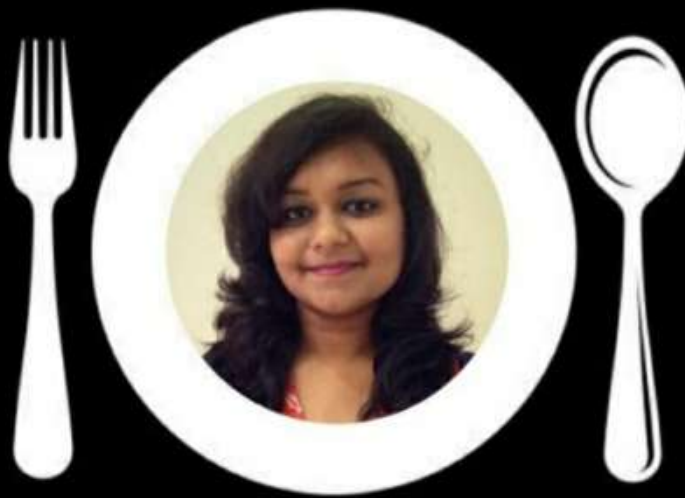


HAPPY
MEATING
YOU HERE

@ Vysdom Kitchen Champions



Dr.B. Sherly

Food is symbolic of Love, when words are inadequate

Alludu Vindhu Bhojanam



Dr.B.Shirly
for Vysdom Kitchen Champion

A great introduction to cultures is there cuisine. It not only reflects their evolution, but also their beliefs and traditions.

Food brings people together on many different levels. It's Nourishment of the soul and body..

It's truly love. 🥰

Alludu Vindhu Bhojanam



Total number of items

32



Items List

1. Water
2. Salt
3. Stuffed Vada manga pickle
4. Spicy Sprouted Green Gram Salad
5. Apple dry fruits sweet Pachadi
6. Tangy cucumber carrot dhahi pachadi
7. Potato green peas poriyal
8. Carrot cabbage poriyal
9. Dates Halwa
10. Palkova
11. Masal Vada
12. Potato chips
13. Appalam
14. Pappu poli
15. Ghee
16. Dhal
17. Sirudhaniya Rotta
18. Pepper Rice
19. Poppy seeds Rice
20. Garlic Pappulu podi
21. Rice
22. Vatha kuzlambu
23. Drumstick Mango Pulusu
24. Bottle guard Dhal for Rotta
25. Chow Chow Kootu
26. Menthul Mariyal Pulusu
27. Pappu Rasam
28. Curd
29. Elaneer Nungu Payasam
30. Fig Icecream
31. Sweet Beeda
32. Banana



Stuffed Vadu Manga Pickle

Vadu manga - 1kg

Fenugreek - 50 gm

Mustard - 100gm

Chilli powder as per taste

Salt and oil as required



Apple Dry Fruits Sweet Pachadi

Apple 1 nos

Honey 2 table spoons

Dates 3 nos

Rosted Cashew 1 table spoon

Pistachios 1 tea spoon

Greater coconut 1 table spoon

A pinch of salt



Spicy Sprouted Green Gram Pachadi

Sprouted green gram 1 cup

Green chilli 2 nos

Tomatoes 2nos

Pepper powder 1/2 tea spoon

Lemon juice 1 table spoon

Salt as per taste



Tangy Cucumber Carrot & Dhahi Pachadi

Mix curd 1cup while serving
Grated cucumber 1/2 cup
Grated carrot 1/2 cup
Grinded as paste (green chilli 2nos
musk melon seeds 1 tea spoon
cashew 1 tea spoon
coconut 2 tea spoon
salt as per taste)



Pepper Rice

Boiled Rice 1 cup

Pepper 1 table spoon

Red chilli 1nos

Jeera 1 tea spoon

Garlic 15 cloves



Poppy Seeds Rice

Roasted poppy seeds 2 table spoon

Red chilli 4

Boiled rice 1cup

Ghee 2 tea spoon

Roasted cashew 10nos



Sirudhaniya Rotta

Hot milk $\frac{3}{4}$ cup

Ragi Mavu $\frac{1}{4}$ cup

Kulambu Mavu $\frac{1}{4}$ cup

Thinai Mavu $\frac{1}{4}$ cup

Kuthiraivali $\frac{1}{4}$ cup

Salt as per taste



Bottle Gourd Dhal for Rotta

Bottle guard 1 medium size

Onion 1 big size

Tomatoes 3 nos

Moongdhal 2 table spoon

Thor dhal 1 table spoon

Ginger garlic paste 2 tea spoon

Green chilli 3 nos

Red chilli powder 1 tea spoon



Potato Green Peas Poriyal

Boiled Potato 1 cup
Boiled Green peas 1/4 cup
Grinded as paste (Onion 2nos
Tomatoes 2nos
Turmeric powder 1/4 tea spoon
Chilli powder 1 tea spoon
Salt as per taste)



Carrot Cabbage Poriyal

Carrot 1/2 cup

Cabbage 1/2 cup

Onion 1/4 cup

Moongdhal 2 table spoon

Coconut 1 table spoon

Green chilli 5nos

Salt as per taste



Chow Chow Kootu

Chow chow 1nos

Bengal dhal 2 table spoon

Moongdhal 3 table spoon

Coconut 2 tea spoon

Green chilli 2nos

Pepper powder 1/2 tea spoon

Tomatoes 2small size

Red chilli 1nos



Vatha Kuzhambu

Brinjal 4 big nos

Motcha 50 gms

Sundakai vathal 3 table spoon

Tamarind paste 1 table spoon

Small onion 1 cup

Turmeric powder 1/4 spoon

Chilli powder 1/2 spoon

Pappulu podi 2 table spoon



Drumsticks Mango Pulusu

Drumstick 5nos
Mango 1nos
Onion 1 big size
Tomato 3nos
Thor dhal 1 cup
Tamarind paste 1/4 cup
Vadagam
Red chilli powder 1 tea spoon
Jaggery small piece
Salt as per taste
Green chilli 2nos



Menthulu Meriyal Pulusu

Powder menthul 1 table spoon

Powder mariyal 2 table spoon

Thor dhal 1 cup

Urad dhal 1/4 cup

Tamarind paste 1/2 cup

Turmeric powder 1/4 spoon

Red chilli 2nos

Coriander leaves



fenugreek



black pepper

Garlic Pappulu Podi

Chenni pappu 1 cup

Garlic 30 cloves

Chilli powder 1 table spoon

Salt as per taste



Pappu Rasam

Tomatoes 2nos
Garlic 4 cloves
Thor dhal 2 table spoon
Tamarind paste 1 table spoon
Jaggery small piece
Rasa powder 2 tea spoon
Salt as per taste



Masal Vada

Kadala pappu 1 cup

Green chilli 2

Red chilli 2

1 cup (coriander, kare, mint, moringa leaves)

Dhaniya 1 teaspoon

Jeera 1 tea spoon

Patta 1

Lavangam 1

Ginger big 1

Onion 4nos

Garlic 5 cloves



Dates Halwa

Gothuma Mavu 150gms

1 cup sugar

1/2 cup dates paste

1/2 cup ghee

1/2 cup caramelized sugar

1/2 tea spoon Custard Powder

Mixed dry fruits 1cup



Palkova

Milk 500ml

Sugar



Pappu Poli

Thoor dhal 1 cup
Jaggery 1cup
Coconut 3table spoon
Elachi 3pcs
Cucumber seeds 1/2 spoon
Muskmelon seeds 1/2 spoon
Maida 1 cup



Elaneer Nungu Payasam

Elaneer 2 (water & coconut)

Nungu 5

Nattu maatu milk 500ml

Custard powder 1/4 spoon

Cashew 10nos

Ghee 2 table spoon

Pacha karpuram powder 1pinch

Sugar as required



Sweet Beeda

Beetal leaves 1 nos
Sunnaambu a trace
Supari 1/4 spoon
Sweetened dry ginger or amla – 1 small
piece (optional)
coconut strands – few
Gulkand – 1/2 tsp
Cloves – 1 no



Fig Icecream

Fig paste 1cup

Fresh cream 1 cup

Milk maid 1cup



DON'T
waste food



PLEASE HELP THE POOR PEOPLE
Take only as much you need



THANK
YOU