

OKRA Fry

OKRA pieces, onion, cumin powder, tamaric powder, salt, oil, chilli powder.

1. Take okra pieces with out washing in a dish ~~if~~ it is whole okra wash then wipe before making in to pieces.
2. cut $\frac{1}{4}$ onion in to very small pieces.
3. In a frying pan take 2 table spoon oil turn the stove to 5 when the oil is hot add the onion pieces occasionally stir the onion pieces until they become brown add $\frac{1}{4}$ teaspoon cumin powder stir ~~for~~ 4 or 5 times until ~~they~~ mix cumin powder mix with onion then add $\frac{1}{4}$ or $\frac{1}{2}$ teaspoon chilli powder $\frac{1}{2}$ or less teaspoon tamaric powder $\frac{1}{2}$ or less teaspoon salt curry leaves then stir it well then add okra pieces never add water cover the vessel reduce the heat to 3 occasionally stir it gently from the sides until it is fried well.

From the desk
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MOOR KOLAMBU

Yoghurt, ginger, garlic, cumin powder, curry leaves, mustard seed, onions, tamaric powder, green chilli

1. cut $\frac{1}{4}$ or less onion in to small pieces, cut 2 or 3 medium ^{size} pieces ginger, ^{one thumb size or less} green chilli in to medium size, 1 or 2 bulbs garlic, keep these in a separate dish from onion
2. Put green chilli, garlic, ginger pieces, 1 table spoon coconut powder in the grinder and add bit of water and grind it until they become smooth paste then add yoghurt and water according to thickness of the curry mix all these together in the grinder in the liquidity position.
3. Take a vessel 1 tablespoon of oil turn the heat to 5 when oil is hot put few mustard seed wait until mustard are burst then put onion pieces in to the oil and fry it until ~~it~~ they become brown then pour the ingredients in to the oil add little tamaric powder 1 or $\frac{1}{4}$ cumin powder add curry leaves and salt according to your taste cover the vessel ~~not~~ occasionally check make sure you are taking the vessel before started boiling.

CHICKEN, MUTTON + BEEF FRY

MEAT, chilli powder, tamaric powder, mixed curry powder, salt, curry leaves, oil, food colour red.

1. cut the meat ~~then~~ after washing the meat add 1 or $\frac{1}{2}$ teaspoon chilli powder $\frac{1}{4}$ or less tamaric powder 1 or less teaspoon salt, $\frac{1}{4}$ teaspoon mixed curry powder and few curry leaves mix the spices with meat well. If you have enough time leave the meat for about 5 minutes.
2. In a frying pan take 2 or 3 tablespoon oil keep the pan in the stove then turn the heat ~~to~~ high or 5 when the oil is ~~warm~~ not hot start the meat in the oil, add more water and mutton less water then reduce the heat to 2 or 3 cover the pan occasionally stir until the meat is cooked then turn the heat to 4 or 5 fry until the meat get dry.

Add 2 or 3 drops of food colour (red) when you add water for the meat only for chicken.

CORIANDEr CHUTNEY

3/4 Coriander leaves, ginger, garlic, cumin powder, salt, yoghurt, green chilli, coconut powder, curry leaves.

1. Clean the coriander leaves remove the bottom stems then cut the coriander leaves with tender stems in to big pieces.

2. cut 3 or 4 ^{5-6 for spicy} green chilli according to your taste in to medium size. cut 3 or 4 ginger ~~and~~ pieces, 4 medium garlic bulbs cut it in to medium size.

3. Take 2 or 3 tablespoon full of coconut powder $\frac{1}{2}$ teaspoon full cumin powder add $\frac{1}{4}$ or less cup water in the grinder and grind it till it becomes fine paste.

and coriander leaves 4. Then add green chilli, garlics, ginger, ~~and~~ ^{leaves} grind it together until they become fine paste then add yoghurt and salt according to your taste.

FISH FRY

FISH, chilli powder, tamaric powder,
salt,

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1. Cut the fish in to medium size.
2. after washing mix the spices leave it for about few minutes - (1 teaspoon chilli powder, 1/2 teaspoon tamaric powder, 1 or less salt.
3. Take a small frying pan ~~and~~ put 1 cup of oil and deep fry.

CHICKEN, MUTTON & BEEF CURRY

meat, onion, tomato, garlic, ginger, curry leaves, coriander leaves, chilli powder, tamaric powder, coriander powder, cumin powder, mixed curry powder, food colour red, potato 1 if it is big 2 if it is small 2, black pepper powder

at least 2 hours
17/11/17

1. cut the meat in to pieces cut the potato in to medium size wash both together. cut 1/2 onion in to medium size, 4 pieces of ginger cut it in thin round size slice then smash it.
2. Take a medium size vessel put the meat, potato, onion pieces, smashed ginger, 1/2 teaspoon cumin powder, little black powder if there is add water until meat is covered for beef. For chicken and mutton less water. cover the vessel. Turn the heat to 5 until it boil then reduce the heat to 3 or 4 occasionally stir until the meat is cooked if the water is not enough add more hot water.
3. Cut one big onion in to small pieces cut 2 tomato (big) ^{if it is} small 3 in to small pieces both keep it in a separate dish.
4. 3 or 4 garlic bulbs smash it well. Cut 2 or 3 green chilli cut it in to small round pieces keep them together.

5. Clean the coriander leaves few cur ...
size with tender stem few curry leaves keep them
together in a separate dish.
6. 3 or 4 tablespoon oil take it in a frying pan
turn the heat to 4 or 5 when the oil is hot put
the onion pieces in to the oil add $\frac{1}{4}$ teaspoon mixed
curry powder fry until the onion turn to light brown
colour then 1 teaspoon or bit less chilli powder and
less than $\frac{1}{4}$ teaspoon tamaric powder in the pan and mix
it well with onion one or two minutes reduce the heat to
3 then 4 or 5 teaspoon coriander powder, $\frac{1}{4}$ teaspoon
mixed curry powder 1 teaspoon cumin powder, green
chilli and garlic pieces mix it well with onion for 1
minutes then add tomato mix tomato with spices well
then add 1 or 2 teaspoon salt don't add water reduce to
heat to 2 or 3 then cover the pan occasionally stir
until they become like paste then if there is more
water in the meat mix this ingredients only in the
meat otherwise add water then taste if the salt or
chilli powder is not enough add accordingly to you
taste then reduce the heat to 3 allow it to
boil for about 3 to 5 minutes then add $\frac{1}{2}$ teaspoon
mixed curry powder then curry leaves and
coriander leaves cover the pot immediately off
the stove leave it in the stove you can serve
after 5 to 10 minutes.

MAKING FISH CURRY ①

Fish, tomato, onion, green chilli, ginger, garlic, salt, red chilli powder, tamaric powder, coriander powder, black pepper powder, cumin powder, tamarind, mustard seeds, (curry leaves & coriander leaves if it is available).

1. cut one big onion in to small pieces then cut two tomato in to small pieces keep both in a separate plate.
2. Two pieces of ginger ^{cut it in to round pieces} and two big bulbs of garlic smash it well cut two or three green chilli cut it in to four long pieces each.
3. one small lemon size tamarind soak in one cup hot water.
4. $\frac{1}{2}$ teaspoon red chilli powder, 4 or 5 teaspoon coriander powder, 1 teaspoon cumin powder, 2 teaspoon salt or according to your taste and more at the end after tasting, $\frac{1}{4}$ teaspoon or less tamaric powder, $\frac{1}{4}$ teaspoon black pepper powder mix together and keep it in a plate.
5. keep a frying pan in the stove then turn the heat to 5 take 3 or 4 table spoon oil make it hot then put $\frac{1}{4}$ teaspoon mustard seeds in untill the seeds are burst then add the onion pieces in to the oil and fry it until they become light brown.
6. then in the oil ^{first} add red chilli powder & tamaric powder ^(1/4 tsp) stir it.

- any mix with fried onions then add all the other spices
to the oil stir it 3 or 4 times until they become warm.
7. Add smashed ginger and garlic, green chilli paste
in to the oil stir it 3 or 4 times until they become
warm.
 8. Add ~~smashed ginger and garlic~~ or tomato paste
with the other ingredients stir it well 3 or 4 times
reduce the heat to 2 or 3 then cover the vessel
occasionally stir don't add water repeat stirring
until they become like paste after few minutes oil
will begin to separate from the paste if you feel oil
is less add one more table spoon and stir it well.
 9. Take tamarind water two or three cups add in to
tomato paste then check the taste if salt is not enough
or chilli powder is not enough add according to your
taste. If you feel water is less add more if you feel
water is more allow it to boil few more minutes until
the curry is thick enough because when you add fish
pieces the water level will increase.
 10. Take a vessel pour everything from the frying pan
allow it to boil turn the heat to 3 or 4 for few
minutes.
 11. Add fish pieces curry leaves and coriander leaves
turn the heat to 3 cover the vessel boil for 10 or 12
minutes then off the stove but keep the pot on the
stove after 5 or 10 minutes curry will be ready to
serve. ~~or~~ allow the curry to boil more than
10 minutes ~~or~~ adding the fish pieces.

MAKING BIRYANI

⑨

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Any kind of meat, onions, garlics, ginger, green chilli coriander leaves, mint leaves, chilli powder, turmeric powder, coriander powder, lemon, Yoghurt, ~~ch~~ cashewnuts, raisins, mixed curry powder, cinnamon, Biryani leaves, clove, elaichi, Basmati Rice, Butter.

1. cut ~~2~~ 2 or 3 big onions into thin lengthwise ~~thin~~ pieces.

2. cut more ginger 6 or 7 pieces into medium size.
 Garlic 6 or 7, 4 or 5 green chilli, wash the coriander leaves cut it into big pieces with tender stem, wash the mint leaves cut with tender stem into medium pieces. grind (liquidity) ~~to~~ them until they become smooth paste.

3. Take more oil in a frying ~~pan~~ pan turn the heat high. fry the onion until they become dark brown colour then take the onion in a dish.

4. Take little oil in a frying pan fry raisins and cashew nuts pieces separately after frying keep them together.

5. In a frying pan take $\frac{1}{2}$ packet of butter then put the rice if you are washing the rice spread a paper and put the rice in the paper and dry before you fry the rice. Turn the heat to 3 or 4 until the rice become hot.

6. Take a big vessel put 1 pack of butter,

is warm add cinnamon (whole) smashed, elachi, foy leaves, clove, and fry few minutes then put the liquor ginger, garlic, green chilli etc. in to the butter add 1 teaspoon chilli powder, $\frac{1}{4}$ or less tamaric powder, 5 or 6 teaspoon coriander powder, 1 lime juice, 3 tablespoon roghurt, 2 teaspoon salt. Fry until they cook you can check like this if it is cooked it will begin to separate from butter, then put the meat in it then add little bit of water cover the pot stir occasionally until the meat is cooked make sure the meat is not over cooked.

7. Cook the rice in the normal way adding few drops of yellow ^{Saffron} food colour if colour is not around add bit of tamaric powder make the rice cool.

8. Take a big vessel then onion fry, meat curry, cashew nuts, raisins each in a separate dish.

9. Put one layer of rice then bit from each dish then another layer of rice then bit from each dish. Like you have to continue until rice got finish after finishing mix it well until everything mixed together now it is ready to serve.

MAKING YOGHURT CHUTNEY FOR BYRIYANI

onion, green chilli, curry leaves, salt, yoghurt
mustard seeds, oil.

1. Cut 2 or 3 onion in to long thin pieces.
2. Cut 2 or 3 green chilli each four long pieces
~~and~~ add few curry leaves mix this with onion
pieces. Then add yoghurt and salt according
to your taste. never add water.
3. In a frying pan 1 or ~~2~~ table spoon oil turn
the heat to ~~by~~ or ~~by~~ ~~out~~. when the oil is hot add
 $\frac{1}{4}$ or little less mustard seeds wait until they
are ~~all~~ burst add few curry leaves here also then pour
the oil in the yoghurt and stir well now it is
ready to serve.

CARROTS, CALIFLOWER, BEANS, SPINACH
Cabbage SIMILAR KIND FRY

Vegetable, cumin seed, tamaric powder, mustard seed, onion, green chilli, curry leaves, oil, salt.

1. cut the vegetable in to pieces. keep it in a vessel after washing drain the water.
2. Cut two green chilli in to four $\frac{1}{2}$ in lengthwise. Cut $\frac{1}{2}$ onion in to small pieces. Keep both in a separate dish.
3. In a frying pan put 1 or 2 table spoon oil turn the stove heat to 5. Put the mustard seeds in the hot oil wait till the seeds are burst reduce the heat to 3 or 4 when done then put the chilli pieces after few seconds add the curry leaves then add onions. add less than $\frac{1}{4}$ teaspoon of ^{mixed} curry powder, little tamaric powder, little cumin powder for carrots, califlower cabbage etc. but spinach only salt & little bit tamaric powder & little cumin powder. For beans only little tamaric powder & salt.
4. Then add the vegetable ~~and~~ water. For carrots & beans if the vegetable is dry add water then add salt according to taste. start with little salt less than $\frac{1}{4}$ teaspoon. at the end after tasting you can add bit more. turn the vessel turn the heat to 3 and stir until there is no water.