

# Ingredient & Recipe

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La Mela Des Plats #2



# North Zone

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La Mela Des Plats #2





# Lucknowi Biryani



## Ingredients

### For the Marinade:

- 1 kg chicken or mutton, cut into pieces
- 1 cup yogurt
- 2 tablespoons ginger-garlic paste
- 2 teaspoons red chili powder
- 1 teaspoon turmeric powder
- 2 teaspoons garam masala powder
- 2 teaspoons coriander powder
- 1 teaspoon cumin powder
- Salt to taste
- Juice of 1 lemon

### For the Rice:

- 3 cups basmati rice
- 4-5 cloves
- 3-4 green cardamom pods
- 2-3 bay leaves
- 1 cinnamon stick
- 1 teaspoon shah jeera
- Salt to taste
- Water for boiling

### For Assembling:

- 3 large onions, thinly sliced and fried until golden brown
- 1/2 cup milk
- A few strands of saffron
- 1/4 cup ghee (clarified butter)
- 1/4 cup chopped fresh mint leaves
- 1/4 cup chopped fresh coriander leaves

## Recipe

<https://rb.gy/52dk34>



# Hyderabadi Biryani



## Ingredients

### For the Marinade:

- 1 kg chicken or mutton, cut into pieces
- 1 cup yogurt
- 2 tablespoons ginger-garlic paste
- 2 teaspoons red chili powder
- 1 teaspoon turmeric powder
- 2 teaspoons garam masala powder
- 2 teaspoons coriander powder
- 1 teaspoon cumin powder
- Salt to taste
- Juice of 1 lemon

### For the Rice:

- 3 cups basmati rice
- 4-5 cloves
- 3-4 green cardamom pods
- 2-3 bay leaves
- 1 cinnamon stick
- 1 teaspoon shah jeera (caraway seeds)
- Salt to taste
- Water for boiling

### For Assembling:

- 3 large onions, thinly sliced and fried until golden brown
- 1/2 cup milk
- A few strands of saffron
- 1/4 cup ghee (clarified butter)
- 1/4 cup chopped fresh mint leaves
- 1/4 cup chopped fresh coriander leaves

## Recipe

<https://rb.gy/dh0wrh>





# Churma



## Ingredients

- Whole wheat flour ('Rotis').
- Pure Desi Ghee.
- Powdered sugar or crushed jaggery
- Milk
- Cashew nuts, Raisin, Almonds, walnuts ,Dates(powder)

## Recipe

<https://rb.gy/dyu241>



# Dal/Parippu



## Ingredients

- 1 cup masoor dal 3 1/2 cups water
- 6 cloves garlic
- 1/2 tsp turmeric
- 1 cup onions finely diced
- 3 tbsp neutral oil
- 1/2 tsp cumin seed
- 1/2 tsp mustard seed
- 1 large tomato
- 1 tsp salt

## Recipe

<https://rb.gy/asjrjt>





# Moong Dal Halwa



## Ingredients

- Moong Dal (without skin) – 1 cup
- Ghee – 1 cup / 200 gm
- Semolina (Sooji) – 1 tbsp / 10 gm
- Besan – 1 tbsp / 10 gm
- Sugar – 1 cup / 200 gm
- Water – 1 cup / 200 ml
- Saffron – few strands
- Cardamom powder – 1/2 tsp
- Pista (chopped) – a handful
- Almonds (chopped) – a handful
- Cashew nuts (chopped) – a handful
- Khoya (grated) – 1/2 cup (optional)

## Recipe

<https://rb.gy/4xhz9o>



# Galouti kebab



## Ingredients

- Rajma (kidney beans): 2 cups, soaked overnight
- Water: 6 cups, for boiling
- Salt: 1/2 tsp, plus more to taste
- Baking soda: A pinch
- Cashew nuts: 10, soaked
- Fried onion: 2 tbsp
- Green chili: 1, chopped
- Cardamom pods: 2
- Saffron water: 3 tbsp
- Ginger: 1 inch, chopped
- Kashmiri red chili powder: 1 tsp
- Garam masala: 1 tsp
- Ghee: 1 tsp
- Roasted besan (gram flour): 1/2 cup
- Oil: For frying

## Recipe

<https://rb.gy/4q4btn>



# West Zone

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La Mela Des Plats #2





# Khaman/Dhokla



## Ingredients

- Besan (Gram Flour) - 1 cup
- Rava (Semolina/Sooji) - 2 tablespoons
- Sugar - 1 tablespoon
- Lemon Juice - 1 teaspoon
- Curd (Yogurt) - 1/2 cup
- Eno Fruit Salt - 2 teaspoons
- Water - 1 cup
- Turmeric - 1/2 teaspoon
- Hing (Asafoetida) - 1/2 teaspoon
- Salt - 1 teaspoon
- Oil - 1 tablespoon
- Curry Leaves - 1 sprig
- Mustard Seeds - 1 teaspoon
- Green Chillies - 2, chopped

## Recipe

<https://rb.gy/vax11x>





# Papdi Gathiya



## Ingredients

- 250 grams (2.5 cups) gram flour (besan)
- Pinch of hing (asafoetida)
- 1 tablespoon Kashmiri red chili powder
- ½ teaspoon papad khar (or baking soda)
- Salt to taste
- ½ cup water (for dough)
- ½ cup oil (for dough)
- Water as required to make soft dough
- Oil for deep frying
- ¼ teaspoon hing (asafoetida)
- 1 teaspoon black salt
- ½ teaspoon red chili powder

## Recipe

<https://rb.gy/wki90d>





# Imli/Puli Chutney



## Ingredients

- Tamarind: 1 cup tightly packed (seedless)
- Jaggery: 1 cup or as needed
- Water: 2 cups
- Salt: to taste
- Roasted cumin powder: 1 tsp
- Red chili powder:  $\frac{1}{2}$  to 1 tsp
- Ginger powder:  $\frac{1}{2}$  tsp (optional)
- Black salt:  $\frac{1}{2}$  tsp (optional)

## Recipe

<https://rb.gy/5ekglv>





# Sev Khamani



## Ingredients

- Gram flour (Besan) - 1.5 kg
- Garlic - 2 pieces
- Ginger - 1 small piece
- Long green chili - 3 pieces
- Coriander - 1 bundle
- Mustard seeds - 2 spoons
- Edible oil - 10 spoons
- Curry leaves - 2 sprigs
- Lemon - 2 pieces
- Turmeric powder - 2 spoons
- Sugar - 3 spoons
- Salt - to taste

## Recipe

<https://rb.gy/9i7wnm>





# Khandvi



## Ingredients

- Gram flour (besan) - 1 kg
- Ginger - 1 small piece
- Long green chilies - 8 pieces
- Coriander (fresh) - 1 bunch
- Plain curd (yogurt) - 500 gm
- Mustard seeds - 2 teaspoons
- Edible oil - 6 tablespoons
- Curry leaves - 2 sprigs
- Turmeric powder - 2 teaspoons
- Sesame seeds (til) - 3 teaspoons
- Grated coconut - 100 gm
- Salt - to taste

## Recipe

<https://rb.gy/9uilpx>



# Magas/Besan Ladoo



## Ingredients

- Besan (gram flour) - 1 kg
- Sugar - 1.2 kg
- Ghee or butter (without salt) - 700 gm
- Elaichi (cardamom) powder - 3 teaspoons
- Milk - 250 ml

## Recipe

<https://rb.gy/t3z6uw>





# Pera/Peda/Penda



## Ingredients

- Milk powder - 150g
- Condensed milk - 400g
- Butter - 110g
- Cardamom - 3 pods
- Pistachio slivers - 1 handful (optional)

## Recipe

<https://rb.gy/9cd3ae>





# Khamiri Puri



## Ingredients

- Flour - 500g
- Whole eggs - 2
- Butter - 50g
- 1 teaspoon full of yeast (baker's yeast)
- Salt - to taste
- A little turmeric powder
- 1/2 teaspoon cumin powder
- 1 green chili, finely chopped
- 3 tablespoons fresh coriander, chopped

## Recipe

<https://rb.gy/qgif4d>





# Gol gappa/ Pani puri



## Ingredients

- Oil for frying Puri - 500 ml
- Pani:
  - Mint leaves - 2 bunches
  - Coriander leaves - 1 bunch
  - Ginger - 100 grams
  - Green chilies - 12-15
  - Jaggery - 200 grams
  - Rock salt - 3 teaspoons
  - Chat masala - 50 grams
  - Tamarind pulp - 150 grams
- Salted boondi - 200 grams
- Potatoes - 1 kg
- Onion - 1 big
- Green moong (boiled) - 500 grams
- Nylon sev - 200 grams

## Recipe

<https://rb.gy/02dm2l>



# Bhel / Bhelpuri



## Ingredients

- Murmuras (puffed rice) - 1 kg
- Farsan / Mixture - 1 kg
- Coriander - 2 bunches
- Red chili garlic paste - 50 grams
- Roasted cumin powder - 50 grams
- Tomatoes - 750 grams
- Onions - 500 grams
- Potatoes - 200 grams
- Tamarind chutney - 200 grams
- Ghujiya sev - 200 grams
- Roasted peanuts - 200 grams
- Bhel papadi - 200 grams
- Lemons - 5

## Recipe

<https://rb.gy/tjzbl8>





# Kande Pohe/Poha



## Ingredients

- Oil - 2 tbsp
- Mustard seeds - 1 tsp
- Green chilies, chopped - 4
- Curry leaves - 1 sprig
- Peanuts - 1 cup
- Potatoes, small cubes - 4 medium size
- Onion, chopped - 8
- Salt to taste
- Turmeric powder - 4 tsp
- Pressed rice (Poha), thick variety - 1000 gms

- Lime juice - 1
- Sugar - 4 tsp
- Fresh coriander leaves - to garnish
- Fresh coconut - to garnish

## Recipe

<https://rb.gy/euqwbn>



# East Zone

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La Mela Des Plats #2





# Rasabali



## Ingredients

- Milk: 6 litres
- Almonds: 50 gm
- Pistachios: 50 gm
- Semolina: 200 gm
- Flour: 200 gm
- Sugar: 250 gm
- Ghee: 500 gm
- Lemon: 5 pieces

## Recipe

<https://rb.gy/suivzp>



# Poda Pitha



## Ingredients

- Skinless black lentil (chopa chada biri): 1 cup
- Rice (arua chaula): 2 cups
- Sugar/Jaggery: 3-4 tbsp (adjust as per requirement)
- Dry fruits (raisins and chopped cashews): a handful
- Chenna (ricotta cheese), optional: 1/2 cup
- Grated coconut: 1/2 cup
- Thin coconut slices: 1/2 cup
- Ghee: 3 tbsp
- Cardamom powder: 1/3 tsp
- Coarsely ground peppercorn: 1 tsp
- Ginger, finely crushed: 1 1/2 inch piece
- Baking powder: 1/2 tsp
- Salt: to taste

## Recipe

<https://rb.gy/e0il6v>





# Kanika



## Ingredients

- Basmati rice: 1 cup
- Ghee: 4 tablespoons
- Cashew nuts: 6-7 (or more as per taste)
- Raisins: 6-7 (or more as per taste)
- Bay leaves: 2
- Cloves: 2
- Black peppercorn: 4-5
- White cardamom: 4
- Black cardamom: 1
- Turmeric powder: 1 teaspoon
- Salt: A pinch
- Sugar: 1/4 cup
- Cinnamon: 1 1/2 inch piece, freshly ground
- Nutmeg: 1/2 nut, freshly ground
- Water: 2 cups

## Recipe

<https://rb.gy/mg65ro>



# Dalma



## Ingredients

- Cooked Toor Dal (Pigeon Pea Lentils): 3 cups
- Drumstick, peeled and chopped: 1
- Raw Banana, peeled and diced: 1
- Big Potato, peeled and diced: 1
- Beans, diced: 10-12
- Diced Pumpkin: 1/2 cup
- Brinjals, diced: 2
- Tomato, roughly chopped: 1
- Onion, sliced: 1
- Mustard Oil: 2 tbsp
- Panch Phoran (whole spice mix): 1 tbsp
- Bay leaf: 1
- Turmeric Powder: 1 tsp
- Red Chilli Powder: 1 tsp
- Cumin Powder: 1 tsp
- Chopped Coriander Leaves: 1 tbsp
- Salt: to taste
- Water: 2-3 cups

## Recipe

<https://rb.gy/r98n0k>



# South Zone

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La Mela Des Plats #2





# Mutton Ishtu



## Ingredients

- Mutton (cut into small pieces): 750 grams
- Water: 4.5 cups
- Salt: 1 1/2 teaspoons
- Black pepper powder: 1 1/2 teaspoons
- Potatoes (diced): 6
- Country tomatoes (diced): 6
- Water: 1 1/2 cups
- Coconut: 2 1/4 cups
- Water: 4.5 cups + 3 cups
- Coconut oil: 9 teaspoons
- Cinnamon (small pieces): 3
- Cardamom: 3
- Clove: 3
- Ginger (minced): 3-inch piece
- Curry leaves: 6 sprigs
- Onion (sliced): 3 (1 cup)
- Green chilies (slit): 9
- Black pepper powder: 3 teaspoons
- Salt: 2 1/4 teaspoons
- Water: 3/4 cup
- Ghee: 3 tablespoons
- Small onions :15

## Recipe

[https://tinyurl.com/y  
c6ex5nh](https://tinyurl.com/y<br/>c6ex5nh)





# Beef Cutlet



## Ingredients

- Meat: 1 kg
- Potatoes: 2 large
- Onion: 2 large bulbs
- Green chilly: 2
- Ginger: 2-inch piece
- Veluthulli (garlic): 6-8 bulbs
- Eggs: 2
- Red chilli powder: 1 tablespoon
- Turmeric powder: 1 tablespoon
- Garam masala: 1 tablespoon

- Coriander powder: 1 tablespoon
- Meat masala: 1 tablespoon
- Cooking oil: 2 tablespoons
- Curry leaves: 10-15 leaves

## Recipe

<https://tinyurl.com/vf7y5zj2>



# Pazham Nirachathu



## Ingredients

- Ripe Kerala banana/plantain: 20 bananas
- Cardamom: 50 grams
- Jaggery: 500 grams
- Cashew nuts (unsalted): 100 grams
- Raisins: 100 grams
- Coconut: 4-5
- All-purpose flour: 500 grams
- Rice flour: 250 grams
- Ghee: 500 ml
- Oil: 1 litre

## Recipe

<https://tinyurl.com/3r5zw69v>





# Pal Payasam



## Ingredients

- Milk 4 1/2 cup
- Water 1cup
- Salt one pinch
- Sugar 3/4cup

## Recipe

<https://tinyurl.com/cakn9chu>



# Vella Naranga Achar



## Ingredients

- Lime: 1 kg (30 pieces)
- Salt: 8 + 1 tablespoons (115 grams)
- Cooking Oil: 3/4 cup
- Mustard Seeds: 2 teaspoons
- Fenugreek Seeds: 1 teaspoon
- Ginger: 3/4 cup (75 grams)
- Garlic: 1 cup (150 grams)
- Green Chilli: 30 pieces (125 grams)
- Curry Leaves: 4 sprigs
- Turmeric Powder: 3/4 teaspoon
- Vinegar: 2 tablespoons
- Sugar: 6 tablespoons (80 grams)

## Recipe

<https://tinyurl.com/4rmysn37>





# Nannari Soda



## Ingredients

- Nannari Syrup: As needed
- Sugar: As needed
- Water: As needed
- Lemon Juice: As needed
- Ice Cubes: As needed
- Mint Leaves: Optional, for garnish
- Club Soda or Sparkling Water: Optional, as needed
- Salt: A pinch, optional

## Recipe

<https://tinyurl.com/mrxazmva>



# Noolappam



## Ingredients

- Roasted Rice flour -1cup
- water-1 1/2cup
- salt-
- Oil-1tsp

## Recipe

<https://tinyurl.com/yckbfj9s>





# Kanji and payar



## Ingredients

### Kanji:

- Rice: 1 cup
- Water: 5-6 cups
- Salt: As per taste

### Payar (Green Gram Curry):

- Green gram (whole moong dal): 1 cup
- Water: 3 cups (for soaking)
- Water: 3-4 cups (for cooking)
- Salt: As per taste
- Coconut oil: 2 tablespoons
- Mustard seeds: 1 teaspoon
- Dried red chilies: 2-3
- Curry leaves: a few
- Shallots (small onions), sliced: 4-5

- Garlic cloves, minced: 2-3
- Green chilies, slit: 2-3
- Turmeric powder: 1/2 teaspoon
- Grated coconut: 1/2 cup (optional, for garnish)

## Recipe

<https://tinyurl.com/5n8xvde2>



# Kappa



## Ingredients

- Tapioca (Kappa): 1 kg
- Water: Sufficient for boiling tapioca
- Salt: As per taste
- Grated coconut: 1 cup
- Turmeric powder: 1/2 teaspoon
- Green chilies: 2-3, slit
- Shallots (small onions): 3-4, sliced
- Garlic cloves: 2-3, minced
- Curry leaves: a few
- Coconut oil: 2 tablespoons
- Mustard seeds: 1 teaspoon
- Dry red chilies: 2-3, broken into pieces
- Cumin seeds: 1/2 teaspoon (optional)
- Salt: As per taste

## Recipe

<https://tinyurl.com/25yv4u2x>





# Thinnai Pongal



## Ingredients

- Thinai (Foxtail Millet): 1 cup
- Moong Dal (Split Yellow Lentils): 1/4 cup
- Water: 4 cups (for cooking)
- Ghee (Clarified Butter): 2-3 tablespoons
- Black Peppercorns: 1 teaspoon
- Cumin Seeds: 1 teaspoon
- Ginger: 1-inch piece, finely chopped
- Green Chilies: 2, slit
- Curry Leaves: a few
- Cashew Nuts: a handful
- Asafoetida (Hing): a pinch
- Salt: As per taste
- Water: 1 cup (for soaking moong dal)
- Water: 2 cups (for soaking thinai)

## Recipe

<https://tinyurl.com/7t5mv32c>



# Sakkarai Pongal



## Ingredients

- Raw Rice: 1 cup
- Moong Dal (Split Yellow Lentils): 1/4 cup
- Jaggery (Sakkarai): 1 cup (adjust according to taste)
- Water: 4 cups (for cooking)
- Milk: 1 cup
- Ghee (Clarified Butter): 1/2 cup
- Cashew Nuts: a handful
- Raisins: a handful
- Cardamom Pods: 4-5, crushed
- Edible Camphor (Pacha Karpooram): a pinch (optional)
- Nutmeg (Jaathikkai) powder: a pinch (optional)

## Recipe

<https://tinyurl.com/updntrhe>





# Filter Coffee



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## Ingredients

- Coffee powder: 2-3 tablespoons (preferably a blend of Arabica and Robusta beans)
- Water: 1 cup
- Milk: 1 cup
- Sugar: As per taste
- Chicory powder: 1-2 teaspoons
- Cardamom pods: 2-3, crushed
- Jaggery: As per taste

## Recipe

<https://tinyurl.com/4zmfmxfk>



# Thenga manga pattani sundal



## Ingredients

- White Peas (Pattani): 1 cup
- Grated Coconut (Thengai): 1/2 cup
- Raw Mango (Mangai), finely chopped: 1 medium-sized mango
- Oil: 2 tablespoons
- Mustard Seeds: 1 teaspoon
- Urad Dal: 1 teaspoon
- Curry Leaves: a few
- Green Chilies, slit: 2-3
- Asafoetida (Hing): a pinch
- Salt: to taste
- Lemon Juice: from 1/2 lemon (optional)
- Coriander Leaves, chopped: for garnish (optional)

## Recipe

<https://tinyurl.com/ms4nxhb3>





# Vazhapoo vadai



## Ingredients

- Vazhaipoo (Banana Flower): 3/4 - 1 cup
- Channa Dal (Kadalai Paruppu): 1 cup
- Dry Red Chilies: 1-2
- Green Chilies: 5
- Cinnamon Stick: 1 small piece (about 1 inch)
- Garlic Cloves: 5-6
- Ginger: 1 inch piece
- Fennel Seeds: 1 teaspoon
- Onion: 1
- Coriander Leaves: 3 tablespoons
- Curry Leaves: 1 spring
- Salt: to taste
- Oil: for frying

## Recipe

<https://tinyurl.com/2bu5w2r6>



# Arisi Murukku



## Ingredients

- Raw rice flour: 2 cups
- Butter: 2 tablespoons
- Salt: to taste
- Hing (Asafoetida): 1/2 teaspoon
- Jeera (Cumin seeds): 1 teaspoon
- Sesame seeds: 1 teaspoon
- Oil: for frying
- Water: 2 cups

## Recipe

<https://tinyurl.com/4vzp7s7j>





# Sambhar



## Ingredients

- Toor Dal (Split Pigeon Peas): 1/2 cup
- Water: 2 cups (for cooking dal)
- Turmeric Powder: 1/4 teaspoon
- Shallots (Sambar Onions), peeled: 10-12
- Tomato, chopped: 1 medium-sized
- Green Chilies, slit: 2-3
- Tamarind Paste: 1 tablespoon
- Sambar Powder: 2 tablespoons
- Salt: to taste
- Jaggery: 1 teaspoon
- Oil: 2 tablespoons
- Mustard Seeds: 1 teaspoon
- Cumin Seeds: 1/2 teaspoon
- Fenugreek Seeds: 1/4 teaspoon
- Curry Leaves: a few
- Asafoetida (Hing): a pinch
- Coriander Leaves, chopped: for garnish

## Recipe

<https://tinyurl.com/bdk5swhw>



# Idli



## Ingredients

- **Idli Rice:** 2 cups
- **Whole or Split Urad Dal (Black Lentils):** 1/2 cup
- **Fenugreek Seeds:** 1/2 teaspoon (optional, for fermentation)
- **Salt:** to taste
- **Water:** as needed for soaking and grinding

## Recipe

<https://tinyurl.com/yw8z3rrz>





# Boodukumbalakai Majjige Huli



## Ingredients

- Ash gourd: 1 medium-sized or 2 small-sized (grated)
- Grated coconut: 2 cups
- Yogurt: 100 grams
- Green chillies: 10
- Coriander leaves: as needed
- Curry leaves: as needed
- Bengal gram (chana dal): 30 grams
- Salt: to taste
- Red chilli: as needed
- Oil: as needed for tempering
- Mustard seeds: as needed for tempering
- Hing (Asafoetida): as needed for tempering
- Basmati rice: 500 grams

## Recipe

<https://tinyurl.com/57sn7zfr>



# Sheer khurma



## Ingredients

- Vermicelli: 0.5 kg
- Milk: 2 litres
- Ghee: 1-2 cups
- Cashew nuts: 10-15
- Almonds: 10-15
- Pistachios: 10-15
- Melon seeds: 5-10 grams
- Almond ette (Chironji): 5 grams
- Sugar: 8-10 tablespoons
- Saffron: 2 pinches

## Recipe

<https://tinyurl.com/wtjhtc65>





# Arvi fry



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## Ingredients

- Arvi 1kg. Oil to fry
- Salt,
- red chilli powder
- chat masala - optional

## Recipe

<https://tinyurl.com/y2aptxjb>