

# COORG RECIPES

## From my personal collection:

### 1. Kadambattu:

2 cups basmati rice  
Salt to taste.

Wash rice, add it to 4 cups boiling water and salt. Keep stirring until it reaches a dough like consistency. Allow to cool. Make small lime size balls. Use oil smeared palms to round them into shape. Wrap them in a wet cloth. Steam in a steamer for 20 minutes.

### 2. Coorg style Pandi/Pork Curry:

Ingredients for 1 kg pork:

- 2 tbsp. oil
- 1/2 tsp. turmeric Powder
- 1 tsp. red chili powder
- 1/2 tsp. mustard seeds
- 10 Curry leaves
- 2 tbsp. masala powdered
- 1 cup pork stock
- 2 tbsp. masala paste
- 2 tsp. tamarind extract
- 8-10 cups Water
- 2 tsp. Kachampuli/special Coorgi organic vinegar
- 2 tsp. Salt to taste

Make masala powder of below ingredient after roasting and use after cool:

- 1 tsp. Fenugreek seeds
- 1/2 tsp. Cumin/jeera seeds
- 1/2 tsp. Coriander seeds
- 1 tsp. Pepper

Grind into masala paste the below ingredients after cooking for 5 minutes, use after cool:

- 3 Small onions, cut into quarters
- 1/2 inch Ginger
- 7 Cloves
- 12 Curry leaves
- 4-5 Small green chilies
- 1/2 bunch of Coriander leaves

½ tsp. Oil

In a pan add oil, when warm add mustard seeds, curry leaves; when sizzles add the masala paste. When mixed well, add half a cup of water, powdered masala, half cup of pork stock, turmeric powder, and red chili powder. When turns brown, add pork, tamarind extract, Kachampuli and salt to taste. Mix well. Add 8-10 cups of water. Cover the pan and cook it until the pork turn tender. When cooked sprinkle with coriander leaves, on top.

### **3. Coorg style Chicken curry.**

Ingredients for 1 kg chicken:

1 kg – cleaned and cubed chicken  
1 1/2 tsp - salt  
1/2 tsp - turmeric powder  
3 tsp - chilli powder  
2 tbsp. - coriander seeds  
1 tbsp. - poppy seeds  
1 tsp - (jeera seeds  
3 cm piece crushed ginger•  
10 cloves - garlic, crushed  
10 - cloves  
5 cm piece cinnamon  
2 tbsp. - oil  
100 g – diced onions  
1 tsp - tamarind paste  
5 tbsp. - coconut made into paste

Mix salt and turmeric powder to the cleaned, cubed chicken pieces. Dry roast coriander seeds, poppy seeds, until light brown. Add crushed ginger and garlic, stir remaining spices for a minute. Remove from fire, cool, grind to a paste. Heat oil in a thick bottom pan. Sauté onion till golden brown, add ground masala paste, then marinated chicken, keep stirring as it cooks. After 10-12 min add tamarind paste, cook chicken till done, add water as necessary, add coconut paste to form a thick gravy.

### **4. Nool Puttu**

Ingredients:

2 cups fine rice tari or rice rava  
3 cups water  
1/2 tsp salt  
1/4 tsp freshly powdered cardamom  
2 tsp oil

Soak rice tari (rava) in water for half hour or longer. Boil water in the pan, add salt, cardamom and 1 tsp oil. Add the soaked (for 30 min), drained tari, cook for 15 – 20 minutes on medium-high, stirring constantly. When the mixture begins to thicken, lower the flame, form the mixture into a dough. Keep it aside, covered with a wet cloth. In a steamer, lay the kneaded and shaped dough into fist sized, cylindrical shapes, wrapped inside a damp cloth. Steam for 30 minutes. When the dough is cooked, switch off the heat. Take a press, put the dough inside the press and create noodle like threads onto a plate as you push the press downwards. Noolputtu is ready.

## **5. Kuleputtu**

Ingredients:

1 cup of pulped ripened banana or jackfruit.  
1 cup broken rice tari (rava).  
2 cups liquid jaggery.  
Salt to taste.  
Pinch of cardamom.  
Pinch of cooking soda or ¼ tsp baking powder.  
Half fresh coconut cut into small pieces.  
Banana leaf or any edible leaf for wrapping the puttu.

Mix the washed, drained rice rava with the fruit pulp, salt, soda powder and cardamom powder. Keep it aside for 30-45 min. Later mix in jaggery. Pour the mixture by spoonful onto the banana leaves, garnish with coconut bits, and wrap it up into small envelopes. Steam inside a shallow vessel for 30 minutes. Serve hot with little ghee.

## **6. Coorg style Kootu Curry.**

Cut 500 gms of mixed vegetables - beans, knol khol, potatoes and carrots- into 1 inch cubes. Cut 3 Tomatoes into chunks. Cook the cleaned, cut vegetables, with a tsp salt and 2 cups of water till done.

Masala powder:

1 tsp coriander powder  
1 tsp chilli powder  
½ tsp jeera powder  
¼ tsp turmeric powder  
Salt to taste  
½ fresh coconut ground to a paste

Heat 2 tsp oil in a Kadai. Sauté with below ingredients:

1/2 teaspoon Mustard seeds  
10-12 Curry leaves  
1/4 teaspoon Asafoetida

4 cloves of finely chopped garlic  
1 diced onion

Add the cubed tomatoes and cook till mashed, add the masala powder, and cook for 1 minute till oil separates. Add the cooked vegetables, coconut paste and vegetable stock. Simmer on low flame. Add more water if more gravy is needed. Add salt according to taste.

## **7. Thalia Puttu**

Mix the below ingredients into a smooth batter. Before that see the instructions below:

2 cups rice  
1/2 cup urad dal  
1/2 tsp fenugreek seed  
1/2 cup soft cooked rice  
1 cup thick coconut milk  
2 tsp sugar (optional)  
Salt to taste  
1/4 tsp baking soda

Wash and soak rice, urad dal and fenugreek in water for at least 6-8hours. Grind the mixture into a smooth paste using a little of the soaking water, in the grinder. Then, add the coconut milk and sugar and mix thoroughly. Cover the batter with a loose fitting lid and set to ferment in a warm place. The next day, mix baking soda into a spoonful of batter and blend it back into the mixture. Add salt. The salt can be added before setting it down for fermenting also. Pour into shallow plates and steam for 30-35 minutes.

## **8. Ellu pajji or sesame chutney**

Grind the below into smooth paste.

1/4 cup ellu or sesame seeds  
1/2 cup grated coconut  
2 - 3 green chilies  
A small marble sized tamarind  
1 gooseberry sized jaggery  
Salt as per taste.

Temper with:

2 tbsp. cooking oil,  
1/2 tsp mustard seeds,  
4 - 5 curry leaves and  
1 small sized finely chopped onion.

## 9. Akki Roti

2 cups cooked rice.  
1 and ½ cups rice flour.  
Salt to taste.

Mix rice flour, salt and cooked rice little at a time. Sprinkle water if hard to knead. Make a dough of medium consistency. Make a large lime sized ball, flatten it and roll into a thin diameter of 6-7 inches. Cook on a hot tava or griddle for 1-3 minutes on both sides. Don't let it get brown spots.

## 10. Akki tari or Paaputtu

Steel plates with diameters of 1-1 and ½ inches used for preparing Paaputtu.  
2 cups broken basmati rice  
2 cups water  
1 cup thick coconut milk  
A pinch of salt  
1 cup grated fresh coconut  
Powdered 4 green cardamoms

Wash rice and soak with water, milk and salt for 30 minutes. Spread rice evenly on a plate, sprinkle grated coconut and cardamom powder on top. Steam in a steamer for 30 minutes. If more plates are used, stack it all up, one on top of other, separated by bamboo sticks.

## 11. Akki Tari Payasa or Rice Rava Pudding:

½ cup rice rava (Akki Tari)  
¼ cup thick Jaggery syrup  
1 cup milk  
6 cardamoms, peeled and crushed  
1/2 cup coconut, grated and ground to a fine paste  
5-6 cashews  
15 Raisins  
1 Tbsp. ghee or clarified butter  
A pinch of salt

Add two cups of water to washed rice tari or rice rava; soak for 10 min. Put it in a thick-bottomed pan, cook till done. Add milk and cook for 5-7 minutes, stirring constantly. Add salt, jaggery syrup, raisins, coconut paste, mix well and simmer for 5-7 minutes. Don't stop stirring time to time. If the mixture is too thick, add 1/2 cup of milk and bring it to a boil. Finally, add roasted cashew nuts and raisins. Eat it hot with a dollop of ghee/butter.

## **12. Bale Muruku:**

Any type of soft, moist banana to be used.

10 ripe, sweet green skinned bananas.

¼ cup rice flour.

¼ cup maida flour.

½ tsp powdered cardamom.

1 tbsp. fresh grated coconut.

¼ tsp salt.

2 tsp sugar.

Oil

Mash bananas into a pulp, add rice flour, maida, cardamom powder, grated coconut, salt and sugar. Let it be of dropping consistency. Deep fry lime sized batter using a spoon to slide into hot oil. Remove with a skimmer after it turns golden brown.

## **13. Kembu Barthad:**

1kg tender colocasia leaves. Mature Colocasia leaves are coarse and itch in the mouth.

1 cup toor dal.

½ tsp turmeric powder.

½ tsp chilli powder.

1 tsp coriander powder.

Salt to taste.

½ fresh coconut ground to paste.

Juice of 1 and ½ lime.

Wash and clean colocasia leaves, (remove central rib), cut into fine strips. Boil 1 and 1/2 cups of water, add the washed leaves and the washed dal, keep to boil, then, simmer till tender.

Add turmeric powder, chilli powder, coriander powder, stir and cook for 1-2 minutes.

Remove from heat.

Temper with:

1 tbsp. oil

¼ tsp mustard seeds

2 dried red chillies

4 clove garlic crushed

4 curry leaves

Temper with mustard seeds, red chillies, garlic and curry leaves. When garlic turns brown, add the leaves and dal mixture, add ground coconut paste, and bring to boil, simmer for 2 minutes. Add lime juice, mix well and remove from heat.

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