it cools down, spread the koozh into small vadam, dry in the sun for 10 hours on a cotton cloth & separate vadam. Dry again the next day.
Normal vadaam- Amma, so yum!	Mix and get milled {maavu rice(3 kg), sun dried sabhudhana(1/2kg)}. Boil 5 cups of water. Grind finely {green chillies(6)+hing+salt}. Once the water comes to a boil, remove 1/2 cup water, add the ground mixture, flour mix (2 cups) and mix without lumps. Very important! Add the water reserved, if needed. Switch off. Squeeze 2 lemons, mix well and keep closed. The dough should not dry out.
Vengaya vadaam	In the normal vadam mix above, add finely chopped onion. Flatten 1.5" dia circular disks and dry on both sides.
Avil vadam-A1	Soak thick poha(2 cups) over-night and drain in the morning+ fc kakumbalekai(white pumpkin)(150 g)+ grind{uppu, hing, green chillies(6)}+ lemon juice(2) and mix evenly. Make small flat discs and dry.
Horse gram (hurli) papad	Soak horse gram (1/2 cup) and rice (1/2 cup) separately. Pressure cook horse gram for 4 whistles. Grind rice finely and add the cooked horse gram and grind more finely with salt (3/4 tsp). Soak for an hour {red chillies (3), jeera(1 tsp),curry leaves (5)} and grind + ground {rice and dal}. Make thin dosa in thalir vadam thattu. Air dry them on both sides. Once dry, keep in the sun for a day. Alternately, cook it on a kadai until it leaves the sides, make vaadis and dry them! Yum!
Aralu sondige – Harini athai(Kruti, Prathosh)	Clean aralu(nel pori). Divide into two equal parts. Keep one set dry. Take the other one, one handful at a time and wash it in water. Make sure to not squish it. There should be air even inside these wet poris. Now mix the both dry and wet pori+ ground{green chilli(1), jeera, salt and hing}. Do not at any stage squeeze the aralu. Try to get a flat sandige so that the center dries. If the sandige does not expand well in size on frying, possible errors are the following: you squished the aralu too much or your sandige is too fat at the middle and it did not dry evenly.
Vaadi for kadi	Soak whole urad dal/ moong dal(1 cup) for 4-5 hours & drain. Grind with jeera(1/2 tsp), hing, salt, red chillies(6) and pepper(1/4 tsp, optnl) . Make flat vaadis and dry in the sun for 2-3 days. Add to kadis or cook with lauki!
Sun-dried tomatoes	Wash and pat dry, roma or any tomato variety which has more flesh. Cut the tomato into wedges (1/2") thick, deseed completely and then dry on a metal plate in the sun for 2 days.

	When you bring it indoors at night, keep it covered with a cloth. Once dry, store in a sealed bag in the refrigerator.
Rajalakshmi avva thokku	Remove seeds and make 8 pieces per tomato, salt+tamarind. Oil+mustard+cumin+curry leaves+hing+red chilli+turmeric powder +fenugreek powder. Keep in the sun and 5 days and periodically stir.
Chinese orange jam- Raji mami ☺	Remove the seeds. Cut the Chinese oranges blend it with some lemon and add sugar..leave it over night. Boil the seeds in water, strain and mix with the orange-sugar mixture..bring to boil it until it thickens in a thick bottom vessel. Else it sticks.

## Podi

Milagai podi – A2, Lakshmi Dodamma, RGK	1) Dry roast sesame (1/4 cup); coconut oil+mustard+whole hing+channadal(1/2 cup), fry for a minute. Add urad dal(1/2 cup+3tbsp) +14 red chillies +curry lvs (o) and fry for till the dals become pink, not brown. Switch the tawa off. Dry fry the salt. Cool & powder. 2) Powder{ pottukadali(1/3 cup), hing(2 shakes), salt, red chilli powder(1/4 tsp)}.
Flax seed podi	Sesame oil (1/4 tsp) + urad dhal (1/2 cup) fry for a minute, add channadal(1/2 cup), slow roast till golden. Dry fry flax seeds (3/4 cup) on low until they start sputtering; don't over fry else it will release oils. Dry fry cumin seeds( 1 tsp), copra( ¼ cup,g), sesame seeds(2 tbsp), a small piece of tamarind, curry leaves(handful), hing, salt. Powder the dals first and add the flax seeds etc later. Seeds release oil and should always be added at the end. Mix 2 tbsp of fresh red chilli powder or dry fry 14 red chillies and grind with along with the dals.
Podi – Kalpagam Mami	Powder{Dry roast { till pink{black urad(3/4 cup), channadal(2 tbsp), raw rice(1/4 cup), toor dal(1/4 cups)}, red chillies(20)},salt, pottukadalai(2 tbsp)}, whole hing roasted in oil,tamarind(1/4”, optnl)}. Mix roasted sesame seeds.
Saaru/ Rasam podi A1	Fry in little ghee and grind{coriander seeds(3 cups), total 1 cup, adjust accoding to taste{jeera(1/4 cup), black pepper{1/4 cup), toor dal(1/2 cup)}} and mix with red chilli powder (3/4 cup).
Huli/ sam-bar podi A1	Fry in little oil{coriander seeds(2.5 cups), methi(1/4 cup), channa dal (1/4 cup), jeera(1 tsp)} and grind. Add chilli powder (1cup). If using red chillies whole, fry 2 cups with other ingredients.
Gojju podi	Suprita’s mom: Roast in sesame oil {urad dal(1/2 cup), menthiya( 1 tsp), red chillies dry(1/4 cup)}, dry roast sesame seeds and dry coconut grated(1/4 cup each). A1: Fry {urad dal(1 cup), channa dal(1 cup), coriander dry(1 cup), methi(1/4 cup), red chillies(1/2 cup)} and grind.
Menthiya hittu	Fry on low and grind{Channa dal: urad dal: moong dal: toor dal- 1/2 cup each, rice- 1/4 cup, semolina- ¼ cup, jeera- 1 tbsp, coriander seeds- 1 tbsp, black pepper- 1tspn, methi- 1-1/2 tsp, mustard - 1/2 tsp, red chilies- 5, hing- 1/4tsp}
Karuvepila P	Fry and powder{Curry leaves(2 Cups), red chilli (4), uraddal(3 tbsp), channa Dal(1 tbsp), peppercorns(1/2 tsp), cumin (1 tsp)} with salt +hing (1/2 tsp)+ tamarind( 0.25”)
Kootu podi (A1)	Roast and powder{Uddin bele: kadale bele::1:1(1/2 cup), menusu(2 tbsp)+ jeerige(2 Tbsp), red chilli whole(10)}. Adjust red chilli powder according to taste.
Kari podi 1	Amma2: Dry roast and grind {dhania(1cup), channadal(1/2 cup), red chillies(7-8)}.
Kari podi 2	Kalpagam mami: Roast and grind {Raw rice (1/2 cup), toor dal (2 tbsp), mix and fry, 10 red chillies, tamarind (a very small piece dry, optnl), hing}.
Kollu podi	Dry fry{Kollu/ Horse gram (1/2 cup), moong(1/2 cup), toor dal(1/4 cup), red chilli (3), black pepper( 1 tsp), jeera(1 tsp)} and grind with salt and hing.

Mysore saaru podi	Ramya's mom: Fry in a little oil and powder {Dhania(2 cups), jeera (3/4 cup,50g), byadegi menishinikai 250g, guntur menishinikai (5, nos), menusu (25 g), menthiya (1 tsp), sarsive (1tsp), arishina, hing, curry leaves}
Paruppu pdi	Fry on low and grind{toor dal(1/2 cup), red chillies(5), pepper( 1 tsp)} with hing and salt.
Kobri-ellu, gg	Dry fry and grind { cobri (3 tbsp), sesame(1 tbsp), gasa gasa( 1 tbsp) with hing}
Veppala katti-A2	Cut the stem and remove, clean, dry and chop the narthangai leaves finely. Grind coarsely with toasted? omam, red chillies, salt and tamarind (very little).
Pirandai podi	Wash pirandai, remove leaves, cut into small piece. Oil, deep fry till red. Chanada, uraddal red chillies, fry. Add tameind at the end and fry. Powder with hing and salt.
Gongura (Akila Periyamma )	Grind (Wash and dry gongura/ pulicha கீரை dry, fry with oil). Urad dal, red chilli, tamarind, hing, salt fry and power. Sesame Oil+ mustard, ground keerai, powder and thicken.

## Milk powders and juices

Milk powder	Buy hard 100g mawa(khoya) from the store, grate and dry in the sun in a paratha, covered with a cotton cloth. Pulse with a little bit of sugar(1 tsp) and sieve. Store in an airtight container in the fridge.
Rice milk	Wash rice till it runs clean. Soak rice (1 cup) in hot water (2 cups) for 2 hours until you can break it with your hand, grind with a few dates, a pinch of salt and pour it on a cheese cloth and squeeze out the milk.
Almond/oats milk	Soak almond/ oats( 1 cup) over-night, discard water, grind with 2 cups of water and a pinch of salt for 3-5 mins. Strain and voila! The almond/oat milk is ready. The pulp can be fan-dried and almond/oat powder is ready!
Powders to have with milk	<b>Horlicks:</b> Dry fry on low {whole wheat(1/2kg), barley (50g), almonds(15),cardamom (12)} individually until fragrant. Grind in a mill to make a fine powder. <b>Ragi malt:</b> Dry fry on low { sprouted ragi(1 cup)} +almond powder(1 cup), elaichi, lavender/ orange powder (optl). Misc: cinnamon+vanilla+coffee, saffron+cardamom+chironji, pista+rose, lavender+almond, haldi+pepper+ sukku
Badam milk-Ranjitha P	For 500 grams of almond, add 100g of walnuts. Grind with 20 cardamoms to a powder, sieve. Add saffron. Only pulse, don't grind, else everything will start releasing oil! Crush the nuts and cardamom after sun drying.
Shikanji	A2: Grind{pudina(7-8 leaves), jeera(1/2 tsp), ginger(1/2")}+cooked tamarind water(1 tsp)}. Filter, add sugar +black/ rock salt. DA: 1 lemon, water(4 cups), roasted cumin powder(1 tsp), rock/black salt, mint(5 leaves).
Jaljeera	Grind{mint leaves(1/2 cup), jeera(1.5 tsp), fennel(1 tsp), black pepper(1/2 tsp), hing(pinch), amchur powder(1 tsp), chaat masala(1 tsp), black salt} and mix with 2 cups water, tamarind water. Garnish with boondi. Optional: seeds from black cardamom(1)
Lemon sherbet	Kruti Pratosh: Dissolve powdered jaggery(1/4 cup) in 8 cup of water, add cardamom and saffron, rest for 3-4 hours, until the taste of saffron becomes predominant. Squeeze juice from one or two big lemons.
Lassi	Sweet curd(1 cup), water(1 cup), 2 tbsp sugar, cardamom powder. Mix very well until the sugar has completely dissolved. Optional: saffron, sliced dry fruits.

Buttermilk lassi	Kalpagam mami: Grind green chilli(1), curry leaves, ginger(1/2”), hing,salt, mint(optional) and mix with dahi+water. Add some lemon juice if it is not sour enough. Garnish with coriander leaves, if not using mint. DA: dahi(1.5 cups), cumin powder(1/2 tsp), kala namak, water(1 cup), mint/coriander leaves.
Aam panna	Pressure cook(2 whistles) raw mango(1), mix pulp with cardamom, black pepper powder, salt, sugar/jaggery.
Piyush	Milk(1 cup), sugar(2tbsp), cardamom powder(2 pinches), saffron, shrikand(1 cup){let 1.5 cups yogurt strain for 2 hours in a strainer}, yogurt(1.5 cups), nutmeg(1/4 tsp), pistachios(5-6, crushed).
Thandai - DA	Soak for 2 hours and grind{almonds(3 tbsp), pista(2 tbsp), roasted poppy seeds(2 tbsp), melon seeds(1/4 cup), rose petals(a few), fennel seeds(2 tsp),black pepper(1/2 tsp)}with 1/2 cup sugar, cardamom(3-4) and saffron(1 pinch). Ground paste(4tbsp)+milk(1 cup), water(1 cup). Serve cool.
Sattu	Water(1.5 L)+sattu(6 tbsp), sugar(4 tbsp), black salt(1/4 tsp).
Panagam	Jaggery(1/2 cup),water(2 cups), dry ginger powder(1/4 tsp), pepper(1/8 tsp), cardamom(1/2 tsp), lemon juice(2 tbsp), salt(pinch), camphor(1/2 pinch, optional), tulsi(a few)
Jigardanda	Rest 2 hours in the fridge{Crush badam pisin(2 tsp) in a mortal-pestal+2 cups water+2 tsp basil seeds} some part of the bloated seeds/pisin+ milk(1cup), condensed milk(2 tsp), Nannari syrup(1 tbsp), vanilla ice cream(optnl).
Nannari sherbat	Remove the inside stem in the nannari. Soak the outer bark in water over night. Boil until it rolls, let it cool down, strain and mix with 1 string sugar syrup. Mix nannari(1 tbsp) concentrate with water(1 cup) and lemon juice.
Bajra/ragi kanji	Mix bajra/ ragi powder with water and bring to boil. It will thicken in a bit. Let it cool down and then mix with dahi, salt, green chillies, hing, ginger and raw shallots. So yum! For the sweet version of ragi kanji, mix with milk, cardamom and sugar.
<p>Sattu maavu: Roast the ingredients, 100g at a time, individually on low heat stirring continuously until each ingredient is fragrant, cool completely on a large plate and then grind to a fine powder. All ingredients must be dry!</p> <p><u>1. Multigrain-</u> A1 Red rice(100g), black rice(100g), kai kuthal rice(100g),Saama(50g), Kuthuravali(50 g), gothumai(50g), chole(50 g), roasted peanuts/pottukadalai(50 g), paasi payaru(100g), barley(50 g), jowar(50g), ragi(250 g), kambu(150 g), badam(25), cardamom (30), sukku(1/2 tsp). No kambu for people with kidney issues and urinary infections. Skip cardamom and mix with buttermilk. <u>2. Red rice base-</u> A1: Roast {Red rice(1 kg), green moong(1/4 kg), urad dhal(1/4 kg), whole wheat(1/4)} and grind with pottukadalai(handful) and 10 cardamom pods. <u>3. 9 grain-</u> A2- 1 cup each{Whole wheat, par boiled rice, ragi}, 1/2 cup each{bajra, jowar, pottu kadalai, green moong}, badam, cashew, cardamom, barley (100 grms).</p>	