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# Brahmins Kitchen



## Śrī Jāyānthī

Gokulashtami is celebrated with great fervor in South India. In Tamil Nadu, the people decorate the floor with kolams. They draw the footprints of Lord Krishna from the threshold of the house to the temple, which depicts the arrival of Lord Krishna into the house.[18] A recitation of Bhagwadgita is also a popular practise. The offerings made to Lord Krishna include fruits, betel and butter. Savories believed to be Lord Krishna's favorites are prepared with great care. The most important of them are Seedai, Sweet Seedai, Verkadalai Urundai.

This is a sincere attempt to write about the traditional "Tamil Brahmin's" (Tam-Brahm) recipes.

This newsletter will contain the recipes of the food that are typically cooked in a Tamil Brahmin community (Iyer & Iyengar or any Brahmin community).

There is an old saying that goes like this "You are what you eat" and Brahmin Cuisine follows the concept of shaping the personality, mood and mind of the family members.

<https://www.facebook.com/groups/BrahminsKitchen/>

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Gayathri Muthukumar

## Vella Seedai

arisi - 1 cup  
Vellum - 1 cup  
Palaga narukiya thengai - 3tbsp  
Eilaichi pdr - 1 / 2 tsp  
Roasted ulundhu mavu - 2 tbsp  
Ghee - 2 tbsp  
Roasted ellu - 2 tsp  
Oil for frying

### Method

In a kadai dry roast the rice till the end turns white. Remove and Soak it in water for an hr and make pdr.

Add 1 / 4 cup Water to the kadai add jaggery once melts strain the jaggery water.now bring it to boil .take some water in a cup to check consistency. Pour some jaggery to the water it should gather.now add the rice flour mix well as soft dough.

Remove and after 3 hrs add urid dhal pdr, and other given ingredients. Make a soft dough by applying ghee in ur hand.

Make gooseberry size balls and fry it in slow gas.

**Note:** if ur dough is tight add some warm water. If it is loose add some flour. Keep Some extra flour always in hand.

## Mathura Peda

milk maid - 100 gms  
Kova - 200 gms  
Ghee - 1 tsp  
Eilachi pdr - 1 / 2 tsp  
Almonds and pista for decorTion - thinly sliced - 10 each

### Method

Put ghee in a non stick pan.cook kova for 3 mnts on low flame.now add the milk maid, mix well and cook till the mixture get thicker.add eilaichi pdr. Stir for 10 to 15 mnts in medium flame. Cool it. Apply some ghee in hand and make balls and lightly flatten it.garnish with sliced nuts.



## Malai Ladoo

paneer - 250 gms  
Milk maid - 100 gms  
Eilaichi pdr - 1 / 2 tsp  
Kesar mixed in hot milk - 1 tbsp  
Pista for garnish

### Method

Mash the paneer with ur hand till it becomes soft.add milk maid in a pan along with paneer.mix well in slow flame. Once the mixture come to dough consistency remove and cool it. Make small balls and lightly press the top with ur thumb finger.. Take a small spoon and put a drop on the top of the ladoo and garnish with pista.

## Coconut Ladoo

milk powder - 50 gms  
Grated coconut - 2.5 cups  
Milk maid - 200 gms  
Eilaichi pdr - 1 / 2 tsp

### Method

Heat a kadai add all the given ingredients, cook in slow flame until all incorporates well. Switchoff the gas, cool it.make ladoos wth geased hands.roll it in grated kopra.

## Channa Dhal Burfi

channa dhal - 100 gms  
Milk - 3 3 cups  
Ghee - 1 / 2 cup  
Milk maid - 200gms  
Kopra - 1 / 2 cup Grated  
Eilaichi pdr - 1 / 2 tsp  
Garnishing - almonds

### Method

Soak channa dhal for 3 hrs.add 2 cups of milk to the dhal and cook.grind it into coarse paste.

Heat kadai add ghee and dhal fry till ghee absorbs.add milk maid, cook till the milk maid bind the mixture, add the remaining. Milk and cook till it absorbs.add chopped nuts and kopra. Spread it in greased tray cut to tour desire shape, once it is cool.



## Bhagavathi Hari

### Rava Ladu

- \* FRY 300GMS OF Rava, till colour changes and aroma emits.
- \* Get it powdered at flourmill, along with 300gms of sugar.
- \* This can be powdered in mixie too.
- \* IN A TBSPN of ghee, fry handful of cashew and raisins.
- \* Mix all these together, adding spoon of cardamom, pinch of kitchen camphor and also, half of Jadikai, fried and powdered.
- \* Heat 150gms of ghee, mix together, make into ladoos.

### Terattipaal

- \* BOIL 2ltrs of thick milk in a big kadai, in low heat, sautéing every now and then.
- \* when it comes down to 1/4 th of original qty, add 500gms of jaggery, spoon each of ghee and cardamom powder.
- \* when the mass is formed, leaving sides, put off the fire.
- \* when cool transfer to a container.

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## Porulvilanga Urundai

- \* 100gms moong dal
  - \* 100gms chanadal
- BOTH fried till color chages and aroma comes.
- \* 4tbspn of parboiled rice.
  - \* Hand ful of coconut, grated.
  - \* Cardamom powder
  - \*sukku/dry ginger powder one spoon.
  - \*jaggery 400gms
- FRY both the dalls and rice, each separately, make into coarse powder, when cool.  
Heat jaggery for pagu( to reach the consistency of making it round)  
Add fried grated coconut, yelakka and sukku powder, mix well.  
Now add the pahu to the mix above.  
Make into laddus.  
No ghee/ oil is used and we cant make out as to which ingredient is added into the laddu/ urundai.

## Moongdal/ Payata Urundai

- \* Take 250 gms of moongdal, fry till aroma comes and colour changes.
- \* make into powder once cool.
- \* sieve same for fine powder.
- \* once cool add equal powdered sugar and 150gms of ghee, cardamom powder, cashews fried in ghee.
- \* make small laddus from thia, preserve in a airtight container.

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SriRam Uma

## உப்பு சீடை

அரிசி மாவு - 2 கப்

உளுத்தம் பொடி - 3 டேபிள் ஸ்பூன்

வெள்ளை எள் - 1 டீஸ்பூன் (வறுத்தது)

தேங்காய் துறுவல் 1 டீஸ்பூன்

உப்பு - தேவையான அளவு

பெருங்காயத் தூள் - 1/4 டீஸ்பூன்

வெண்ணெய் 4 டீஸ்பூன்

எண்ணெய்

அரிசி மாவு

பச்சரியை நீரில் 1 மணிநேரம் ஊற வைக்கவும் நன்கு கழுவி காட்டன் துணியில் பரப்பி உலர வைக்க வம் அரிசி லேசான ஈரப்பசை இருக்கும் போது மிக்ஸியில் போட்டு மாவாக அரைக்கவும்

உளுத்தம் பருப்பு மாவு

வாணலியை அடுப்பில் வைத்து, அதில் உளுத்தம் பருப்பை போட்டு

பொன்னிறமாக வறுத்து மிக்ஸியில் போட்டு பொடி செய்யவும் .

ஒரு பாத்திரத்தில் அரிசி மாவு உளுத்தம் பருப்பு மாவை போட்டு, எள், துருவிய தேங்காய் உப்பு பெருங்காயத் தூள் வெண்ணெய் சேர்த்துகொஞ்சம் தண்ணீர் ஊற்றி மென்மையாக பிசைந்து கொள்ள வேண்டும் சிறு சிறு உருண்டைகளாக உருட்டி, ஒரு தட்டில் வைத்து, 1/2 மணிநேரம் உலர வைக்க வேண்டும்.

ஒரு வாணலியை அடுப்பில் வைத்து தேவையான அளவு எண்ணெய் ஊற்றி காய்ந்ததும் உருட்டி வைத்துள்ள சீடையை போட்டு பொன்னிறமாக பொரித்து எடுக்கவும்.

தேவையானால் மாவு பிசையும் போது சிறிது மிளகு சீரக தூள் சேர்க்கலாம்



## Krishna Jayanthi Spl Appam

I used to prepare like ths

soak 1 Cup rawrice Konjam thurdhal konjam vendhayam ooravichu nice ah  
araikavum adhulah konjam kodhumai maavu kalakavum rendu vazhapazham pottu  
pesayavum Arisi araikumpodhey elakai serthu araikalam. Araithavudan 250 Kg  
vellam pottu podi panni maavudan kalandhuvidavum.1/2 Moodi thengha thuruvi  
pottu appam kuthinal super taste.

variations kodhumai maavuku padhil muzhu kodhumai ooravaichum araikalam.



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## Anu Radha

### Nippattu

#### Ingredients

Rice flour -1&1/2cup  
Maida -1/4cup  
Pottukadalai -!/4cup  
Groundnuts -1/4cup(deskinne)  
Heeng -1/4tsp  
White til -2tsp  
Red chillipowder -!tbsp  
Oil -2tbsp+for deep frying  
Salt

#### Method:

In a vessel add the flours.  
Coarsely powder the groundnut and pottukadalai.  
Add this to the flour with heeng, salt, Redchilli pod and til.  
Add 2 tbso hot oil and mix well.  
Take little portion of the flour and add water little by little and make semi stiff dough.  
Take small balls and make roundels in a sheet or keep it in between two greased sheets and press it flat.  
Fry this discs in medium heat oil till the turn crisp and golden brown. Once cool store it an airtight container.

**Variation:** Instead of redchilli powder u can use 2tbsp copra and rechillies or greenchillies and grind and this to the flour. Pls add spice and salt according to ur taste.

this is also one of karnatakas famous dish.



## Kodubale

Rice flour -1cup  
Maida -1/4cup  
Rawa (fine) -1/4cup  
Copra(grated)1/4cup  
Hing -1/4tsp  
Redchillipwd -1to2tsp  
Oil -4tbsp+for frying  
Salt

### Method;

Heat a kadai add the sooji and maaid and fry till they become slightly warm. Remove and add this to the rice flour.U can use normal rice flour no need for the processed rice flour which is used for seedai. Now grind the hing, redchilli powder( if u want u can use dry red chillies or green chillies or pepper instead of red chilli powder)and copra in the mixie with little water. add this to the flour. Boil 4tbsp oil and add this to the flour. Allow the oil to cool slightly and mix it in the flour using ur hand. Check whether the oil is enough by taking the dough by forming a shape and it should break when it is pressed slightly. If not add little more hot oil. Now add water little by little and form a stiff dough.

Now take little dough and form a cylindrical rod shape og ur little finger thickness and bring both edeges and seal it form a bangle shape. Do like with the rest of the dough and deep fry them in medium to low heat till crisp and remove when they arecrisp and golden in colour. Cool them and store in airtight container. Do not fry in high heat it will not be cooked properly and will be raw inside.  
This is karnataka special.

## Thyryttupaal or milk halwa:

### Ingredients:

Full cream milk -1ltr  
Sugar 100gms  
Elaichi powder

### Method:

Bolil milk in a thick bottom kadai till it reduces to 1/4th quantity. Keep stirring the milk often otherwise it may burn in the bottom. Now add the sugar and keep stirring till it reaches halwa consistency. Last add elaichi pwd and if desired u can garnish with grated badam and pistas.



## Preparing Rice Flour For Seedai

Take raw rice wash and soak in water for two hrss and drain the water and put it in a cloth and allow to dry. When the rice become 3/4th dry u can grind it to finepowder in ur mixer. Seive the rice flour and take the fine powder for making any bakshanams. After making rice powder. Put this flour in a kadai and fry till it u are able to put kolam with that flour. Remove and allow it cool in a newspaper. Then store it in a container.

Urad dhal:

Take urad dhal till nice aroma comes. remove from fire cool and make fine powder out of it.

If u want u can grind these flour in the flour mill also instead of grinding in the mixie.

## Vella Seedai

Rice flour -1cup  
Uraddhal flour -1tbsp (roasted flour)  
Jaggery -3/4cup  
Butter -1tsp  
Sesame seed -1tsp  
Ghee -1tsp  
Salt  
Coconut pieces -1tbsp  
Oil

### Method:

Take proceesed rice flour 1cup. In a pan add jaggery and little water and heat till it melts. Remove and strain the syrup and add the rice flour when the syrup is hot. Allow it cool. When cool add the Roasted uraddhal flour , butter and pinch of salt. Cut coconut into thin small pieces and too this flour and the sesame seeds and mix well. Add water little by little and make a soft dough. Make small goose berry size balls and fry in medium heat oil till crisp.

First try with one ball. If it breaks add little rice flour to the dough and try again. Don't fry in too hot oil.it will remain uncooked inside.



## Murukku

Processed rice flour -4cup  
Roasted uraddhal flour -1/2cup  
Jeera or sesame seeds -2tsp  
Heeng -1/2 tsp  
Butter -1tbsp  
Salt  
Oil

### Method:

Take both flour in a vessel add salt, jeera or sesame seed and mix well. Now add heeng mixed in little water to the flour. Add the butter and mix well. If u hold the flour it should form a shape and if u slightly press it, it should break. This is the right consistency. If it doesn't happen add little more butter. Don't mix the full flour with water, take little portions and mix by adding water little by little and make a soft dough.

Take four to five small squares of paper. Now put the mixed flour in the murukku press with one star hole. Make two rounds murukku and drop it hot oil. The flame should be in medium. Till the murukku rises to the top don't disturb it. Once it comes up turn and cook it both the side till the 'shh' sound ceases and the murukku turns golden in colour. This murukku is mini murukku.

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## Uppu Seedai

### Ingredients

Processed rice flour -1cup  
Roasted uraddhal -1tbsp  
Sesame seed -1tsp  
Butter -1tbsp  
Coconut pieces -1tbsp  
Heeng -1/2tsp  
Salt  
Oil

### Method:

Take both the flour add salt heeng mixed with little water, coconut pieces and sesame seeds and mix well. Now add butter and mix well. If u hold the batter it should form shape and if press it it shuld break. If the butter is less this will not happen. Add little more butter and mix. Don't add too much butter. Don't mix the flour fully by adding water. Last few batches may turn too brown. So mix small portions of flour into soft dough. Make small balls out of this dough and keep it in a cloth. Don't try to make it into perfect shape by pressing the dough in between ur palms. just make shape by using ur fingers without pressing much. allow this rest for 10 to fifteen minutes.

By now u can mix the dough for the next batch. Fry the seedai in medium hot oil till the 'Shh' sounds ceases and the seedai turns golden brown. remove from oil and allow to cool before use store in an airtight container.

While making balls from the dough u can slightly grease ur fingers with coconut oil if u like the smell.

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## Karasev

Kadalimavu -1cup  
Arisimavu -1cup  
Heeng -1/2tsp  
Pepper -1tbsp  
Butter -1tbsp  
Baking soda -1big pinch(optional)  
Salt  
oil

### Method:

In a vessel take both flour together and add heeng and salt mixed in little water. Coarsely crush pepper and add to the flour. Add 1tbsp butter and if adding baking soda and now and mix well. Instead of butter u can add 2tbsp hot oil also. Make a soft dough by adding water little by little. Take a Karasev plate, take a big ball from this dough and rub it on the plate holding the plate on top of the hot oil.

Fry in medium flame till golden brown. cool and store.

Variation: Ucan use kadalai mave 1cup and rice flour 1/2cup.

U can increase or decrease the pepper according to ur spice level or u can use red chilli powder.

If doing on normal days instead of Heeng u can add Garlic cloves.

Grind 4to5 garlic pods with little water and strain it. This water can be used to make the dough to get garlic flavour.

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Saipriya Arunkumar

## Thattai

### Things required:

Rice flour 2 cups  
Fried gram flour 3/4 cup  
Chilly powder a tspn  
Hing 1/4 tspn  
Salt  
Fried gram 1 tspn  
Curry leaves a sprig  
Butter a cube  
Oil for frying

### Method:

Take a bowl. Add all the ingredients mentioned above and mix well by adding required water.  
Keep oil in a kadai for frying.  
Let it become hot.  
By the time take a plastic sheet, apply oil a drop.  
Rub some oil in your hands and make small balls out of the dough.  
Press the balls with your palm and make desired size as you prefer.  
Use a fork to make holes in it.  
Add it in the oil and deep fry it..  
Thattai is ready.

**Note:** if u didnt make holes in the ready to fry thattai, it will come out like poori...





## Milk payasam

### Things required:

Milk a litre  
Cooked rice 1/2 cup  
Sugar 1/2 cup  
Milkmaid 1/2 cup  
Elaichi powder a pinch

### Method:

Boil the milk..  
Smash the cooked rice and Add it to the boiled milk.  
Let the milk reduce to 3/4 th  
Add sugar,elaichi powder  
Turn off the stove and add milkmaid  
Stir well  
Yummy milkweed payasam ready





## Palkova

### Things required:

Milk 1 1/2 ltr  
Sugar 5 tspns  
Elaichi powder a pinch

### Method:

Boil the milk by adding it in a kadai.  
Keep on stirring to avoid getting burnt.  
Add a small plate inside the kadai to avoid overflow of the milk.  
When it gets thickened add elaichi powder and sugar..  
Stir till you get the consistency  
Turn off and trfr it to a bowl  
Tempting palkova is ready...



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## Homemade rice flour

### Things required:

Raw rice 3 cups

### Method:

Wash couple of times and soak raw rice in water for an hour.

Strain the water and dry it in a clean cloth..

It ll take around 20 minutes.

Now grind it in a mixie and sieve couple of times

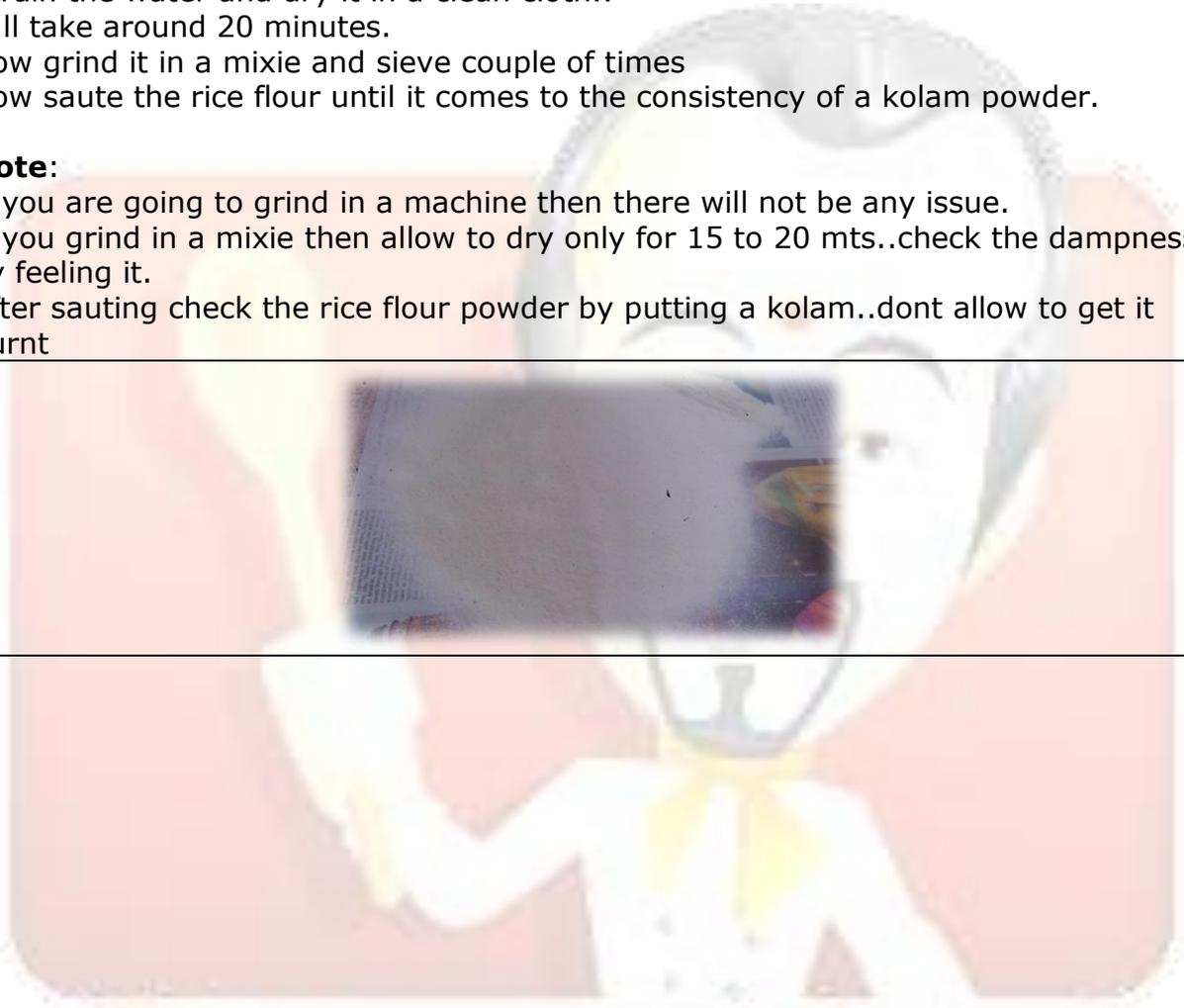
Now saute the rice flour until it comes to the consistency of a kolam powder.

### Note:

If you are going to grind in a machine then there will not be any issue.

If you grind in a mixie then allow to dry only for 15 to 20 mts..check the dampness by feeling it.

After sauting check the rice flour powder by putting a kolam..dont allow to get it burnt



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## Vella seedai

### Things required :

Homemade rice flour a cup  
Uriddal flour a tspn  
Jaggery 1/2 cup  
Salt a pinch  
Butter a tbspn  
Elaichi powder a pinch

### Method:

Soak jaggery in little water and strain the impurities.  
Add it to a pan and allow to boil..no need to check for any consistency  
Seive homemade rice flour,uriddal flour,salt together  
Add elaichi powder  
Add the jaggery to the flour slowly  
Dont add thew whole..  
Mix and check  
It should not be sticky or loose  
Once it is stiff leave ir for 20 mts  
Make small balls and deep fry it  
Vella seedai is done





## Mulluthenkuzhal

### Things required:

Rice flour 2 cups  
Uriddal flour 2 tbspn  
Salt  
Hing a pinch  
Cumin seeds a tspn  
Butter a tspn  
Oil for deep fry

### Method:

Mix everything together with enough water and make a dough  
Using press mould make thenkuzhal and deep fry in oil  
Strain the excess oil and put in an air tight container  
Mulluthenkuzhal is ready



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## Ribbon pakoda/ Nada

### Things required:

Rice flour 2 cups  
Gram flour a cup  
Salt  
Chilly powder 2 tspn  
Hing  
Butter a tbspn  
Oil for deep fry

### Method:

Seive the flours alongwith chilly powder, salt and hing.  
Mix everything by adding butter with needed water and make dough  
Dont make it stiff or too sticky.  
Using the mould make yummy nadas by deep frying it..  
Crispy Ribbon pakoda/nada is done



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## Rava laddu

### Things required:

Rava 1 cup  
Sugar 3/4 cup  
Melted Ghee 1/4 cup + 2 tspn  
Elaichi 3  
Cashew/badam

### Method:

Take a kadai. Add a tspn of ghee. Roast the rava for 5 to 10 mts.  
Grind the rava and sugar together in a mixer with elaichi.  
Trfr it to a big plate. Fry the cashews in a tspn of ghee. Add it to the rava mix.  
Melt the ghee and add to the laddu mix. Mix well and make laddus out of it...  
Rava laddu is ready....



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## Omappodi

### Things required:

Gram flour a cup  
Rice flour 2 tspns  
Salt  
Hing a pinch  
Butter a tspn  
Ajwain/Omam a tspn  
Oil for frying

### Method:

Soak ajwain in water for 10 mts.  
Grind and strain the water. This water is used for kneading the dough.  
Seive gram flour, rice flour, hing and salt together  
Add butter  
Use ajwain water and knead the dough.  
Use the mould and start making omappodi by deep frying it in oil.  
Omappodi is done





## Uppu seedai

### Things required:

Homemade rice flour: 1 cup  
Uriddal flour 1 tbspn  
Salt  
Hing a pinch

### Method:

Saute rice flour and uriddal flour till the dampness goes off  
Allow to cool  
Seive the flour couple of times alongwith hing and salt  
Add butter at room temperature  
Add needed water and make stiff dough  
Pinch and make balls  
Dont make the balls stiff  
Allow the balls to dry for about 15 mts by spreading in a plastic sheet  
First deep fry only one seedai.if it didn't burst,then add many and deep fry it.  
Pls be careful while making it  
When the sound comes down its understood that the seedai is ready  
Crispy seedai is ready

### Note:

Pls be careful while making seedai.The dough should not be sticky  
Dont press the balls tightly which may lead to burst





Vaidhyanathan Kasiviswanathan

## Ma Laadu

500 gm Pottukadalai  
550 sugar  
Powder both  
300 gm ghee  
Heat ghee and add to the mix and make into small balls  
Rava Ladu  
Upma rava 250gm  
300gm sugar  
  
Fry rava dry  
Rava and sugar to be sieved  
Pottukadalai 1 spoon  
Ground nut 1 spoon fried  
Kopparai 2 spoon  
Elakkai 6  
Ghee

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