

# Traditional Recipe

## AVANI AVITTAM

### *Neyyappam Sweet Pancakes*

#### **Ingredients**

- 1 cup rice (cleaned washed & Soaked for 4 hours)
- 1 cup jaggery
- 1 tbsp coconut pieces
- 1 safed elaichi banana (Peeled - optional)
- 10 pods cardamom (powdered)
- Ghee (for frying)

#### **Method**

Grind rice, jaggery and banana to a very fine paste. Add Cardamom powder and coconut pieces and mix well. Heat an Appam griddle and put a large spoonful of ghee in each dent. Pour batter. When cooked, turn over and cook on the other side.

---

### *Uppittu Stuffed Pancake*

#### **Ingredients**

##### For Filling

- 1 cup Bengal gram dal (cleaned & washed )
- 1 coconut (grated)
- 1/4 cup ghee
- 10 pods cardamom (powdered)
- 2 cups sugar or jaggery (powdered)

##### For Pancake

- 1 cup whole wheat flour
- 1 cup refined flour
- 1 tsp turmeric powder
- 1/2 cup oil

#### **Method**

Mix both flours, turmeric powder and oil with enough water to make a soft and sticky dough. Set aside for some time. Pressure cook Bengal gram dal till soft and grind to a fine paste. Grind grated coconut to a fine paste. Mix together with sugar (or jaggery) and ghee in a heavy bottomed pan. Cook on a low fire stirring continuously till the mixture leaves sides of the pan. Allow to cool. On a clean banana leaf, place a large ball of dough. With greased palms, pat into a disc. Put in a ball of filling and close from all sides. Pat into large discs and cook on both sides, on a heated griddle, without oil or ghee. Serve with ghee.

---

## **Paal Payasam** *Milk Sweet*

### **Ingredients**

- 2 Litres full cream milk
- 2 cups sugar
- 2 1/2 tbsp rice (small grain)

### **Method**

Clean and wash rice and set aside. Heat milk in a heavy bottomed vessel. When it comes to a boil, add rice. Cook on a low fire stirring from time to time. When rice becomes soft, add sugar. Cook till well blended and serve hot or cold.

---

## **Paruppu Vadai** *Fried Snack*

### **Ingredients**

- 3 cups Bengal Gram Dal
- 1 cup tur dal
- 1 cup black gram dal
- 2 tbsp grated coconut
- 2 tbsp ghee
- Oil for frying
- 4 red chilles
- 15 green chilles
- 4 sprigs curry leaves
- 3/4 tsp asafoetida powder
- Salt to taste

### **Method**

Clean, wash and soak dals together for 3 hours. Drain completely. Grind red and green chilles, curry leaves, asafoetida, salt and a spoonful of dals together to a fine paste. Add rest of dals and grind coarsely. Do not add water. Add ghee and grated coconut and mix well. Take a spoonful of batter and pat into 5 cm Vadais. Make 4 to 5 Vadais at a time. Heat oil and deep fry Vadais, till crisp. Drain and serve hot.

---

## **Puran Boli** **by Mrs. Lakshmi Shankar**

Puran boli is a well-known sweet dish from southern India. There are many varieties of boli

made with different purans. Boli which has got an irresistible taste is prepared usually during festivals or celebrations.

### **Ingredients**

● Chana dal	-	2 cups
● Jaggery	-	2 cups
● Maida	-	2 cups
● Salt	-	1/2 tsp
● Turmeric powder	-	1/2 tsp
● Cardamom powder	-	1 tsp
● Saffron	-	1 pinch
● Cooking oil	-	1 cup
● Ghee	-	1/4 cup

### **Preparation**

The preparation of boli falls in three steps. The making of outside cover, the making of puran and the actual making of boli in the tava.

#### **Preparation of outside cover:**

- Set 1/4 cup of maida aside for making boli.
- In a broad based vessel mix the rest of maida with salt, turmeric and water.
- Make it into a firm dough.
- Add 1/4 cup of oil to this and keep on mixing with your hand so that it forms a soft dough.
- Cover the vessel and keep it aside for about 2 hours.

#### **Preparation of Puran:**

- In a kadai dry roast the chana dal slightly till it becomes brownish.
- Soak the roasted dal in boiled hot water for an hour.
- Powder the jaggery.
- Grind the soaked dal into a fine paste in a mixer.
- Now add the jaggery and grind again so that they evenly form a paste.
- In a kadai add 2 tsps of ghee and heat it.
- Now add the ground chanadal - jaggery paste and keep on mixing.
- Without taking your hands off the kadai mix for about 10 minutes.
- Take care so that the mixture should not stick on to the kadai or get burnt.
- Now add the powdered cardamom and saffron and mix again.
- Puran is ready which will be thick so that it can be rolled into balls.

- Make even sized balls and keep it aside.

### **Preparation of Boli:**

- Make equal lemon sized balls from the maida dough.
- Roll them into 3 cm diameter circles.
- Place the rolled puran inside this rolled out dough and close gently so that it forms a ball.
- Now flatten the ball slightly and dust it in the maida flour.
- Brush some oil on the surface where you are rolling the chappathi.
- Gently roll the ball into a chappathi.
- Heat a tava in medium flame, and place the chappathi in the tava gently.
- Cook on both sides till brown spots appear by brushing oil evenly.
- Puran boli is ready to serve.
- Serve it hot with little ghee brushed on top.