



# KERALA'S CULINARY SAGA



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

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# KERALA'S IRRESISTIBLE VEG SPREAD



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 vegetarian dishes of Kerala. Gear up to experience a culinary journey that is unparalleled on all fronts.





## **MURINGAPOO THORAN**

Nutritious drumstick delicacy

## INGREDIENTS

Drumstick flower	2 cups
Grated coconut	3 tbsp
Turmeric powder	¼ tsp
Red chilli	2
Garlic paste	½ tsp
Mustard seeds	½ tsp
Black Pepper (crushed)	¼ tsp
Shallots	
Oil	
Curry leaves	
Salt	

## DID YOU KNOW?

A highly nutritious vegetarian side dish, Muringapoo Thoran uses the flowers of the Drumstick Tree as the main ingredient. While drumsticks find its use in many of the dishes, the flowers of the drumstick tree are rarely used. So this preparation, exclusive to the Malabar side of Kerala, is unique and is a rare find.





## **MALABARI KOZHUKKATTA**

Sweet and crunchy  
snack exclusive to Malabar

## INGREDIENTS

Rice flour	1½ cup
Shallots	1
Aniseeds	½ tsp
Red chilli	2nos
Mustard seeds	1 tsp
Black gram	1 tsp
Grated coconut	½ cup
Curry leaves	
Water	
Oil	
Salt	

## DID YOU KNOW?

Kozhukkatta is a popular rice dumpling that is made in many parts of India and Southeast Asia. While it is prepared with a sweet filling or with a spicy filling, the Malabari Kozhukkata is a unique specialty. An evening teatime snack, this can be paired with chicken dishes as well.





# ADA PRADHAMAN

Perfect Celebratory Dessert



## INGREDIENTS

Ada	125 gm
Cashew, kismis & coconut pieces	50 gm each
Cardamom	4 nos. crushed
Sagos	10 gm
Ghee	2 cups
Jaggery syrup	150 gm
Coconut milk	thick, thin & very thin
Water	2 cups

## DID YOU KNOW?

Any festive occasion will be incomplete without an Ada Pradhamaan. This dessert packs a great punch of sweetness and is the beloved pudding in Kerala cuisine. This classic Kerala dessert is made from rice, coconut milk, and jaggery and has to be savoured at least once in a life time.





## VELLARIKKA KICHADI

Cool, refreshing and healthy  
cucumber delight

## INGREDIENTS

Cucumber chopped	1 cup
Slightly sour curd	½ cup
Green chilli chopped	1
Mustard seeds	1 tsp + 1 tsp
Scraped coconut	1 tsp
Oil	1 tbsp
Salt	
Water	
Curry leaves	
Red chilli (broken)	2

## DID YOU KNOW?

A cool, comforting cucumber delight, Vellarikka Kichadi is a cucumber-in-curd side dish. Refreshingly cool and soothing to the taste buds, Vellarikka Kichadi is one of the main side dishes in Kerala Sadya. This dish can be prepared easily and goes well with steaming rice.





## PAAL PAYASAM

Happiness in a bowl

## INGREDIENTS

Chamba raw rice	1 cup
(Pressure cook it in 500 ml milk + 500 ml water)	
Sugar	4 cups
Saffron	5-6 strands
Milk	3 litre

## DID YOU KNOW?

A festive delight which is served during celebrations, this creamy, rich dessert will satiate all your sweet cravings. This rice pudding made from broken rice, ghee, and milk is the classic dessert of Kerala and is often a ritual offering in most temples.





# BEETROOT KICHADI

Spicy, tangy, sweet  
beetroot delight

## INGREDIENTS

Beetroot (grated)	1 cup
Slightly sour curd	½ cup
Green chilli chopped	1
Mustard seeds	1 tsp + tsp
Scraped Coconut	¾ cup
Oil	1 tbsp
Salt	
Water	
Curry leaves	

## DID YOU KNOW?

With a deep pink, saucy, yogurty texture, Beetroot Kichadi readily lights up the cuisine spread. A yogurt relish made from beetroot, Beetroot Kichadi is an integral element in Kerala Sadya. This lightly sweet, tangy, and spicy side dish can be paired with hot steaming rice.





# SAMBAR

Quintessential accompaniment  
for every meal



## INGREDIENTS

Toor dal	1 cup
Drumstick (1 inch pieces, sliced)	4
Lady's finger (1 inch cubes)	6
Brinjal (1 inch cubes)	4
Snake gourd (1 inch piece)	4
Tomato (1 inch piece)	4
Broad beans (1 inch piece)	3
Edible Yam (small on)	4
Cucumber (1 inch cubes)	4
Shallots	5
Coriander leaf	
Curry leaf	
Green chilli	2
Water	4 cups
Sugar	a pinch
Salt	
Oil	
Turmeric powder	1 tsp
Asafoetida	i inch piece
Red chilli	10
Coriander seeds	2 tbsp
Fenugreek seeds	1 tbsp
Tamarind thick juice	3 tbsp
Ground powder	5 tbsp
Asafoetida powder	1 tsp
<b>For seasoning</b>	
Mustard seeds	1 tsp
Red chilli (broken)	2
Curry leaves	

## DID YOU KNOW?

Sambar is a quintessential dish in Kerala cuisine. This lentil-based vegetable stew is a medley of vegetables and goes well as a side dish for breakfast, lunch or dinner. Sambar is loved by one and all in Kerala and is a must-have dish in Kerala Sadya.





# **PINEAPPLE PACHADI**

A sweet and sour  
pineapple delicacy

## INGREDIENTS

Pineapple (chopped)	1 cup
Curd (slightly sour)	½ cup
Mustard seeds	1 tsp
Grated coconut	1 cup
Cumin seeds	1½ tsp
Green chilli	1
Red chilli (chopped)	2
Salt	
Curry leaves	

## DID YOU KNOW?

Pachadi is the south Indian version of Raita. A sweet and tangy delight, Pineapple Pachadi is a side dish that has undertones of sweet, sour, and spice to it. This easy to prepare delicacy can be created with ease and can go well as an accompaniment to any Kerala meal.





# **KALIYODAIKKA**

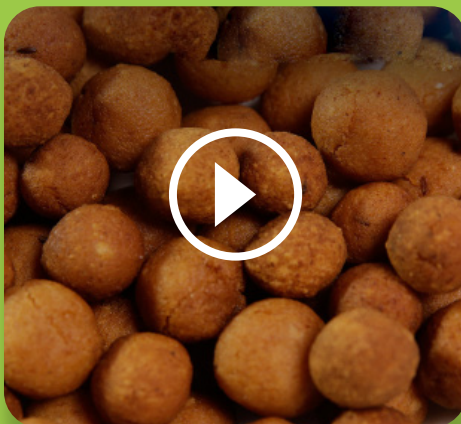
Yummy miniature snack

## INGREDIENTS

Rice flour	1 cup
Grated coconut	½ cup
Cumin seeds	1 tsp
Salt	
Oil to fry	
Water	

## DID YOU KNOW?

Kaliyodaikka is fried rice balls. These tiny, crispy savoury rice balls have rice flour as the main ingredient and is a popular snack in Kerala. This traditional snack often gets a variation when it is salted. Kaliyodaikka goes well as a teatime snack.





# **KAAI UPPERI**

Crunchy, salty and savoury delight

## INGREDIENTS

Raw plantain

Oil

Salt

Water

2

## DID YOU KNOW?

A crunchy, flavorful snack, Banana chips or Kaai Upperi is synonymous with Kerala snacks. Made from green raw banana, this snack is sometimes used as a side dish and is available in a variety of variants. While it is mostly salted, it can come in spicy, tangy flavours as well.





# ELLUNDA

A crunchy explosion of flavours



## INGREDIENTS

Sesame seeds	1½ cup
Jaggery grated	1 cup
Coconut finely chopped	1 tbsp
Water	¼ cup

## DID YOU KNOW?

A snack that can lift your mood any time of the day, Ellunda, the traditional snack of the land is made from sesame seeds. Power-packed with nutrients, it is also one of the healthiest snacks. This crunchy sweetness can be prepared with ease in your kitchen.





# MULAKU BAJI

Joyful fiery sensations to  
your palate

## INGREDIENTS

Baji Mulagu (big chilli)	4
Gram flour	1 cup
Rice flour	¼ cup
Chilli powder	2 tsp
Asafoetida powder	1 tsp
Salt	
Oil	

## DID YOU KNOW?

A deep-fried chilly fritter, Mulaku Baji is one of the favourite teatime snacks of Keralites. Made easily with big chilly, this hot and spicy snack is readily available in the tea shacks of Kerala. Served with chutney, this easy-to-prepare snack must not be given a miss.





# ULLIVADA

Hot and spicy teatime delicacy

## INGREDIENTS

Big Onion (sliced)	2
Gram flour	¼ cup
Rice flour	1 tbsp
All purpose flour	¾ cup
Chilli powder	2 tsp
Fennel seeds	1 tsp
Asafoetida powder	1 tsp
Soda powder	½ tsp
Curry leaves	
Salt	

## DID YOU KNOW?

Crispy on the outside and slightly gooey on the inside, the Ulli Vada is a mildly spicy snack made from onions. A popular street-side snack, Ulli Vada goes well as a 4 pm snack along with hot piping tea.





# URULAKKIZHANGU BONDA

An addictive potato delight

## INGREDIENTS

Potato	2
Chilli powder	2 tsp
All purpose flour	1 cup
Gram flour	¼ cup
Chopped onion	1
Green chilli (chopped)	2
Grated ginger	1 tbsp
Mustard seeds	1 tsp
Red chilli	2
Turmeric powder	1 tsp
Soda powder	½ tsp
Salt	
Curry leaves	
Oil	

## DID YOU KNOW?

A fried snack with potato fillings, Urulakkizhangu Bonda is one of the popular teatime snacks in Kerala. This mildly spicy, deep-fried, scrumptious snack prepared with potato, and spices, can be readily prepared at home and goes well with hot tea.





## **SEMIYA PAYASAM**

Sweetness overload on  
your palate



## INGREDIENTS

Ghee	3 tbsp
Raisins	50 gm
Split cashew	50 gm
Sugar	1 cup
Milk	1 litre
Semiya (broken & roasted)	1 cup
Cardamom powder	¼ tsp

## DID YOU KNOW?

A festive delight, Semiya Payasam is a pudding made from vermicelli and milk, peppered with dry fruits. One of the easiest puddings that can be prepared, Semiya Payasam can either be served hot or chilled. This is the ideal dish for any celebratory occasion.





## **CHENDA MURIYAN**

Easy-peasy banana relish

## INGREDIENTS

Ripe plantain	1
Coconut milk	2 tbsp
Cardamom powder	½ tsp
Ghee	½ cup
Thick jaggery syrup	4 tbsp

## DID YOU KNOW?

A Travancore delicacy, Chenda Muriyan is a healthy delight made from ripe banana and jaggery. This easy to prepare dish is a caramelised banana delicacy that is served on special occasions. It derives its name from the traditional percussion instrument Chenda, as the bananas are chopped in huge blocks resembling a Chenda.





# UNNIYAPPAM

A ubiquitous regional sweet

## INGREDIENTS

Raw rice (soaked in water for 2 hrs)	1 cup
Small banana	1 piece
Jaggery syrup made with grated jaggery & 2 tbsp water	1 cup
Cardamom (powdered)	2
Oil	
Coconut chopped & fried in ghee	2 tbsp

## DID YOU KNOW?

A deep-fried rice snack, Unniyappam is a healthy, traditional sweet snack from Kerala. This fluffy, soft, golden sweet is a nutritious snack which is also given as a ritual offering in some temples. It is a special snack that is prepared on special occasions. The pan used to create this dish is often passed on as an heirloom to the younger generation.





## **ETHAKKA FRY**

Kerala's charming teatime tradition

## INGREDIENTS

Ripe plantain (sliced)	1
All purpose flour	1 cup
Rice flour	1 tbsp
Salt	a pinch
Sugar	3 tsp
Water	
Oil	

## DID YOU KNOW?

This traditional snack is the most favourite fried delight of Kerala. Pazham Pori or Ethakka Fry is a snack made from ripe bananas. This deep-fried snack can be had with tea and can be prepared quite easily at home with minimal ingredients. The dish has been reinvented quite recently with food enthusiasts pairing it with beef delicacies.





# PARIPPUVADA

Your perfect black tea combo



## INGREDIENTS

Toor dal	1 cup
Shallots	1 cup
Chilli powder	2 tbsp
Green chilli	2
Salt	
Curry leaves	
Grated ginger	1 tbsp
Asafoetida powder	1 tbsp
Oil	2 cups

## DID YOU KNOW?

If there is a simple snack that goes incredibly well with black tea, then it is the Parippuvada. Mildly spicy, crunchy on the outside, and chewy on the inside, Parippuvada is made from lentils and is the classic teatime snack of Kerala.





# UZHUNNU VADA

Perfect crispy, soft  
teatime fritters

## INGREDIENTS

White whole Urad dal	1 cup
Shallots (chopped)	1 cup
Peppercorns	10
Soda powder	½ tsp
Green chilli (chopped)	2
Rice flour	1 tbsp
Ginger grated	1 tbsp
Curry leaves	
Salt	
Oil	

## DID YOU KNOW?

A common snack in Kerala, Uzhunnu Vada is the perfect snack to munch on while having a hot piping tea. Crispy on the outside and terribly soft on the inside, Uzhunnu Vada is made from Urad Dal and can be had as a snack or as an add on to your breakfast.



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