

Lakshmi's Table



A Collection of Vegetarian Recipes from South India

P.S. Lakshmi Rao

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(A Collection of Vegetarian Recipes from South India)

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For copies contact

Vanguri Foundation of America, Inc

e-mail: vangurifoundation@gmail.com

or

The Author

Email: pslrao@bellsouth.net

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- 2½ Cups water
- ¼ Cup yellow skinless mung dal washed
- 1 Teaspoon salt or to taste
- ½ Teaspoon ground red pepper
- ¼ Teaspoon crushed cumin (jeera) seeds
- 1 Teaspoon ghee (clarified butter)
- 1 Cup rice flour
- 2 Cups vegetable or canola oil for frying

Boil water in a 3 quart saucepan. Add mung dal and cook for three minutes. Turn the heat off and mix salt, red pepper, cumin seeds, ghee and rice flour. Mix thoroughly. Adjust salt and pepper to taste at this time. Knead dough for two minutes with oily hands until it is free of any lumps. Make large marble size balls. Roll each ball on an oily smooth surface or in the palm of your oily hand into pencil thin sticks about four inches long. Join the ends to make a chegodi. Place the chegodies on a cookie sheet or wax paper.

Heat oil in frying pan to medium high. Fry the chegodies eight or ten at a time (depending upon the size of the frying pan) until light brown. Remove them with a slotted spoon onto a paper towel to absorb any excess oil. Keep them in a container with tight lid.

Makes 40 chegodies.



1 Medium 6-inch long aanapakayi (bottle gourd, opo squash or doodhi)

2 Cups water

1 Teaspoon salt or to taste

½ Teaspoon turmeric (haldi)

Wash, peel and cut aanapakayi into half inch pieces. If the seeds are hard remove the center part. Wash the pieces again in a colander. Boil water in a three-quart saucepan with salt and turmeric. Add aanapakayi pieces and cook for five minutes or until the pieces become soft. Drain them into the colander.

Popu (Tadka)

2 Teaspoons oil

½ Teaspoon home made ghee (optional)

¼ Teaspoon red mustard seeds

1 Teaspoon chana dal

1 Dry red chili broken into four pieces

2 Teaspoons urad dal

½ Teaspoon cumin (jeera) seeds

Curry leaves from one stem

1 Cup milk

1 Teaspoon sugar

1 Teaspoon rice flour

½ Teaspoon salt or to taste



10 Chama dumpalu (taro roots)
4 Cups water

Popu (Tadka)

1 Tablespoon oil
1 Teaspoon red mustard seeds
1 Tablespoon white or urad dal with skin
2 Dry red chilies broken into 3 pieces
3 Green chilies cut into small pieces
2 Inches peeled and chopped ginger
Curry leaves from two stems
¼ Teaspoon turmeric (haldi)
2 Teaspoons tamarind juice bottled or fresh
1½ Teaspoons salt or to taste

First prepare chama dumpalu. Wash chama dumpalu thoroughly and cut them into two to four pieces depending upon the size. Boil water in a three-quart size saucepan on high heat. Add chama dumpa pieces to the water and reduce the heat to medium. Cook until the middle of the chama dumpalu feels soft to touch of a fork or knife. Drain them into a colander. Run under cold water to stop them from cooking further. Peel off the skins and discard the skin.



1 Large eggplant

2 Cups water

1 Teaspoon salt or to taste

½ Teaspoon turmeric (haldi)

Cut eggplant into two inch pieces and put them in a bowl with three cups water. Boil 2 cups water in a three-quart saucepan with one teaspoon salt and turmeric. Wash eggplant pieces two times. Add them to the boiling water. Cook until the eggplant pieces become soft and drain them into a colander. Return the pan to the stove.

Popu (Tadka)

1 Tablespoon oil

½ Teaspoon red mustard seeds

2 Teaspoons chana dal

2 Teaspoons urad dal

1 Dry red chili broken into three pieces

½ Teaspoon cumin (jeera) seeds

¼ Cup cashew pieces

2 Stems curry leaves.

2 Inches peeled fresh ginger

2 Green chilies

Cut ginger and green chilies into very fine pieces



2 Cups plain homemade or store bought yogurt
 1 Cup grated fresh coconut
 1 Tablespoon salt
 ¼ Teaspoon turmeric (haldi)
 Mix the above four ingredients and set aside.

Popu (Tadka)

1 Tablespoon oil
 1 Teaspoon red mustard seeds
 1 Teaspoon urad dal
 2 Dry red chilies broken into pieces
 1 Pinch asafoetida (optional)
 1 Long green pepper chopped
 Curry leaves from one stem

Heat oil in a small pan and add mustard seeds. When mustard seeds start to pop, add urad dal, red chilies, cumin seeds, and asafoetida. Fry until urad dal becomes light brown. Add curry leaves and green chilies and fry them for few seconds. Add popu to yogurt –coconut mixture. Mix well and keep it covered.

Tastes great with rice, idli, dosa, wada and paratha. The amount of red chilies can be increased or decreased to taste. If the chutney is too thick, add little water. Makes 6 servings



- | | |
|---|-----------------------------|
| 2 Cups fresh mint leaves (discard stems) | 1 Tablespoon oil |
| ½ Teaspoon methi (fenugreek) seeds | 6 Dry red chilies |
| ½ Teaspoon red mustard seeds | 2 Tablespoons chana dal |
| 2 Tablespoons urad dal | 1 Teaspoon salt or to taste |
| ¼ Teaspoon turmeric (haldi) | ½ Teaspoon brown sugar |
| Small lime size tamarind (imli) soaked in ½ cup water (seeds and strings removed) | |

Wash and pat dry mint leaves. Heat oil in a small frying pan. Add methi seeds and fry until light brown. Add chilies, mustard seeds, chana dal and urad dal. Fry until dals are light brown. Add mint leaves and fry until all the moisture is gone. Set aside to cool. Transfer mint leaves mixture, salt, turmeric, tamarind with water and brown sugar into a blender and blend the chutney coarse. Tastes great with rice, dosa or idli.

Makes 6 servings



- 1 Large green mango
- 1 Cup thoor dal
- 3½ Cups water
- 1 Green chili cut into 2 inch pieces
- Curry leaves from two stems
- 1Tea spoon salt or to taste
- ¼ Teaspoon turmeric (haldi)
- 1½Table spoons any vegetable oil
- 1Teaspoon red mustard seeds
- 1Teaspoon urad dal
- 3 Dry red chilies
- ¼ Teaspoon cumin (jeera) seeds
- ¼ Teaspoon asafoetida (hing)
- 8 Garlic cloves peeled (optional)

Fry thoor dal in a 3 quart saucepan on medium heat for 5 minutes stirring continuously making sure not to burn. After frying, wash dal in the same pan, add water and return to the stove. Cook on medium heat for 10 minutes. Peel and cut the mangoes into ½ inch pieces. Add the mango pieces, green chilies, curry leaves, salt and turmeric and cook until dal and mango pieces are soft. In a small popu pan, heat oil and add mustard seeds. When seeds start to pop, add urad dal, red chilies, cumin seeds and asafoetida. When urad dal starts to turn brown, add garlic and fry for a few minutes stirring until garlic becomes light brown. Add popu to dal, cover and cook for few minutes to blend the flavors.

Makes 6 servings



2 Cups whole-wheat flour

1 Teaspoon oil

½ Cup all purpose flour for dusting

Mix flour, salt and oil in a bowl. Add water and knead until soft dough forms. Cover and set aside.

Stuffing

3 Idaho medium size potatoes. Wash and cut each into four pieces

3 Cups water

1 Teaspoon ground coriander

½ Teaspoon ground red pepper

½ Teaspoon ground black pepper

½ Teaspoon mango powder (amchur)

½ Teaspoon cumin (jeera) seeds

1 Teaspoon salt or to taste

¼ Cup chopped onion

2 Long green chilies chopped

Boil the potatoes with skin in a three-quart saucepan on medium high heat with two cups of water for ten minutes. Drain in a colander. Peel the skin after the potatoes are cold and mash them. Add ground coriander, red pepper, black pepper, mango powder, cumin seeds, salt, onion, and green chilies to mashed potatoes. Mix thoroughly. Make about twelve lemon size balls.

½ Teaspoon salt or to taste

1¼ Cup water



- 2 Cups water
- ½ Cup chana dal (washed)
- 1 Teaspoon salt or to taste
- 1 Teaspoon cumin (jeera) seeds
- 1 Teaspoon ghee (clarified butter)
- 2 Cups rice rava or idli rava

In a 3 quart saucepan, boil water and chana dal for five minutes. Remove from heat and add the rest of the ingredients. Mix thoroughly until you can handle the dough with your hands. Rub a little ghee in your palms and make lime-size balls. Place the balls in a steamer or idli plate and steam for 7 minutes. Let them cool for 3 or 4 minutes and eat with chutney or mango pickle.

Makes 6 servings



- 2 Pounds calabasa squash (seeded, peeled, and cut into 2 inch pieces)
- 1 5-inch long sweet potato or yam (washed and peeled, cut into ½ inch thick circles)
- 1 Indian or Italian eggplant cut into 2 inch pieces
- Aanapakayi (opo squash) peeled and cut into 2 inch squares (about 2 cups)
- 2 Long green chilies cut into three pieces.
- Curry leaves from one stem
- Large lemon size tamarind (soak and extract juice with water to make 6 cups of liquid)
- 1 Tablespoon salt or to taste
- ½ Teaspoon turmeric (haldi)
- 1 Tablespoon brown sugar
- 1 Tablespoon rice flour
- ½ Cup water

Wash first four vegetables in a colander. Put them in a large 4 quart saucepan. Pour tamarind juice into the pan. Add green chilies, curry leaves, salt and turmeric. Cook on high for 6 minutes. Reduce the heat to medium and cook until vegetables are tender. Make sure vegetables are not cooked too soft. Add brown sugar and mix.



- 1 Dosa kayi (about 3 inches in diameter and 4 inches long)
- ¼ Cup ground red pepper
- ¼ Cup ground mustard powder
- 1½ Tablespoons salt or to taste
- ¼ Teaspoon turmeric (haldi)
- ¼ Cup oil

Wash and wipe dosa kayi dry. Cut it into half lengthwise and remove the seeds with a spoon. Cut into ½ inch pieces and spread the pieces on a layered paper towel to absorb moisture for 30 minutes. This process keeps the pieces crisp.

Grind red mustard seeds in a spice grinder to get powder. Mix red pepper, mustard powder, salt and turmeric in a medium glass bowl. Add dosa kayi pieces to this red pepper mixture and mix. Add oil and mix thoroughly. Keep the pickle in a dry glass jar and keep it in the refrigerator for a week.

End of Preview.

**Rest of the book can be read @
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