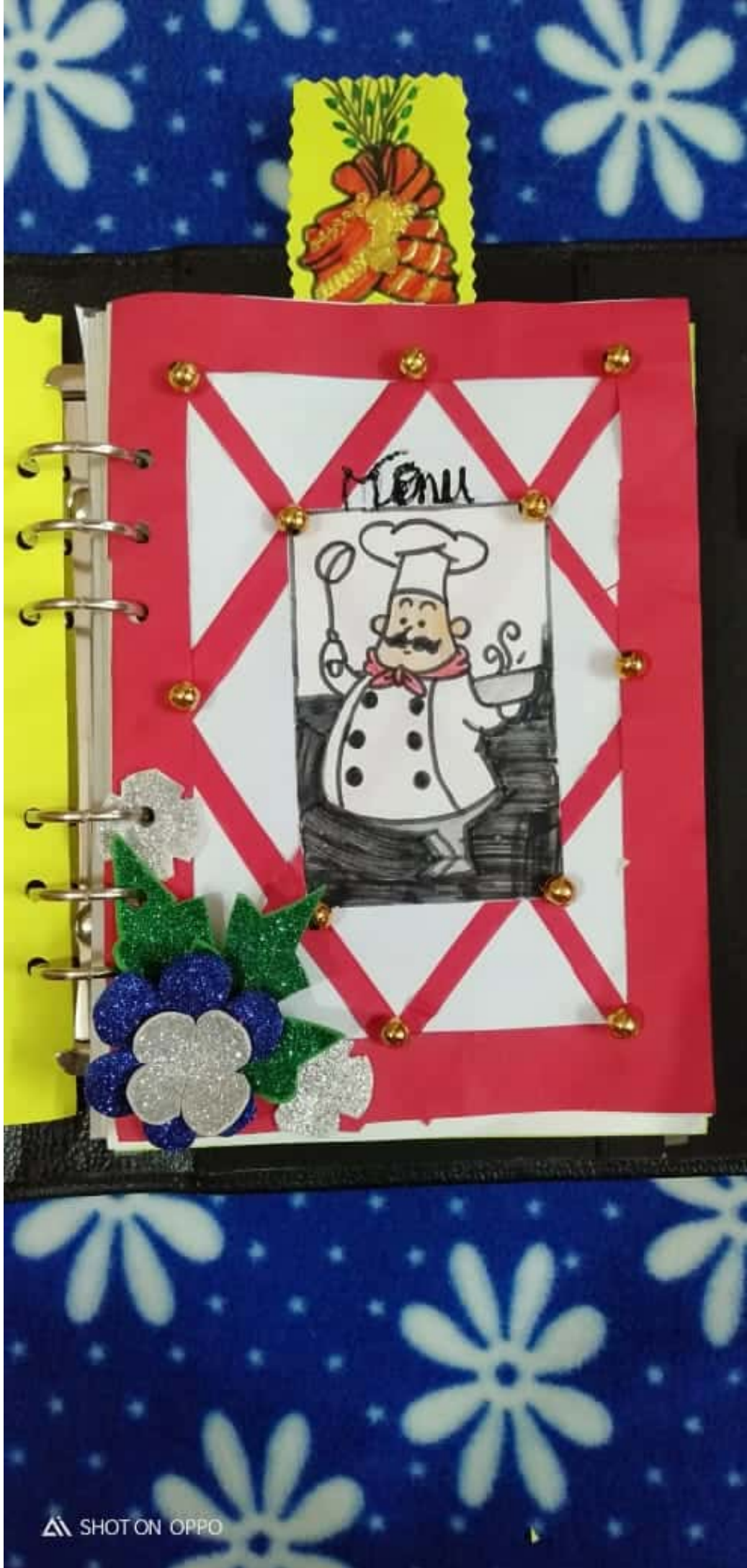




அஸ்ஸுடு
விந்தி
போஜனம்

Prepared by,
Poornima S,
Paravai,
Madurai







ஆறா ஏமி ருசி
அன்புடு விந்து போஜனம் வெணு

1. உப்பு
- * 2. மாங்காய் பிச்சு
3. முருங்கைகாய் உளுங்காய்
- * 4. மா கிஞ்சி உளுங்காய்
5. கீருக்கிண உடுமாங்காய்
- * 6. கொண்டைபடவை கறி
- * 7. உருணாபிழந்து மசாங்கறி
- * 8. புளிச்சகீரை பச்சடி
- * 9. காரா புந்தி சுவிர பச்சடி
- * 10. பீண்டு சுவரன் கூற
11. புதுபூ
- * 12. தேங்காய் பச்சடி
13. அல்லம் பச்சடி
- * 14. உள்ளி வங்காய் புதுசு
15. உத்பூண்ட மஞ்சிசு புதுசு
- * 16. பெண்டிலிண்டி சாரா
- * 17. சுவிர





- * 18. கிச்சா அல்வா
- * 19. முக்கன் அல்வா
- * 20. பேச்சும்படி பர்சி
- * 21. சூட்ட போளி
- * 22. புள்ள வடை
- * 23. காபலு (கொழுக்கட்டை)
- * 24. பால் போளி
- * 25. பவுன் பரவண்ணம்
- * 26. பால் உண்டலு
- * 27. வித்துலு பரவண்ணம்
- * 28. சூட்டை
- * 29. வடிக்காலு
- 30. அப்பளம்
- 31. அண்ணம்
- 32. பாய், ரெய், வெட்டி
- 33. வந்தல் (கூர்ச்சாய், கோவச்சாய், வெண்டைக்காய்)







PODI

&

PICKLES




 Paruppu Podi 

Joan dal	1 cup
Chana dal	1/4 cup
Red chilli	6
Pepper	1 Teaspoon
Cumin seeds	1 Teaspoon
Curry leaf	10
Asafetida	1/4 spoon
Salt	To taste





 Drumstick 
Pickle

Ingredients

Drumstick Pulp	1 Cup
Chilli Powder	To Taste
Fenugreek	1 Teaspoon
Mustard	2 Teaspoon
Salt	To taste
Curry Leaves	1 Spring
Oil	1 Cup
Asafoetida	2 Teaspoon
Jaggery	1 Teaspoon





Raw Mango Mixture

Ingredients:

Raw Mango	1 No
Chilli Powder	To Taste
Small Onion	4 Nos.
Salt	To Taste
Asefoetida	1/2 Teaspoon
Oil	2 Teaspoon
Mustard	1 Teaspoon
Sambhar powder	1/2 Teaspoon




 Ginger Pickle 

Ingredients:

Mango Ginger	50gms
Green chilli	10 Nos.
Tamarind Paste	3 Tbsp
Salt	To Taste
Asafoetida	1 Tsp
Oil	As required
Mustard	1 Tsp
Jaggery	1 Tsp





Stuffed Vadu Manga



Ingredients:

Vadu Manga	1/2 Kg
Dhaniya Powder	2 1/2 tablespoon
Chilli Powder	2 To Taste
Teera Powder	2 1/2 tablespoon
Oil	As required
Salt	To Taste
Asojetida	2 Teaspoon
Mustard and Fenugreek Powder	2 Teaspoon



SWEETS



 Cuscus 
Halwa

Ingredients:

Ghee	1 Cup
Cuscus	1 Cup
Sugar	1 Cup
Milk	50 ML







Mukkani Halwa

Ingredients:

- | | |
|----------------|--------------|
| Mango Pulp | 1/2 Cup |
| Banana Pulp | 1/2 Cup |
| Packfruit Pulp | 1/2 Cup |
| Sugar | 1 Cup |
| Ghee | 1 Cup |
| Cashews | 1 Tablespoon |



 Surul  Boli

Ingredients:

Maida	1 cup
Roasted Channa	1/2 Cup
Sugar	1/2 Cup
Cashews	1 Tablespoon
Besame	1 Teaspoon
Pumpkin Seeds	1 Teaspoon
Water	As Required



Dates

Burfi

Ingredients:

Dates

6 Nos

Fig

3 Nos

Badam

5 Nos

Pista

4 Nos

Cashew

5 Nos

Ghee

2 Teaspoons

Cuscus

2 Teaspoons



Kozhukattai

Ingredients:

Rice Flour	1 Cup
Sesame Seeds	$\frac{1}{4}$ Cup
Jaggery	$\frac{1}{4}$ Cup
Water	1 $\frac{1}{2}$ Cup





Curries
&

Vegetables



Kadalai Curry



Ingredients :

- | | |
|------------|------------|
| Chenna | 1 cup |
| Onion | 1 Nos |
| Salt | To Taste |
| Tomato | 4 No |
| Coconut | 2 Piece |
| Sombu | 1 Teaspoon |
| Red Chilli | 4 Nos |
| Cloves | 2 Nos |





Potato Masal Curry



Ingredients :



- | | |
|---------------|------------|
| Potato | 4 Nos |
| Tomato | 2 Nos |
| Onion | 2 Nos |
| Coconut | 4 Inch |
| Dhaniya | 2 Teaspoon |
| Ginger | 1 Inch |
| Garlic | 4 Cloves |
| Seaweed | 1 Pinch |
| Bayleaf | 1 leaf |
| Clove | 2 Nos. |
| Chilli Powder | To Taste |
| Salt | To Taste |
| garam masala | 1 Teaspoon |
| Curry leaf | 1 spring |



Beans



Jhuwaran



Ingredients:

- | | |
|------------|--------------|
| Beans | 100 Grams |
| Toor Dal | 2 Tablespoon |
| Coconut | 4 Inch |
| Teera | 1 Teaspoon |
| Red chilli | To Taste |
| Curry leaf | 1 Spring |
| Salt | To Taste |





Pachadi



Boondi

Raita

Ingredients:

Curd	1 cup
Boondi	1/2 cup
Salt	To Taste
Chilli Powder	To Taste





Gongura Pachadi





Ingredients:

- Pulicha Keerai 1 Bunch
- Garlic 6 Cloves
- Mustard Powder 2 Teaspoon
- Fenugreek Powder 1 Teaspoon
- Salt To Taste
- Oil 4 Tablespoon
- Red Chilli 6 Nos.
- Asafoetida 1 Teaspoon
- Small onion 5 Nos.





 Coconut 
Pachadi

Ingredients :

Coconut		1/2 Cup
Red Chilli		4 Nos.
Salt		To Taste
Channa		1/2 Cup
Oil		As Required
Mustard		1 Teaspoon
Asafoetida		1 Teaspoon
Jamunind Paste		1 Tablespoon



Ginger

Pachadi



Ingredients:

Ginger

4 inches

Coconut

1/4 Cup

Turmeric

1/2 Teaspoon

Red Chilli

2 Nos.

Salt

To Taste

Jaggery

1 Teaspoon

Tamarind Pulp

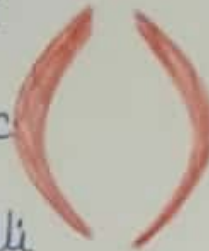
1 Tablespoon

Oil

As Required

Mustard

1 Teaspoon





Rice

&

Accompaniment



Rice

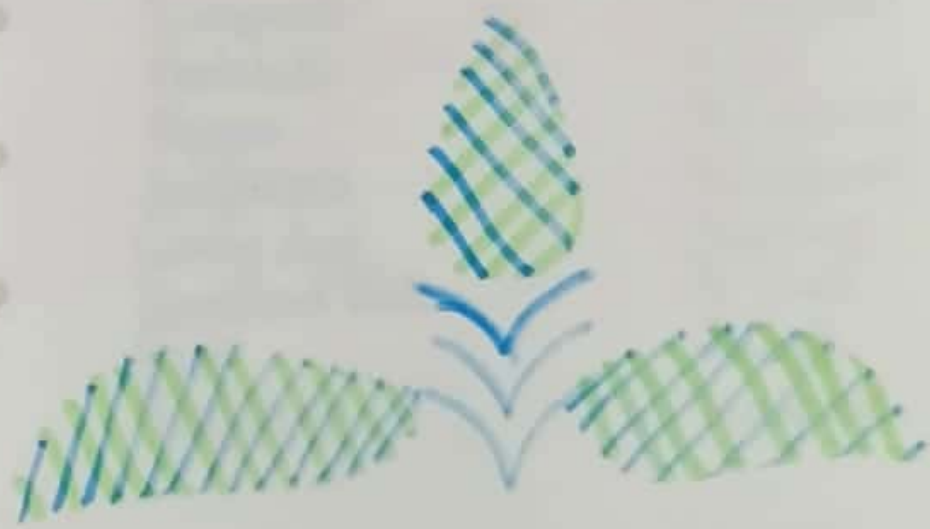
Ingredients :

Raw Rice

1 Cup

Water

3 Cups





Ulli



Vankaya

Pulusu

Ingredients:

Vankaya
 Small Onion
 Tomato
 Gramdal
 Dhaniya
 Teera
 Fenugreek
 Red Chilli
 Pepper
 Asofetida
 Curry Leaf
 Tamakind Paste
 Salt
 Jaggery

6 Nos.
 10 Nos.
 2 Nos.
 2 Teaspoon
 3 Teaspoon
 1 Teaspoon
 1 Teaspoon
 4 Nos.
 1/2 Teaspoon
 1 Teaspoon
 4 Spring
 To Taste
 To Taste
 1 Teaspoon





Udduntai

Mor

Kuzhambu



Ingredients:

- | | |
|------------------|--------------|
| Gram Dal | 1/2 Cup |
| Jor Dal | 1/2 Cup |
| Ginger | 1 Inch |
| Red Chilli | 2 Nos. |
| Jeera | 1 Teaspoon |
| Coconut (grated) | 2 Tablespoon |
| Green Chilli | 4 Nos. |
| Asfoetida | 1 Teaspoon |
| Mustard | 1 Teaspoon |
| Curry leaf | 1 Spring |
| Curd | 1 Cup |





Kalyana

Rasam



Ingredients:

Teera

2 Teaspoon

Pepper

2 Teaspoon

Curry leaves

2 Springs

Tomato

2 Nos.

Salt

To Taste

Tamarind Paste

2 Tablespoon

Garlic


6 cloves

Asafoetida

1 spoon





 Buttermilk

Ingredients:

Buttermilk

Salt

Gringer

Coriander

Teera

Mustard

Curry leaf



1 Cup

To Taste

1/2 Inch

1 Tablespoon

1 Teaspoon

1 Teaspoon

1 Spring





Sidedishes



Pulla Vadai

Ingredients:

Raw Rice	1 Cup
Red Chilli	4 Nos
Pumpkin	1 Piece
Salt	To Taste
Oil	As required
Jamun Pulp	1 Tablespoon
Curry Leaves	1 Sprigs
Asafoetida	1 Teaspoon
Mustard	1 Teaspoon





Punnugulu



Ingredients:

Idly Rice

1 Cup

Urad Dal

2 Teaspoon

Salt

To Taste

Gram Dal

1 Tablespoon

Chilli Powder

To Taste

Coconut flakes

1 Spoon

Mustard

1 Spoon





Thattai

Ingredients :

Rice Flour	4 Cup
Roasted Chonna Powder	1 Cup
Asafoetida	1 Teaspoon
Salt	To Taste
Curry Leaves	
Sesame	2 Teaspoon





Varugu



Ingredients:

Ladies Fingers + Salt

Vankaya + Salt + Turmeric + Jamarind

Kovakai + Salt

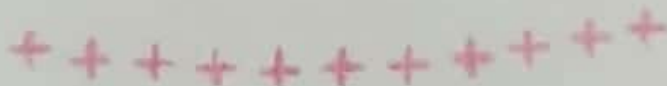
Vadigal

Tomato:

Tomato + Raw Rice + Salt + Water

Rice:

Raw Rice + Salt + Teera + Water





P
Payasams
Desserts



Poun

Payasam



Ingredients:

Khova

1 Cup

Maida

2 Tablespoon

Milk

1 Litre

Badam

5 Nos.

Sara Paruppu

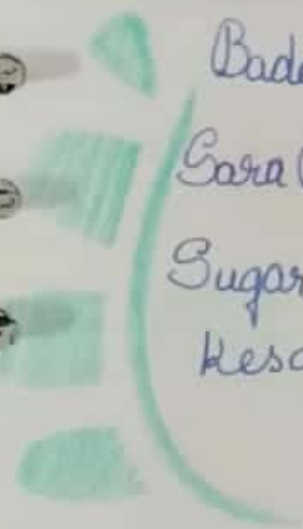
1 Teaspoon

Sugar

To Taste

Kesar

To Taste







Vithulu
Payasam

Ingredients :

Vithulu	50 Grams
Milk	1/4 litre
Sugar	To Taste
Water	To Cook.







 Paal Untai 

Ingredients:

- | | |
|-----------|---------|
| Jdly Rice | 1 Cup |
| Jaggery | 1 Cup |
| Milk | 1 Litre |
| Coconut | 1/4 Cup |
| Cardamom | 4 Nos. |
| Salt | 1 Pinch |





 Paal Poli 

Ingredients:

Maida	1 Cup
Coconut	1 No.
Jaggery	1 Cup
Cardamom	10 Nos.
Cuscus	1 Tablespoon
Oil	As Required
Cashews	10 Nos





THANK
You



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