

MOUThWATERING GOURMETS FROM TRADITIONAL FOODS OF KOLLI HILLS

(Recipes of Samai - Little Millet & Thinai - Italian Millet)



M.S. SWAMINATHAN RESEARCH FOUNDATION

NAMAKKAL

2004

**MOUTHWATERING GOURMETS
FROM TRADITIONAL FOODS OF
KOLLI HILLS**

(Recipes of Samai - Little Millet & Thinai - Italian Millet)

*For the welfare of
Kolli Hills Tribes*



M.S. SWAMINATHAN RESEARCH FOUNDATION

Head Office :

III Cross Street

Taramani Institutional Area

Chennai - 600 113

Tel : 044-2254 1229 / 1698

Site Office :

39/B, Periyapatti Road

S.P. Pudur

Namakkal - 637 001

Tel : 04286 - 224499

Book Details

Book Title	: MOUTHWATERING GOURMETS FROM TRADITIONAL FOODS OF KOLLI HILLS
Code No.	: MSSRF/MA/04/19
First Edition	: December - 2004
Language	: English
Photos	: E.D. Israel Oliver King & L.R. Gopinath
Cover Design	: L.R. Gopinath
Copy right	: M.S. Swaminathan Research Foundation Chennai.
Paper	: 7.2 Kg, White Paper
Book Size	: 1X10 Demmy
Point Size	: 10 Point
Letter style	: Arial
No. Pages	: 50
Binding	: Ordinary Binding
Publisher	: M.S. Swaminathan Research Foundation 3rd Cross Street Taramani Institutional Area Chennai - 600 113.
Price	: Rs. 30/-
Printed by	: Malar Offset Room. No. 12 108, Tiruchengodu Road Namakkal - 637 001. Ph. : 04286 - 281135

Foreword

The choice of food crops for cultivation in the past by tribal and rural women and men was based both on agro-ecological and culinary and nutritional characters. Many of the traditional components of the diet were rich in protein content and quality as well as in micro-nutrients. The Malayali tribal families of Kolli Hills have been cultivating a wide range of nutritious millets and have been conserving several land races in the important millets. They have also developed a wide range of formulations for cooking and using them in their daily diet. It is important to bring to the attention of urban population the nutritional significance of the dietary traditions of tribal and rural families. I am hence happy that this publication which contains detailed information on traditional knowledge with reference to nutrition and human health has been compiled. I hope it will be widely read and used for enlarging our food security basket and for strengthening our nutrition security system.

M. S. Swaminathan

Prof. M.S. Swaminathan

Chairman

M.S. Swaminathan Research Foundation

Chennai.

Acknowledgement


Our thanks are due to Ms. R. Jayammal, Ms. S. Kalavathi, Ms. Rajalakshmi, Dr. D. Dhanapal, D. Kalpana who have formerly done trails on the various recipes.

To Ms. Ranjini Vijayakumar, Nutritionist, Scientists at Namakkal viz., Mr. E.D. Israel Oliver King, Ms. K. Chitra, Mr. P. Boopathy, Mr. D. Sengottuvel, Mr. R. Basker, Mr. P. Thangavel and Dr. V. Arivudai Nambi, Principal Scientist for their efforts in bringing this wonderful document for the benefit of society,

To Dr. M. Velayutham, Executive Director, Dr. Sudha Nair, Programme Director (Biodiversity) and Dr. S. Bala Ravi, Advisor (Biodiversity) for their encouragement.

I also acknowledge the Malar Offset, Namakkal for excellent printing of the book.

We finally thank Shri. Xaviour Chrisso Nayagam, The District Collector, Namakkal for releasing this cookery guide for the benefit of society.



L.R. Gopinath

Site Coordinator & Senior Scientist
M.S. Swaminathan Research Foundation
Namakkal.

FACTS TO KNOW

We all know that food is important for all age groups. It is also important to educate ourselves about what we are eating and what we must eat. One must eat intelligently to live a quality life thus a sound-eating regime must be inculcated from the beginning wherein the diet provides a balanced combination of nutrients required.

What are nutrients?

Nutrients are most important for human to carry out the body functions. The main nutrients are Carbohydrates, Proteins, Fats, Minerals and Vitamins apart from water, which must be, consumed atleast between 10-12 glasses per day.

What are foods one must have to get these Nutrients?

The most important aspect to consider is to have a balanced Meal, which has Cereals (Rice/Wheat Flour), Pulses (Dal & Sundal), Minor Millets (Thinai, Samai and Ragi), Vegetables, fruits, Green leafy vegetables, Milk & Milk products, Fats & Oils. In the case of non-vegetarians Chicken, Mutton, Fish can be included between 60-80 Gms 3-4 days a week and Ova-vegetarians can have an egg every day.

What are minor millets?

We will all be surely aware of all the sources given for a balanced diet mentioned above but the item which we are not very familiar about are MINOR MILLETS (thinai, samai, varagu, panivaragu). Minor millets are rich source of dietary fibre, minerals (Phosphorus, Iron, Copper, Zinc) and Vitamins like Folic acid, which are available in desired amount compared to various other food grains.

Who all can eat Minor Millets?

Millets can be eaten by people of all age groups it is especially recommended to patients who are Diabetic, patients suffering from anemia, increased cholesterol (hypercholesterolemia), Heart patient (Coronary / Ischaemic) and also can be given to pregnant & lactating women.

***Eat Healthy food and live in quality
with natures delight.***

NUTRITIONAL FACTS

Nutritive Values in Food Grains (in 100 gms of food)

Food Items	Protein (g)	Cholesterol (g)	Minerals (g)	Fibres (g)	Carbohydrate (g)	Energy (K.Cal)	Calcium (m.g)	Phosphorus (m.g)	Iron (g)
Rice	6.8	0.5	0.6	0.2	78.2	345	10	160	0.7
Wheat	11.8	1.5	1.5	1.2	71.2	346	41	306	5.3
Maize	11.1	3.6	1.5	2.7	66.2	342	10	348	2.3
Ragi	7.3	1.3	2.7	3.6	72.0	328	344	283	3.9
Thinai	12.3	4.3	3.3	8.0	60.9	331	31	290	2.8
Panivaragu	12.5	1.1	1.9	2.2	70.4	341	14	206	0.8
Samai	7.7	4.7	1.5	7.6	67.0	341	17	220	9.3
Varagu	8.3	1.4	2.6	9.0	65.9	309	27	188	0.5

Vitamins in Food Grains (in 100 gms of food)

Food Items	Carotene	Thiamine (m.g)	Ribo Flavine (m.g)	Niacin (m.g)	Vit. B6	Folic Acid (mic.g)	Choline (m.g)
Rice	0	0.21	0.05	3.8	0.24	11.0	0
Wheat	64	0.45	0.17	5.5	0.57	36.6	47
Maize	90	0.42	0.10	1.8	0.00	20.0	33
Ragi	42	0.42	0.19	1.1	0.00	18.3	44
Thinai	32	0.59	0.11	3.2	0.00	15.0	37
Panivaragu	0	0.20	0.18	2.3	0.00	0.0	19
Samai	0	0.30	0.09	3.2	0.00	9.0	13
Varagu	0	0.33	0.09	2.0	0.00	23.1	11

Minerals in Food Grains (in 100 gms of food)

Food Items	Mg (m.g)	K (m.g)	Cu (m.g)	Mn (m.g)	Mbd (m.g)	Zn (m.g)	S (m.g)
Rice	91	0	0.17	0.80	0.068	1.4	0
Wheat	138	284	0.68	2.29	0.051	2.7	128
Maize	139	286	0.41	0.48	0.038	2.8	114
Ragi	137	408	0.47	5.49	0.102	2.3	160
Thinai	81	250	1.40	0.60	0.070	2.4	171
Panivaragu	153	113	1.60	0.60	0.000	1.4	157
Samai	133	129	1.00	0.68	0.016	3.7	149
Varagu	147	144	1.60	1.10	0.000	0.7	136

Vit. B6- Vitamine B6; Mg-Magnesium; K-Potassium; Cu-Copper;

Mn-Manganese; Mbd-Molybdenum; Zn-Zinc; S-Sulphur

Samai-Little millet; Thinai-Italian millet; Varagu-Kodomillet; Panivaragu-Common millet

(C. Gopalan, B.V. Rama Sastri, and S.C. Balasubramanian, 1996, Nutritive value of Indian foods. National Institute of Nutrition, Hyderabad, India)

SAMAI

- ⌘ Rich in fibre and Iron.
- ⌘ Rich in minerals like Zinc and Copper.

THINAI

- ⌘ Rich in minerals and fibre.
- ⌘ Rich in Vitamins like Thiamine and Niacin.
- ⌘ Rich in minerals like Sulphur.

Preface

The Kolli Hills are located in the Namakkal District of Tamil Nadu. Spread over an area of 282 sq.km, they are inhabited by a tribal group called the *Malaiyalis*. These tribals are primarily subsistence agriculturists, who cultivate and use eight landraces of little millets (locally known as *Samai*), seven landraces of foxtail millets (locally known as *Thinai*), four landraces of Kodo millets (locally known as *Varagu*) and four landraces of finger millets (locally known as *Ragi*). In addition to the millets the *Malaiyalis* also raise a range of pulses, oilseeds and vegetables to meet their subsistence requirements. Over the last two decades commercial crops like Tapioca, Coffee, Pepper and Pineapple has made significant inroads into the hills leading to a steep decline in the area under food crops.

Modern science has increasingly realized the importance of millets and their nutritive value mostly as micro-nutrient rich, fibre rich, iron and calcium rich crops, which are essential for human well being. They are suited for various age groups and are recommended for pregnant and lactating mothers, diabetics and heart patients. The M.S.Swaminathan Research Foundation has been working in the Kolli Hills since 1994 to document the traditional knowledge on millets and has made efforts to conserve, multiply, process and add value to millets to enable their sustained use through community seed bank and grain bank. Moreover the efforts are towards commercialization of millets to enhance income generation, reduce poverty and ensure food and nutrition security at household level.

The Ethnic Food Culture in Kolli Hills has also been as rich as the diversity of millets. This

publication is an attempt to document both traditional as well as value added preparations that have been standardised by women Self Help Groups in Kolli Hills. I hope this will reach wide audience of housewives to popularise the Gourmets from millets.

M. Velayutham

Dr. M. Velayutham
Executive Director
M.S. Swaminathan Research Foundation
Chennai.

Content

GOURMETS FROM SAMAI AND THINAI

		Page
1.	SAMAI & THINAI	
	Samai Rice	1
	Thinai Rice	1
2.	UPPUMA	
	Samai Uppuma	2
	Thinai Uppuma	3
3.	KOZHUKKATAI	
	Samai Poorna Kozhukkatai	4
	Samai Kara Kozhukkatai	5
	Thinai Poorna Kozhukkatai	5
	Thinai Kara Kozhukkatai	6
4.	PUTTU	
	Samai Sweet Puttu	7
	Thinai Sweet Puttu	7
5.	SWEET PONGAL	
	Samai Sweet Pongal	8
	Thinai Sweet Pongal	8
6.	IDIAPPAM	
	Samai Sweet Idiappam	9
	Samai Kara Idiappam	9
	Thinai Sweet Idiappam	10
	Thinai Kara Idiappam	10
7.	PANIYARAM	
	Samai Sweet Paniyaram	11
	Samai Kara Paniyaram	12
	Thinai Sweet Paniyaram	13
	Thinai Kara Paniyaram	14
8.	PAYASAM	
	Samai Payasam	15
	Thinai Payasam	15
9.	IDLI	
	Samai Idli	16
	Thinai Idli	17

10.	DOSAI	Page
	Samai Dosai	18
	Thinai Dosai	19
11.	SAMAI & THINAI WHEAT FLOUR DOSAI	
	Samai Wheat Flour Dosai	19
	Thinai Wheat Flour Dosai	20
12.	KARA PONGAL	
	Samai Kara Pongal	21
	Thinai Kara Pongal	22
13.	KEERA ROTI	
	Samai Keera Roti	23
	Thinai Keera Roti	24
14.	BONDAS & PAKODAS	
	Samai Bonda	25
	Samai Pakoda	26
	Thinai Bonda	27
	Thinai Pakoda	28
15.	RIBBON PAKODA	
	Samai Ribbon Pakoda	29
	Thinai Ribbon Pakoda	29
16.	OMAPODI	
	Samai Omapodi	30
	Thinai Omapodi	31
17.	ADAI	
	Samai Adai	32
	Thinai Adai	33
18.	VADAI	
	Samai Vadai	34
	Thinai Vadai	35
19.	MULTI MILLET RECIPE	
	Samai - Thinai Murukku	36
	Samai - Thinai Adhirasam	37
	Samai - Thinai Katchayam	38

MEASUREMENTS

1 TUMBLER	—	100 gms / 100 ml
1 TABLESPOON (TBSP)	—	15 gms
1 TEASPOON (TSP)	—	5 gms

RICE **SAMAI**

COOKING TIME – 5-10 MIN

INGREDIENTS:

SAMAI	–	50 gm
WATER	–	200 ml

METHOD:

The ratio is 1:4 (1 part samai rice to 4 parts of water). Remove dust/stones and clean samai rice in water. Put Samai in boiling water and allow to cook till it is soft.

THINAI

COOKING TIME – 5-10 MIN

INGREDIENTS:

THINAI	–	50 gm
WATER	–	200 ml

METHOD:

The ratio is 1:4 (1 part samai rice to 4 parts of water). Remove dust/stones and clean thinai rice in water. Put Thinai in boiling water and allow cooking till it is soft.

NOTE : Can be consumed instead of rice with any accompaniment. It is lighter and lower in calories. Provide calories it supplies.

UPPUMA

Uppuma is a wholesome breakfast item which not only save time but also provide a package of nutrients the body requires. It is easily digestible and can be consumed by all.

SAMAI UPPUMA

COOKING TIME: 15 MIN

INGREDIENTS:

SAMAI RICE	-	100 gm 1 small tumbler
SMALL ONIONS	-	5-6 pieces
GREEN CHILLIES	-	2 Nos.
CORIANDER LEAVES	-	To taste
CURRY LEAVES	-	To taste
MUSTARD	-	1 TSP
BENGAL GRAM	-	1 TSP
BLACK GRAM DAL	-	1 TSP
WATER	-	4 tumblers
GROUNDNUT OIL	-	3 TSP
SALT	-	To taste

METHOD:

Pour oil in a deep bottomed vessel. Add & Fry Mustard, black gram dal, Bengal Gram till golden brown. Add curry leaves, coriander leaves, and onions and fry till raw smell goes off. Pour in 4 small tumblers of water and add salt. As the water is boiling add washed samai rice and stir till water disappears. Garnish with coconut grating and groundnuts.

THINAI UPPUMA

COOKING TIME: 10 MIN

INGREDIENTS:

THINAI RICE	-	1 Tumbler/100gms
SMALL ONIONS	-	5-6 Nos.
GREEN CHILLIES	-	3-4 Nos.
CORIANDER/CURRY LEAVES	-	To taste
MUSTARD	-	1 TSP
BENGAL GRAM DAL	-	1 TSP
BLACK GRAM DAL	-	1 TSP
WATER	-	4 tumblers
COOKING OIL	-	3 TSP
SALT	-	To taste

METHOD:

Pour oil in a deep bottomed vessel. Add & Fry Mustard, Black gram dal, Bengal gram till golden brown. Add curry leaves, coriander leaves, onions and fry till done. Pour in 4 small tumblers of water and add salt.

As the water is boiling add the washed thinai rice and stir. Garnish with coconut grating and groundnuts.

KOZHUKKATAI

Sweet Kozhukkatai is commonly made during auspicious occasions like Ganesh pooja. They are small sweet balls stuffed with caramelized coconut which has a natural taste of coconut while spicy Kozhukkatai or Kara Kozhukkatai are steamed spicy balls.

SAMAI POORNA KOZHUKKATAI

COOKING TIME: 20-25MIN

INGREDIENTS:

SAMAI FLOUR	-	1/2 kg
JAGGERY	-	1/4 kg
COCONUT	-	1 kg
CARDAMOM	-	5 gms
SALT	-	a pinch

METHOD:

FOR STUFFING:

Grate the coconut and crush the jaggery. Fry the coconut scraping without adding oil and add the crushed jaggery & cardamom. Keep stirring until it thickens not allowing it to caramelize.

FOR COVERING:

Boil ¼ litre of water in a thick-bottomed vessel and add a pinch of salt. Add the samai flour little by little to make into dough. Roll into small balls; knead enough to place the stuffing. Place the kozhukkattai for steaming in idli plates.

NOTE: If needed 1 part of Rice flour can be added to samai flour. Instead of steaming, kozhukatais can also be fried in oil.

SAMAI KARA KOZHUKKATAI

INGREDIENTS:

COOKING TIME: 15 MIN

SAMAI FLOUR	—	¼ kg
COCONUT	—	½ cup
MUSTARD	—	½ TSP
BLACK GRAM DAL	—	1 ½ TSP
DRY RED CHILLIES	—	4-5 Nos.
CURRY LEAVES	—	6-7 leaves
SALT	—	To taste
COOKING OIL	—	1 TBSP

METHOD:

Mix salt with samai flour and grate the coconut. Heat oil in a thick bottomed kadai and add mustard seeds, black gram dhal, dry chillies, Curry leaves and fry it. Add samai flour and mix well with little water. Remove from fire and make balls from the dough by rubbing oil on the palm. Steam in cooker similar to idli steaming

Note: Tastes good with coriander / mint chutney.

THINAI POORNA KOZHUKKATAI

INGREDIENTS:

COOKING TIME: 20-25 MIN

THINAI FLOUR	—	1/2 kg
JAGGERY	—	1/4 kg
COCONUT	—	1 kg
CARDAMOM	—	5 gms
SALT	—	A pinch

METHOD: FOR STUFFING:

Scrape coconut and crush the jaggery. Fry the coconut scraping without adding oil and add the crushed jaggery and cardamom. Keep stirring until it thickens not allowing it to caramelize.

FOR COVERING: Boil ¼ litre of water in a thick-bottomed vessel and add a pinch of salt. Add Thinai flour little by little to make into dough. Roll into small balls, knead enough to place the stuffing. Place the kozhukkattai for steaming in idli plates.

THINAI KARA KOZHUKKATAI

COOKING TIME: 15 MIN

INGREDIENTS:

THINAI FLOUR	-	¼ kg
COCONUT	-	½ cup
MUSTARD	-	½ TSP
BLACK GRAM DAL	-	1 ½ TSP
DRY RED CHILLIES	-	4-5 Nos.
CURRY LEAVES	-	6-7 leaves
SALT	-	To taste
COOKING OIL	-	1 TBSP.

METHOD:

Mix salt with Thinaï flour and grate the coconut. Heat oil in a thick bottomed kadai and add mustard seeds, black gram dhal, dry chillies Curry leaves and fry it. Add thinaï flour and mix well with little water. Remove from fire and make balls from the dough by rubbing oil on the palm. Steam in cooker similar to idli steaming

Note: Tastes good with coriander / mint chutney.

PUTTU

Puttu is a dish that can be eaten with banana and ghee. It is an energy booster.

SAMAI SWEET PUTTU

INGREDIENTS:

COOKING TIME – 20 MIN

SAMAI FLOUR	–	1/2 kg
COCONUT	–	1
SUGAR	–	150 gms
CARDAMOM (POWDERED)	–	1 pinch
SALT	–	To taste

METHOD:

Grate coconut and keep it aside. Add salt and enough water to Samai flour to make it into a dry powder. Steam puttu powder in the cooker. After steaming put the puttu onto a plate and spread over. Garnish with coconut grating, cardamom powder and sugar.

THINAI SWEET PUTTU

INGREDIENTS:

COOKING TIME – 20 MIN

THINAI FLOUR	–	1/2 kg
COCONUT	–	1
SUGAR	–	150 gms
CARDAMOM (POWDERED)	–	1 pinch
SALT	–	To taste

METHOD:

Grate coconut and keep it aside. Add salt and enough water to Thinai flour to make it into a dry powder. Steam puttu powder in the cooker. After steaming put the puttu onto a plate. Garnish with coconut grating, cardamom powder and sugar.

SWEET PONGAL

Sweet pongal is a popular sweet in Tamilnadu. It is a combination of energy, proteins and carbohydrates.

SAMAI SWEET PONGAL

INGREDIENTS:

SAMAI RICE
JAGGERY
GREEN GRAM DAL
GHEE
COCONUT
CARDAMOM
CASHEWS, DRY GRAPES
SALT

COOKING TIME: 15 MIN

— 200 gms
— 300 gms
— ½ TSP
— 100 gms
— ½ (grated)
— 4-5 pods
— 25 gms
— To taste

METHOD:

Add samai rice and green gram dhal to three and a half tumbler water and allow it to cook. Add jaggery and a pinch of salt to the cooking pongal (samai rice & green gram dhal). Boil until jaggery smell disappears and the pongal is mashable. Add coconut and cardamom. Garnish the pongal with ghee fried cashews and dried grapes.

THINAI SWEET PONGAL

INGREDIENTS:

THINAI RICE
JAGGERY
GREEN GRAM DAL
GHEE
COCONUT
CARDAMOM
CASHEWS, DRY GRAPES
SALT

COOKING TIME: 15 MIN

— 200 gms
— 300 gms
— ½ TSP
— 100 gms
— ½ (grated)
— 4-5 pods
— 25 gms
— To taste

METHOD:

Add Thinai rice and green gram dhal to three and a half tumbler water and allow it to cook. Add jaggery and a pinch of salt to the cooking pongal (thinai rice & green gram dhal). Boil until jaggery smell disappears and then add coconut and cardamom. Garnish the pongal with ghee fried cashews and dried grapes.

IDIAPPAM

Idiappam is easily digestible and is soft and fine in texture it tastes well with coconut milk. It is commonly consumed by post-operative patients.

SAMAI SWEET IDIAPPAM

INGREDIENTS:

COOKING TIME: 15 MIN

SAMAI FLOUR	-	½ kg
COCONUT	-	1
SUGAR	-	200 gms
CARDAMOM	-	5-6 pods
SALT	-	To taste

METHOD:

Boil water in a thick-bottomed vessel and add samai flour little by little and stir. Mixture must be then put into the idiappam vessel and steamed till it is soft. Coconut gratings, powdered sugar and cardamom can be sprinkled on top.

SAMAI KARA IDIAPPAM

INGREDIENTS:

COOKING TIME: 10 MIN

FOR SAUTEING:

MUSTARD	-	1 TSP
BLACK GRAM DAL	-	1 TSP
RED CHILLIES	-	4-5 Nos.
CURRY LEAVES	-	5-6 Nos.
SALT	-	To taste

METHOD:

Put the pan on fire, and splutter mustard seed and add ingredients and saute. Water must be added to thinai flour and must be put into moulds to squeeze out idiappam. Idiappam is then steamed to remove the raw taste. Crush the idiappams and add to the pan. Add salt. Fry for 2-3 min. until it is well mixed and remove from flame, serve hot.

THINAI SWEET IDIAPPAM

COOKING TIME: 15 MIN

INGREDIENTS:

THINAI FLOUR	-	½ kg
COCONUT	-	1 No.
SUGAR	-	200 gms
CARDAMOM	-	5-6 PODS
SALT	-	To taste

METHOD:

Boil water in a thick-bottomed vessel and add Thinaï flour little by little and stir. Mixture must be then put into the idiappam vessel and steamed. Coconut gratings, powdered sugar and cardamom can be sprinkled on top.

THINAI KARA IDIAPPAM

INGREDIENTS:

COOKING TIME: 10 MIN

FOR SAUTEING:

MUSTARD	-	1 TSP
BLACK GRAM DAL	-	1 TSP
RED CHILLIES	-	4-5 Nos.
CURRY LEAVES	-	5-6
SALT	-	To taste

METHOD:

Put the pan on fire, and splutter mustard seed and add the ingredients and saute. Water must be added to the thinaï flour and must be put into moulds to squeeze out idiappam. Idiappam is then steamed to remove the raw taste. Crush the idiappams and add to the pan having the spices. Add salt. Fry for 2-3 min and remove from flame, serve hot.

PANIYARAM

Paniyaram are actually South-Indian fried balls that are tasty and light to eat. It is a Chettinad delicacy from South India.

SAMAI SWEET PANIYARAM

COOKING TIME: 15 MIN

INGREDIENTS:

SAMAI RICE	-	1 Tumbler/100 gms
RAW RICE	-	1 Tumbler/100gms
BLACK GRAM DAL	-	½ Tumbler
FENUGREEK	-	1 TBSP
JAGGERY	-	200 gms

METHOD:

Soak samai rice, raw rice, black gram, and fenugreek for three hours and grind well. Add powdered jaggery to water and stir well with the above batter. Keep the special paniyaram pan on flame and add oil into the separate holes in the pan. Pour the batter into it and cook until it turns golden in colour.

Note: For making Paniyaram one must use the special paniyaram vessel and a long needle must be used for tossing.

SAMAI KARA PANIYARAM

COOKING TIME – 20 MIN

INGREDIENTS:

SAMAI RICE	–	1 Tumbler/100gms
RAW RICE	–	1 Tumbler/100 gms
BLACK GRAM DHAL	–	50 gms
FENUGREEK	-	1 TBSP
SALT	–	To taste

FOR FRYING:

MUSTARD	–	1 TSP
ONION (BIG)	–	4 Nos.
GREEN CHILLIES	–	5 Nos.
CURRY LEAVES	–	5-6

METHOD:

Soak samai rice, raw rice, black gram dhal, chopped onions for 3 hours. Grind the above into a fine paste. Add salt and allow it to ferment for 5-6 hours. Fry onions, green chillies, black gram dhal and curry leaves & add to the batter. Heat oil in a Kadai / Paniyaram vessel and pour in the batter and fry till golden brown.

Note: Groundnut / Coconut / Tomato chutney will go well with it.

THINAI SWEET PANIYARAM

COOKING TIME: 15 MIN

INGREDIENTS:

THINAI RICE	-	1 Tumbler/100 gms
RAW RICE	-	1 Tumbler/100 gms
BLACK GRAM DAL	-	½ Tumbler
FENUGREEK	-	1 TBSP
JAGGERY	-	200 gms

METHOD:

Soak thinai rice, raw rice, black gram, and fenugreek for three hours and grind well. Add powdered jaggery to water and stir well with the above batter. Keep the special paniyaram pan on flame and add oil into the separate holes in the pan. Pour the batter into it and cook until it turns golden in colour.

THINAI KARA PANIYARAM

COOKING TIME – 20 MIN

INGREDIENTS:

THINAI RICE	–	1 Tumbler/100 gms
RAW RICE	–	1 Tumbler/100 gms
BLACK GRAM DHAL	–	50 gms
FENUGREEK	–	1 TBSP
SALT	–	To taste

FOR FRYING:

MUSTARD	–	1 TSP
ONION (BIG)	–	4 Nos.
GREEN CHILLIES	–	5 Nos.
CURRY LEAVES	–	5-6

METHOD:

Soak thinai rice, raw rice, and black gram dhal, onions for 3 hours. Grind the above into a fine paste. Add salt and allow it to ferment for 5-6 hours. Fry onions, green chillies, black gram dhal and curry leaves & add to the batter. Heat oil in a Kadai / Paniyaram vessel and pour in the batter and fry.

Note: Groundnut / Coconut / Tomato chutney will go well with it.

PAYASAM

Payasam is also known as KHEER social or religious function is complete without a bowl of payasam. It can be served both as a hot and cold delight.

SAMAI PAYASAM

INGREDIENTS:

COOKING TIME: 15 MIN

SAMAI RICE	-	200 gms/2 Tumblers
SUGAR	-	1 ½ Tumblers
BOILED AND COOLED MILK	-	¼ Litre
CASHEW NUT	-	10 gms
CARDAMOM	-	5 Pods
DRY GRAPES	-	10 gms
GHEE	-	1 TBSP

METHOD:

Pour 4 tumblers of water in a vessel and add cleaned samai rice into the water. Stir until it is cooked well and then add sugar and stir for 10 min. Add fried cashewnuts, dried grapes and cooled milk. Stir for 2-3 min and add cardamom powder.

THINAI PAYASAM

INGREDIENTS:

COOKING TIME: 15 MIN

THINAI RICE	-	200gms/2 tumblers
SUGAR	-	1 ½ tumblers
BOILED AND COOLED MILK	-	¼ Litre
CASHEW NUT	-	10 gms
CARDAMOM	-	5 Pods
DRY GRAPES	-	10 gms
GHEE	-	1 TBSP

METHOD:

Pour 4 tumblers of water in a vessel and add cleaned Thina rice into water. Stir until it is cooked well and then add sugar and stir for 10min. Add the fried cashewnuts, dried grapes and cooled milk. Stir for 2-3 min and add cardamom powder.

IDLI

Idlis are south-Indian steamed pancakes that are soft and easily digestible. They are bland to eat but taste good with sambar and chutney.

SAMAI IDLI

COOKING TIME: 10-15 MIN

INGREDIENTS:

SAMAI RICE	-	400 gms/4 Tumblers
BLACK GRAM DHAL	-	1 Tumbler
FENUGREEK	-	1 TBSP
SALT	-	To taste

METHOD:

Soak samai rice, black gram dhal and fenugreek separately. Grind samai rice and black gram dhal separately and mix together by adding salt. After 4-5 hours the batter will be fermented. Pour the batter into idli plates and steam it.

THINAI IDLI

COOKING TIME: 10-15 MIN

INGREDIENTS:

SAMAI RICE	-	400 gms/4 Tumblers
BLACK GRAM DHAL	-	1 Tumblers
FENUGREEK	-	1 TBSP
SALT	-	To taste

METHOD:

Soak Thinai rice, black gram dhal and fenugreek separately. Grind thinai rice and black gram dhal separately and mix together by adding salt. After 4-5 hours the batter will be fermented. Pour the batter into idli plates and steam it.

DOSAI

Dosai is prepared from fermented batter very much similar to idli.

SAMAI DOSAI

COOKING TIME: 5 MIN

INGREDIENTS:

SAMAI RICE	-	400 gms/4 Tumblers
BLACK GRAM DHAL	-	1 Tumblers
FENUGREEK	-	1 TBSP
SALT	-	To taste

METHOD:

Soak samai rice, black gram dhal and fenugreek separately. Grind samai rice and black gram dhal separately. After 4-5 hours the batter will be fermented. Add enough salt to the dosai batter after fermenting for 4-5 hours. Pour the batter onto the tawa to make dosai.

THINAI DOSAI

COOKING TIME: 5 MIN

INGREDIENTS:

THINAI RICE	-	400 gms/4 Tumblers
BLACK GRAM DHAL	-	1 Tumblers
FENUGREEK	-	1 TBSP
SALT	-	To taste

METHOD:

Soak Thinai rice, black gram dhal and fenugreek separately. Grind thinai rice and black gram dhal separately. After 4-5 hours the batter will be fermented. Pour the batter onto the tawa to make dosai.

SAMAI WHEAT FLOUR DOSA

Wheat flour in dosa batter enhances its nutritive value and texture.

COOKING TIME: 5-10 MIN

INGREDIENT :

SAMAI FLOUR	-	100 gms
WHEAT FLOUR	-	30 gms
CUMIN SEEDS	-	1 TBSP
SALT	-	To taste

METHOD:

The preparation is similar to that of Dosa after fermenting the batter for half an hour

THINAI WHEAT FLOUR DOSA

COOKING TIME: 10-15 MIN

INGREDIENTS :

THINAI FLOUR	-	100 gms
WHEAT FLOUR	-	30 gms
CUMIN SEEDS	-	1 TBSP
SALT	-	To taste

METHOD:

The preparation is similar to that of Dosa after fermenting the batter for half an hour

KARA PONGAL

Pongal is a delicious spicy rice preparation, which is often a whole meal by itself and it is an instant source of Energy and proteins.

SAMAI KARA PONGAL

COOKING TIME: 15 MIN

INGREDIENTS:

SAMAI RICE	-	100 gms
GREEN GRAM DHAL	-	50 gms
GHEE	-	100 gms
CASHEW	-	25 gms
MUSTARD	-	1 TSP
BLACK GRAM DHAL	-	1 TSP
CUMIN SEEDS	-	1 TSP
PEPPER	-	2 TSP
CURRY LEAVES	-	5-6 leaves
MILK	-	50 ml
SALT	-	1 pinch

METHOD:

Cook samai rice and roasted green gram dhal in 400 ml of water. Fry pepper, cumin seeds, cashews, mustard and curry leaves in ghee. Add spices and salt to pongal. Milk is added at the end and the stove is kept in sim till you get the aroma.

Note: Coconut / Mint / Coriander chutney or Sambar goes well with pongal.

THINAI KARA PONGAL

COOKING TIME: 15 MIN

INGREDIENTS:

THINAI RICE	-	100 gms
GREEN GRAM DHAL	-	50 gms
GHEE	-	100 gms
CASHEW	-	25 gms
MUSTARD	-	1 TSP
BLACK GRAM DHAL	-	1 TSP
CUMIN SEEDS	-	1 TSP
PEPPER	-	2 TSP
CURRY LEAVES	-	5-6 leaves
MILK	-	50 ml
SALT	-	1 pinch

METHOD:

Cook thinai rice and roasted green gram dhal in 400 ml of water. Fry pepper, cumin seeds, cashews, mustard and curry leaves in ghee. Add spices and salt to the pongal. Milk is added at the end and the stove is kept in sim till done.

Note: Coconut / Mint / Coriander chutney or Sambar goes well with pongal.

KEERA ROTI

Roti is a common term used North India and mostly prepared from wheat flour. A handful of greens in the roti not only gives energy but also iron which is essential for women and growing children. Roti can also be eaten plain made from the flour directly

SAMAI KEERA ROTI

COOKING TIME: 10 MIN

INGREDIENTS:

SAMAI FLOUR	—	½ kg
DRUMSTICK LEAVES / FENUGREEK LEAVES	—	1 Bunch
OIL	—	As needed
CHILLI POWDER	—	½ TSP
SALT	—	To taste

METHOD:

Mix samai flour, salt, chilli powder, drumstick leaves and make into dough. Take a ball of dough and knead to a roti. Put it on the dosai tawa; pour some oil around the roti. Remove when it is well cooked.

Note: Coconut / Tomato / onion chutney or Kurma are good side dishes for Roti.

THINAI KEERA ROTI

COOKING TIME: 10 MIN

INGREDIENTS:

THINAI FLOUR	-	½ kg
DRUMSTICK LEAVES / FENUGREEK LEAVES	-	1 Bunch
OIL	-	As needed
CHILLI POWDER	-	½ TSP
SALT	-	To taste

METHOD:

Mix thinai flour, salt, chilli powder, drumstick leaves and make into dough. Take a ball of dough and knead to a roti. Put it on the dosa tawa; pour some oil around the roti. Remove when done.

BONDA & PAKODAS

Bondas, Pakodas are crunchy delicious evening time eats. Care must be taken to remove extra oil by draining the fried stuff on paper.

SAMAI BONDA

COOKING TIME: 15 MIN

INGREDIENTS:

SAMAI FLOUR	—	1 Tumbler/100 gms
GRAM FLOUR	—	½ Tumbler/50 gms
ONION	—	200 gms
GREEN CHILLIES	—	3-4 Nos.
GINGER	—	Small piece
CURRY/ CORIANDER LEAVES	—	As required
COOKING OIL	—	As required
SALT	—	To taste

METHOD:

Mix samai flour, chopped onions, curry & coriander leaves, and chopped ginger. Add salt and enough water to make balls. Heat oil in the kadai. Make small balls and drop in oil and deep fry till golden brown. Serve hot with Ketchup/sauce.

SAMAI PAKODA

COOKING TIME: 15 MIN

INGREDIENTS:

SAMAI FLOUR	-	1 tumbler/100 gms
GRAM FLOUR	-	½ Tumbler/50 gms
ONION	-	200 gms
GREEN CHILLIES	-	3-4 Nos.
GINGER	-	Small piece
CURRY/ CORIANDER LEAVES	-	As required
COOKING OIL	-	As required
SALT	-	To taste
TURMERIC	-	1 pinch

METHOD :

Mix samai flour, chopped onions, curry & coriander leaves, and chopped ginger. Add salt and turmeric powder. Add 2 tsp of heated oil, mix with water and make into dry dough. Heat oil in the kadai. Put in the prepared pakoda mix one after the other until it turns golden brown. Serve hot with Ketchup/sauce.

THINAI BONDA

COOKING TIME: 15 MIN

INGREDIENTS:

THINAI FLOUR	-	1 Tumbler/100 gms
GRAM FLOUR	-	½ tumbler/50 gms
ONION	-	200 gms
GREEN CHILLIES	-	3-4 Nos.
GINGER	-	A small piece
CURRY/ CORIANDER LEAVES	-	As required
COOKING OIL	-	As required
SALT	-	To taste

METHOD:

Mix Thinai flour, chopped onions, curry & coriander leaves, chopped ginger. Add salt and enough water to make balls. Heat oil in the kadai. Make small balls and put in oil and deep fry till golden brown. Serve hot with Ketchup/sauce.

THINAI PAKODA

COOKING TIME : 15 MIN

INGREDIENTS:

THINAI FLOUR	-	1 tumbler/100 gms
GRAM FLOUR	-	½ tumbler/50 gms
ONION	-	200 gms
GREEN CHILLIES	-	3-4 Nos.
GINGER	-	A small piece
CURRY/ CORIANDER LEAVES	-	As required
COOKING OIL	-	As required
SALT	-	To taste
TURMERIC	-	1 pinch

METHOD:

Mix thinai flour, chopped onions, curry & coriander leaves, and chopped ginger. Add salt and turmeric powder. Add 2 tsp of heated oil, mix with water and make into dry dough. Heat oil in the kadai. Put in the prepared pakoda mix one after the other until it turns golden brown. Serve hot with Ketchup/sauce.

RIBBON PAKODA

It is a crisp savory and can be stored for a long period.

SAMAI RIBBON PAKODA

INGREDIENTS:

COOKING TIME: 20 MIN

SAMAI FLOUR	-	1 tumbler/100gms
GRAM FLOUR	-	1 tumbler/100gms
CHILLY POWDER	-	1 TBSP
FENUGREEK	-	1 TSP
ASA FOETIDA	-	a pinch
COOKING OIL	-	200 gms
SALT	-	To taste

METHOD:

Add all the above ingredients with water (except oil) to get a thick paste. Heat oil in the Kadai. Pour the mixture into the special ribbon pakoda mould (designed like ribbon). Press the dough through the mould into the hot oil. Fry till it turns golden brown.

THINAI RIBBON PAKODA

INGREDIENTS:

COOKING TIME : 20 MIN

THINAI FLOUR	-	1 tumbler/100 gms
GRAM FLOUR	-	1 tumbler/100 gms
CHILLY POWDER	-	1 TBSP
FENUGREEK	-	1 TSP
ASA FOETIDA	-	a pinch
COOKING OIL	-	200 gms
SALT	-	To taste

METHOD:

Add all the above ingredients with water (except oil) to get a thick paste. Heat oil in the Kadai. Pour the mixture into the special ribbon pakoda mould (designed like ribbon). Press the dough through the mould into the hot oil. Fry till it turns golden brown.

OMAPODI

Omapodi are like fried fine threads which are evening snacks and can be also added to other savories like mixture.

SAMAI OMAPODI

COOKING TIME – 20 MIN

INGREDIENTS:

SAMAI FLOUR	-	1tumblee/100 gms
GRAM FLOUR	-	½ tumbler/50gms
OMAM (OREGANO)	-	1 TSP (Grind mix it with water and filter it)
ASA FOETIDA	-	A little bit
COOKING OIL	-	200 ml
SALT	-	To taste

METHOD:

Mix samai flour, gram flour, salt, filtered oregano, asafoetida with enough water. Pour oil in the kadai and heat it. Prepared dough is put into a special omapodi mould. Press the dough through the mould over hot oil. Fry till golden brown.

THINAI OMAPODI

COOKING TIME – 20 MIN

INGREDIENTS:

THINAI FLOUR	–	1 tumbler/100gms
GRAM FLOUR	–	½ tumbler/50gms
OMAM (OREGANO)	–	1 TSP (Grind mix it with water and filter it)
ASA FOETIDA	–	A little bit
COOKING OIL	–	200 ml
SALT	–	To taste

METHOD:

Mix Thinai flour, gram flour, salt, filtered oregano, asafoetida with enough water. Pour oil in the kadai and heat it. Prepared dough is put into a special omapodi mould. Press the dough through the mould over hot oil. Fry till golden brown.

ADAI

Adai is a wholesome dish, rich in protein. Can be consumed at least twice a week.

SAMAI ADAI

COOKING TIME – 15 MIN

INGREDIENTS:

SAMAI RICE	–	1 ½ tumbler/150 gms
BENGAL GRAM	–	¼ tumbler/25 gms
RED GRAM	–	¼ tumbler/25 gms
ONION	–	1big
RED CHILLIES	–	4-5 Nos.
COOKING OIL	–	50 gms
SALT	–	To taste

METHOD:

Soak washed samai rice for two hours in water. Soak washed red gram & Bengal gram for half an hour. Grind the samai rice to a fine paste separately. Grind soaked Bengal gram, red gram and chillies into a fine paste and mix together. Add chopped onion; curry leaves and salt stir well with a ladle. Put the tawa on flame and pour the batter and spread like dosa. Add oil around the adai to make it non-sticky. Remove when it is done and serve with sambar and chutney.

THINAI ADAI

COOKING TIME – 15 MIN

INGREDIENTS:

THINAI RICE	-	1 ½ tumbler/150gms
BENGAL GRAM	-	¼ tumbler/25 gms
RED GRAM	-	¼ tumbler/25 gms
ONION	-	1BIG
RED CHILLIES	-	4-5 Nos.
COOKING OIL	-	50 gms
SALT	-	To taste

METHOD :

Soak washed thinai rice for two hours in water. Soak washed red gram & Bengal gram for half an hour. Grind the Thinai rice to a fine paste separately. Grind soaked Bengal gram, red gram and chillies into a fine paste and mix together. Add chopped onion; curry leaves and salt stir well with a ladle. Put the tawa on flame and pour the batter and spread like dosa. Add oil around the adai to make it non-sticky. Remove when it is done and serve with sambar and chutney.

VADAI

Vadai is means patted dough which is deep-fried, it is a popular dish enjoyed by all and consumed along with sambar/churtney.

SAMAI VADAI

COOKING TIME : 20 MIN

INGREDIENTS:

SAMAI FLOUR	-	1 tumbler/100 gms
BLACK GRAM DAL	-	2 tumblers/200 gms
GREEN CHILLIES	-	4-5 Nos.
CUMIN SEEDS	-	1TSP
PEPPER	-	½ TSP
GINGER	-	1/4 inch
ASA FOETIDA	-	A pinch
SALT	-	To taste
CURRY/CORIANDER LEAVES	-	1 handful
ONIONS	-	2 Nos.
COOKING OIL	-	250 ml

METHOD:

Soak black gram dhal for 45 minutes. Grind black gram dhal with green chillies, cumin seeds, pepper, ginger,asafoetida and salt. Remove the batter from the grinder and add Samai flour, chopped onions, curry /coriander leaves. Heat the Kadai with oil. Make small balls from the batter and put in oil. Fry till done.

THINAI VADAI

COOKING TIME: 20 MIN

INGREDIENTS:

THINAI FLOUR	-	1 tumbler/100gms
BLACK GRAM DAL	-	2 tumblers/200gms
GREEN CHILLIES	-	4-5 Nos.
CUMIN SEEDS	-	1TSP
PEPPER	-	½ TSP
GINGER	-	1/4 inch
ASA FOETIDA	-	A pinch
SALT	-	To taste
CURRY/CORIANDER LEAVES	-	1 Handful
ONIONS	-	2 Nos.
COOKING OIL	-	250 ml

METHOD:

Soak black gram dhal for 45 minutes. Grind black gram dhal with green chillies, cumin seeds, pepper, ginger, asafoetida and salt. Remove the batter from the grinder and add thinai flour, chopped onions, curry /coriander leaves. Heat the Kadai with oil. Make small balls from the batter and put in oil. Fry till done.

MULTI MILLET RECIPE

SAMAI-THINAI MURUKKU

COOKING TIME: 25 MIN

Murukku is a crispy savory very commonly available in Tamilnadu it can be preserved for long if stored well . It is a good teatime snack to munch.

INGREDIENTS:

BOILED RAW RICE	-	1 kg
SAMAI RICE	-	¼ kg
THINAI RICE	-	¼ kg
GRAM FLOUR	-	1 kg
SESAME (TILL)	-	50 gm
OMAM (OREGANO)	-	25 gm
BAKING SODA	-	¼ TBSP
OIL	-	1 Litre
SALT	-	To taste
WATER		

METHOD :

Boiled raw rice must be ground with thinai, samai and gram flour to a thick paste. Sesame and Oregano must be sauted without oil & mixed with the paste. Add salt and baking powder. Heat oil in the frying pan and pour the murukku batter into moulds. Press the murukku moulder and deep-fry the murukkus. Remove from the pan when it is crisp.

SAMAI-THINAI ADHIRASAM

Adhirasam is a sweet delicacy prepared for various occasion.

COOKING TIME: 25 MIN

INGREDIENTS:

RAW RICE	-	1 kg
SAMAI RICE	-	¼ kg
THINAI RICE	-	¼ kg
JAGGERY	-	¾ kg
CARDAMOM	-	2-3 Pods
OIL	-	¾ Litre

METHOD:

Powder the ingredients separately in a pounding stone and seave it. Jaggery is boiled in 125ml of water and is constantly stirred to form a thick paste. Add together a tsp of cardamom powder and mix the sieved flour together with jaggery paste. Leave the soft paste in a vessel tied with a cotton cloth. Remove on the third day and tap them into vadas with a hole in the center and deep fry in hot oil.

SAMAI -THINAI KATCHAYAM

Katchayam is a sweet preparation popular in rural Tamilnadu prepared from groundnut oil. It is a energizer.

COOKING TIME: 15 MIN

INGREDIENTS :

RAW RICE	-	1 kg
SAMAI RICE	-	½ kg
THINAI RICE	-	¼ kg
JAGGERY	-	½ kg
CARDAMOM	-	5-6 cloves
GROUNDNUT OIL	-	1 litre
BAKING SODA	-	1 pinch

METHOD :

Soak the three rices raw rice, thinai rice and samai rice separately for 3 hours. Grind the three rices given above to a paste and mix together. Boil jaggery in water and prepare syrup and add the paste to it and mix. Powder the cardamom and add to the batter. Allow the batter to soak overnight. Heat groundnut oil in the pan. Pour the batter one after the other in a spoon and fry till golden brown.



Head Office

III Cross Street
Taramani Institutional Area
Chennai - 600 113
Tel : 044-2254 1229 / 1698



Site Office

39/B, Periyapatti Road
S.P. Pudur
Namakkal - 637 001
Tel : 04286 - 224499