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Chasing The Flavours Of Malabar

Saunter around, breathe in the fragrance of spices and discover the magic that made this land a coffer of flavours for centuries. Come, an enticing, lip-smacking experience awaits your taste buds..!



Department of Tourism, Government of Kerala Park View, Thiruvananthapuram, Kerala, India - 695 033





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Ingredients

Shrimps/Prawns : 500g Onion : 1 no **Green Chillies** : 2 nos : 6 cloves Garlic Chilli Powder : 1/2 tbsp Turmeric Powder : 1 tsp **Grated Coconut** : 2 cups Rice Flour : 500g Coconut Oil Salt **Curry Leaves Banana Leaves** Water

Preparation

Chemmeen Masala

Heat oil in a pan and sauté the sliced onion, tomatoes, green chillies and chopped garlic. Stir well. Next, add the turmeric and red chilli powders and salt. Mix well. Now add the shrimps/prawns and stir gently. As the prawns begin to change colour add the grated coconut and some water. Continue stirring the mixture and cook till done.

Chemmeen Ada

Dampen the rice flour to make a dough and divide the dough into small balls. Take a piece of plantain leaf and place a rice ball on it. Flatten the ball on the plantain leaf to take the shape of a disc. Add the Chemmeen Masala on one half of the flattened dough. Fold the plantain leaf so the disc is folded with the filling inside. Assemble a few such wrapped discs and steam for about 15 minutes







Muttamala & Pinjanathappam 🗖

Ingredients

: 5 nos Egg Sugar : 750 gm Milk : 1 cup Water Ghee



Preparation

Muttamala

Take 5 eggs and use two bowls to separate the egg whites and yolks. Set aside the egg whites and strain the yolks. Next make sugar syrup by boiling sugar and water until it is the right consistency (like a one string consistency). Strain the egg yolks (using a cup with holes) in a circular manner into the hot syrup to make a netted necklace of yolks. When the muttamala is ready, sprinkle some water for the easy removal of the yolk nets from the syrup. If they are clumped together, separate gently and keep aside.

Pinjanathappam

Add the saved egg whites, sugar syrup and one cup of milk and blend in a mixie or blender. Now take a plate and apply some ghee on it. Keep the plate inside a steamer for boiling. Next pour the liquid from the blender on to the plate. Close the lid of the vessel and steam the mixture for 10 minutes. Pinjanathappam is ready. Slice into small square pieces and serve.



Serve Muttamala and Pinjanathappam together to savour a delicious Malabari sweet.



Unnakkaya 🗖

Ingredients

| Banana | : 5 nos. |
|----------------|-----------|
| Cashew nut | : 50 gram |
| Raisin | : 50 gram |
| Cardamom | :3 nos |
| Grated Coconut | :2 cups |
| Sugar | : 5 tbsp |
| Ghee | : 2 tbsp |
| Egg | :3 nos |
| Oil | |
| | |



Preparation

Heat ghee in a pan. Add cashew nuts and raisins and stir well. Add three eggs to this mixture and scramble the eggs into the nutmixture. Now add crushed cardamoms and grated coconut. Mix well. Put five tablespoons of sugar and add enough water and stir until the sugared mixture becomes syrupy. This is the Unnakkaya filling.

Next, steam the bananas and remove the skin. Make a thick paste out of the steamed bananas flesh and spread a portion of this paste in your palm. Take some Unnakkaya filling and place it inside the flattened banana paste. Roll gently with your fingers to make a spindle shape. Once enough "spindle shaped" pieces are ready, heat oil and fry the unnakkayas until they are a crisp golden brown.





Unnakayas are a tasty tea-time snack that may be enjoyed with tea or coffee.



Kozhukkatta 💌

Ingredients

: ½ cup Raw rice flour Rosamatta rice flour : 1 cup : 1 large **Shallots** or two small Aniseeds : ½ tsp Red chillies Mustard seeds : 1 tsp Grated coconut : ½ cup **Curry leaves** : 1 cup Water Salt

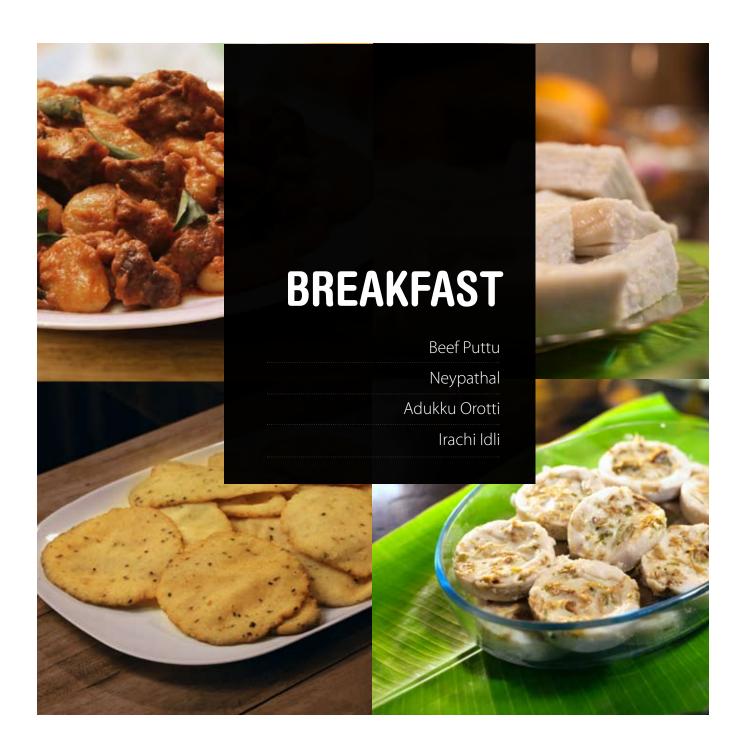
Preparation

Boil water with salt and add 1 cup Rosamatta rice flour mixed with ½ cup raw rice flour. Mix well till the flour becomes sticky. Make small balls from the dough and steam the balls in an idli-maker. Blend grated coconut, aniseeds, shallots, red chillies, salt and curry leaves. Heat oil in a pan, splatter mustard seeds and when the seeds pop, add the grated coconut mixture. Stir well. Add rice balls to the pan and mix thoroughly. Serve hot.





Tasty Kozhukkatta is ready, serve hot...





Ingredients

| Rice Flour | : 4 cups |
|----------------------|-------------|
| Grated Coconut | : 1 1/2 cup |
| Beef, diced | : 2 cups |
| Onions, sliced | : 1 cup |
| Ginger paste | : 1 tsp |
| Garlic paste | : 1 tsp |
| Red chilli powder | : 1/2 tsp |
| Coriander powder | : 1/2 tsp |
| Turmeric powder | : 1/4 tsp |
| Crushed black pepper | : 1/2 tsp |
| Garam masala powder | : 1/2 tsp |
| Coconut oil | |
| Curry leaves | |
| Salt | |

Preparation

Beef Masala

Cook 2 cups of diced beef in a pressure cooker with salt, ½ tsp each of garlic and ginger paste, curry leaves, and the red chilli powder, turmeric powder, coriander powder and black pepper. Add water before cooking. When the beef is cooked add coconut oil and fry well. Grind this cooked mixture. Next, fry one cup of grated coconut, add the beef mixture to the roasted coconut and stir.

Take four cups of rice flour and add lukewarm water. Blend thoroughly with hand. Take a Puttu-maker, add the beef mixture, then grated coconut and finally the blended rice flour. Stack beef mixture again and finish off with a layer of rice flour.







Neypathal

Ingredients

Rice

: 1 cup

Grated Coconut

: 1 cup

Shallots/Onions

: as needed

Aniseeds

Sesame seeds

Salt

Water

Preparation

Blend soaked rice, diced onion or shallots as per need, grated coconut, aniseeds, sesame seeds and salt until it forms a dough. Divide the dough into small balls.

Pour oil into a heated pan, roll and flatten the rice balls and fry them in oil. Fry until the neypathal turns a golden brown colour. Serve hot for a delicious snack or with a curry for dinner.







Adukka Oratti 🗖

Ingredients

Soaked Rice : 1 kg Egg : 4 nos Coconut milk : 2 cups Ghee Salt to taste

Preparation

Blend the soaked rice with eggs, coconut milk and salt to prepare the batter. Once the batter is ready, take a plate and grease it with ghee. Put the greased plate in a steamer, pour two ladles of batter into it and steam for 10 minutes. This forms the first layer. After 10 minutes, open the lid of the cooking vessel, and grease the cooked orotti with ghee. Now add a second layer of the batter. Steam again, for 10 minutes. Make as many layers by continuing this process until you have the thickness you desire.







Ingredients

For the batter

Soaked biryani rice : 500q : 2 nos Egg Coconut milk : 2 cups

Ghee Salt

For the masala

Chicken : 250q Onion : 3 no. Green chilli : 2 no. Ginger, crushed : 1 tsp Garlic, crushed : 1 tsp Garam Masala : 1 tsp Black pepper powder : ½ tsp Turmeric powder : ½ tsp

Coriander leaves

Salt

Preparation

Meat Masala

Heat a quarter cup of oil in a pan. Add sliced onions, crushed ginger, garlic and green chillies. Saute well. Now add garam masala powder, turmeric powder and black pepper and salt. Stir. Next add shredded chicken and chopped coriander leaves. Mix well and cook. The masala is ready.

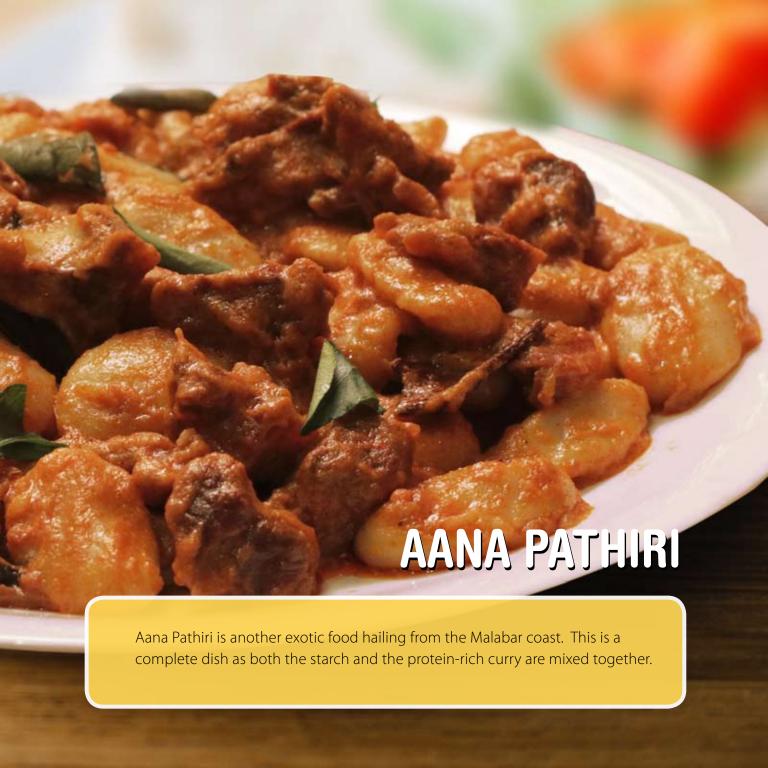
Irachi Idli

Grind the soaked biryani rice, eggs, coconut milk and salt until it forms a batter. Next take small cups or an "idli thattu" and grease with ghee. Fill batter in the small cups and place these in a steamer. Top the batter with the meat masala and steam the irachi idlis for 20 minutes





Tasty Irachi Idli is ready, serve hot...



- Aana Pathiri 🗖

Ingredients

For Curry Beef : 750g Ginger-garlic paste : 1/2 tsp **Green chillies** : 4 Onions : 2 Tomato Chilli powder :1 Tbsp Coriander powder :1Tbsp Coconut milk : 2 cups **Tamarind** Coconut oil Salt For Pathiri Soaked rice : 1 ½ cups Aniseed : 1/2 tsp **Grated coconut** : ½ cup Banana leaf

Preparation

Beef Curry

Heat oil in a vessel. Add a pinch of cinnamon, aniseeds, sliced onions. ginger garlic paste and sliced green chillies to the pan and saute well. Next add chopped tomato and salt and a little tamarind and curry leaves and stir well. Add diced beef and red chilli powder and some water to this masala and cook for 20 minutes. When the meat is cooked, add coconut milk and boil.

Pathiri

Take soaked rice, grated coconut, aniseeds and blend the ingredients to make the dough. Next, shape the dough into small circles and place the discs of dough on a greased banana leaf. Steam the dough to make pathiris. Add these pathiris to the curry and serve hot for a delicious meal.









Muringapoo Thoran

Ingredients

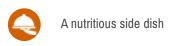
Salt

Drumstick flower : 2 cups Turmeric powder : 1/4 tsp Red chillies Garlic paste : ½ tsp Mustard seeds : ½ tsp Black pepper : 1/4 tsp Shallots **Curry leaves**

Preparation

Splutter mustard seeds and red chillies in oil. Add curry leaves, sliced shallots, garlic paste, and grated coconut and sauté well. Next add drumstick flowers and turmeric and mix well. Add salt and crushed black pepper and mix thoroughly. Cook for 5 minutes and serve hot.









Kozhi Nirachathu

Ingredients

For marinating

Full chicken : 1 no Chilli powder : 2 tsp Turmeric powder : ½ tsp

Salt

For the masala

Coriander leaves

Salt

Onion : 1 no Green chilli : 1 no Tomato : 1 no Garlic : 4 cloves Turmeric powder : ½ tsp Garam masala powder : 1/4 tsp Aniseeds : ½ tsp Black pepper powder : ½ tsp Chicken liver : 2 nos Hard Boiled Egg : 1 no Chicken stock

Preparation

Marinate the chicken with turmeric powder and salt.

Heat oil in a pan, add sliced onions, and stir well until onions are glazed and browning. Add split pieces of green chillies, chopped tomato and crushed garlic. Cover the pan and cook for 2 minutes. Add powders of turmeric, black pepper, aniseed, garam masala and salt. Into this mixture add the chicken liver ground with pepper powder. Sauté well. Next, add the hardboiled egg and coriander leaves and sauté well.

Empty the ingredients into a bowl. Take the marinated chicken and stuff it with the prepared masala. Next, steam the chicken in a broth of chicken stock and red chilli powder for about 20 minutes. Remove chicken from the broth and deep fry until golden brown.





Your delicious Kozhi Nirachathu is ready.



Malabar Chicken Fry that bursts with flavor is a much favored Malabar dish cherished by many all over Kerala and beyond.

Malabar Chicken Fry

Ingredients

Chicken : 8 pieces Green chillies, crushed : 1/2 tsp Ginger- garlic paste : ½ tsp Red chilli powder : 2 tbsp Red chillies, crushed :1 tbsp Garam masala powder Lemon juice **Curry leaves** Salt Oil

Preparation

Take eight pieces of chicken and marinate it in lemon juice, garam masala powder, crushed green chillies, chilli powder, ginger - garlic paste and salt. Marinate overnight or at least for a few hours. Heat oil in a pan and fry the chicken pieces until each piece is a golden brown. Season the fried chicken with crushed red chillies and curry leaves sauted in hot oil







Malabar Beef Mushroom Curry

Ingredients

Beef :1 kg Onions :3 : 3 **Tomatoes** Ginger-garlic paste : 2 tbsp **Green chillies** Red chilli powder : 3 tbsp Turmeric powder : 1 ½ tbsp Coriander powder : 1 ½ tbsp Mushrooms :1 cup **Tamarind** Salt **Curry leaves** Oil Water

Preparation

Heat oil in a vessel. Add cinnamon and cloves and sliced onions and stir. well. Add ginger-garlic paste, sliced green chillies, chopped tomatoes and tamarind to taste and sauté well. When the masala is fragrant, add diced beef, turmeric powder, red chilli powder and salt. Add water and cook for 35 minutes.

While the meat is cooking, heat oil in another pan, add curry leaves and mushrooms and cook till the mushrooms shrink and are cooked. Add the mushrooms to the beef and mix. Serve hot







Ingredients

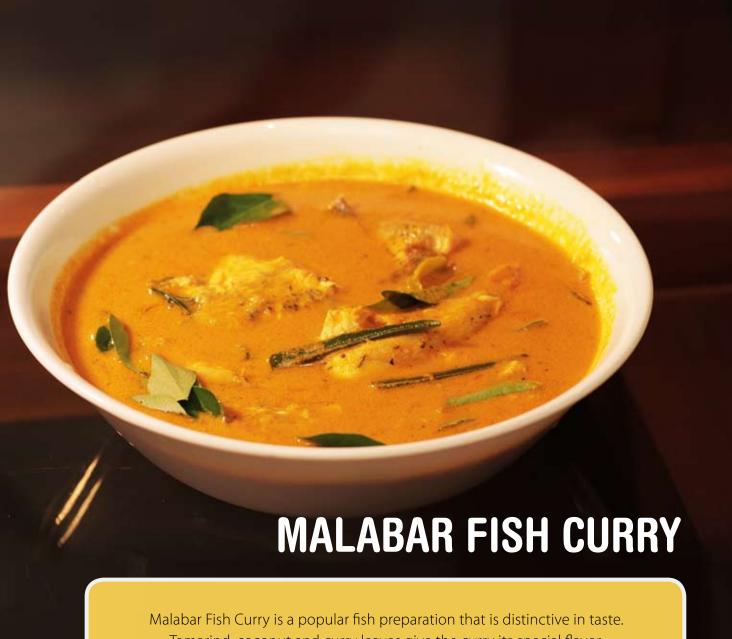
| Chicken | : 1 kg |
|------------------------|----------|
| Onions | : 2 |
| Ginger paste | : 2 tsp |
| Garlic paste | : 2 tsp |
| Tomatoes | : 2 |
| Green chillies | : 4 |
| Potatoes | : 4 |
| Coriander powder | : 4 tbsp |
| Pepper powder | : 4 tbsp |
| Turmeric powder | : ½ tsp |
| Garam masala powder | : 1 tsp |
| Coconut milk | : 2 cups |
| Dried fenugreek leaves | : ½ tsp |
| Coriander leaves | |
| Salt | |
| Oil | |
| Water | |

Preparation

Heat oil in a vessel and add sliced onions, ginger paste, garlic paste, sliced green chillies, chopped tomatoes and diced potatoes and sauté briskly. As the masala browns add chicken pieces, the coriander and the garam masala powder and salt and mix thoroughly. Add water, for cooking and simmer for 45 minutes. When the chicken is almost fully cooked add coriander leaves and coconut milk. Season the curry with fenugreek leaves heated in coconut oil Garnish with additional coriander leaves if desired







Tamarind, coconut and curry leaves give the curry its special flavor.

Malabar Fish Curry

Ingredients

| Seer fish | : 1 kg |
|------------------|-------------|
| Onion | :1 |
| Tomato | :1 |
| Green chillies | : 2 |
| Fenugreek | : one pinch |
| Garlic paste | : 1 tsp |
| Chilli powder | : 1 tbsp |
| Coriander powder | : 1 tbsp |
| Turmeric powder | : 1 tsp |
| Coconut milk | : 2 cups |
| Tamarind | |
| Water | |
| Oil | |

Preparation

Heat oil in an earthenware pot. Add a pinch of fenugreek, sliced onion, garlic paste, tomato, green chillies and salt. Sauté well. Add tamarind, curry leaves and half a cup of water. Cook for five minutes and then add coconut milk mixed with turmeric and boil. Add fish to the boiling curry. Cook for 15 minutes





Special flavour made out of tamarind, coconut and curry leaves

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