CONTENTS

INTRODUCTION 1
MURINGAPOO THORAN 2-3
MALABARI KOZHUHKATTA 4-5
ADA PRADHAMAN 6-7
VELLARIKKA KICHADI 8-9
PAAL PAYASAM 10-11
BEETROOT KICHADI 12-13
SAMBAR 14-15
PINEAPPLE PACHADI 16-17
KALIYODAIKKA 18-19
KAAI UPERI 20-21
ELLUNDA 22-23
MULAKU BAJI 24-25
ULLI VADA 26-27
URULAKKIZHANGU BONGU 28-29
SEMIYA PAYASAM 30-31
CHENDA MURIYAN 32-33
UNNIYAPPAM 34-35
ETHAKKA FRY 36-37
PARIPPUVADA 38-39
UZHUNNU VADA 40-41
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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice flour</td>
<td>1½ cup</td>
</tr>
<tr>
<td>Shallots</td>
<td>1</td>
</tr>
<tr>
<td>Aniseeds</td>
<td>½ tsp</td>
</tr>
<tr>
<td>Red chilli</td>
<td>2 nos</td>
</tr>
<tr>
<td>Mustard seeds</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Black gram</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Grated coconut</td>
<td>½ cup</td>
</tr>
<tr>
<td>Curry leaves</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td></td>
</tr>
<tr>
<td>Oil</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
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</tbody>
</table>

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 Pradhaman. 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 lifetime.
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
For seasoning
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.
KAAIL UPPERI

Crunchy, salty and savoury delight
INGREDIENTS

Raw plantain  
Oil  
Salt  
Water

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 Mulugu (big chilli) 4
Gram flour 1 cup
Rice flour 1/4 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.
ULLI VADA

Hot and spicy teatime delicacy
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

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<td>Ghee</td>
<td>3 tbsp</td>
</tr>
<tr>
<td>Raisins</td>
<td>50 gm</td>
</tr>
<tr>
<td>Split cashew</td>
<td>50 gm</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 cup</td>
</tr>
<tr>
<td>Milk</td>
<td>1 litre</td>
</tr>
<tr>
<td>Semiya (broken &amp; roasted)</td>
<td>1 cup</td>
</tr>
<tr>
<td>Cardamom powder</td>
<td>¼ tsp</td>
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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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Ripe plantain</td>
<td>1</td>
</tr>
<tr>
<td>Coconut milk</td>
<td>2 tbsp</td>
</tr>
<tr>
<td>Cardamom powder</td>
<td>½ tsp</td>
</tr>
<tr>
<td>Ghee</td>
<td>½ cup</td>
</tr>
<tr>
<td>Thick jaggery syrup</td>
<td>4 tbsp</td>
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### 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.
Be a part of this exciting and fun-filled contest and stand a chance to win a seven-night family trip to Kerala. A unique opportunity to explore the State’s food scene as well as demonstrate your skills in cooking the yummy dishes at your home.

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contest@keralatourism.org

Available between 10 am and 5 pm (IST) on all working days. All communication regarding the contest should be in English.
THANK YOU

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