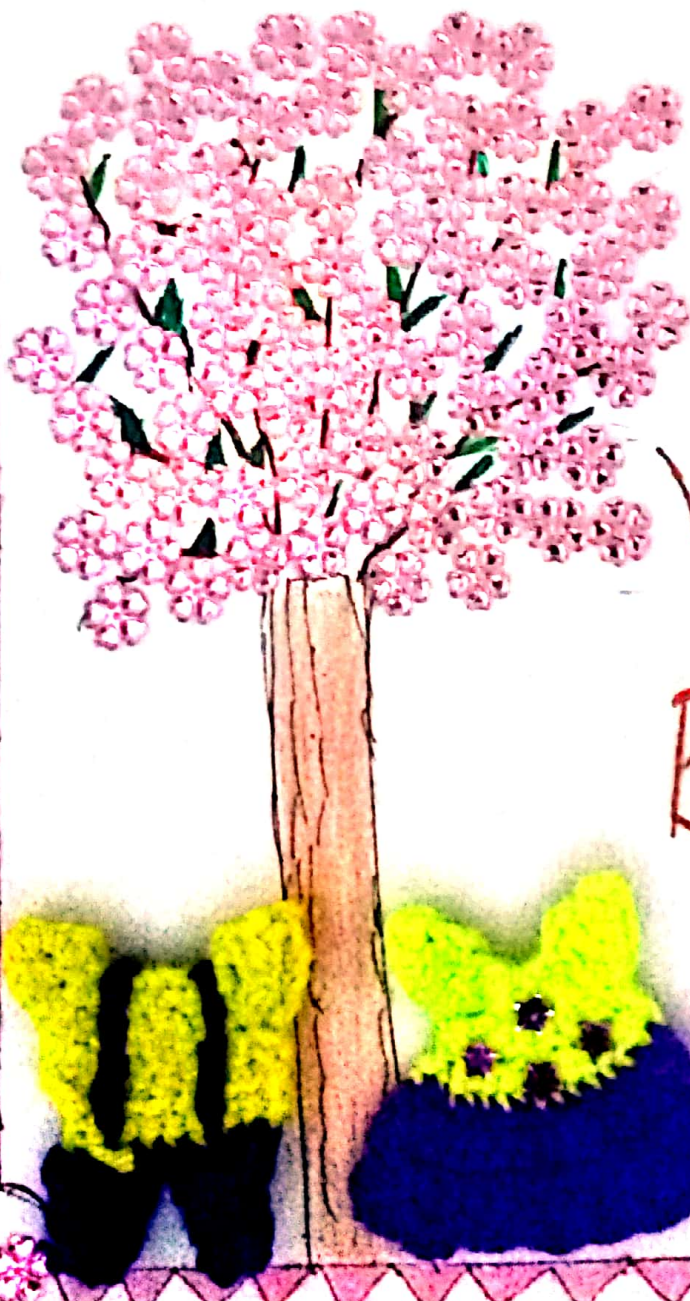


# KITCHEN CHAMPIONS



ALLUDU  
VINDHU  
BOJANAM

K.C RANJITHAA  
CHENNAI



# MENU



Salt

1

## Jaggery Avakkai

(Raw mangoes sauted in oil and topped with red chilli powder, salt and Jaggery)

2

Ingredients :-

8 cups of mangoes

2 cups of Jaggery

1 cup of chilli powder

1/2 cup of Salt

2 tspns of Mustard powder

2 tspns of Fenugreek powder



## Mudha Pappu

(Boiled and Mashed lentil tempered with ghee, jeera and hing)

3

Ingredients :-

1 cup of Toor dhal

1 cup of water

1 tsp ghee

1/2 tsp Jeera & Hing

Salt as required





## Ladies Finger Pachadi

4

(Sautéed ladies finger ground with dry desiccated coconut, coriander seeds, red chillies, and tamarind, finally mixed with finely chopped raw onions)

### Ingredients :-

- 1/2 kg Ladies Finger
- 1 tblspn coriander seeds
- 10 nos Red chillies
- 1 tblspn tamarind & salt
- 2 tblspns Dry desiccated coconut
- 1 nos onion



## Red Pumpkin Curd Pachadi :-

5

(Boiled and mashed red pumpkin mixed with whipped curd and tempered with mustard seeds, oil dhal & green chillies)

### Ingredients :-

- 200 gms Red Pumpkin
- 200 gms Curd
- 1 tspn oil
- 1 tspn Mustard seeds, oil dhal
- 1 tspn salt
- 2 nos green chillies

## Yam Ukkiru :-

6

(Boiled and mashed yam cooked in tamarind sauce and topped with chilli powder, salt and jaggery)

### Ingredients :-

1 Kg Yam

1 Big lemon size tamarind

3 onions

20 nos garlic cloves

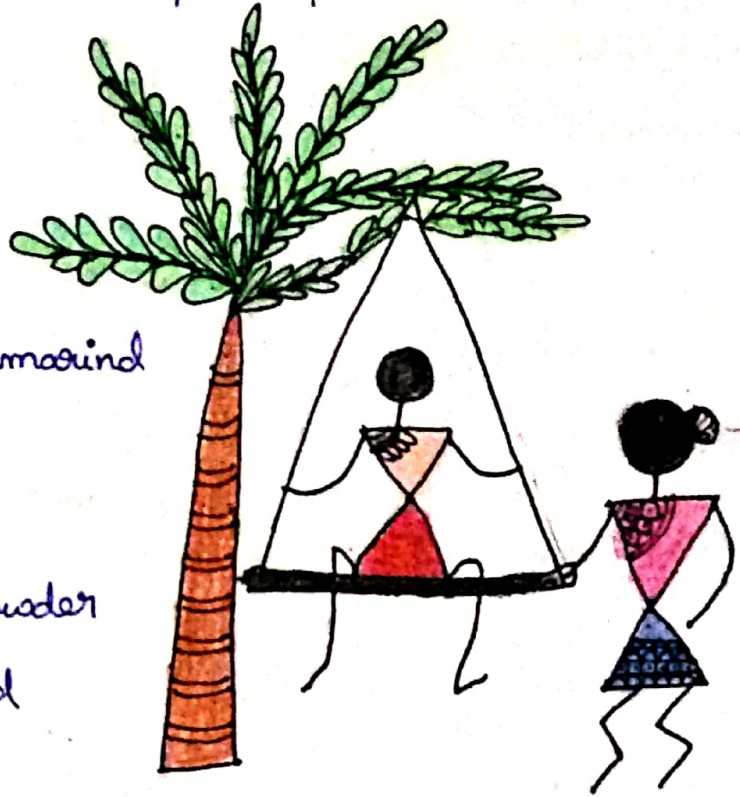
3 tbsps chilli powder

Salt as required

3 tbsps Jaggery

Oil as required

1 tsp mustard seeds



## Brinjal Fry

7

(Handpicked tender brinjals sauted in oil and topped with lentil; groundnut; chilli; coconut and tamarind powder)

### Ingredients :-

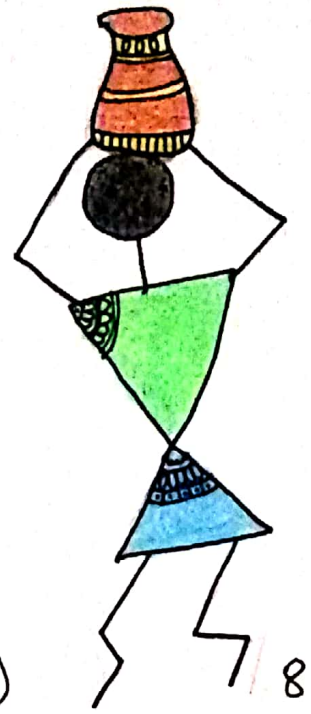
1 Kg Brinjal

1 tsp sesame seeds

1 tsp channa dhal



1 tsp Oid dhal  
 1 tsp Coriander seeds  
 1 tsp Jeera  
 1 tsp Fenugreek seeds  
 15 nos Red chillies  
 1 tsp tamarind  
 1 tsp groundnuts  
 salt as required



Colocasia Taro Fry (Channa Gadda)

(Deep fried taro topped with chilli powder and salt)

Ingredients:-

1/2 Kg Taro  
 1/2 lbs Oil or as required  
 1 tsp chilli powder  
 salt as required

Indian Doughnut (Medhu vada)

(Light airy fried lentil doughnuts stuffed with onions and green chillies)

Ingredients:-

1 cup Oid dhal  
 1 nos onion

4 nos green chillies  
1 tsp cumin seeds  
Salt as required  
Oil as required

### Cashew Pakoda :-

10

(Deep fried cashew nuts coated with besan flour, chilli powder, jeera and curry leaves)

### Ingredients :-

100 gms cashew nuts  
150 gms Besan Flour  
1 tsp chilli powder  
1 tsp jeera  
1 tbspn Dalda or ghee or oil  
1 pinch Baking soda  
75 gms Rice Flour  
Salt as required  
curry leaves



### Boondhi :-

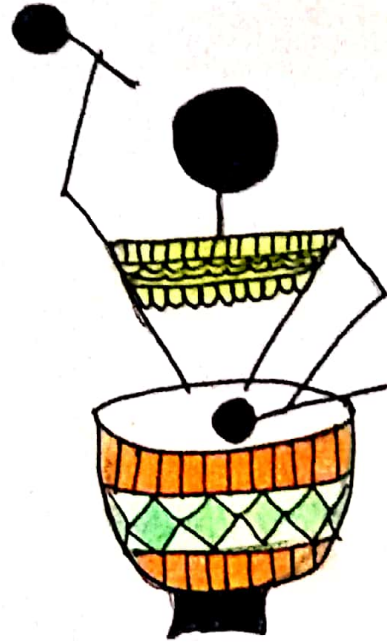
11

(Deep fried small besan flour balls mixed with cashews and groundnuts)



## Ingredients :-

- 1 cup Besam Flour
- 1/4 cup Rice Flour
- 1 tsp Chilli Powder
- 1/2 tsp Turmeric Powder
- 1 Pinch Baking soda
- 10 nos Cashews
- 1/4 cup Groundnuts
- Salt as required
- oil as required
- Curry leaves as required



## Senon Cup Burfi :-

(Besam blocks indulged in milk, sugar, ghee and coconut)

12

## Ingredients :-

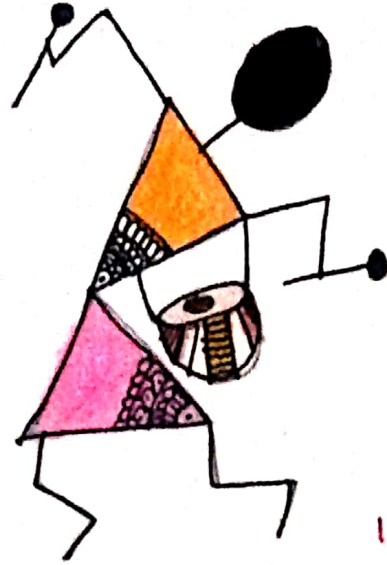
- 1 cup Besam flour
- 1 cup Ghee
- 1 cup milk
- 1 cup shredded coconut
- 3 cups Sugar

### Pumpkin Seeds Halwa:-

(Soaked and ground pumpkin seeds mixed with white sugar and ghee)

#### Ingredients :-

- 1 cup Pumpkin seeds
- 1 cup sugar
- $\frac{1}{4}$  cup Ghee



### Khus Khus Payasam:-

(Soaked and ground Khus Khus paste boiled with milk and sugar)

#### Ingredients:-

- 1 Cup Khus Khus
- $1\frac{1}{2}$  cup Sugar
- 4 cups Milk

### Tamarind rice:-

(Rice mixed in thick tamarind sauce and tempered with mustard seeds, channa dhal and groundnuts)



## Ingredients :-

1 Lemon size tamarind ball

10 Red chillies

1 tsp turmeric Powder

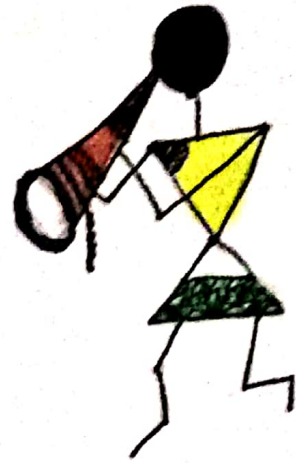
1 tsp Jaggery

1/2 tsp Asafotida

Salt as required

oil as required

Mustard seeds, Channa dhal and groundnuts as required



## Mango dhal :-

16

(Steamed mangoes mashed and mixed along with boiled and mashed lentil and topped with red chilli powder and onions)

## Ingredients :-

2 cups Toor dhal

1 Big Mango (Raw)

15 Red chillies (Powdered)

1 medium size onion

Salt as required

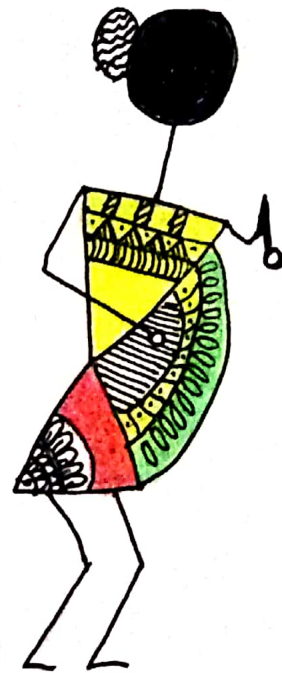
## Rasavaangi :-

17

(Coagulated curd with ground coconut, green chillies and cashew nuts paste, further boiled along with potatoes and tempered with jeera, acid dhal and red chilli)

## Ingredients :-

- 1/2 ltr thick curd
- 1 cup coconut
- 10 cashewes
- 3 green chillies
- 2 Big Potatoes
- salt as required
- oil as required
- 1 tsp Jeera
- 1 tsp acid dhal
- 1 red chilli



## Menthū Rasam :-

18

(Dry roasted fenugreek and mustard seeds boiled in tamarind sauce and tempered with jeera, red chillies & hing)



## Ingredients :-

- 1 tbspn fenugreek
- 1 tbspn mustard seeds
- 1 tsp tor dal
- 1 tbspn raw rice
- 6 red chillies
- 50 gms of tamarind
- Salt as required
- oil as required
- 1 tsp Jeera
- 1/2 tsp hing



Curd :-  
(Coagulated milk)

19

Jowar Mango :-

20

Banana :-

21

Puffed rice mixture :-  
(Puffed rice mixed with Boondi and ompodi)

22

Paan :-  
(Betel leaf stuffed with areca nut and  
slacked lime)

23



# BELLAM AVAKKAI



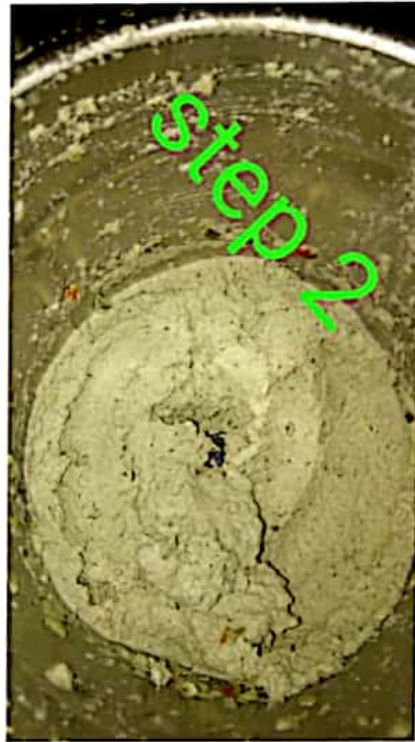
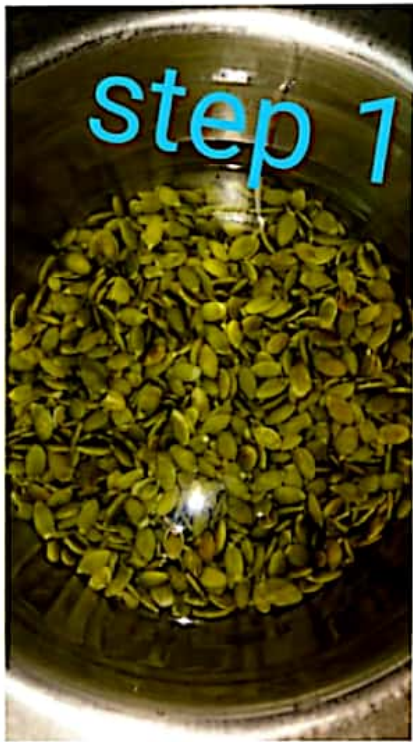
# 7 CUP BURFI





# KHUS KHUS PAYASAM



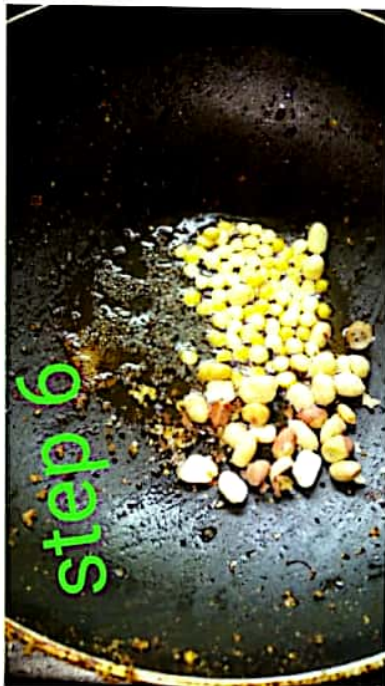


# PUMPKIN SEEDS HALWA





# PULIHORA







# Red pumpkin curd pachadi





# LADIES FINGER PACHADI







# YAM UKKIRI





# TARO FRY





# BRINJAL FRY





# MANGO PAPPU

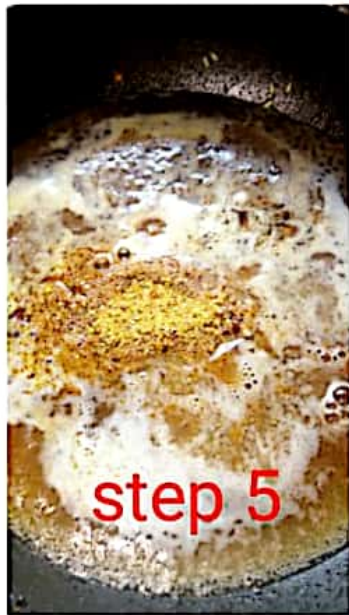
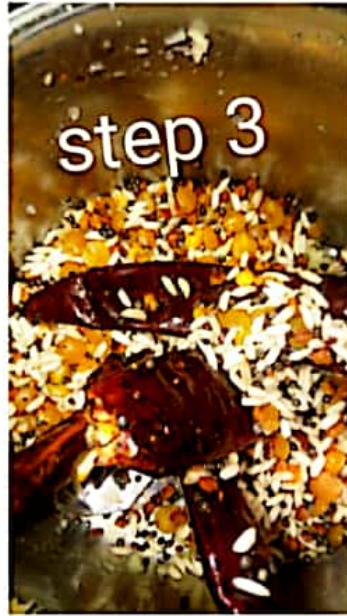




# RASAVAANGI







# MENTHI RASAM



# BOONDHI

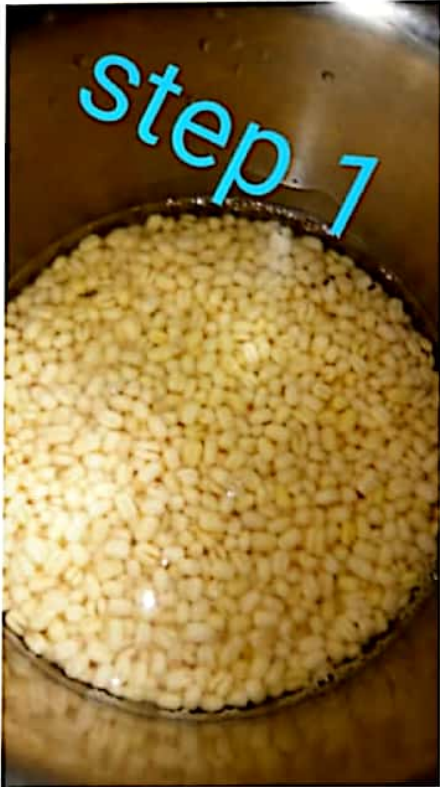






# CASHIEW PAKODA





# Indian doughnut



# KITCHEN CHAMPIONS



ALLUDU  
VINDHU  
BOJANAM

K. CRANJITHAA  
CHENNAI

















THANK YOU

