



KERALA'S CULINARY SAGA



**A VIDEO SERIES ON GOD'S OWN COUNTRY'S
DELICIOUS DELIGHTS
THE NON-VEG FARE**

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KERALA'S LIP-SMACKING NON-VEG DELIGHTS



Kerala is every food lover's paradise. Those who have been to God's Own Country once would relish the culinary experience they had here for ever. Its culinary tradition is known for its generous use of spices and coconut.

The gourmet fare is never complete without a multitude set of dishes, from the rich, flavoursome vegetarian dishes to non-vegetarian dishes. The extensive and eclectic spread of dishes also varies from one place to another, making the Kerala cuisine unique and refreshingly diverse.

Here are some of the iconic and traditional non-vegetarian dishes of Kerala. Gear up to experience a culinary journey that is unparalleled on all fronts.





WAYANADAN CHICKEN CURRY

A compelling spicy treat from Wayanad

INGREDIENTS

Chicken	500 gm
Coconut milk (thick)	1 cup
Tomato	1
Big onion	1
Ginger chopped	1 ½ tsp
Garlic sliced	2 tsp
Green chilli	5
Red chilli	5
Red chilli powder	1 tsp
Coriander powder	½ tsp
Turmeric powder	1 tsp
Pepper powder	½ tsp
Mustard seeds	1 tsp
Garam masala powder	1 tsp
Meat masala	1 tsp
Curry leaves	
Salt	
Coconut oil	3 tsp

DID YOU KNOW?

Here is a chicken curry prepared in a unique style, as they do in the hills! This Chicken delicacy which is a specialty of Wayanad is wrapped in a melange of spices and is a gastronomical delight.





THALASSERY PRAWN CURRY

Thalassery's gift to seafood arena

INGREDIENTS

Prawns	500 gm
Green chilli (slit)	6
Curry leaves	
Tomato	1 sliced
Shallots	10 sliced
Chopped Ginger	1 ½ tsp
Garlic paste	1 ½ tsp
Chilli powder	1 tbsp
Turmeric powder	½ tsp
Fenugreek powder (roasted)	1 tsp
Tamarind Juice (thin)	1 cup
Grated coconut	1 cup
Coconut oil	1 cup
Salt	

DID YOU KNOW?

A trademark of Thalassery, the Thalassery Prawns Curry is the perfect seafood delicacy. This tangy, spicy curry mixes the exotic flavours of the land with prawns, offering a seafood dish that stands out for its taste and richness.





STUFFED CHICKEN FRY

Packed with the flavours of Kerala

INGREDIENTS

Full chicken	
Chilli powder	8 tsp
Turmeric powder	2 tsp
Coriander powder	3 tsp
Garam Masala	1 tsp
Pepper powder	1 tsp
Salt	to taste
Coconut oil	2 cups
Onion	1 chopped
Tomato	1 chopped
Green chilli (slit)	4
Curry leaves	
Ginger	sliced 1 inch piece
Garlic	4 pods
Ginger & garlic paste	2 tsp
2 boiled eggs	
Chopped chicken liver	

DID YOU KNOW?

Packed with a zillion flavours, the Stuffed Chicken is a popular dish in the Malabar side of Kerala. Stuffed with a flavourful blend of masalas, this easy-to-prepare dish will make for the ideal Sunday night dinner combination.





AADU ATTIPATHAL

Most beloved Malabari mutton dish

INGREDIENTS

Mutton (boneless, chopped, cooked)	300 gm
Garam Masala	1 tsp
Turmeric powder	½ tsp
Chilli powder	2 tsp
Pepper powder	1 tsp
Onion sliced	1 big
Garlic sliced	2 tsp
Ginger juliennes	2 tsp
Green chilli (slit)	4
Salt	
Coconut oil	3 tsp
Curry leaves	
<i>For the Dough</i>	
Parboiled rice	1 cup
White rice	1 cup
Salt	

DID YOU KNOW?

Aadu Attipathal is a well loved mutton dish that has its origins from Malabar. This spicy, flavorful and healthy meal comprises layers of juicy mutton mix parcelled in rice packets.





BEEF CHIKKI FRY

Fiery, golden meat delight

INGREDIENTS

Beef (cooked with ½ tsp turmeric powder & shredded)	300 gm
Chilli powder	1 tsp
Salt	
Coconut oil	2 tbsp
Shallots sliced	100 gm
Ginger juliennes	1 tsp
Garlic chopped	3 tsp
Curry leaves	
Cinnamon & all-spice leaf	10 gm
Red chilli	4 nos
Vinegar	3 tsp

DID YOU KNOW?

Beef fry is one dish adored by Keralites and is a great non vegetarian combo dish. The tender beef stripes are flavoured with exotic spices and is rich with Kerala style seasonings, making it a heartland of flavours.





PRAWNS ILAYADA

The ultimate seafood snack

INGREDIENTS

Cleaned prawns	250 gm
Turmeric powder	¼ tsp
Chilli powder	1 ½ tsp
Salt	
Coconut oil	3 tsp
Onion sliced	1
Ginger juliennes	2 tsp
Curry leaves	
Cinnamon & All spice leaf (powder)	1 tsp
Green chilli (slit)	3
Vinegar	2 tsp
<i>For the Dough</i>	
Raw rice	500 gm
Salt	

DID YOU KNOW?

This Malabari seafood dish is known for its unique style of preparation and flavorful taste. This traditional Kerala snack has layers of juicy prawns-masala mix filling packed in rice pockets. Steamed and served in a banana leaf wrap, this dish is an oasis of flavours.





OYSTER ETHAKKA THORAN

Flavorful Oyster blended with local spices

INGREDIENTS

Oyster	250 gm
Raw banana	1
Chilli powder	2 tsp
Turmeric powder	¼ tsp
Grated coconut	1 cup
Curry leaves	
Coconut oil	3 tsp
Pepper powder	1 ½ tsp
Cumin seeds	½ tsp
Chopped Green chilli	3
Garlic	5 cloves
Ginger paste	¼ tsp
Onion sliced	1 medium-sized
Salt	

DID YOU KNOW?

A delectable Oyster dish, the Oyster Ethaka Thoran is any oyster lover's refuge. This unique blend of Oyster and raw banana is an inventive seafood dish, adding a local twist with the desi masalas.





NONGOL FISH CURRY

Take your palate on an adventure

INGREDIENTS

Nongol fish	2
Chilli powder	3 tsp
Turmeric powder	½ tsp
Fenugreek seeds	1 tsp
Shallots chopped	4 tsp
Tomato sliced	2
Big Onion sliced	1
Ginger paste	1 tsp
Garlic paste	1 tsp
Green chilli paste	2 tbsp
Tamarind juice	1 cup
Coconut milk	2 cups
Curry leaves	
Coconut oil	3 tbsp
Salt	

DID YOU KNOW?

A delicious spicy gravy, tempered with coconut milk, the Nongol fish curry is a traditional fish curry preparation using Nongol fish. You can never go wrong with this delectable thick-gravy fish curry which can be prepared easily using readily available masalas.





MALABAR MUTTON CURRY

A feast for the senses

INGREDIENTS

Mutton cooked with ½ tsp turmeric powder and salt	500 gm
Cardamom	15 nos
Shallots sliced	100 gm
Salt	
Coconut oil	3 tbsp
Mustard seeds	½ tsp
Curry leaves	
Masala paste	5 tsp

For Masala paste

Chilli powder	2 tsp
Coriander powder	2 tsp
Pepper powder	1 tsp
Turmeric powder	½ tsp
Fennel seeds	½ tsp
Ginger juliennes	1 tsp
Garlic chopped	1 tsp
Cloves	8 nos
Cinnamon	5 gm

DID YOU KNOW?

Infused with zesty spices, the Mutton Curry is quite a popular dish in Kerala cuisine. The dish of slow cooked mutton in a fiery gravy offers a multitude of gastronomic sensations.





KOZHI PACHA VATTICHATHU

Classic Malabari chicken dish in desi masalas

INGREDIENTS

Chicken	300 gm
Green chilli paste	30 tsp
Ginger paste	3 tsp
Garlic paste	2 tsp
Thick coconut milk	from 1 coconut
Salt	
Coconut oil	4 tbsp
Peppercorns crushed	1 tbsp
Curry leaves	
Shallots sliced	1 cup

DID YOU KNOW?

Kozhi Pacha Vattichathu is a delicious preparation of chicken in Malabar style. This easy chicken dish is coconut-based and can be served for lunch or dinner and pairs well with Rice or Appam.





KOZHIPPIDI

A next dimension gastronomic experience

INGREDIENTS

Boneless Chicken	300 gm
Coconut oil	6 tsp
Cardamom	6
Cinnamon stick	½ inch
Cumin seeds	½ tsp
Garam masala powder	1 tsp
Peppercorns	8 nos
Green chilli crushed	3
Coconut paste	½ cup
Crushed ginger & garlic	1 tbsp
Tomato chopped	1
Onion sliced	1
Curry leaves	
Salt	
Turmeric powder	¼ tsp
Chilli powder	½ tsp
Coriander powder	1 tsp
Cumin seed powder	1 tsp

For the Dough

Parboiled rice	250 gm
Turmeric powder	¼ tsp
Cumin seeds	a pinch
Salt	

DID YOU KNOW?

Kozhippidi is a delicacy highly exclusive to Malabar. This delectable dish which is a gorgeous blend of rice, chicken and a multitude of spices is a local delicacy in Malabar.





KUNJI PATHIRI
Spicy little wonders

INGREDIENTS

Parboiled rice	1 cup
Chicken bits (boneless, cooked)	300 gm
Onion sliced	1 big
Green chilli (sliced)	2
Curry leaves	
Cardamom	4
Cloves	4
Bay leaf	1
Pepper corns	4
Cinnamon	½ inch piece
Coconut milk	½ cup
Salt	
Turmeric powder	½ tsp
Coriander powder	1 tsp
Garam masala	1 tsp
Fennel powder	½ tsp
Cumin seeds	1 tsp

For the Dough

Parboiled rice	500 gm
Salt	

DID YOU KNOW?

A mildly spicy non-vegetarian dish made from rice and chicken, Kunji Pathari is a favourite of Malabar. Prepared during festive occasions, this dish is a complete meal with delicious rice dumplings resting in chicken gravy. The dish can be served as dinner or an evening snack.





IRACHI PATHAL

Meaty mini meal packed with spices

INGREDIENTS

Beef (cooked bits)	300 gm
Coconut grated	1 cup
Chilli powder	1 tsp
Turmeric powder	1 tsp
Meat masala	1 ½ tsp
Garam masala	1 tsp
Ginger juliennes	2 tsp
Garlic chopped	2 tsp
Green Chilli (slit)	3
Curry leaves	
Coconut oil	2 tbsp
<i>For the Dough</i>	
White raw rice	1 cup
Salt	

DID YOU KNOW?

Irachi Pthal is a delicious snack from Malabar. One bite into this deliciously prepared beef packed in rice parcels and you will be unlocking a multitude of flavours. This dish can be served as an evening snack or as breakfast.





MUTTAMALA & PINJANATHAPPAM

Knotty, yellow loops fashioned out from eggs to satiate your candy cravings

INGREDIENTS

Eggs	25 nos
Sugar	750 gm
Milk	1 cup
Water	as required
Ghee	to grease plate/pan

DID YOU KNOW?

Muttamala and Pinjanathappam is the ultimate dessert. This famous Malabar dessert is a combination of Muttamala which uses sugar and eggs and Pinjathappam, which is an egg white pudding. The Muttamala with its yellow egg threads or garlands has a striking similarity to the Portuguese sweet food Fios de Ovos.





NJANDU VARATTIYATHU

An Explosion of Unearthly Flavours

INGREDIENTS

Crab (cleaned and boiled)	250 gm
Chilli Powder	2 tsp
Turmeric Powder	1/2 tsp
Coriander Powder	2 tsp
Pepper Powder	1 tsp
Crushed Garlic -	3 pods
Bird's eye Green chilli (Kanthari)	4 to 5
Curry leaves	
Coconut Oil	
Salt	

DID YOU KNOW?

Njandu Varattiyathu is a classic traditional seafood delicacy from Kerala. This crustacean delicacy is rich with spices and hits all the right notes on your palate. The dish can be easily prepared and pairs well with rice or other bread items. Njandu Varattiyathu is one of the best food experiences in God's Own Country.





PORK PERALAN

A Yummy, Mouth-Watering Side Dish

INGREDIENTS

Pork Marinade	
Pork	1 kg
Coriander powder	5 tbsp
Chilli powder	1 tbsp
Pepper powder	1 tbsp
Turmeric powder	1/2 tsp
Vinegar	2 tbsp
Salt	
Oil	4 tbsp
Garlic (Sliced)	1 tsp
Ginger (sliced)	2 tsp
Onions (sliced)	2
Curry leaves	
Oil	
Mustard	
Shallots	
Curry leaves	

DID YOU KNOW?

Pork Peralan is a traditional pork delicacy. Soaked in the spices of Kerala, the dish is packed with a multitude of flavours and goes well with rice and other bread items.





ADUKKA OROTTI

A heavenly teatime treat from Malabar

INGREDIENTS

Rice	1 kg
Eggs	2 nos
Coconut milk	2 cups
Ghee to grease	¼ cup
Salt	

DID YOU KNOW?

A dish exclusive to Malabar, the Adukkā Oroti is made from rice using minimalist ingredients. This pan-cooked flatbread is made with rice, egg, and coconut milk and can be prepared with much ease. This delicacy doubles up as a great evening snack or as a rich, healthy alternative for breakfast.





FISH PATHIRI

A fresh twist to Malabar's
beloved dish

INGREDIENTS

Seer fish/Prawns	200 gm
Green chilli (slit)	3
Curry leaves	
Chopped ginger	1 tsp
Chopped garlic	1 tsp
Chilly powder	½ tsp
Onion sliced	2 small
Turmeric powder	¼ tsp
Salt	
Coconut oil	1 cup
Roasted Rice flour	2 cups
<i>For Coconut paste</i>	
Grated coconut	2 cups
Shallots	5
Fennel seeds	1 tsp

DID YOU KNOW?

Fish is a staple in Kerala. You can find it crafted in every other form, in a multitude of variants. Fish Pathiri is a pancake stuffed with fish which is popular in the North Malabar region in Kerala. The dish is usually prepared for dinner and on other festive occasions.





BEEF PUTTU

The beloved breakfast food

INGREDIENTS

Rice flour	4 cups
Grated Coconut	1 ½ cups
Beef, diced	2 cups
Onions, sliced	1 cup
Ginger paste	1 tsp
Garlic paste	1 tsp
Red chilli powder	1 tsp
Coriander powder	1 tsp
Turmeric powder	½ tsp
Crushed black pepper	½ tsp
Garam masala powder	1 tsp
Coconut oil	
Curry leaves	
Salt	

DID YOU KNOW?

Puttu is a popular breakfast dish in Kerala. This steamed rice cake undergoes a world of change as it gets packed with generous fillings of flavourful beef. The dish is a full meal and can go well as breakfast.





IRACHI IDLI

A fusion cuisine experience from Malabar

INGREDIENTS

Cooked & shredded chicken	250 gm
Coconut Oil	
Onion Sliced	3
Green Chilli crushed	4
Garlic crushed	4 cloves
Ginger crushed	½ inch piece
Turmeric powder	½ tsp
Black pepper powder	½ tsp
Garam masala powder	1 tsp
Salt	
Curry leaves	
Coriander leaves	

For Idli batter

Biryani rice	500 gm
Eggs	2
Coconut milk	of 1 coconut
Ghee for greasing	

DID YOU KOW?

The humble Idli undergoes a twist as it gets a generous sprinkling of chicken, making it one of the most famous Malabar snacks. These tiny Idlis peppered with chicken makes for easy preparation and is often served as breakfast in many of the Malabar households.



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