



OUR RECIPES

Sri Mohan Charan Majhi
Chief Minister



Message

The identity of Odisha is intrinsically linked to its land, its food, and its traditions. For countless generations, our people have drawn strength, resilience, and health from foods that are local, natural, and wholesome. Odias' have long consumed diets rich in locally available vegetables, pulses, roots and greens such as poi saga, drumstick leaves, yam, sweet potato, green gram, cowpea, papaya, guava and prepared meals that are simple, nourishing, and modest in oil and salt.

Our Prime Minister has also encouraged the consumption of local foods-urging us all to embrace what grows in our own fields, what is produced by our own farmers-to promote health, cultural heritage, and self-reliance. This resonates deeply here in Odisha, where traditional recipes have always honoured the goodness around us rather than relying on what is imported or fancy.

The Odia palette of local foods has for centuries sustained our people: from pakhala and dalma to porridges, pithas, leafy greens, pulses, fresh fruits and fish. These dishes, cooked with care and simplicity, low in oil and salt, have nourished families with both flavour and wellness. The tribal communities of Odisha in particular maintain diets closely tied to the land, drawing on forest greens, roots, tubers, freshwater fish and seasonal fruits that reflect a deep and continuing connection to nature.

This recipe book is a tribute to that heritage. It celebrates how Odisha's local foods and our simpler ways of cooking can provide delicious, affordable, and highly nutritious meals for children, women, and families. By weaving together tradition and sound nutrition, we strengthen food security, empower women, protect our children, and carry forward a future that is proud, rooted, and resilient.

Mohan Charan Majhi



Smt. Prabhati Parida
Deputy Chief Minister



Message

In Odisha, food has always been seen as more than just nourishment-it is our first medicine. For generations, our elders and mothers have nurtured us with what was naturally available around us: fresh greens, pulses, seasonal fruits, small fish, millet porridge, roots and tubers. These humble, gently spiced dishes-low in oil and salt-reflect a deep understanding of health and balance.

Traditionally, the Odia diet has emphasized wholesome, local ingredients prepared with care. This way of eating has not only strengthened our bodies and sharpened our minds but also kept us deeply connected to our land, culture and communities.

Our meals-rooted in local produce like vegetables, pulses, fruits, and fish-are further enriched by tribal food traditions in many regions. Ingredients such as puffed rice (mudhi), fermented bamboo shoots (khorisa), mahua flowers, forest greens and wild roots and tubers make these diets rich and nourishing. A bowl of millet porridge, a plate of steamed santula, a curry made with leafy greens, or a simple fish dish served with mudhi or plain rice-these meals satisfy without excess.

This recipe book aims to revive and celebrate that culinary heritage. It calls upon every homemaker, Anganwadi worker, Self-Help Group member, and food outlet in Odisha to reconnect with our local food traditions, rediscover their flavours and appreciate their nutritional value. Let us honour the recipes handed down through generations-cooked with simplicity, shared with love and rooted in care.

By embracing our traditional cooking practices and the natural abundance of our land, we can pave the way for healthier women, stronger children and more resilient families-building a future that respects our rich past while moving confidently ahead.


Prabhati Parida



Smt. Anu Garg, IAS
Development Commissioner-cum-ACS



Message

Food in our country is not restricted to taste but also embraces dignity, culture, and survival. In every household in Odisha — from tribal hamlets to coastal villages — the foods we grow and gather locally, pulses (green gram, cowpea), green leafy vegetables (poi saga, drumstick leaves), roots and tubers (yam, sweet potato), seasonal fruits (papaya, guava), freshwater and coastal fish, mudhi (puffed rice), fermented bamboo shoots (khorisa), mahua flowers, and regional preparations — carry both memory and medicine. For centuries our mothers and grandmothers nourished their families with these seasonal ingredients and traditional preparations. Today, science confirms what tradition always knew: many of our local foods — dark leafy greens, pulses, roots, tubers and small fish — are rich in iron, calcium, protein and fibre, and help protect against anaemia, stunting and hidden hunger. Yet modern diets have often pulled us away from this wisdom.

This recipe book is an invitation to return. It is not simply a collection of dishes; it is a roadmap for healthier families and stronger communities. Each page shows how locally available ingredients from our fields and markets can be transformed into simple meals that fight malnutrition, strengthen mothers, energize children, and build resilience. Let us ensure that every child tastes the strength of homemade porridge, every mother receives the nourishment of wholesome dalma or santula, and every family rediscovers the pride of eating what their land produces.

For our Anganwadi workers, SHGs, schools, and kitchens, this book is both a guide and a practical tool. It demonstrates that good nutrition does not depend on expensive, imported food — it can be achieved right here, with what our soil produces and our people know best. Notably, traditional Odia cooking is characteristically modest in oil and sugar and relies on fresh, seasonal ingredients; these practices make our food naturally healthier and more balanced.

I urge all field functionaries, every Anganwadi centre, SHGs, homemaker, family and community group to treat this book as an instrument for change. Let it guide cooking demonstrations, inspire small enterprises, and reach every child, every mother and every home. Nutrition must not remain merely a policy target — it must become a daily practice. Together, let us make Odisha a State where malnutrition is defeated by the power of our own crops, our own traditions, and our own homegrown kitchens.



Anu Garg



Smt. Shubha Sarma, IAS
Principal Secretary,
Women & Child Development



Message

History teaches us that the foods which endure through centuries are those that are best suited to the local people and place. In Odisha, our culinary heritage, rooted in the rhythms of land and season, has long relied on locally available staples and wild foods that sustain health and culture.

Traditional Odia cuisine is characteristically simple and wholesome: it typically uses less oil, salt, spices and sugar than many other regional diets, placing emphasis instead on fresh produce, natural flavors and gentle cooking methods. Foods such as steamed fish and steamed vegetables, and Pakhala, preserve nutrients through gentle cooking methods while remaining economical and familiar to households across the State. The State also traditionally values generous use of seasonal fruits — raw papaya, raw banana, banana, guava and jackfruit — which play a vital role in everyday nutrition. Equally important are our abundant leafy greens and traditional ingredients — bamboo shoots, saag, mudhi, ghanta, and chuda santula — which together form the backbone of Odia home cooking and community diets.

This book is designed to be a practical guide, with each recipe presented in clear, simple steps so that it can be used at home and scaled for institutional use. It illustrates how locally produced pulses, vegetables, small fish and traditional preparations can meet the nutritional needs of different groups — millet or sago porridge for infants, leafy-vegetable and saag-based dishes for adolescent girls, protein-rich pulses for women, and wholesome family meals — without depending on expensive, non-local items.

The Department is committed to ensuring that these foods move beyond households into society. This book would serve Anganwadi centres, schools, SHG-run food outlets, and community kitchens. In this way, local foods become not only a family choice but also a part of the nutrition ecosystem. Ultimately, this is an effort to improve the nutrition outcomes of the State through use of local cuisine and dishes leading to healthier children, healthier mothers, healthier families, and healthier communities.

We hope that Odisha would become a model that connects food with health, history with modernity, and community pride with a return to traditions.


Shubha Sarma



Monisha Banerjee, IAS
Director, ICDS
Department of Women and
Child Development



MESSAGE

Every day across Odisha, Anganwadi workers, mothers, and self-help groups look for simple, affordable ways to feed children and families better. The challenge is not the lack of food, but how to make the best use of what is locally available, millets, pulses, leafy vegetables, roots, fruits, and fish that are found in every market and village. This recipe book was created to answer that need: to turn everyday ingredients into everyday nutrition.

Each recipe has been selected with field realities in mind. They are quick to prepare, easy to demonstrate, cost-effective, and rich in nutrients. A porridge for infants, a tiffin dish for preschoolers, or a millet pitha for families, every dish here has been designed to be both practical and nourishing.

The book is also meant as a tool for cooking demonstrations and livelihood promotion. Anganwadi workers can use it in mothers' meetings. SHGs can turn these ideas into small enterprises. Families can cook from it daily while supporting local farmers. Notes on nutritional value help explain why these foods matter, making the book as much about learning as about cooking.

By combining Odisha's diverse local foods with the wisdom of millet, this effort contributes to healthier children, healthier mothers, healthier families, and healthier communities. It reflects our Department's commitment to ensuring that nutrition is not just policy on paper, but a practice in every kitchen.

Monisha Banerjee



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KHIRI



Mandia Khiri

Ingredients	Quantity	Nutritional Value
Finger millet	100gm	Calorie - 553 Kcal
Milk	50gm	Protein - 9.1 gm
Jaggery	50gm	Iron - 5.32 mg
		Calcium - 444 mg

Preparation Method:

First, grind the soaked Mandia into a smooth paste and keep it in a bowl. Then heat a Kadhai add water and milk and bring to a boil, add jaggery in it. Mix and add Mandia mixture into the boiling milk and stir so that it does not stick. Mandia Porridge is ready. Let it warm and serve.



Suan Khiri

Ingredients	Quantity	Nutritional Value
Little millet	100gm	Calorie - 953.85 KCal
Ghee	10ml	Protein - 22.53 gm
Salt	As per taste	Iron - 12.42 mg
Groundnut	30gm	Calcium - 33.7 mg
Raisins	5gm	
Milk	200ml	
Jaggery	50gm	
Cardamom	5gm	
Water	As required	

Preparation Method:

Take half a cup of little millet. Heat ghee in a cooker and add the little millet to it and fry. Add 2 cups of water and a pinch of salt and boil it. Heat a pan and add 1 tbsp ghee to it once the ghee is hot, then roast raisins and groundnut. Pour milk and let it boil. Add boiled little finger to it. Add jaggery, cardamom powder, mix well and turn off the gas. Let it simmer until it thickens. Serve the kheer after it cools down.



Tomato Khiri

Ingredients	Quantity	Nutritional Value
Tomato Paste	100gm	Calorie - 1619 K Cal
Ghee	15ml	Protein - 18.95gm
Jaggery	50gm	Iron - 7.42 mg
Coconut milk	250ml	Calcium - 497.5mg
Boiled Milk	250ml	
Salt	As per taste	

Preparation Method:

Place a pan on the stove and add one tablespoon of ghee. Heat the ghee until it melts and becomes warm. Add the mashed tomato pulp into the heated ghee. Cook the tomato pulp until the water content evaporates and it thickens well. Once the tomato pulp is cooked and starts to bubble, add jaggery (unrefined cane sugar) to it. Cook the mixture thoroughly until the jaggery melts completely and blends well with the tomato. After the jaggery has melted and the mixture is well combined, add milk and coconut milk. Stir well to mix all the ingredients uniformly. While removing the mixture from the stove, add salt according to your taste preference and mix well. The Tomato Kheer is now ready to be served.



Kandamula Khiri

Ingredients	Quantity	Nutritional Value
Sweet potato	100gm	Calorie - 515.95 Kcal
Ghee	15ml	Protein - 5.72 gm
Jaggery	50gm	Iron - 2.3mg
Cardamom powder	10gm	Calcium - 129.5mg
Milk	25ml	
Salt	As per taste	
Cashew nut	5gm	

Preparation Method:

Peel and grate the sweet potato. Place a pan on the stove, add one spoon of ghee, and fry the grated sweet potatoes. After 2-3 minutes, add milk to it. When it starts boiling, add jaggery, cashew nuts, raisins, and cardamom powder. Add salt as per taste. Your Sweet potato Kheer is ready to serve.



Gajara Usuna Chaula Khiri

Ingredients	Quantity	Nutritional Value
Rice	100gm	Calorie - 1193.4 Kcal
Carrot	50gm	Protein - 18.05 gm
Ghee	30ml	Iron - 2.44 mg
Cashew powder	15gm	Calcium - 183.5gm
Sugar	100gm	
Milk	100ml	
Salt	As per taste	
Water	As required	

Preparation Method:

Grate the carrots finely. In a small amount of ghee (clarified butter), roast some rice until it is lightly toasted. Add the grated carrots to the roasted rice. Pour water along with a pinch of salt and bring the mixture to a boil. Once the mixture starts boiling, add sugar and milk. Cook the mixture well, stir it occasionally, until it thickens and the ingredients are well combined. After the kheer is cooked and thickened, remove it from the heat and allow it to cool down. Once the kheer is completely cooled, garnish it with powdered cashews on top. Serve the carrot kheer chilled.



Badama Khiri

Ingredients	Quantity	Nutritional Value
Groundnut	100gm	Calorie - 124.5 Kcal
Rice	30gm	Protein - 27.94 gm
Sugar/Jaggery	150gm	Iron - 3.50 mg
Salt	As per taste	Calcium - 21.3 mg
Water	As required	

Preparation Method:

Lightly roast the groundnuts until they release their fragrance and peel off their skins easily. In a pot, heat water and cook raw rice (a type of short-grain rice) until it is well done. Boil the milk until it thickens. Grind the roasted nuts into a coarse powder. Add the groundnuts to thickened milk and mix well.

Allow this mixture to cook further so the flavors combine well. When the rice and nuts mixture is well blended and the kheer (pudding) is cooked to the desired consistency, add salt and jaggery (unrefined cane sugar) according to your taste. Stir the kheer well and cook it for a little longer to blend the flavors. The Groundnut Kheer is now ready to be served.



Dalia Khiri

Ingredients	Quantity	Nutritional Value
Dalia	100gm	Calorie - 1546.1Kcal
Milk	100ml	Protein - 44.3gm
Ghee	30ml	Iron - 8.66 mg
Cashwe, Raisins,	10gm	Calcium - 415.5 mg
Groundnut	50gm	
Sugar	As per taste	
Salt	As required	
Water		

Preparation Method:

Heat ghee in a pan. Fry cashews, raisins, and groundnut until golden. Remove and keep aside. In the same ghee, roast the Dalia until it turns aromatic. Add water and cook the Dalia until soft. Once cooked, add milk and simmer again until the mixture thickens. Add jaggery, fried cashews, and groundnut. Let it boil once more and serve hot.



Amrutabhandha Khiri

Ingredients	Quantity	Nutritional Value
papaya	100gm	Calorie - 1224.6Kcal
Milk	70ml	Protein - 25.3gm
Ghee	30ml	Iron - 7.13mg
Sugar	100gm	Calcium - 781mg
Cashew, raisins	10gm	
Salt	As per taste	
Water	As required	

Preparation Method:

Finely chop the Papaya and grind it well to a coarse paste. In a pan, bring milk to a boil and keep it simmering. In another pan, add a little water and lightly cook the ground papaya paste. After it is partially cooked, strain it well to remove any excess water. Next, roast some cashews and raisins with ghee until they turn golden and fragrant. In a little ghee (clarified butter), sauté the grind papaya paste in a pan until it is cooked well. Add the simmering milk to this sautéed mixture and continue to cook. Once the mixture starts boiling, add salt and sugar according to your taste. Finally, add the roasted cashews and raisins, mix well, and cook for a little longer. Your papaya Kheer is now ready to be served.



Makka Khiri

Ingredients	Quantity	Nutritional Value
Raw Maize seeds	100gm	Calorie - 804.43Kcal
Milk	250ml	Protein - 24.40gm
Ghee	15gm	Iron - 4.13mg
Jaggery	25gm	Calcium - 333.6mg
Cashew, raisin	10gm	
Cardamom	2gm	

Preparation Method:

Wash the corn raw maize seeds thoroughly and grind them coarsely. Heat ghee (clarified butter) in a pan. In the hot ghee, roast cashews and raisins until they turn golden and fragrant. Set them aside. In the same ghee, roast the ground corn kernels for about 3 to 5 minutes, stir continuously. Now, pour milk into the roasted corn mixture and cook on medium heat. Keep stirring continuously to prevent the mixture from sticking to the bottom of the pan. Cook the mixture until the milk thickens and the kheer becomes creamy, which should take about 15 to 20 minutes. Add jaggery, (a type of sweetener), cardamom, roasted cashews and raisins. Mix well to combine all the ingredients thoroughly. Continue to cook for a little while to blend the flavors. Your Corn Kheer is now ready to be served.



Chaula Pariba Khiri

Ingredients	Quantity	Nutritional Value
Rice	100gm	Calorie - 999 Kcal
Moong dal	50gm	Protein - 26.43gm
Carrot	50gm	Iron - 8.49mg
Spinach	20gm	Calcium - 427.6mg
Cumin seeds	5gm	
Ghee	10ml	
Milk	200ml	
Jaggery	50gm	

Preparation Method:

First, soak 2 table spoons of rice and 2 small teaspoons of split moong dal in water. Let them soak well. After soaking, grind the soaked rice and dal coarsely to form a coarse batter. Mix the ground rice and dal batter with water to get a smooth, pouring consistency. Place a pan on the stove, add a little ghee (clarified butter), and temper with cumin seeds until they crackle. Add chopped spinach leaves and a small amount of grated carrot to the pan.

Sautee them lightly. Add a little water to the pan and let the spinach and carrot cook for a short while. Gradually pour the rice and dal batter into the pan with the cooking spinach and carrot, stirring continuously to avoid lumps. Add a pinch of salt to taste and cook the mixture on low heat, stirring continuously. When the carrot and spinach are cooked and the mixture thickens, add 50 grams of jaggery and stir well for a little while until the jaggery dissolves and blends with the kheer. Remove from heat and allow the kheer to cool. Serve the cooled kheer to children as a nutritious and delicious dish.



Khandi Gahama Khiri

Ingredients	Quantity	Nutritional Value
Wheat	100gm	Calorie - 1063Kcal
Oil	30ml	Protein - 15.85gm
Jaggery	50gm	Iron - 7.57 mg
Coconut	50gm	Calcium - 146mg
Milk	50gm	
Salt	As per taste	

Preparation Method:

Take whole wheat grains and sun-dry them. Once dried, coarsely grind them into a broken wheat form. If you have pre-made broken wheat (Dalia), you can use that as well. Soak the broken wheat in water overnight. In the morning, drain the water completely from the soaked wheat. Heat a pressure cooker or a pan with a little ghee or oil. Add the drained broken wheat and Sautee on low to medium heat until it is lightly toasted and fragrant.

Add enough water to cover the wheat (about 2 cups) and close the pressure cooker. Cook for 5 whistles on medium-high heat. Once the pressure is released, open the cooker. The wheat should be soft and cooked. Add the milk, grated coconut, salt, and jaggery. Stir everything together and let it simmer for about 2 minutes, or until the jaggery has dissolved and the pudding has thickened slightly. Serve the hot Broken Wheat Kheer in a bowl.





PITHA



Kakharu Mandia Chitau Pitha

Ingredients	Quantity	Nutritional Value
Little millet	100gm	Calorie - 950.7 Kcal
Pumpkin	50gm	Protein - 13.06gm
Grated coconut	100gm	Iron - 12mg
Jaggery	40gm	Calcium - 64mg
Salt	As per taste	

Preparation Method:

Wash the millet thoroughly and soak it in a little water for a few hours until it becomes soft.

Peel the ripe pumpkin and cut it into small pieces. In a blender or on a grinding stone, combine the soaked millet and the pumpkin pieces. Grind them into a smooth paste. Once the millet and pumpkin are mixed, add the grated coconut and grind again until everything is well combined and the batter is smooth.

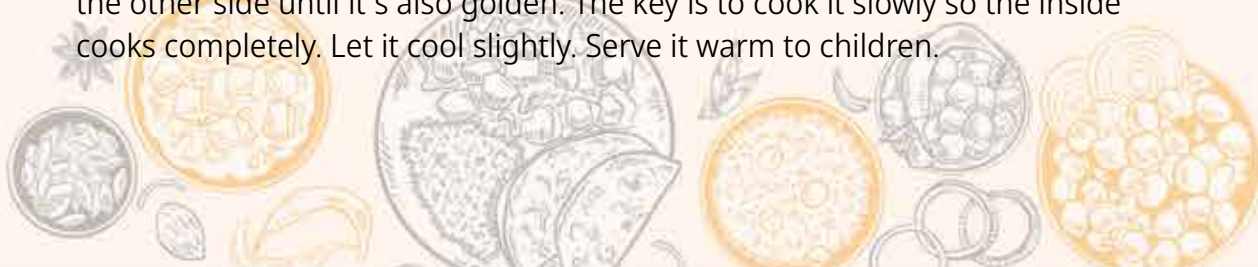
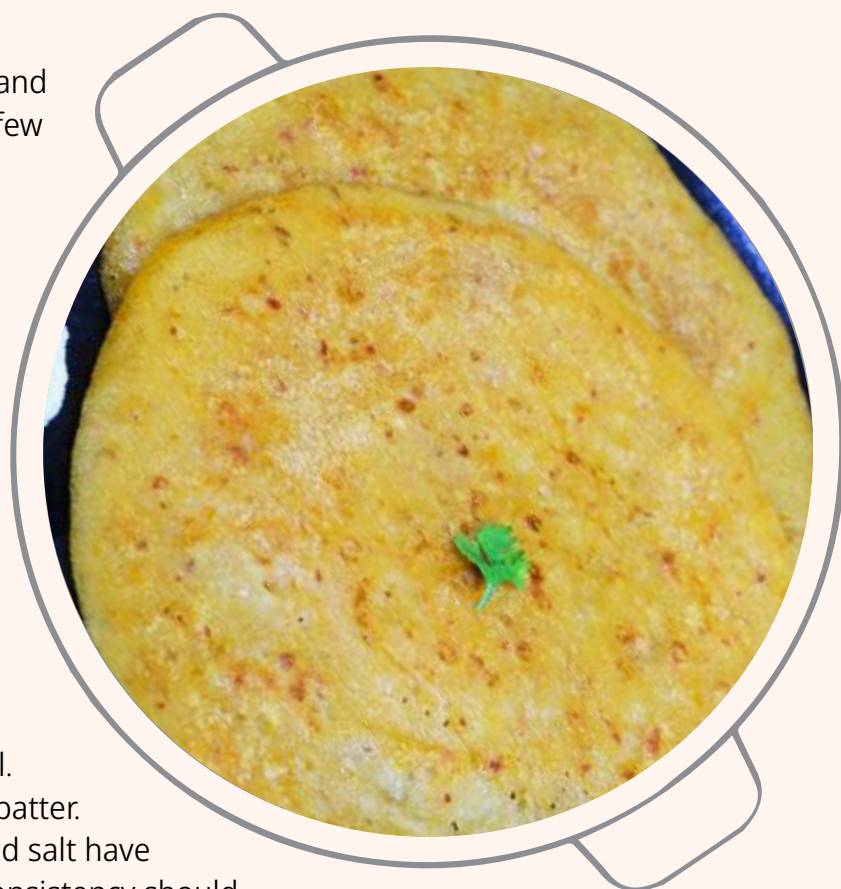
Transfer the batter to a bowl.

Add salt and jaggery to the batter.

Mix well until the jaggery and salt have completely dissolved. The consistency should

be thick, similar to pancake batter. Heat a pan or a tawa with a little

oil. Pour a ladleful of the batter onto the hot pan. Spread it slightly to form a thick, round pancake. Cover the pan and cook the pitha on low heat until the bottom is golden brown and the top is cooked through. Gently flip it and cook the other side until it's also golden. The key is to cook it slowly so the inside cooks completely. Let it cool slightly. Serve it warm to children.



Suanli Pitha

Ingredients	Quantity	Nutritional Value
Wheat flour	100gm	Calorie - 2349.67Kcal
Jaggery	25gm	Protein - 12.91gm
Cardamom	5gm	Iron - 6.68mg
Clove	2gm	Calcium - 109.3mg
Oil	200gm	
Salt	As per taste	

Preparation Method:

In a bowl, mix the whole wheat flour with the jaggery, cardamom powder, clove powder, and a pinch of salt.

In a small saucepan, bring it to a boil in low flame.

Gradually add the flour mixture to the boiling water while stirring continuously until the mixture comes together into a thick, smooth dough or a paste-like consistency. Remove the pan from the heat and set the dough aside for about 30 minutes to cool

down. Heat a pan or wok with enough oil for deep frying. Once the dough has cooled slightly, take small portions of it and shape them into round, flat patties (like pancakes). Gently slide the patties into the hot oil on medium heat until they turn golden brown and crisp on both sides. Serve them warm.



Suji Pitha

Ingredients	Quantity	Nutritional Value
Semolina	100gm	Calorie - 3246.17 Kcal
Sugar	25gm	Protein - 11.06gm
Cardamom	5gm	Iron - 43.3mg
Clove	2gm	Calcium - 2.14mg
Salt	As per taste	
Oil	300ml	

Preparation Method:

Heat a bowl, add 1 glass of water, bring it to a boil in low flame. Mix the semolina, add jaggery, cardamom powder, clove powder, and a pinch of salt. Gradually add the semolina mixture to the boiling water. Stir it continuously until the mixture comes together into a thick, smooth dough or a paste-like consistency. Remove the pan from the heat and set the dough aside for about 30 minutes to cool down. Heat a pan or wok with enough oil for deep frying. Once the dough has cooled slightly, take small portions of it and shape them into round, flat patties (like pancakes). Gently slide the patties into the hot oil on medium heat until they turn golden brown and crisp on both sides. Serve them warm.



Haladi Patra Pitha

Ingredients	Quantity	Nutritional Value
Rice	100gm	Calorie - 956 Kcal
Black gram	50gm	Protein - 20gm
Cardamom	5gm	Iron - 6mg
Coconut	50gm	Calcium - 90mg
Jaggery	50gm	
Turmeric leaf	As required	
Salt	As per taste	

Preparation Method:

Clean the rice thoroughly and soak it in water for about 1 hour. After soaking, drain the water and grind the rice into a smooth batter. Add salt to the batter and let it rest for 3-4 hours. Ferment slightly. While the batter is resting, prepare the filling. In a pan, add the grated coconut, jaggery, and cardamom powder. Cook on low heat, stir it continuously, until the jaggery melts and the mixture turns slightly reddish-brown. The filling should be a thick, sticky paste.

Take a fresh turmeric leaf. Spread a thin layer of the prepared rice batter on the leaf. Spoon a portion of the coconut-jaggery filling in the Centre of the batter. Carefully fold the leaf in half to enclose the filling. Press the edges to seal. Place the assembled Pitha inside a steamer or an Idli maker. Pour water into the bottom of the steamer. Arrange the Pitha on the steaming trays, making sure they are not overlapping. Cover the steamer and cook on medium heat for about 15 minutes. The pithas are done when the batter is firm and no longer sticky. Carefully remove the pithas from the steamer. Let them cool slightly before unwrapping the turmeric leaves. The Haladi Patra Pitha is ready to be served and enjoyed!



Tara Pitha

Ingredients	Quantity	Nutritional Value
Semolina	100gm	Calorie - 745 Kcal
Cardamom	5gm	Protein - 13gm
Clove	2gm	Iron - 3.3mg
Salt	As per taste	Calcium - 17mg
Sugar	25gm	
Baking soda	As required	

Preparation Method:

Take a heavy-bottomed pan and add water to it. Place the pan on the stove over medium heat and bring the water to a boil. Once the water is boiling and hot, add the cardamom powder, clove powder, salt, and Sugar. Stir the mixture well until the sugar dissolves completely. Also, add the tiny pinch of baking soda (if using) and stir it in. Reduce the heat to low. Slowly pour the semolina into the boiling water while continuously stirring vigorously with a wooden spoon or spatula. This is crucial to prevent the formation of lumps. Keep stirring constantly on low heat.

Continue cooking and stirring until the mixture comes together as a thick, non-sticky mass. Once the dough is ready, take it off the stove and transfer it to a plate. Cover it with a lid or a clean damp cloth and let it rest for some time. When the semolina dough is warm, grease your hands lightly with a little ghee or oil. Knead the dough gently for a few minutes to make it smooth and pliable. Take small portions of the dough and roll them into smooth balls. Then, lightly flatten them into thick disc shapes (like small patties). Heat enough oil or ghee in the kadhai over medium heat for deep-frying. Fry the pithas on medium-low heat, flipping them occasionally, until they turn a beautiful golden brown and are cooked through. Cooking on medium-low heat ensures the pithas are crispy on the outside and soft inside. Your Tara Pitha is now ready to be served warm.



Pongadal Pitha

Ingredients	Quantity	Nutritional Value
Rice flour	100gm	Calorie - 2507 Kcal
Wheat flour	50gm	Protein - 15.70gm
Jaggery	50gm	Iron - 6.57mg
Baking soda	2gm	Calcium - 93mg
Oil	200ml	
Salt	As per taste	

Preparation Method:

First, heat 1 Liter of water until it is lukewarm. In a large mixing bowl, dissolve the jaggery in the warm water. Add the baking powder, rice flour, wheat flour, and a pinch of salt to the jaggery-water mixture. Stir continuously to ensure all ingredients are well combined and there are no lumps. The batter should have a thick, pourable consistency. Cover the bowl and let the batter rest for at least 30 minutes. This allows the flours to hydrate properly and the baking powder to activate, which will make the fritters soft and fluffy. While the batter is resting, heat enough oil in a deep-frying pan or kadhai for deep frying. The oil should be hot, but not smoking. Carefully drop small spoonful of the batter into the hot oil. Fry the fritters on medium heat, flipping them occasionally, until they turn beautiful golden brown from all sides. Once cooked, remove the Pongadal Pitha from the oil and serve them hot.



Poipatra Pitha

Ingredients	Quantity	Nutritional Value
Rice	100gm	Calorie - 834.9Kcal
Malabar spinach (Poi patra)	50gm	Protein - 9.41gm
Turmeric powder	2gm	Iron - 7.10mg
Salt	As per taste	Calcium - 129.7mg
Oil	50ml	
Chilli powder	2gm	

Preparation Method:

Soak the raw rice for 2-3hours and make a paste of it. Add turmeric, salt, Chilli powder and mix it. Wash some poi leaves and take 2/3 poi leaves dip into the rice paste. Heat a pan add oil on it, Spread the Malabar spinach leaves and cook it on a tawa on medium flame until it turns golden brown. Poi patra (Malabar Spinach) Pitha is ready. Serve hot.



Suan Arisha

Ingredients	Quantity	Nutritional Value
Little millet rice	100gm	Calorie - 2745.25 Kcal
Rice flour	50gm	Protein - 13.46gm
Salt	As per taste	Iron - 12.13mg
Jaggery	50gm	Calcium - 213.5mg
Sesame seed	10gm	
Baking soda	2gm	
Cardamom	5gm	
Oil	200 ml	

Preparation Method:

Place a bowl on flame and pour water into it. Allow the water to boil. Add Jaggery and pinch of salt. Mix finger millet, rice flour, baking powder slowly into the boiling water and stir to make a soft dough. Leave it for 5 minutes and add some sesame. Make small balls from the dough. Heat oil in a pan. Fry the pitha on medium flame until golden brown. Suan Arisha is ready. Serve it hot.



Chaula Pani Pitha

Ingredients	Quantity	Nutritional Value
Rice flour	100gm	Calorie - 2693.25Kcal
Jaggery	25gm	Protein - 12.1gm
Coconut	100gm	Iron - 3.08mg
Salt	As per taste	Calcium - 57.341 mg
Baking soda		
Oil	200ml	

Preparation Method:

First, take a pan (or deep-frying vessel). Place the pan on the gas and add 2 glasses of water. Let the water boil well. In the boiling water, add jaggery, grated coconut, and salt to taste. Let it boil for 3 to 4 minutes. Also add baking soda and fennel seeds. After 3 to 4 minutes, slowly add the rice flour and mix it in thoroughly. Let it mix for 1 to 2 minutes. Do not keep it for too long, and do not make the mixture too thin; keep it thick. Place a pan/deep frying vessel on the gas and add oil. Once the oil is properly hot, use a ladle (or spoon) to drop the rice mixture onto the oil and let it cook for 10 to 15 minutes. Keep the gas on a low flame. After 10 to 15 minutes, take the pitha out.



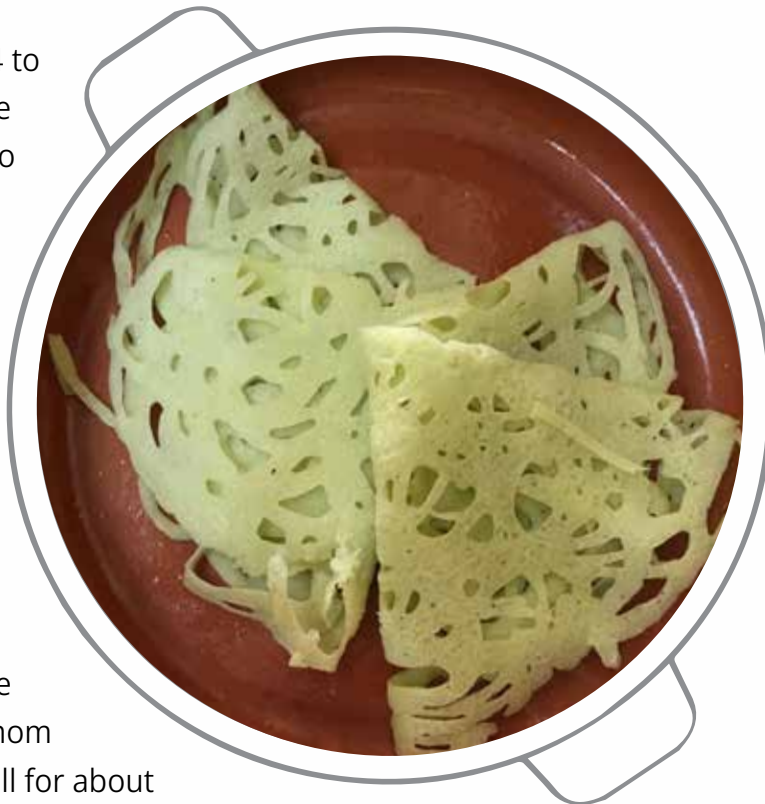
Chhunchi Patra Pitha

Ingredients	Quantity	Nutritional Value
Rice	100gm	Calorie - 764.2Kcal
Grated coconut	50gm	Protein - 9.66gm
Jaggery	25gm	Iron - 2.43mg
Cardamom	5gm	Calcium - 41.5mg
Salt	As per taste	
Water	As required	
Ghee	10gm	

Preparation Method:

First, soak the raw rice for 4 to 5 hours. Then, wash the rice thoroughly and transfer it to a grinding jar with some water. Grind it into a thin and smooth paste. The rice batter should be as thin as milk. Cover the batter and set it aside for some time. Now, place a wok on the stove. Add some jaggery water to it. Mix it well until the jaggery melts. Next, add the grated coconut and cardamom powder. Fry this mixture well for about 4 minutes until the filling is completely dry.

Now, add some salt to the rice batter that was set aside earlier. Place a tawa (griddle) on the stove. The flame must be very low. Take a thin cotton cloth, let it four fold, and keep it ready. Once the tawa is hot, sprinkle some ghee and water on it. Now, dip the folded cloth into the batter and use it to apply the batter to the tawa, drawing a shape like a plus sign. Drizzle some ghee over the batter. Place 1 teaspoon of the coconut filling in the center of the pitha. Now, fold all the sides of the pitha toward the center, apply some ghee on top, and flip it over. After about 1/2 minute, take it out onto a plate and serve it hot.



Dudura Pitha

Ingredients	Quantity	Nutritional Value
Rice	100gm	Calorie - 2529.95Kcal
Black gram	50gm	Protein - 20.21gm
Jaggery	50gm	Iron - 4.17mg
Fennel seeds	2.5gm	Calcium - 150.842mg
Water	As required	
Cardamom	5gm	
Salt	As per taste	
Oil	200ml	

Preparation Method:

Soak the raw rice for 2 hours. Wash the black gram and also soak them for 2 hours. After 2 hours, grind the soaked raw rice by adding the necessary amount of water. Then, add jaggery to it and grind it again. Also, grind the soaked black gram. Mix the ground black gram with the grinded rice batter.

Add fennel seeds, cardamom powder, and salt, and mix them well.

Add water as needed so that the batter (ana) is neither too thick nor too thin. Place a pan on the stove and heat the oil. Then, ensure the oil does not get too hot. Pour the prepared batter into the oil. After one side is cooked, or after about 2 minutes, use a skewer/stick to flip the pitha (pancake/fritter). Once the pitha is cooked, take it out into a serving dish and serve.



Chitau Pitha

Ingredients	Quantity	Nutritional Value
Rice	100gm	Calorie - 747 Kcal
Grated coconut	50gm	Protein - 9.05gm
Ghee	20gm	Iron - 1.55mg
Salt	As per taste	Calcium - 15mg

Preparation Method:

Wash and soak raw rice in water for about 4–5 hours. Grind the soaked rice with grated coconut into a smooth batter. Add water as required to keep it semi-thick. Add a pinch of salt, a into the batter. Stir well. Heat the pan – Grease a flat tawa/griddle with a little ghee or oil and heat it on medium flame. Pour a ladle of batter onto the tawa. Spread lightly in a round shape (like a pancake). Cover with a lid, place a wet cloth over the lid to cover four side and cook on low flame until holes appear on top and the base turns golden. Traditionally, it is cooked only from one side.



Enduri Pitha

Ingredients	Quantity	Nutritional Value
Rice	100gm	Calorie - 864.7 Kcal
Black gram	50gm	Protein - 23.16gm
Grated coconut	50gm	Iron - 4.33mg
Jaggery	25gm	Calcium - 154.7mg
Cardamom	5gm	
Turmeric leaf	As required	
Salt	As per taste	
Water	As required	

Preparation Method:

Wash and soak rice and black gram separately for 4–5 hours. Grind them together into a smooth batter (like idli batter). Add salt and keep it aside for fermentation for about 6–8 hours (overnight). Heat Add jaggery and some water then add grated grated coconut in a pan and stir it. Add cardamom powder. Cook for 2–3 minutes until it becomes a soft stuffing.

Remove and cool. Wash and wipe fresh turmeric leaves. These give a unique aroma and flavor to Enduri

Pitha. Take one turmeric leaf. Spread a thin layer of the rice-urad dal batter on it. Place a spoonful of coconut-jaggery stuffing in the center. Fold the leaf in half, covering the stuffing with batter. Place the folded leaves in a steamer (or an idli stand/large pot with water). Steam for about 15–20 minutes until the batter is fully cooked. Remove the turmeric leaves carefully and serve the Enduri Pitha hot. The leaf imparts a pleasant flavor to the pitha.



Muan Pitha

Ingredients	Quantity	Nutritional Value
Black gram	50gm	Calorie - 1073.4Kcal
Rice	100gm	Protein - 22.995gm
Coconut	50gm	Iron - 5.22mg
Cashew nut	5gm	Calcium - 159.9mg
Jaggery	50gm	
Oil	50gm	
Black peeper	5gm	
Cherry	10gm	

Preparation Method:

Soak the raw rice and black gram together for 5 hours. Wash them well 2–3 times. Grind them in a grinder, adding little water at a time, to make a slightly coarse batter. Transfer the batter into a large bowl. Whisk the batter well for about 10 minutes so it becomes light and airy. Then let it ferment for 5–6 hours. After some time, you'll notice the batter rising. Grate one coconut. Crush 8–10 black pepper and grated ginger. Chop a few cherries. Heat a pan, add jaggery with 1 spoon of water, and let it melt (don't add too much water). Add grated coconut and fry for 3–4 minutes. Then mix chopped cherries, grated ginger and crushed pepper. The stuffing is now ready. Take a small vessel with water. Tie a clean white cloth on the top. Make sure the cloth is first loose, then tie it tightly with a rope around the rim so that steam doesn't escape. This helps the batter set well. Place another piece of cloth over the vessel as a covering layer. Now spread half of the batter evenly on the cloth. Add the prepared filling on top, spreading it uniformly. Then pour the remaining half of the batter over it and spread evenly. Cover a lid, and steam the pitha on medium-high flame for about 30 minutes. After 30 minutes, remove the lid and check — the pitha will look fluffy and risen. Carefully remove the tied cloth. Sprinkle some water on the back side of the cloth and gently tap so the pitha comes off smoothly without sticking. If it comes out clean and leaves the cloth easily, you'll know it's perfectly cooked. Your soft and delicious Muan Pitha is now ready to serve!



Chandrakanti Pitha

Ingredients	Quantity	Nutritional Value
Rice	100gm	Calorie - 52Kcal
Jaggery	50gm	Protein - 19.25gm
Green gram	50gm	Iron - 3.95mg
Oil	500gm	Calcium - 87.5mg
Salt	As per taste	

Preparation Method:

Soak the green gram, rice for 3-4 hours. Grind, and make a paste of it. Place a kadhai on flame. Add water, salt, jaggery, rice and green gram paste in to it. Let it boil. Stir it continuously on a medium flame for 10-15minutes to avoid lumps. Let it cool down. Cut it into square pieces. Heat oil in a Kadhai. Deep fry the cut pieces till it turn golden brown. The Chandrakanti is ready. Serve hot.



Muga Chandrakanti

Ingredients	Quantity	Nutritional Value
Green Gram	100gm	Calorie - 1439.5Kcal
Jaggery	50gm	Protein - 24.7gm
Oil	100gm	Iron - 5.2mg
Salt	As per taste	Calcium - 115mg

Preparation Method:

Soak the green gram for 30 minutes, grind, and make a paste of it. Place a kadhai on flame. Add water, salt, jaggery. Let it boil. Then add green gram paste into the boiling water. Stir it continuously on a medium flame for 10-15 minutes to avoid lumps. Let it cool down. Cut it into square pieces. Heat oil in a Kadai. Deep fry the cut pieces till it turn golden brown. The Muga Chandrakanti is ready. Serve hot.

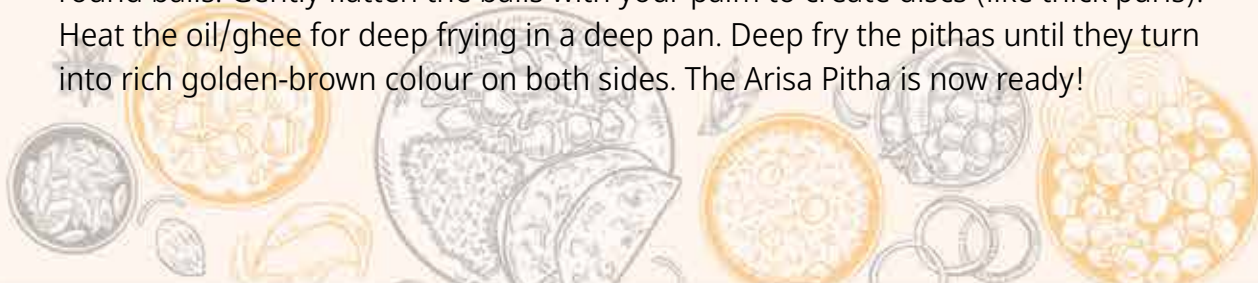


Arisha Pitha

Ingredients	Quantity	Nutritional Value
Rice	100gm	Calorie - 2347.95Kcal
Jaggery	50gm	Protein - 7.51gm
Oil/Ghee	200gm	Iron - 2.23mg
Cardamom	5gm	Calcium - 56.5mg

Preparation Method:

First, thoroughly wash the rice. Then, soak the rice in water for approximately 30 minutes. Drain the water completely and then grind the wet rice to a fine powder (flour). Once the flour is ground, cover it immediately so it retains its moisture and does not dry out. Place a wok or heavy-bottomed pan on the stove. Add water and mix jaggery. Stir continuously with a spatula to dissolve them and bring the mixture to a boil. Stir continuously and boil until the syrup thickens. Slowly add the prepared wet rice flour to the hot syrup, adding only a little bit at a time. Stir the mixture continuously to ensure no lumps form and the flour is fully incorporated into the syrup. At this stage, add the cardamom powder (and any other desired spices like sesame seeds or grated coconut, if using) and mix well. Continue stirring until the mixture comes together to form a soft, thick dough. Let the dough cool down to a warm, workable temperature. Take small portions of the dough and roll them into smooth and round balls. Gently flatten the balls with your palm to create discs (like thick puris). Heat the oil/ghee for deep frying in a deep pan. Deep fry the pithas until they turn into rich golden-brown colour on both sides. The Arisa Pitha is now ready!



Biri Pitha

Ingredients	Quantity	Nutritional Value
Black gram	100gm	Calorie - 1241 Kcal
Rice	200gm	Protein - 38.6gm
Mustard oil	20gm	Iron - 8.97 mg
Salt	As per taste	Calcium - 158mg

Preparation Method:

Wash the rice and black gram thoroughly and soak them in water for 7 to 8 hours. After soaking, grind them together into a smooth batter using a grinder. Transfer the batter into a bowl, mix well, and add salt as per taste. Mix again thoroughly. Cover the batter and let it rest for 2-3 minutes. After resting, stir the batter again. Heat a pan on the stove and add mustard oil. Once the oil is hot, pour a spoonful of batter into the pan. Cover it with a lid and let it cook on low flame for about 5 minutes. After 5 minutes, flip the pitha carefully. Cover again and cook for another 5 minutes. Once done, remove the pitha from the pan. Your soft and tasty Biri Pitha is ready to serve!



Mandia Pura Pitha

Ingredients	Quantity	Nutritional Value
Ragi flour	100gm	Calorie - 2510.65Kcal
Sugar	30gm	Protein - 1.12gm
Coconut	50gm	Iron - 5.27mg
Cardamom	5gm	Calcium - 361.6mg
Powdered cashew	5gm	
Oil	200gm	
Salt	As per taste	
Water	As required	

Preparation Method:

First, heat water in a pan. Add a little salt and sugar to it. Once the water starts boiling, add the ragi flour and stir well to make a smooth dough. In another pan, sauté the grated coconut, powdered cashew nuts, and sugar together until the mixture is slightly dry. When the moisture evaporates, add cardamom powder and mix well. This will be the stuffing. Take small portions of the ragi dough, flatten them, place some stuffing in the center, and fold to shape them into stuffed cakes (pitha). Finally, fry until golden brown. Your delicious Mandia Pura Pitha is ready to serve!



Kakharu Enduri

Ingredients	Quantity	Nutritional Value
Rice	100gm	Calorie - 485.8Kcal
Pumpkin	50gm	Protein - 7.54gm
Jaggery	10gm	Iron - 1.16mg
Salt	As per taste	Calcium - 23mg
Oil	10gm	
Banana leaf	As required	

Preparation Method:

Wash and soak rice for 2 hours. Let it dry. Grind it into flour. Peel off the pumpkin and cut it into small pieces and steam it. Grind the steamed pumpkin into a smooth paste. Add salt, jaggery and rice flour into it. Wash and wipe fresh banana leaves. Take one banana leaf. Spread a thin layer of the rice-pumpkin batter on it. Fold the leaf in half. Place the folded leaves in a steamer (or an Idli stand/large pot with water). Steam for about 15–20 minutes until the batter is fully cooked. Remove the banana leaves carefully and serve the Enduri Pitha hot.



Pachila Amrutabhandha Kata Pitha

Ingredients	Quantity	Nutritional Value
Rice flour	100gm	Calorie - 513.2Kcal
Ripe papaya	50gm	Protein - 7.71gm
Jaggery/Sugar	25gm	Iron - 1.83mg
Cardamom powder	5gm	Calcium - 45mg
Ghee	5gm	
Salt	As per taste	

Preparation Method:

First, extract the juice of ripe papaya. Place a pan on the gas stove and heat it. Once hot, add ghee. When the ghee is heated, add the papaya juice and cook it for 5–10 minutes, stir continuously, until the raw smell goes away. Next, add rice flour, sugar, salt to taste, and cardamom powder. Stir well until the mixture thickens. After stirring for about 5 minutes, grease a clean, dry plate with ghee and pour the mixture into it to cool. Grease the back of a flat bowl (or spatula) with ghee and spread the mixture evenly. Once cooled, cut into small pieces and serve.



Gaintha Pitha

Ingredients	Quantity	Nutritional Value
Rice	100gm	Calorie - 936.5Kcal
Jaggery	50gm	Protein - 29.21gm
Amul	15gm	Iron - 3.23mg
Milk	500gm	Calcium - 656.5mg
Cardamom powder	5gm	
Salt	As per taste	

Preparation Method:

First, soak the parboiled rice for 6 hours. After 6 hours, grind the soaked rice into a smooth paste without adding water. Take out some portion of this ground rice and keep it aside. To the remaining portion, add some water and grind again to make it thinner. Place a pan on the stove, pour some water into it, and add a little salt. Bring it to a boil. On top of a flat ladle (or small plate), place the thicker rice paste and steam it over the boiling water. After about 2 minutes, add some sugar. Once the sugar dissolves, add some milk and Amul (ghee/butter). When the milk starts boiling, add the prepared gaintha and allow to cook for 2-3 minutes. Finally, add a little Cardamom powder, stir, and switch off the gas. Serve it.





PODAPITHA



Raga, Luni Podapitha

Ingredients	Quantity	Nutritional Value
Rice	100gm	Calorie - 769.36Kcal
Black gram	50gm	Protein - 23.94gm
Sugar	30gm	Iron - 3.85mg
Salt	As per taste	Calcium - 158.3mg
Onion	20gm	
Potato	30gm	
Tomato	20gm	
Boiled chana	25gm	

Preparation Method:

First, soak the rice and black gram, then grind them into a smooth batter. To the batter, add sugar, salt, chopped onion, chopped potato, chopped tomato, and boiled chickpeas. Mix well. Heat a little oil on a tawa (flat pan) and spread the batter over it. Cover with a lid and cook. Once the pitha (pancake) is cooked, flip it over and cook the other side. Cut it and serve.



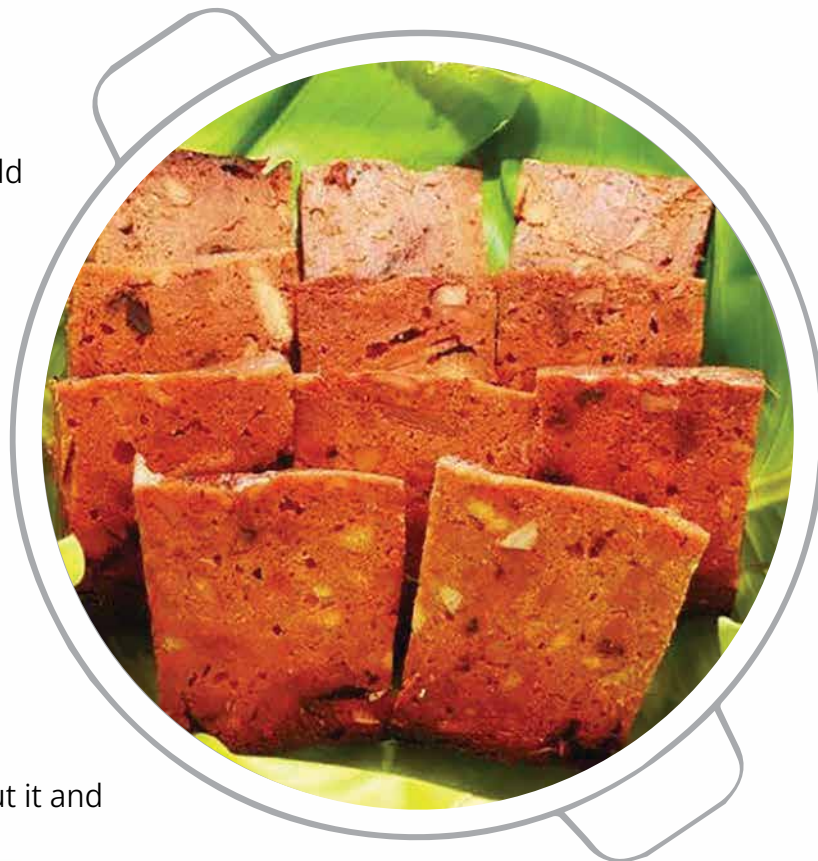
Amrutabhandha Podapitha

Ingredients	Quantity	Nutritional Value
Rice	100gm	Calorie - 523.45Kcal
Ripe papaya	As per taste	Protein - 3.66gm
Jaggery	50gm	Iron - 2.41mg
Cashew nut	5gm	Calcium - 68.841mg
Cardamom	5gm	
Coconut	50gm	
Fennel	2.5gm	
Ghee	10gm	
Salt	As per taste	
Water	As required	

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Preparation Method:

First, soak the rice and black gram, then grind them into a smooth batter. To the batter, add sugar, salt, chopped onion, chopped potato, chopped tomato, and boiled chickpeas. Mix well. Heat a little oil on a tawa (flat pan) and spread the batter over it. Cover with a lid and cook. Once the pitha (pancake) is cooked, flip it over and cook the other side. Cut it and serve.



Khira Podapitha

Ingredients	Quantity	Nutritional Value
Rice	100gm	Calorie - 861.95Kcal
Ghee	20gm	Protein - 13.91gm
Jaggery	50gm	Iron - 2.63mg
Cardamom powder	5gm	Calcium - 296.5mg
Milk	200gm	

Preparation Method:

Place a pan on the stove and heat 1 spoon of ghee. Add grated coconut, chopped coconut, cashew nuts, sugar, and cardamom spice powder. Boil the mixture with milk for 3 minutes. Once it boils, add salt and pour in the previously ground rice paste, stirring well. When the mixture (juntuni) is ready, grease banana leaves with ghee and place them on the gas stove. Spread the mixture on top. After 35 minutes, flip to cook the other side. Once cooled, cut into pieces and serve.

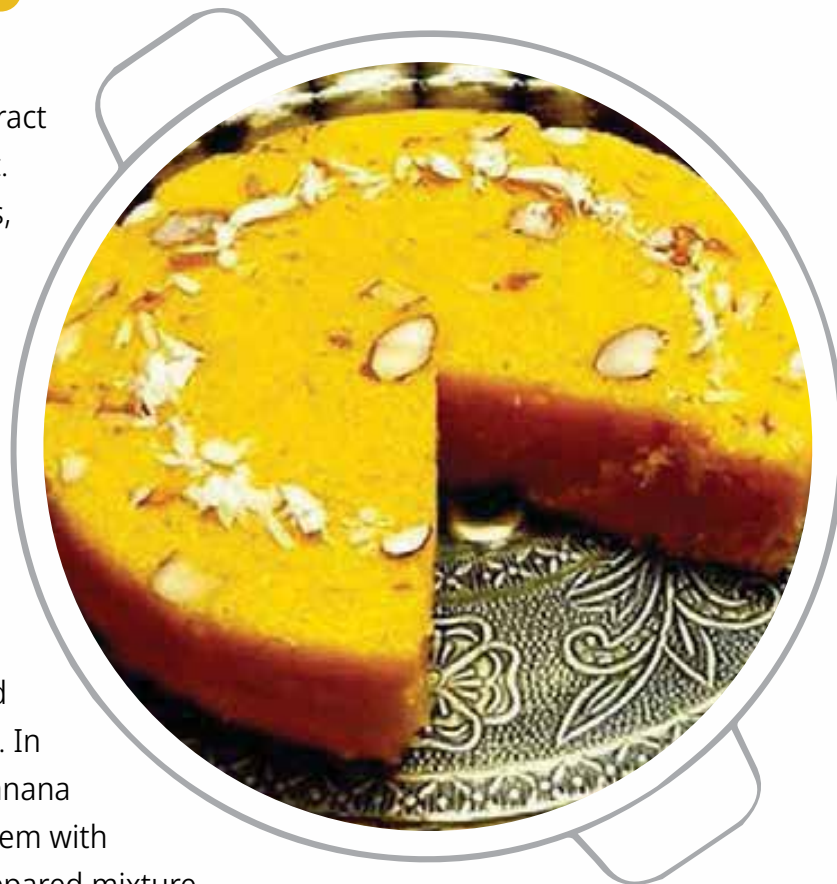


Panasa Podapitha

Ingredients	Quantity	Nutritional Value
Jackfruit pulp	100gm	Calorie - 1154.05Kcal
Rice	200gm	Protein - 17.92gm
Jaggery	50gm	Iron - 3.89mg
Coconut	20gm	Calcium - 98.341mg
Ghee	10gm	
Salt	As per taste	
Fennel	2.5gm	
Cashew nut	5gm	
Cardamom	5gm	

Preparation Method:

First, grind the ripe jackfruit bulbs to extract the pulp and strain it. Soak the rice 2 hours, grind it, and keep aside. In a pan, boil jaggery with a little water. Slowly pour in the ground rice paste while stirring. Add chopped coconut, cashew nuts, cardamom, and prepare the mixture. In an iron pan, place banana leaves and grease them with ghee. Spread the prepared mixture over the leaves, then cover with another layer of leaves. Place the pan on the stove and put burning charcoal/fire on top of the lid. After 2-3 hours, the pitha will be ready to serve.

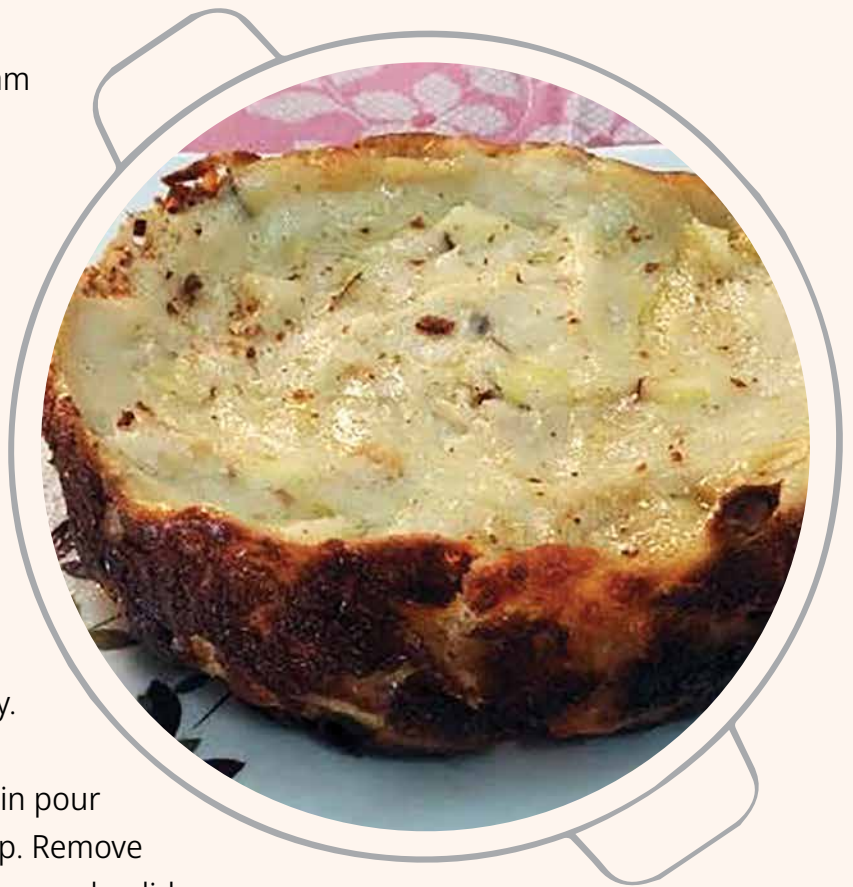


Pressure Podapitha

Ingredients	Quantity	Nutritional Value
Black gram	100gm	Calorie - 983.45Kcal
Rice	50gm	Protein - 31.9gm
Semolina	30gm	Iron - 6.41mg
Coconut	15gm	Calcium - 211.8mg
Oil	10gm	
Jaggery	50gm	
Cardamom	5gm	

Preparation Method:

Soak the rice and black gram for half an hour. Chop the coconut and keep aside. Grind the soaked rice and black gram into a batter, then cover and keep it in a vessel for 1 hour. Grate the coconut and fry it with jaggery and Cardamom powder. Heat a pressure cooker and add refined oil. Pour half of the batter into the cooker and spread it evenly. Add a layer of the grated coconut mixture. Then again pour the remaining batter on top. Remove the whistle from the pressure cooker lid, cover, and cook on low flame for half an hour. The pressure podapitha is ready. Cool it and serve.



Kakharu Podapitha

Ingredients	Quantity	Nutritional Value
Rice	100gm	Calorie - 716.4Kcal
Pumpkin	250gm	Protein - 15.87gm
Jaggery	30gm	Iron - 3.34mg
Cashewnut	10gm	Calcium - 6.1mg
Grated Coconut	10gm	
Oil	10gm	
Salt	As per taste	

Preparation Method:

Soak the rice and grind it into a paste. Cut the pumpkin and boil it until soft. Once cooked well, mash the pumpkin into a smooth paste. Mix the ground rice, mashed pumpkin, jaggery, and salt together into a batter. Place the mixture on the stove and stir continuously until it thickens. Once it reaches a thick consistency, remove it from the heat. Heat a pan or pressure cooker. Add oil and grease the sides properly. Pour the prepared batter into it. Add cashews and grated coconut on top. Cover with a lid, lower the flame, and cook for 15–20 minutes. If using a pressure cooker, remove the whistle before covering. After 15–20 minutes, remove it and allow it to cool completely. Once cooled, cut into pieces and serve



Tala Podapitha

Ingredients	Quantity	Nutritional Value
Rice	100gm	Calorie - 599.07Kcal
Palm juice	20gm	Protein - 7.48gm
Jaggery	40gm	Iron - 3.77mg
Coconut	20gm	Calcium - 63.7mg
Cardamom powder	3gm	
Salt	As per taste	
Bay leaves	2pieces	
Water	As required	

Preparation Method:

First, soak the raw rice for 6 hours. After 6 hours, drain the water, dry the rice, and grind it into a fine powder. Take the rice powder in a vessel, add water, and prepare a smooth batter. To this, add jaggery, coconut, cardamom powder, bay leaves, and palm juice. Cook the mixture well, stirring continuously to make a thick, homogeneous mixture (dough). In another vessel, grease with oil and pour in the prepared mixture. Top it with small pieces of coconut, cover with banana leaves, and close the vessel with a lid. Place the vessel on a stove and cook for 2 hours. After 2 hours, remove the vessel from the stove and let it cool. The Tal Podapitha is now ready to serve.







KAKARA

Mandia Kakara

Ingredients	Quantity	Nutritional Value
Ragi flour	100gm	Calorie - 1602.17Kcal
Jaggery	50gm	Protein - 11.30gm
Semolina	25gm	Iron - 6.09mg
Oil	100gm	Calcium - 393.9mg
Coconut	20gm	
Cardamom	3gm	

Preparation Method:

Boil water and mix in salt, finger millet (Mandia) flour, and semolina (suji) to prepare the dough. In a separate pot, prepare the coconut filling with jaggery and grated coconut. Once the dough is ready, shape it into small round balls and stuff them with the coconut filling. Heat oil in a wok (kadai) and deep fry the cakes (kakara). Your Mandia Kakara (Finger Millet Cake) is ready!



Panasa Manji Kakara

Ingredients	Quantity	Nutritional Value
Jack fruit seeds	100gm	Calorie - 1147.65 Kcal
Rice	100gm	Protein - 14.52gm
Jaggery/Sugar	50gm	Iron - 4.29mg
Ghee/Oil	50gm	Calcium - 172.5mg
Sesame seed	5gm	

Preparation Method:

Boil the jackfruit seeds and peel off the skin, keeping them ready. Grind the peeled jackfruit seeds and rice together. Add jaggery, sesame seeds, and salt to the ground mixture. Form the mixture into small, round patties and deep-fry them in oil. The Jackfruit Seed Cake (Panasa Manji Kakara) is now ready!



Chaula Kakara

Ingredients	Quantity	Nutritional Value
Rice	100gm	Calorie - 1082.17Kcal
Jaggery	50gm	Protein - 8.21gm
Grated coconut	20gm	Iron - 2mg
Salt	As per taste	Calcium - 55.9mg
Oil	200gm	
Cardamom	3gm	

Preparation Method:

First, place a pan or wok on the gas stove and add 2 cups of water. Add salt to taste and 1 cup of jaggery and stir. After some time, the jaggery will melt and the water will start to boil. Reduce the gas to a low flame. Pour the rice into the boiling jaggery and continuously stir the mixture with the other hand. Continue stirring on a low flame for about 10 minutes until the rice flour cooks and thickens into a dough-like consistency. The dough will become thick and start to leave the sides of the pan. Stir for another 8 to 10 minutes. Turn off the gas and let the dough cool down. Heat another pan and add jaggery to boil. Then, add coconut and cook it to prepare the filling (pura). Once the dough is cooled, knead it well and prepare to make the Pitha. Before shaping the cakes, apply some oil to your palms. Take a portion of the dough, roll it into a ball, and flatten it to give it the shape of a Pitha (cake). Heat oil in a pan for deep-frying. When the pitha floats and then turns brown, remove it from the oil and place it on a plate.



Tala Kakara

Ingredients	Quantity	Nutritional Value
Ripe Plum	100gm	Calorie - 922.82 Kcal
Rice flour	100gm	Protein - 17.95gm
Jaggery	50gm	Iron - 2.67mg
Cardamom	3gm	Calcium - 169.4mg
Oil	200gm	
Ginger	5gm	
Coconut	20gm	
Cheese	50gm	
Salt	As per taste	
Water	As required	

Preparation Method:

First, grate the coconut. Mix the chena (Indian cottage cheese), coconut, and jaggery and roast them in a pan. Then, mix in the cardamom and black pepper powder. Clean and wash the palm fruit (tala), and extract its juice. Then, strain the juice and keep it in a container. Heat water in a pan and boil the palm juice. Then, add the jaggery and rice flour and mix until it forms a thick mixture (jantiba), adding salt as needed. Let it cool slightly and then place the palm juice mixture into a separate container. Knead the thickened palm juice mixture well. Make round shapes, fill them with the stuffing, and prepare the Kakara Pithas (sweet deep-fried rice cakes). Heat oil in a pan and then deep-fry the Kakara Pithas in it.



Kakara

Ingredients	Quantity	Nutritional Value
Semolina	100gm	Calorie - 744.25Kcal
Sugar	50gm	Protein - 11.24gm
Fennel seeds	5gm	Iron - 2.62mg
Oil	200gm	Calcium - 81.8mg

Preparation Method:

First, heat water in a pot and bring it to a boil with the required amount of salt and fennel seeds (pan madhuri). Then, add semolina (suji) to it and stir until mixed/thickened. Cover and let it rest for some time. Heat oil in a pan and deep-fry the Kakara. And finally, let them cool before serving.





CHAKULI

Mandia Muga Dali Chakuli

Ingredients	Quantity	Nutritional Value
Finger millet	100gm	Calorie - 601.3Kcal
Green gram	50gm	Protein - 20.235gm
Cumin powder	5gm	Iron - 6.685mg
Oil	10gm	Calcium - 460mg

Preparation Method:

Soak the moong dal (split yellow lentils) and ragi (finger millet) and grind them well. Add salt and cumin powder to the batter and let it sit for some time. Grease a pan with a little oil and spread the ragi and moong dal batter like a Chakuli Pitha (savory pancake). Cook it well on both sides. The Ragi Moong Dal Chakuli is ready



Biri Chakuli

Ingredients	Quantity	Nutritional Value
Black Gram	100gm	Calorie - 1232 Kcal
Fenugreek Seed	20gm	Protein - 42.11gm
Rice	200gm	Iron - 13.75mg
Flattened Rice	25gm	Calcium - 133.2mg
Onion	20gm	
Salt	As per taste	
Coriander	10gm	
Leaves, Green	50gm	
Chilies	10ml	

Preparation Method:

First, soak the black gram (Biri) and fenugreek (Methi) for 4-5 hours, and the rice and flattened rice (Chuda) for 4-5 hours. After soaking, grind them into a smooth paste. Mix the black gram, fenugreek, rice, and flattened rice pastes well. Then, leave it to ferment for 7-8 hours. If you are doing this at night, keep it until morning. Next, take half of the batter and add salt according to your taste, mixing it well.

Then, add chopped onion, coriander leaves, green chilies, and curry leaves. Add 2 cups of water to it. After that, we will prepare the Biri Chakuli (Black Gram Pancake/Dosa). Put some oil on a tawa (griddle), pour the batter, spread it in a circle, and cover it with a lid. After some time, remove the lid. Now, our Chakuli Pitha is ready.



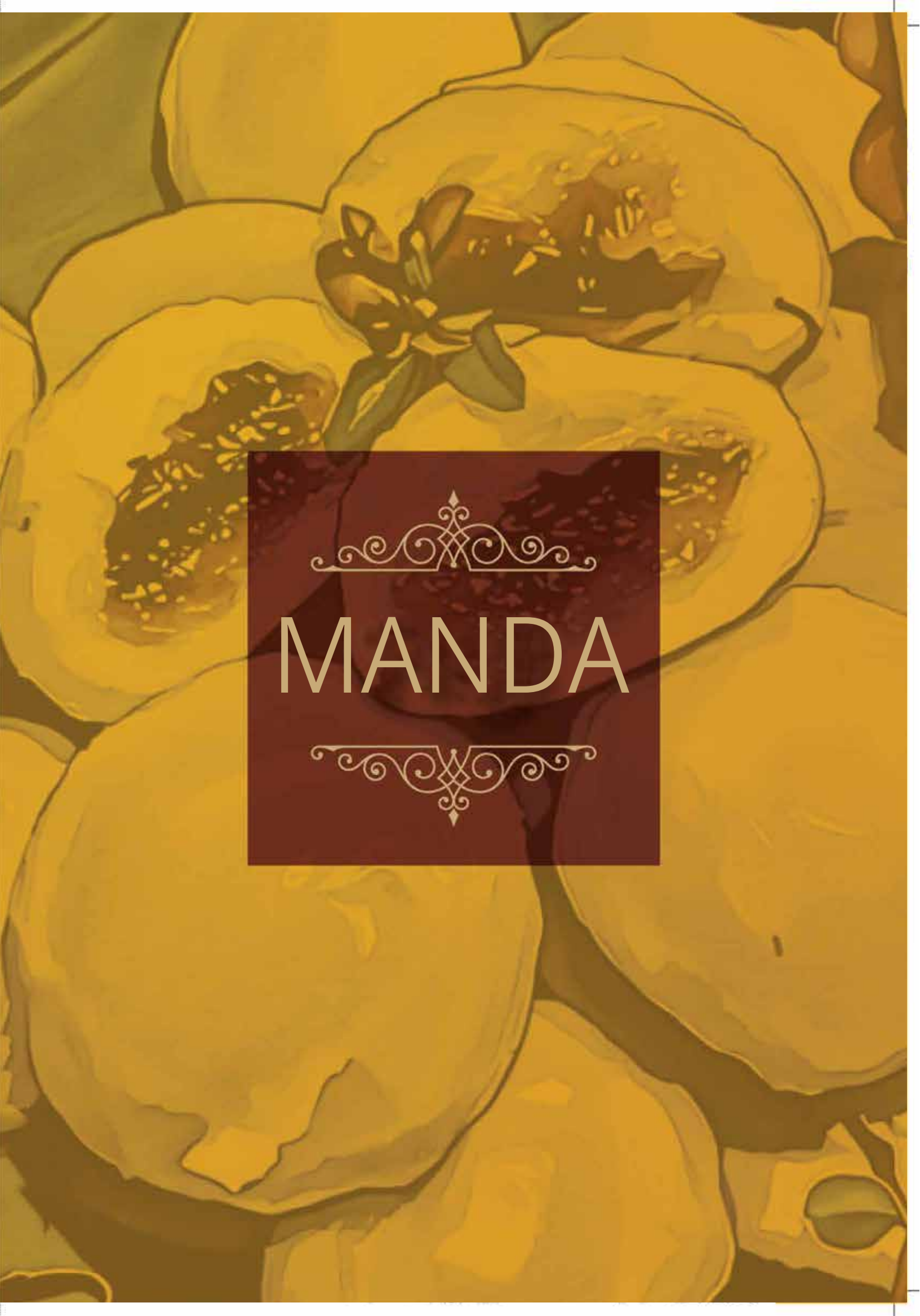
Pariba Chakuli

Ingredients	Quantity	Nutritional Value
Rice	100gm	Calorie - 505.15Kcal
Cauliflower	50gm	Protein - 11.05gm
Capsicum	50gm	Iron - 2.42mg
Carrot	25gm	Calcium - 65.3mg
Green peas	25gm	
Onion	10gm	
Tomato	10gm	
Salt	As per taste	
Oil	10ml	

Preparation Method:

First, soak the rice and grind it into a paste. Then, chop all the vegetables into small pieces and cook them with the rice paste. add salt as required. The rice mixture is ready. Place a pan on the stove, add oil, and shape the rice mixture into flat, round patties (chakuli). Once they are lightly cooked on one side, flip them and cook for some time until done. Finally, arrange the prepared chakuli neatly in a serving dish.





MANDA

Manda Pitha

Ingredients	Quantity	Nutritional Value
Semolina	100gm	Calorie - 562.75Kcal
Sugar	50gm	Protein - 11.22gm
Cardamom	5gm	Iron - 2.51mg
Clove	5gm	Calcium - 65.5mg
Water	As required	

Preparation Method:

First, clean the semolina (suji) thoroughly. Pour one glass of water into a pan and heat it. Once the water is hot, add cardamom powder, add salt and prepare dough of semolina. In another pan add grated coconut, clove powder, sugar, and prepare the stuffing stirring continuously, until it thickens. Once thickened, let it rest for half an hour. Then make flattened balls out of the dough, The pitha's fill it with the coconut stuffing. Heat water in a pot and steam the pithas. once the pithas read serve them hot.



Suan Manda

Ingredients	Quantity	Nutritional Value
Little millet rice	100gm	Calorie - 1209.55Kcal
Semolina	50gm	Protein - 30.29gm
Salt	As per taste	Iron - 13.01mg
Jaggery	50gm	Calcium - 673mg
Milk	500gm	
Grated coconut	15gm	
Cardamom powder	5gm	
Oil	10ml	

Preparation Method:

Soak the little millet rice for 2 hours and then grind it into a paste. Heat milk in a pan, add sugar, and cook it. Mix the soaked little millet rice and semolina into the milk, stirring well to prepare the dough. In another pan, fry grated coconut, cardamom powder, and jaggery for 2 minutes, then let it cool. Grease your hands with a little oil, take some of the prepared mixture, fill it with the coconut-jaggery mixture, and shape it into small round balls. In a kadai, heat some water and steam the prepared balls (manda) in it. Once cooled, the Suan Manda is ready to eat



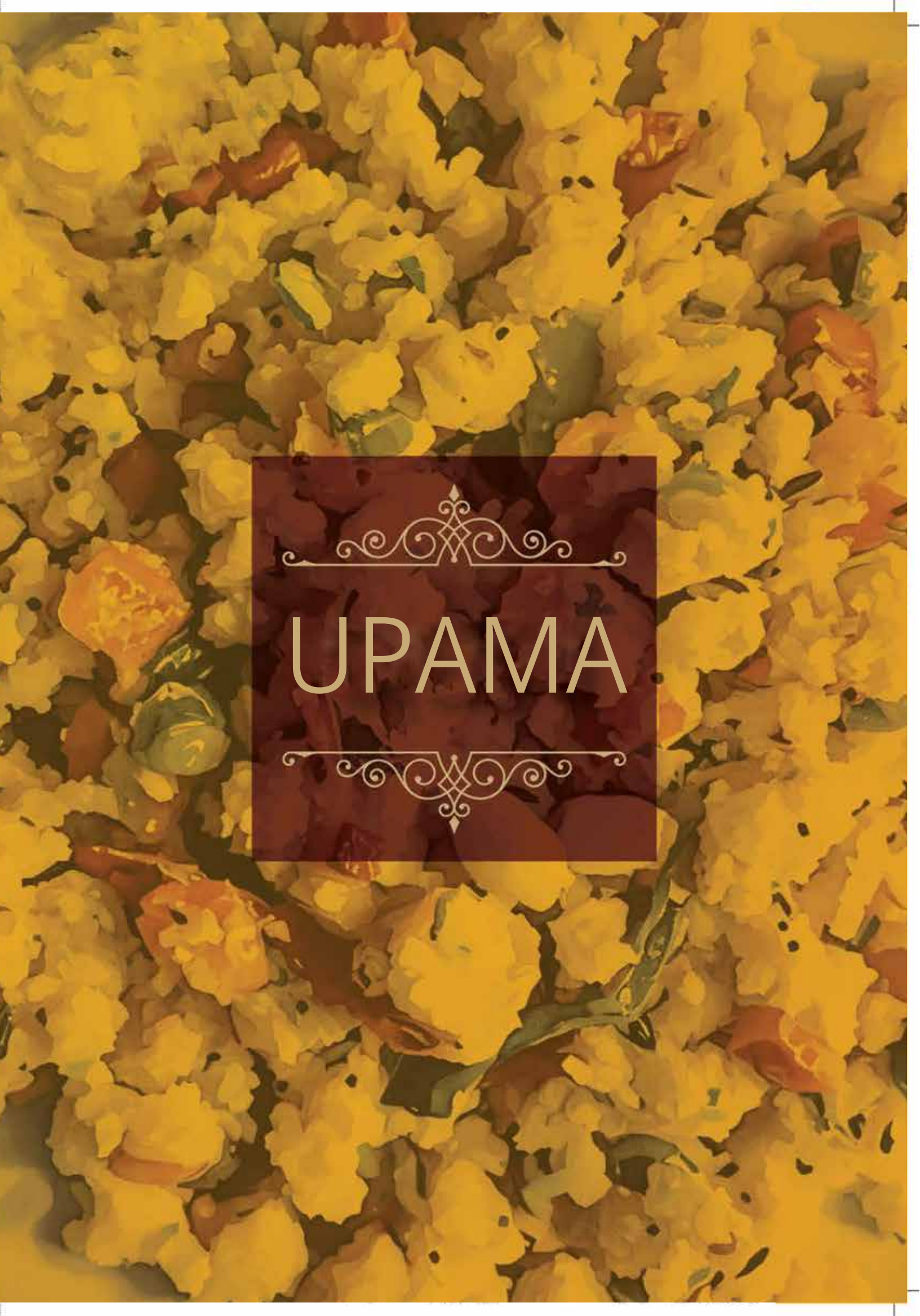
Muga Manda Pitha

Ingredients	Quantity	Nutritional Value
Rice	100gm	Calorie - 617.7Kcal
Green gram	50gm	Protein - 19.41gm
Jaggery	25gm	Iron - 3.78mg
Cardamom powder	5gm	Calcium - 98.5mg
Salt	As per taste	
Water	As required	

Preparation Method:

First, soak the raw rice (Arua chaula) for 5 hours. After 5 hours, grind the soaked rice into a paste. Soak whole green gram (moong) for 2 hours and cook it in a vessel. Once cooked, let it cool, then mix jaggery and cardamom powder to prepare the filling. Take the ground rice paste, add some water, and cook it, adding salt as needed to prepare the dough. Shape the dough into pitha by filling it with the prepared green gram-jaggery mixture. Finally, steam the shaped pitha in water. The Moong Manda is now ready to serve.





UPAMA

Kangu Upama

Ingredients	Quantity	Nutritional Value
Foxtail millet	100gm	Calorie - 653.17 Kcal
Carrot	25gm	Protein - 22.38gm
Onion	10gm	Iron - 9.56mg
Green peas	25gm	Calcium - 221.02mg
Oil	20ml	
Mustard seeds	5gm	
Cumin seeds	5gm	
Green chilly	5gm	
Curry leaves	5gm	
Tomato	10gm	
Coriander leaves	3gm	

Preparation Method:

First, take a pan and place it on the stove. Fry the Kangu well. Once the Kangu is properly fried, transfer it to a plate. In the same pan, add 3–4 tablespoons of oil and temper it with cumin seeds, mustard seeds, curry leaves, and green chilies. Add chopped onions and fry for 1–2 minutes. After 1–2 minutes, add chopped tomatoes, carrots, peas, and salt as per taste. Cover with a lid and cook for 3–4 minutes. After 3–4 minutes, remove the lid and mix well for 2 minutes. Then add the fried kangu and mix thoroughly. Once the kangu is well combined, add 3 cups of water, cover, and cook for 10–15 minutes. After 10–15 minutes, remove the lid and mash the mixture well. Add chopped coriander leaves, cook for 1 minute, cover again, and let it simmer for 2 minutes. After 2 minutes, turn off the stove and serve hot.



Kuiri Chaula Upama

Ingredients	Quantity	Nutritional Value
Kuiri Rice	100gm	Calorie - 742.9Kcal
Oil	10ml	Protein - 8.44gm
Salt	As per taste	Iron - 3.22mg
Beet root	10gm	Calcium - 84.33mg
Carrot	10gm	
Beans	10gm	
Cauliflower	10gm	
Jaggery	50gm	
Ghee	10ml	

Preparation Method:

Take the ground raw rice (kuiri chaula) and fry it with a little ghee. In a separate bowl, chop carrot, cauliflower, beans, and beatroot into small pieces. In a pan, heat some oil, add mustard seeds, curry leaves, and a bay leaf. Once they splutter, add the chopped vegetables and cook until tender. After the vegetables are cooked, add salt and jaggery to the fried rice and mix well all together. Once slightly cooked, serve hot. This is the Kuiri Chaula Upama.

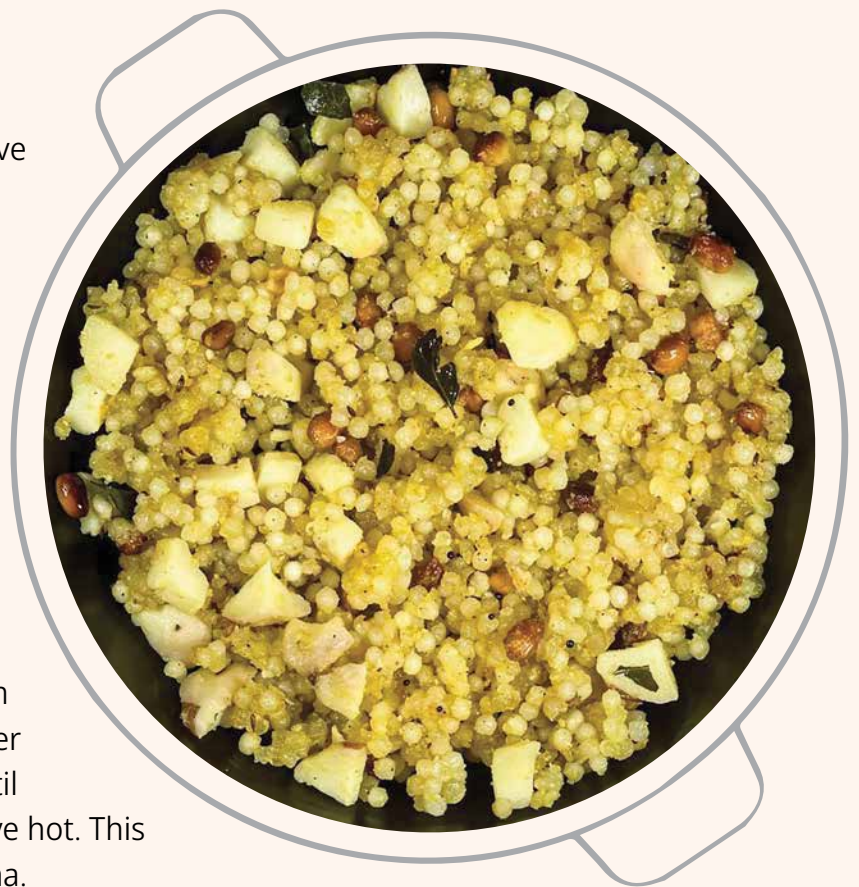


Sagu Upama

Ingredients	Quantity	Nutritional Value
Sago	100gm	Calorie - 311.25Kcal
Carrot	10gm	Protein - 1.2gm
Beans	20gm	Iron - 63mg
Potato	20gm	Calcium - 0.59mg
Oil	30gm	
Green Chilies	5gm	
Curry leaves	5gm	
Salt	As per taste	

Preparation Method:

Soak the Sabu dana and drain them well to remove water. Heat a pan on the stove, add oil, and fry mustard seeds, cumin seeds, and green chilies until they splutter. Add chopped carrot, beans, and potato in small pieces and lightly fry them. Once the vegetables are lightly cooked, add the sago and sauté them a little. Add salt and water as needed, and cook until done. Once cooked, serve hot. This is Sabu dana (sagu)Upma.





KHECHUDI

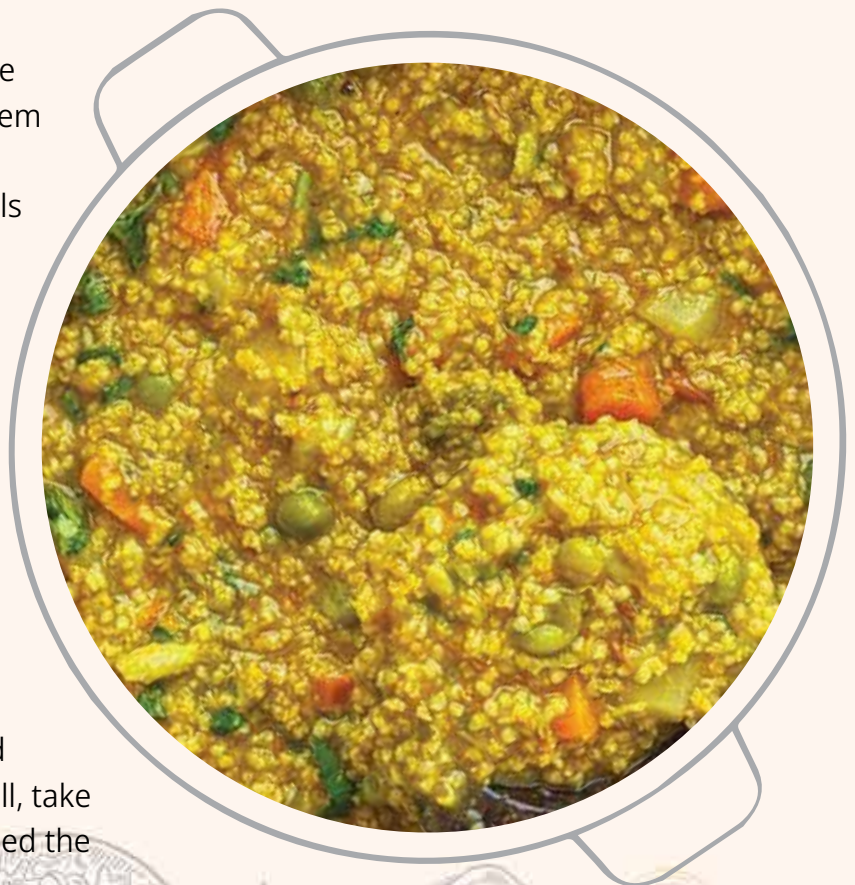


Kangu Khechudi

Ingredients	Quantity	Nutritional Value
Foxtail millet	100gm	Calorie - 661.25Kcal
Green gram	25gm	Protein - 1.7gm
Potato	10gm	Iron - 2.17mg
Pumpkin	10gm	Calcium - 83mg
Beans	10gm	
Cauliflower	10gm	
Spinach	10gm	
Coriander leaves	10gm	
Onion paste	5gm	
Oil	10ml	
Turmeric	7gm	

Preparation Method:

Soak and lightly roast the rice and lentils, and then soak them in water separately for some time. Wash the rice and lentils before soaking. Heat oil in a pan and let the cumin seeds splutter. Add onion and ginger paste and sauté well. After that, add the chopped vegetables and fry them. Add the soaked rice and lentils along with the water into it. Now, add salt and turmeric according to taste, add the correct amount of water, and cover it. After it is cooked well, take it off the heat and lovingly feed the warm food to the baby.



Phala Bhata Khechudi

Ingredients	Quantity	Nutritional Value
Little Rice millet	100gm	Calorie - 671.3Kcal
Milk	200gm	Protein - 14.14gm
Ripe Banana	50gm	Iron - 1.81mg
Ripe Papaya	50gm	Calcium - 275mg
Ghee	10gm	
Jaggery	10gm	
Salt	As per taste	
Water	As required	

Preparation Method:

Wash the rice well. In a pot, add ghee and the required amount of water. Add salt according to taste. Once the water boils, add the rice. After the rice is cooked, set it aside (this is the cooked rice/plain rice). In another pot, heat the milk. Mix the milk and jaggery into the cooked rice and let it boil. Peel the papaya and banana and mash them thoroughly. Khechudi is ready.



Guluchi Khechudi

Ingredients	Quantity	Nutritional Value
Giloy	100gm	Calorie - 1138.3Kcal
Bengal gram	50gm	Protein - 56.96gm
Toor Dal	50gm	Iron - 12.3mg
Red gram	50gm	Calcium - 299.8mg
Giloy	50gm	
Tomato	10gm	
Carrot	10gm	
Beans	10gm	
Ghee	10gm	

Preparation Method:

Soak the all the dal and Guluchi for half an hour. Heat a pressure cooker and add 1 teaspoon of ghee. Once it's slightly hot, add cumin seeds (Jeera) and asafoetida (Hengu). Add the chopped beans, carrots, and tomato and fry them slightly. Add turmeric powder and the soaked moong dal and Guluchi, along with salt, and half a glass of water. Close the pressure cooker and let it whistle two times. After the two whistles, remove it (from the heat) and let it rest for some time. Take it out of the pressure cooker and, once it has cooled down, serve it to the child to eat.



Sagu Khechudi

Ingredients	Quantity	Nutritional Value
Sagu	100gm	Calorie - 668 Kcal
Carrot	20gm	Protein - 12.57gm
Potato	20gm	Iron - 2.99mg
Beet root	20gm	Calcium - 251mg
Curry leaves	5gm	
Mustard seeds	5gm	
Groundnut	5gm	
Coriander leaves	5gm	

Preparation Method:

First, wash the sago (Sabu dana) 3-4 times with cold water, and after washing, soak it in water for 6 hours. Then, drain the sago. Cut the potato, carrot, and beetroot into small pieces. In a pan, heat 2 tablespoons of oil. Add mustard seeds, green chilies, and curry leaves to temper, and then add the cut vegetables and some black pepper powder. Once the vegetables are cooked/softened, add the sago and mix well. Crush the roasted peanuts coarsely and add them to the mix. Before taking it off the heat, chop and sprinkle coriander leaves over it.







VADA



Biri Vada

Ingredients	Quantity	Nutritional Value
Black gram	100gm	Calorie - 985.2 Kcal
Semolina	50gm	Protein - 34.165 gm
Green chilies	5gm	Iron - 7.18 mg
Curry leaves	5gm	Calcium - 369 mg
Rice	50gm	
Oil	30ml	
Asafetida	5gm	
Salt	As per taste	

Preparation Method:

Soak black gram (Biri) and rice (Chaula) for 4-5 hours, wash them, and grind them well with a little water. Add green chilies, semolina (Suji), curry leaves, salt, and asafoetida to the batter and mix. Next, heat the oil, wet your hands with water, shape the batter into round and flat discs, and drop them into the oil. Fry them well in the oil for 2-3 minutes, and then serve the Vada hot.



Panasa Manji Vada

Ingredients	Quantity	Nutritional Value
Rice	100gm	Calorie - 628.5 Kcal
Jackfruit seed	50gm	Protein - 8.45 gm
Ginger garlic paste	20gm	Iron - 2.21 mg
Chilli Powder	5gm	Calcium - 42.5 mg
Curry powder	5gm	
Oil	200gm	

Preparation Method:

Soak the rice, then grind it (or make it into a batter). Boil the jackfruit seeds. Once boiled, peel the skin thoroughly and mash them. Then, in the ground rice batter, mix the mashed jackfruit seeds, ginger-garlic paste, chili powder, curry powder, and salt to taste. Mix everything well. Place a pan (kadhai) on the stove and add oil. Once the oil is hot, deep-fry the 'bara' (fritters).



Panasa Vada

Ingredients	Quantity	Nutritional Value
Ripe jackfruit	100gm	Calorie - 683.9 Kcal
Rice flour	100gm	Protein - 7.87 gm
Jiggery	30gm	Iron - 1.78 mg
Oil	200ml	Calcium - 44 mg
Salt	As per taste	
Water	As required	

Preparation Method:

Take some ripe jackfruit and remove the seeds. Extract the juice/pulp from the jackfruit. Mix a little rice flour, salt, and jaggery into the juice. After keeping the mixture aside for 5 minutes, deep fry it in oil. Serve hot.



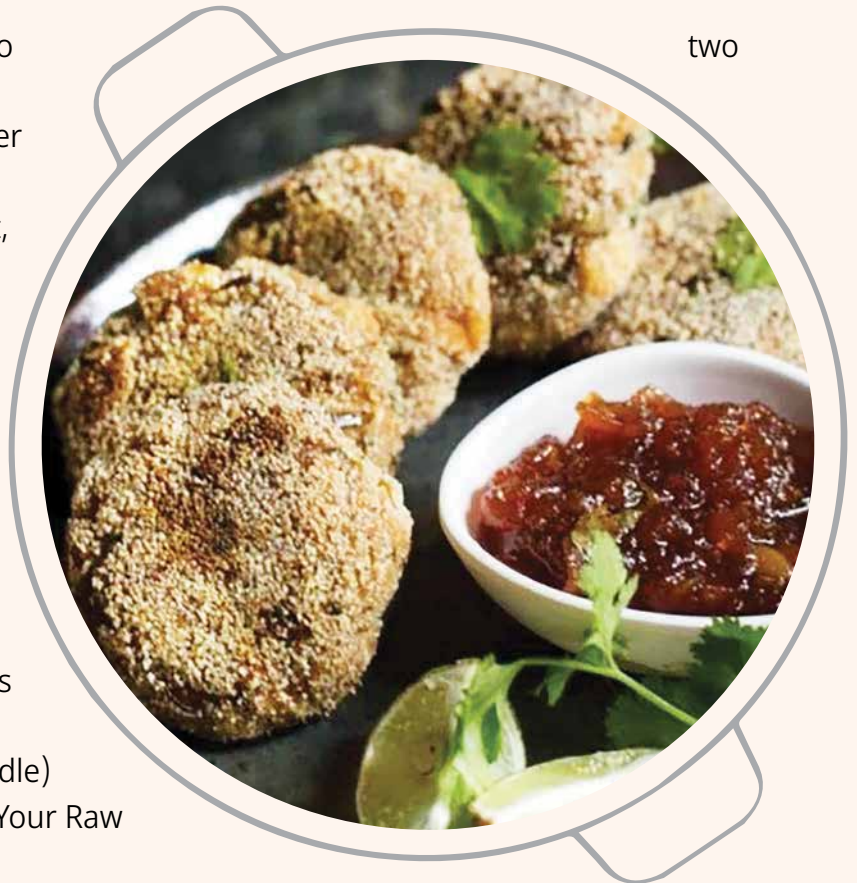
Kancha Kadali Vada

Ingredients	Quantity	Nutritional Value
Plantain	100gm	Calorie - 781.5 Kcal
Onion	20gm	Protein - 14.64 gm
Green chilly	10gm	Iron - 9.33 mg
Curry leaves	5gm	Calcium - 295.6 mg
Rice flour	20gm	
Gram flour	50gm	
Coriander leaves	5gm	
Salt	As per taste	
Oil	50ml	

Preparation Method:

Cut the raw bananas into pieces. Add some salt to them and boil them. After they are boiled, peel the bananas, add a little salt, and mash them. Mix in finely chopped onion, green chillies, curry leaves, coriander leaves, coriander powder, and cumin powder thoroughly. Next, mix in rice flour and gram flour (besan). Form small balls and shallow fry the bara (fritters) on a tawa (griddle) with 3 teaspoons of oil. Your Raw Banana Bara is ready.

two



Amrutabhanda Dahivada

Ingredients	Quantity	Nutritional Value
Black gram	100gm	Calorie - 682.6Kcal
Yogurt	20gm	Protein - 26.93gm
Raw papaya	50gm	Iron - 4.25mg
Dried chilly	5gm	Calcium - 366.9mg
Curry leaves	5gm	
Salt	As per taste	
Oil	300ml	
Black salt	As per taste	
Sugar	5gm	

Preparation Method:

Soak the black gram (biri) and grind it well to a batter. Grate one raw papaya (amrutabhanda). Add the grated papaya and salt to the black gram batter and deep-fry them to make vadas (fritters). Put the vadas in water and keep them aside. In another bowl, whisk the curd (dahi) well and add black salt and sugar to it. Next, prepare a tempering: In a pan, heat oil and add curry leaves, dry chillies, and panchphutana. Squeeze the water out of the vadas and put them into the seasoned curd. Garnish with cumin-chili powder on top. The Amrutabhanda Dahivada (Raw Papaya Dahivada) is ready!







LADOO



Mandia Ladoo

Ingredients	Quantity	Nutritional Value
Ragi flour	100gm	Calorie - 771.45 Kcal
Jaggery	30gm	Protein - 17.32 gm
Groundnut	10gm	Iron - 6.59 mg
Ghee	10gm	Calcium - 416 mg
Sesame seed	10gm	
Cardamom	5gm	

Preparation Method:

Heat a pan for 2 minutes. Then, dry roast the ragi flour (millet flour) on a medium flame for 6 to 8 minutes until a fragrance comes from the flour. After the fragrance appears, take it out of the pan and let it cool. Dry roast the peanuts continuously on a low flame until they turn brown and then take them out. Next, take the sesame seeds and dry roast them in the same pan on a low flame for 2 minutes, and then transfer them to another bowl. After this, take 40 ml of water in a different vessel. Add jaggery to it and prepare a syrup on a medium flame. Then, strain the syrup. In another pan, heat ghee. Add the roasted ragi flour, cardamom, and one-third of the roasted sesame seeds, and mix well. Pour the previously prepared jaggery syrup into this mixture and mix it thoroughly. Now, grease your hands with ghee and prepare laddus (sweet balls) from this mixture.



Rashi Ladoo

Ingredients	Quantity	Nutritional Value
Groundnut	100gm	Calorie - 979.25Kcal
Sesame seed	100gm	Protein - 23.36gm
Cardamom	5gm	Iron - 11.66mg
Jaggery	50gm	Calcium - 1510.5mg
Cashewnut	10gm	
Ghee	10gm	

Preparation Method:

First, light the gas and place a pan (kadhai) on it. Lightly roast the sesame seeds (rasi) in the pan for 1 minute. After roasting, spread the sesame seeds on a plate and let them cool. Take another pan and prepare the jaggery syrup without adding any water. Once the jaggery syrup is made, mix the sesame seeds and the jaggery. Add cashews, almonds, and cardamom (and stir slowly. Turn off the gas and mix the sesame seeds well with the jaggery mixture. Then, grease a plate with a little ghee and transfer the mixture onto it. After a little time, apply some ghee to your hands and shape the warm mixture into round balls (lados).



Mahula Latha Ladoo

Ingredients	Quantity	Nutritional Value
Dried Mahua Flower	100 gm	Calorie - 754.1Kcal
Roasted sesame seed	50 gm	Protein - 10.77 gm
Jaggery	70 gm	Iron - 6.97 mg
Oil	10 gm	Calcium - 173.5 mg

Preparation Method:

Fry some dried Mahua flowers well. Grind those fried Mahua flowers thoroughly. Fry and grind some sesame seeds. Mix the ground sesame seeds with the ground Mahua flowers and mix it with prepared jaggery syrup. Shape this mixture into small and round Ladoo and serve.



Alashi Ladoo

Ingredients	Quantity	Nutritional Value
Little millet flour	100gm	Calorie - 1007.425Kcal
Sesame seed	5gm	Protein - 29.265gm
Ghee	10gm	Iron - 519.25mg
Groundnut	10gm	Calcium - 10.35mg
Cashew nut	5gm	
Wheat flour	25gm	
Ragi flour	50gm	
Jaggery	25gm	

Preparation Method:

First, take a pan and place it on the gas stove to heat. Once the pan is hot, add flaxseed powder and roast it on low flame for 5–6 minutes. After roasting, transfer the flaxseed powder to a plate. Next, heat the pan again and roast sesame seeds for about 30 seconds until well roasted, then transfer them to a plate. In the same pan, add 1 spoon of ghee and roast almonds and cashews until golden, then remove them onto a plate. Now, add a little ghee to the pan, put ragi flour, and roast it well. Add another spoon of ghee and continue roasting for about 4 minutes. After roasting, keep the flour aside. In the pan, add jaggery with half a cup of water and allow it to melt into a syrup. Once the jaggery dissolves well, simmer it on low flame for about 5 minutes. When the syrup is ready, add 2 spoons of ghee. Now, mix the roasted ragi flour with flaxseed powder, cashews, almonds, and sesame seeds thoroughly. Gradually pour the jaggery syrup into this mixture and mix well with your hands. Finally, shape the mixture into round balls to make laddus.







CAKE



Suji Cake

Ingredients	Quantity	Nutritional Value
Semolina	100 gm	Calorie - 690.35 Kcal
Baking soda	As per taste	Protein - 12.81 gm
Yogurt	30 gm	Iron - 2.05 mg
Milk	30 gm	Calcium - 109.2 mg
Sugar	50 gm	
Oil	10 gm	
Cardamom powder	5 gm	
Salt	As per taste	

Preparation Method:

First, mix semolina (suji) and sugar thoroughly to make a uniform mixture. Add oil, 2 tablespoons of yogurt, milk, and cardamom powder, then whisk well and let it rest for half an hour. Heat an iron pan on the stove. Once hot, grease it lightly with a pinch of salt. Pour the prepared batter into a tiffin or small cake mold and place the tiffin in the heated pan. Cover it with a lid, keep it on low flame, and let it cook for half an hour. After the cake is cooked, insert a wooden stick into it. If nothing sticks to the stick, the cake is done. Let it cool, then remove it from the tiffin, cut into pieces, and serve.



Mandia Cake

Ingredients	Quantity	Nutritional Value
Refined wheat flour	70 gm	Calorie - 1093.3 Kcal
Ragi flour	100 gm	Protein - 21.21 gm
Sugar	50 gm	Iron - 8.45 mg
Milk	30 gm	Calcium - 417.1 mg
Oil	10 gm	
Vanila essence	10 gm	
Cocoa powder	10 gm	

Preparation Method:

In a bowl, mix together of all-purpose flour (maida), of semolina (mandia), of sugar, of milk, and cup of oil. Add of vanilla essence, of baking powder, and of cocoa powder, and mix well to form a smooth batter. Grease a baking pan with some oil on all sides. Pour the prepared batter into the pan and place it in the oven. Bake for 30 minutes. Once baked, let it cool, then decorate the top with cashews and raisins. Serve on a plate.







PAKUDI



Mandia Pakudi

Ingredients	Quantity	Nutritional Value
Ragi flour	100 gm	Calorie - 796.5 Kcal
Gram flour	50 gm	Protein - 19.18 gm
Green Chilly	10 gm	Iron - 6.79 mg
Onion	20 gm	Calcium - 627.6 mg
Curry leaves	5 gm	
Salt	As per taste	
Coriander leaves		
Oil	200 ml	

Preparation Method:

First, take a bowl add ragi (mandia), gram flour (besan), chopped onion, green chilies, coriander leaves, curry leaves, and salt to taste. Gradually add a little water and mix well to form a smooth batter. Once well mixed, cover it and let it rest for 5 minutes. Meanwhile, heat a pan on the stove and add oil. Once the oil is sufficiently hot, shape the batter into small round balls and fry them in the oil. Let them cook for 4–5 minutes until done. After frying, remove the fritters and place them on a plate. Serve hot.



Kadali bhanda Pakudi

Ingredients	Quantity	Nutritional Value
Plantain	100gm	Calorie - 596.4Kcal
Rice flour	70gm	Protein - 8.6gm
Turmeric powder	5gm	Iron - 6.34mg
Chilly powder	5gm	Calcium - 109.5mg
Cumin powder	5gm	
Oil	300ml	
Ginger paste	5gm	
Water	As required	
Salt	As per taste	

Preparation Method:

First, carefully select the plantains (kadali bhanda) and cut them into small pieces. Wash them thoroughly. Then, boil them for some time with a little salt and turmeric. After boiling, drain the water. Grind ginger, green chilies, cumin seeds, and rice flour into a paste and mix with the boiled plantains. Add a little salt and let the mixture rest for some time. Next, heat some oil in a frying pan. Once the oil is hot, shape the plantain mixture into small round balls and fry them. When the balls turn slightly red, remove them from the pan and serve them on a plate.



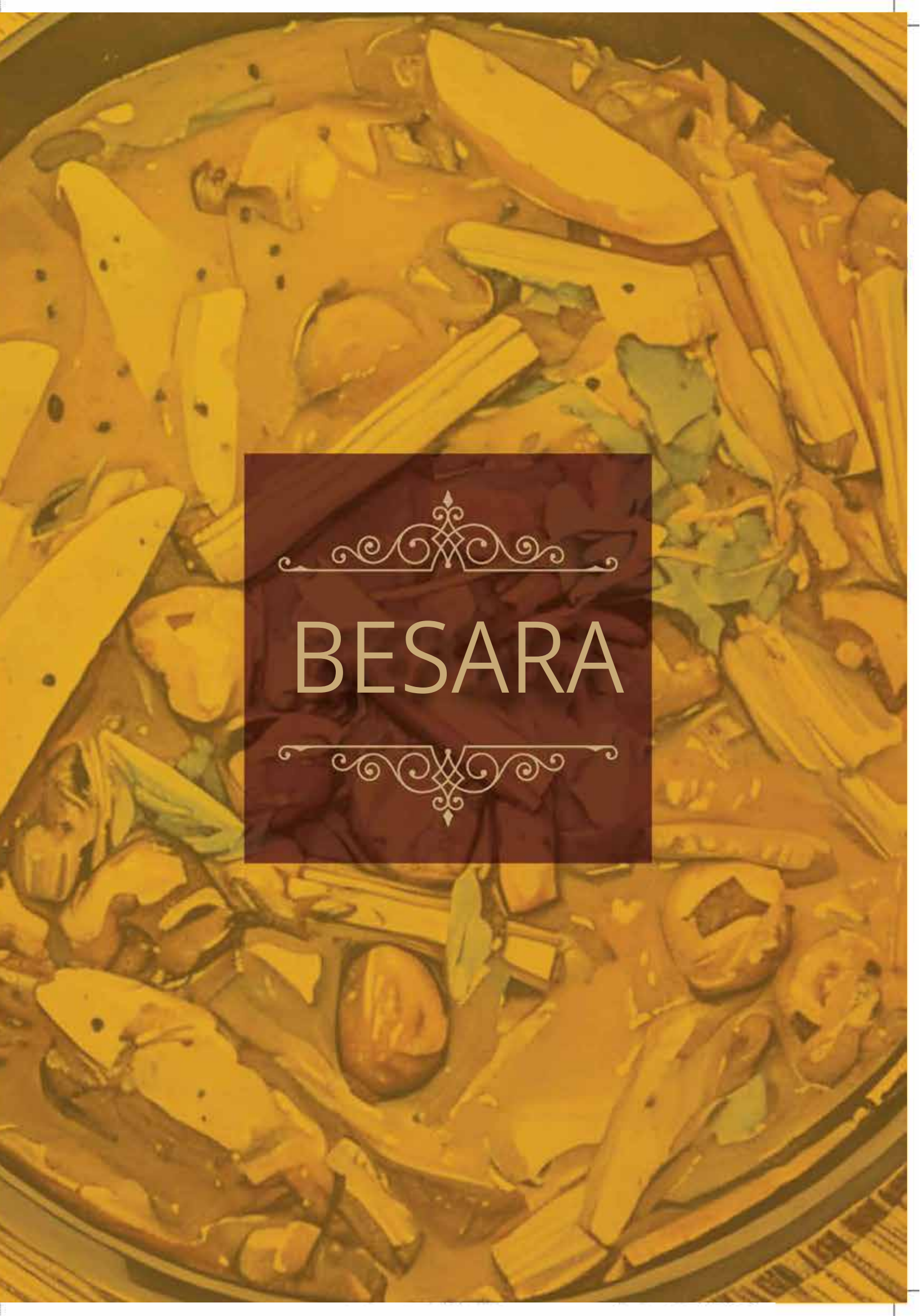
Palanga Saga Pakudi

Ingredients	Quantity	Nutritional Value
Spinach	100 gm	Calorie - 430.45 Kcal
Gram flour	50 gm	Protein - 12.05 gm
Salt	As per taste	Iron - 7.29 mg
Onion	20 gm	Calcium - 195.9 mg
Ginger	10 gm	
Oil	200 ml	
Chilly powder	5gm	
Turmeric powder	5gm	

Preparation Method:

First, wash the spinach (palang saag) thoroughly and grind it into a fine paste. Mix this paste with gram flour (besan) and shape it into small round balls. Chop the onion into small pieces and grind it along with salt, ginger, chili powder, turmeric, and a little water to make a smooth paste. Heat a frying pan (palm) on the stove. Once the pan is hot, heat some oil. After the oil is hot, add the spinach and besan mixture and shape it into small rounds for frying. Once the fritters (pakudi) are cooked and golden brown, remove them and place them on a clean plate.





BESARA

Sada Besara

Ingredients	Quantity	Nutritional Value
Yam	50 gm	Calorie - 404.19 Kcal
Colocasia root(saru)	30 gm	Protein - 15.92 gm
Plantain	20 gm	Iron - 5.49 mg
Pumpkin	30 gm	Calcium - 183.2 mg
Coconut	30 gm	
Badi	20 gm	
Mustard seed	5 gm	
Fennel seed	5gm	
Black peeper	5gm	
Bengal gram	5gm	
Asafetida	2gm	
Salt	As per taste	
Water	As required	

Preparation Method:

First, heat water and cook the chopped vegetables in it. Add salt and turmeric and simmer for 10 minutes. Separately, cook the mashed mixture with beans and spices. Once the vegetables are cooked, roast the desiccated coconut (kora nadiya) and add it. In another pan, heat ghee and add a pinch of asafetida (hing), fenugreek (methi), and curry leaves. Pour this tempering over the cooked vegetables. Finally, add a little more ghee and the dish is ready to serve.



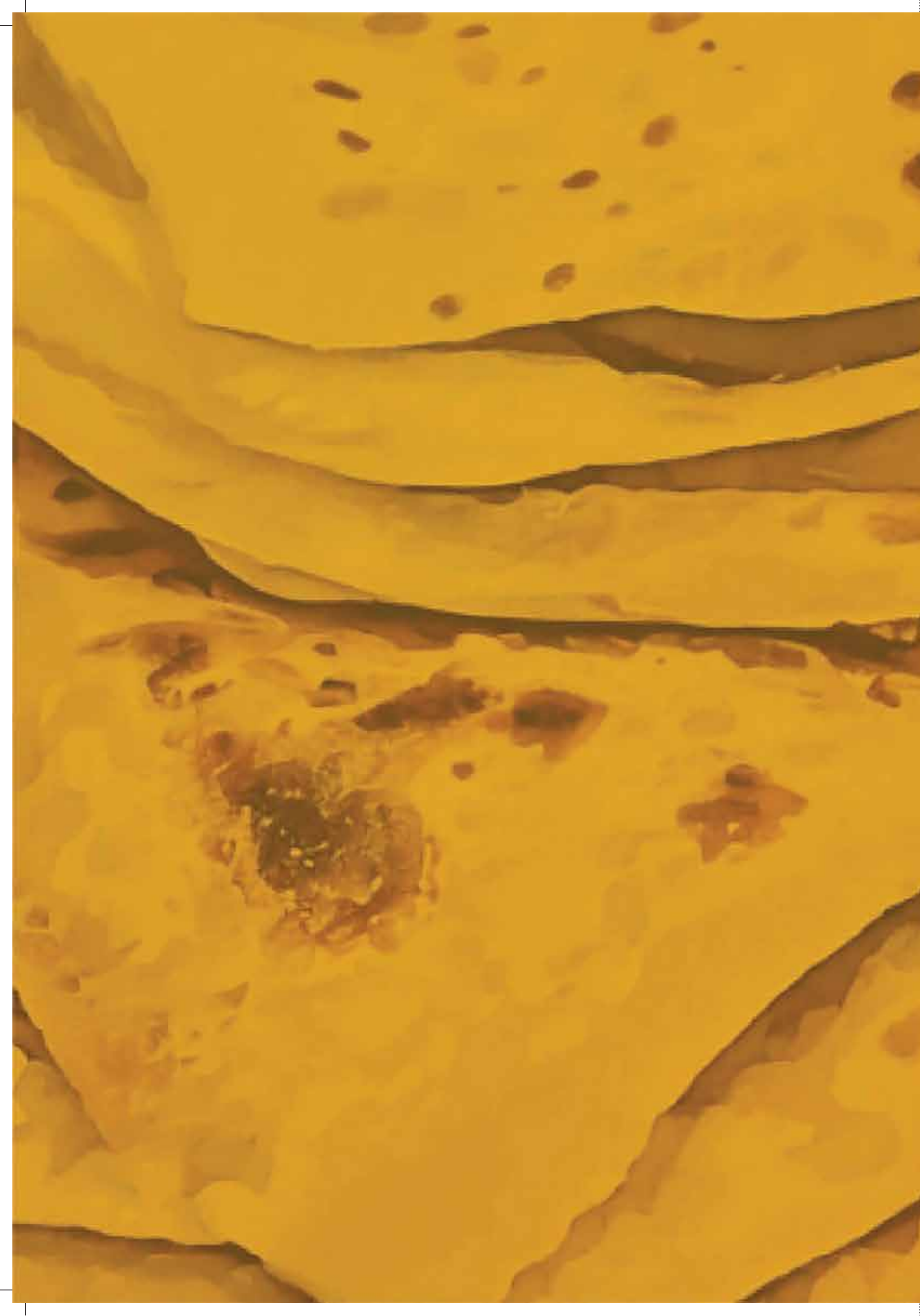
Srifala Besara


Ingredients	Quantity	Nutritional Value
Coconut	100 gm	Calorie - 710.85 Kcal
Brinjal	30 gm	Protein - 9.465 gm
Potato	30 gm	Iron - 3.485 mg
Tomato	20 gm	Calcium - 57 mg
Oil	10 gm	
Salt	As per taste	
Water	As required	
Mustard seed	5 gm	
Groundnut	5gm	

Preparation Method:

Keep the desiccated coconut (nadiya kora) aside. Grind it together with chili, garlic, turmeric, nutmeg, almonds, and tomato, and set this paste aside. Wash the eggplant (baigan) and potatoes thoroughly and cut them into large pieces. Sprinkle salt according to taste and set aside for some time. Heat oil in a pan and lightly fry the eggplant and potatoes. In another pan, heat oil and cook the prepared spice paste until fragrant. Add salt to taste. Then add the fried vegetables, pour some water, and allow it to simmer. Once cooked, serve hot.







ROTI
&
PARATHA



Alashi Roti

Ingredients	Quantity	Nutritional Value
Flax Seed	50 Gm	Calorie - 733.6 Kcal
Wheat Flour	100 Gm	Protein - 23.11 Gm
Cumin	10 Gm	Iron - 25.57 Mg
Ghee	10 Gm	Calcium - 158.86 Mg

Preparation Method:

First, take a pan and place it on the gas. Roast the flax seeds (alsi) for about 2 minutes. After 2 minutes, transfer the flax seeds to a plate and allow them to cool. Once cooled, grind the flax seeds well in a grinder. Take a large plate and mix together flour, cumin seeds, salt, and the ground flax seeds with of ghee. Gradually add water and knead the dough thoroughly. Cover the dough and let it rest for 20–30 minutes. After resting, rub a little ghee on your hands and knead the dough again for 1 minute. On another plate, take some dry flour and shape portions of the dough into small balls. Roll each ball into a round roti and gently cook on a pan and serve hot.



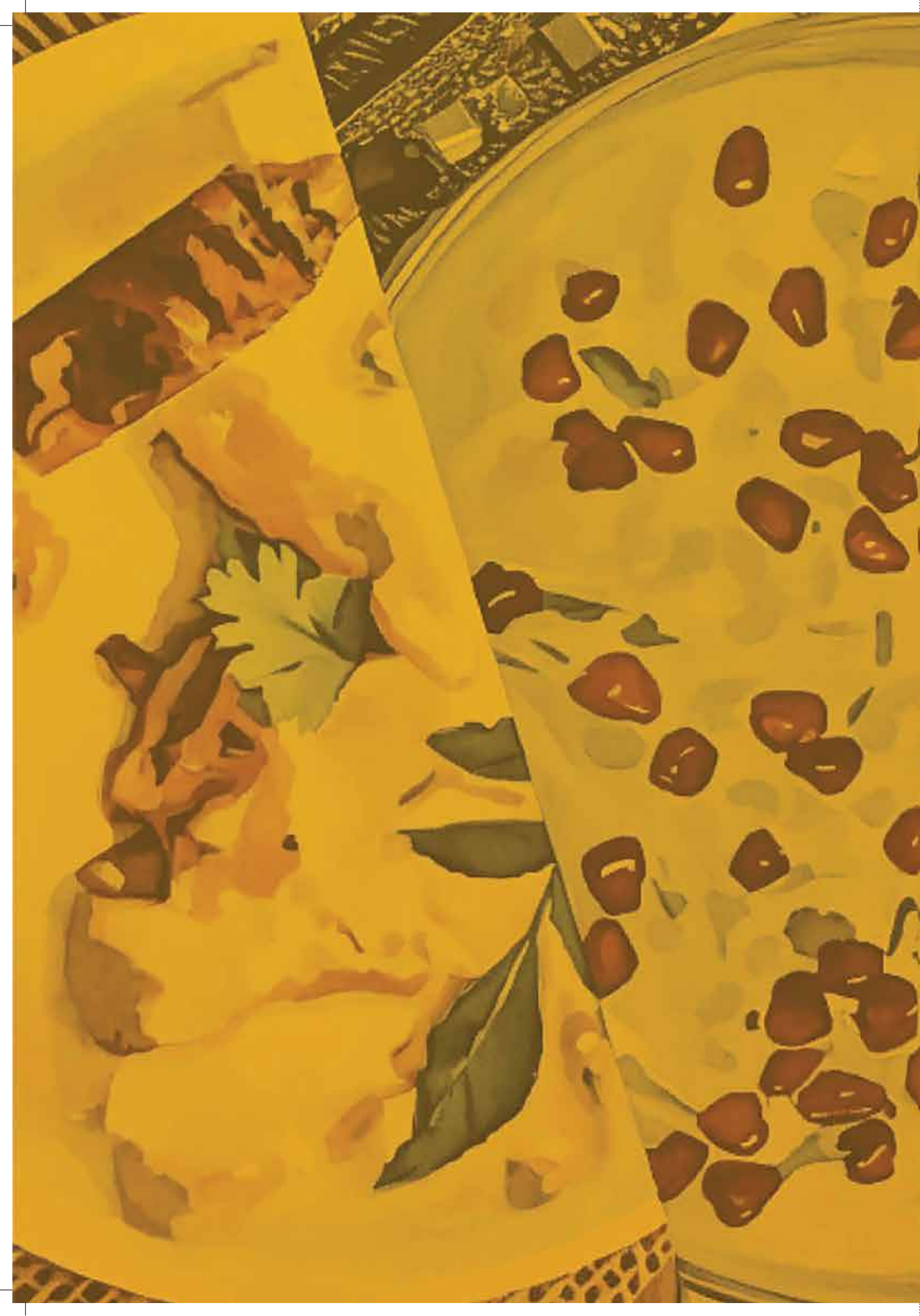
Methi Saga Paratha

Ingredients	Quantity	Nutritional Value
Fenugreek leaves	30gm	Calorie - 679.35Kcal
Wheat flour	100 gm	Protein - 23.975 gm
Ground flour	50 gm	Iron - 12.115 mg
Turmeric powder	5 gm	Calcium - 362.7 mg
Coriander powder	5 gm	
Cumin powder	5 gm	
Carom seed	5 gm	
Onion	10 gm	
Ghee	10 gm	
Salt	As per taste	
Water	As required	

Preparation Method:

Wash the fenugreek leaves (methi), drain well, and keep aside. In a bowl, mix together flour (atta), gram flour (besan), carom seeds (ajwain), coriander powder, cumin powder, turmeric, chopped green chilies, and sautéed onions. Add the fenugreek leaves to this mixture and knead it into a dough. After kneading for 10 minutes, shape the dough into flatbreads (parathas). Heat a tawa (griddle), apply ghee on the paratha, and cook it until done. The fenugreek paratha (methi paratha) is now ready to serve.







ANYANYA



Alashi Chatani

Ingredients	Quantity	Nutritional Value
Flaxseeds	100gm	Calorie - 578.6 kcal
Salt	As per taste	Protein - 20.645 gm
Cumin	5 gm	Iron - 39.815 mg
Garlic	10 gm	Calcium - 70.73 mg
Chili Powder	5 gm	

Preparation Method:

First, take a pan. Place the pan on the gas and roast the flaxseeds (Alasi) well. After the flaxseeds are roasted properly, set them aside on a plate to cool down. Once cool, in a grinder (blender), put the roasted flaxseeds, cumin, garlic, chili powder, and salt according to taste, and grind it. Do not grind it into a fine powder; keep it slightly coarse. Finally, take it out into a plate and serve for eating.



Besan Sajana Saga Omlet

Ingredients	Quantity	Nutritional Value
Gram flour	100gm	Calorie - 665.55Kcal
Wheat flour	50gm	Protein - 25.37gm
Drumstick leaves	30gm	Iron - 10.44mg
Turmeric powder	5gm	Calcium - 365.5mg
Salt	As per taste	
Oil	10ml	

Preparation Method:

Mix salt and turmeric powder into gram flour (besan) and wheat flour and mix it well. Let it rest for 10 minutes. Then add chopped Sajana leaves (drumstick leaves) and cook the mixture rest for another 5 minutes. Heat oil on a tawa (griddle) and pour the besan Sajana leaves mixture into it. Cook well The besan Sajana leaves omelet is now ready to serve.



Dahi Kadi

Ingredients	Quantity	Nutritional Value
Yogurt	100gm	Calorie - 331.1Kcal
Gram flour	50gm	Protein - 14.32gm
Green chilly	5gm	Iron - 6.755mg
Onion	10gm	Calcium - 481.2mg
Cumin powder	5gm	
Turmeric powder	5gm	
Curry leaves	5gm	
Sambar masala	5gm	
Salt	As per taste	
Oil	5ml	

Preparation Method:

Add salt, turmeric, green chili, and cumin powder in besan (gram flour) and prepare the Pakudi (fritters) batter. Heat a kadai (deep pan) on the stove and fry the pakudi until it turns brown golden. In another bowl, mix yogurt (Dahi), besan, salt, and sambar powder, whisk well. Add water as needed and heat on the stove carefully so the yogurt does not curdle. Then, add the prepared pakudi to the yogurt mixture. In a kadai, heat a little oil, add mustard seeds, curry leaves, and green chili to prepare the tempering chhunk, and pour it over the yogurt-fritters mixture. Dahi Kad is ready.



Chuda Kadamba

Ingredients	Quantity	Nutritional Value
Flattened rice powder	100gm	Calorie - 1294 Kcal
Sugar/Jaggery	150gm	Protein - 11.995gm
Coconut	30gm	Iron - 23.94mg
Cardamom	10gm	Calcium - 90.7mg
Cashew nut	10gm	
Ghee	10gm	
Black peeper powder	5gm	
Camphor	5gm	
Raisins	10gm	
Nutmeg	5gm	
Salt	As per taste	
Water	As required	

Preparation Method:

First, soak sugar in water and cook the grated coconut (kora Nadiya) well, stirring continuously. Add black pepper powder and ghee, to the flattened rice powder. Roast cashews, raisins, and nutmeg for 10–20 minutes and grind them by hand. Add a little black pepper powder and camphor, mixing them into the ground mixture. The Chuda Kadamba is now ready.



Mandia Soup

Ingredients	Quantity	Nutritional Value
Ragi Flour	100gm	Calorie - 597.15Kcal
Vegetables	50gm	Protein - 10.58gm
Oil	10ml	Iron - 8.385mg
Cumin	5gm	Calcium - 453mg
Mustard seed	5gm	
Turmeric powder	5gm	
Salt	As per taste	
Water	As required	
Black peeper	5gm	
Lemon	Half slice	

Preparation Method:

First, soak split Mandia lentils (Mandia chuna) in water. Heat oil and sauté ginger, garlic, and fenugreek. Add the soaked Mandia chuna with three times its volume of water and let it boil. Once it starts boiling, add the sautéed fenugreek and vegetables. Let it simmer for 5 minutes. Finally, add a little black pepper powder and a few drops of lemon juice. The Mandia Soup is now ready to serve.



Muga Khirisa

Ingredients	Quantity	Nutritional Value
Green gram	100gm	Calorie - 841.75Kcal
Milk	100gm	Protein - 32.41gm
Sugar	50gm	Iron - 5.76mg
Groundnut	10gm	Calcium - 270.5mg
Cashew nut	10gm	
Cardamom	5gm	
Ghee	10gm	
Salt	As per taste	

Preparation Method:

Soak mung dal for 1 hour. Drain and roast the dal for 2 minutes. After roasting, let it cool slightly and grind it with a little water to make a coarse paste. Heat 2 tbsp ghee in a pan. Once hot, add milk and bring it to a boil. When the milk boils, add sugar and stir well until fully dissolved. Add the ground mung dal paste and a pinch of salt to it. Cook while stirring continuously for 3 minutes. Add Cardamom if desired and mix well. Turn off the stove. Pour the mixture into a plate while still hot. Garnish with chopped cashews and almonds. Let it cool for about half an hour. Once cooled, cut into desired sizes and serve.



Sago Custard

Ingredients	Quantity	Nutritional Value
Sago	50gm	Calorie - 754.4Kcal
Milk	100gm	Protein - 7.3gm
Custard powder	50gm	Iron - 3.83mg
Sugar	50gm	Calcium - 167.6mg
Cashew nut	10gm	
Raisins	10gm	
Apple	20gm	
Banana	20gm	
Pomegranate	20gm	

Preparation Method:

Soak the sago in water for 3-4 hours. Drain the sago and cook it in 2 glasses of boiling water until it becomes translucent. Strain the cooked sago in a sieve and set aside. In another pan, bring 1 liter of milk to a boil. Dissolve the custard powder in a little milk and slowly add it to the boiling milk while continuously stirring to avoid lumps. Add sugar according to taste and mix well.



Home Made Cerelac

Ingredients	Quantity	Nutritional Value
Rice	100gm	Calorie - 623 Kcal
Toor dal	50gm	Protein - 16.46gm
Vegetables	30gm	Iron - 3.5mg
Coconut oil	10ml	Calcium - 912.08mg
Salt	As per taste	
Water	As required	

Preparation Method:

Chop the green vegetables into small pieces. Wash the rice, Toor and vegetables thoroughly. Cook them together until they become soft and porridge-like. Let it cool down slightly and then mash or grind to a smooth consistency. Strain the mixture through a fine sieve to remove any coarse particles. Add a little oil and salt according to taste. Serve the child when cooled.



Mandia Barfi

Ingredients	Quantity	Nutritional Value
Ragi flour	100gm	Calorie - 722.4Kcal
Coconut	10gm	Protein - 11.75gm
Groundnut	20gm	Iron - 9.17mg
Milk	500ml	Calcium - 518mg
Sugar/Jaggery	50gm	
Ghee	15gm	

Preparation Method:

Heat ghee in a pan and roast the mandia flour until it turns light brown. Add chopped groundnut and roast them lightly. Mix in grated coconut, a pinch of salt, jaggery (or sugar), and milk. Stir continuously and cook until the mixture thickens. Take a clean, dry plate and grease it with ghee. Pour the prepared mixture onto the plate. Flatten the mixture evenly using a spatula or the back of a spoon. Let it cool completely. Once cooled, cut it into pieces of your desired shape and serve.



Mandia Tampa

Ingredients	Quantity	Nutritional Value
Ragi Flour	100gm	Calorie - 325 Kcal
Sugar/Jaggery	75gm	Protein - 1gm
Grated coconut	5gm	Iron - 5.6mg
Ghee/Oil	10gm	Calcium - 344mg
Salt	As per taste	

Preparation Method:

Take the ragi/millet flour (mandia chuna) and mix it with a bowl of water. Add salt, jaggery or sugar to the water. Once the water boils, add the flour to it, and then add grated coconut. Simmer on a low flame for 7 to 8 minutes. Afterward, take it off the heat and mix it thoroughly with a wooden stirrer (pithakhadika).

Grease your hands with oil or ghee and shape the mixture into round balls. Mandia Tampa is ready!



Panasa Bhandha Pithau bhaja

Ingredients	Quantity	Nutritional Value
Jackfruit	100gm	Calorie - 599.05Kcal
Rice paste	100gm	Protein - 14.665gm
Oil	10ml	Iron - 8.305mg
Salt	As per taste	Calcium - 142.5mg
Turmeric powder	5gm	
Chilly Powder	5gm	
Garlic	5gm	
Cumin seed	5gm	

Preparation Method:

Remove the core from the ripe jackfruit and cut it into round slices. Boil the slices for 5 minutes. Prepare a batter with ground rice, cumin, chili, turmeric powder, and garlic. Coat the boiled jackfruit slices in the batter. Fry/roast them on a griddle (tawa) with oil.



Kadali Bhandra Phula Tarakari

Ingredients	Quantity	Nutritional Value
Plantain	100gm	Calorie - 122.7Kcal
Potato	20gm	Protein - 4.295gm
Onion	10gm	Iron - 4.205mg
Garlic	5gm	Calcium - 81.2mg
Salt	As per taste	
Ginger	5gm	
Cumin	5gm	
Garam masala	5gm	
Water	As required	

Preparation Method:

Take the banana blossom flower out and clean it. Next, cut the potatoes into small pieces and set aside. Prepare a paste/mixture of ginger, garlic, onion, cumin, and dry chili spices. Heat a little oil in a pan and fry the potatoes. Then, put whole spices in the oil and fry the onions until they turn brown. Once they turn brown, add chili powder and then add the prepared spice paste and sauté. Once the spices are well-sautéed, add the potatoes and the banana blossom flower. Let it boil for some time, and once it has boiled well, add garam masala and take it off the heat. The Banana Blossom Flower Curry is ready.



Dahi Manja

Ingredients	Quantity	Nutritional Value
Banana stem	100gm	Calorie - 268 Kcal
Yogurt	50gm	Protein - 9.405gm
Curry leaves	10gm	Iron - 7.985mg
Mustard seed	5gm	Calcium - 500.6mg
Green chilly	5gm	
Bengal gram	10gm	
Chat masala	5gm	
Cumin powder	5gm	

Preparation Method:

First, cut the banana stem (manja) into small pieces. Heat 2 teaspoons of oil in a pan. Add split chickpeas (chana dali), mustard seeds, curry leaves, and chopped green chili and let them splutter. Next, drain the water from the cut banana stem pieces and add the banana stem to the pan. Mix it well. Take yogurt (dahi) in a bowl. Add salt, chaat masala, and roasted cumin and chili powder (jira-lanka gunda) and mix thoroughly. Then, pour the cooked banana stem from the pan into the yogurt mixture and mix everything well. Garnish with a little coriander leaves (dhania patra). You can enjoy this Banana Stem Raita (Dahi Manja) with rice or roti (Indian flatbread).



Idli Pitha

Ingredients	Quantity	Nutritional Value
Rice	100gm	Calorie - 705Kcal
Black gram	50gm	Protein - 18gm
Oil	10ml	Iron - 3.2mg
Salt	As per taste	Calcium - 95mg

Preparation Method:

First, soak the skinless black gram (urad dal) and parboiled rice for 2 to 3 hours. Grind them and put the batter in a bowl. Add salt to the batter as needed and mix well. Heat water in an idli Mold and pour the prepared batter into the Molds using a spoon, then cover. Keep it covered for 15-20 minutes until fully cooked it. After some time, remove the Idlis and serve



Atakali

Ingredients	Quantity	Nutritional Value
Rice flour	100gm	Calorie - 602.75Kcal
Milk	50ml	Protein - 10.28gm
Sugar	20gm	Iron - 1.58mg
Grated coconut	30gm	Calcium - 81.9mg
Cardamom powder	5gm	
Salt	As per taste	

Preparation Method:

First, take a bowl with rice flour and add water to it, mixing it into a smooth batter. Take out about 5-6 Spoon of this batter and set it aside. Take a pan, add water, and heat it on the stove. Add salt to taste and 2 teaspoons of sugar to the boiling water and mix. Add ghee to the remaining rice flour mixture (the one not set aside) and knead it well. From this dough, prepare small round balls (the At takali). Again, place the pan on the stove and add milk. Add water and let it boil for some time. Mix in Amul (likely Amul powder or similar milk powder/product) and stir. After boiling for some time, add sugar, salt to taste. Add grated coconut and stir. Add the small round balls (the attakali) and let them boil. Add cardamom powder (Gujrati Gunda). After boiling for some time, the Attakali is ready.



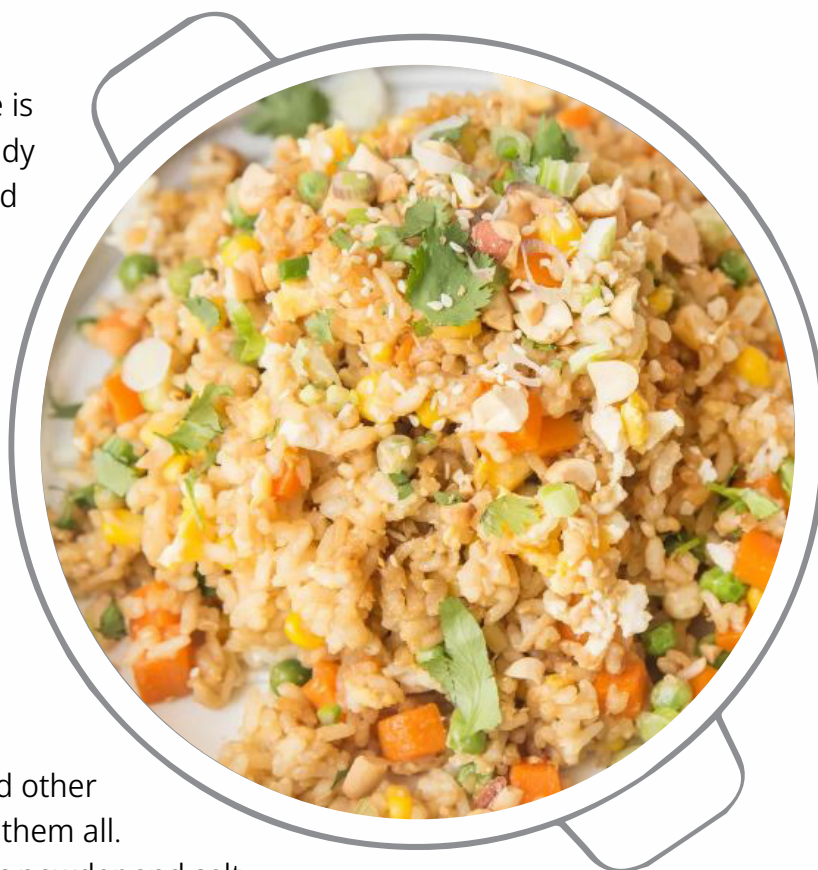
Pulihara

Ingredients	Quantity	Nutritional Value
Rice	100gm	Calorie - 2472.4Kcal
Bengal Gram	10gm	Protein - 19.3gm
Ground nut	10gm	Iron - 6.835mg
Lemon	Half slice	Calcium - 466.1mg
Cashew nut	10gm	
Cumin, mustard seed	10gm	
Turmeric powder	5gm	
Dried chillies	5gm	
Green chillies	5gm	
Curry leaves	10gm	
Oil	20ml	
Salt	As per taste	

Preparation Method:

First, the parboiled rice is lightly cooked (or already cooked and cooled) and kept aside in a bowl. Peanuts and cashew nuts are lightly roasted and kept aside in a separate dish. Heat oil in a pan (or kadai). Add chana dal (split chickpea lentil) and fry it. Then, add green chillies, dry red chillies, cumin seeds, mustard seeds, curry leaves, and other ingredients, and sauté them all.

After that, add turmeric powder and salt and mix well. After five minutes, squeeze in lemon juice. Add the roasted peanuts and cashews, and mix them in. Finally, add the rice as well, mix everything together, and cover it. The Pulihora is now ready.



Rasabara

Ingredients	Quantity	Nutritional Value
Red gram	100gm	Calorie - 3433Kcal
Sugar	100gm	Protein - 22.4gm
Oil	300gm	Iron - 2.9mg
		Calcium - 85mg

Preparation Method:

First, the masoor dal (red lentils) will be washed with water. Then, it will be soaked in water for 3 hours. After that, it will be drained from the water and ground (or blended). Oil will be heated, and the ground paste will be fried in a round shape. Then, sugar syrup will be made, and the fried items will be put into it. The Rasa Bara is ready.



Thethri

Ingredients	Quantity	Nutritional Value
Refined wheat flour	100gm	Calorie - 2148 Kcal
Oil	200gm	Protein - 11gm
Salt	As per taste	Iron - 2.7mg
Carom seed	5gm	Calcium - 23mg
Baking soda		

Preparation Method:

First, you need to knead the flour well with water, oil, soda (baking soda or cooking soda), salt, and carom seeds (ajwain). Next, roll it out thickly and shape it with your hands into a stick-like form. Then, heat oil in a pan (Kadai) and deep fry them. When they turn reddish-brown, take them out and set them aside. The Thethri is ready.



Mandia Modak

Ingredients	Quantity	Nutritional Value
Ragi flour	100gm	Calorie - 708 Kcal
Ghee	20gm	Protein - 10.4gm
Jaggery	50gm	Iron - 9.8mg
Grated coconut	30gm	Calcium - 415mg
Cashew nut	10gm	
Groundnut	10gm	
Cardamom powder	5gm	
Salt	As per taste	
Water	As required	

Preparation Method:

Place a pan on the stove and heat one spoon of ghee. Add grated coconut, cashew nuts, almonds, jaggery, and cardamom powder to the ghee and fry for 3 minutes. Set this mixture aside to cool down. Place another Pan on the stove, heat one spoon of ghee, and roast the finger millet (Mandia) flour for 2 minutes. Transfer the roasted millet flour to another bowl and add the grated coconut to it. Put a pan on the stove and melt the jaggery to make a syrup. Mix the prepared millet mixture into the jaggery syrup and knead it well. Grease your hands with ghee, take a portion of the mixture, and shape it like Modaka. Once cool, transfer the Mandia Modaka to a serving dish.



Apallu

Ingredients	Quantity	Nutritional Value
Satu	100gm	Calorie - 1873Kcal
Sugar	25gm	Protein - 17.7gm
Sesame seed	25gm	Iron - 14.7mg
Oil	30gm	Calcium - 976mg
Salt	As per taste	

Preparation Method:

Mix the Satu (a roasted cereal/pulse flour mix) with water to form a batter and let it rest for 5 minutes. After resting, mix/knead the batter again, roll it into balls, and flatten them into pitha (flat cakes or patties). Press sesame seeds onto both sides of the pithas. Deep fry them in oil until golden brown. Remove them from the oil and drain them on a plate.



Mandia Uttapam

Ingredients	Quantity	Nutritional Value
Finger millet	100gm	Calorie - 658.8 Kcal
Carrot	10gm	Protein - 12.6gm
Capsicum	10gm	Iron - 5.89mg
Onion	10gm	Calcium - 455.1mg
Tomato	10gm	
Oil	10ml	
Salt	As per taste	
Curd (yogurt)	30ml	
Sugar	25gm	
Semolina	30gm	
Cabbage	10gm	
Green chilies	5gm	
Coriander leaves	10gm	
Black peeper powder	3gm	
Water	As required	

Preparation Method:

Soak the millet(Mandia) in water. Once well soaked, pour it into a bowl. Add semolina (suji), yogurt, salt, sugar, and some water, and let it rest for 1 hour. Chop carrot, capsicum, tomato, onion, cabbage, green chili, and coriander leaves into small pieces. Heat a pan (tawa) on the stove and add oil. Once the oil is hot, pour the prepared batter and spread it in a circular shape like a pancake.



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COOKING RECIPES

