

# CORONA DIARIES-2

C O O K B O O K



## DIARIES 2 A

### MESSAGE

STORY Frankly Speaking

CHILLERS Thanner Mathan Dinangal

SALAD Salt N Pepper

FISH Natholi Oru Cheriya Meenalla

CHICKEN Prathi Poovankozhy

## DIARIES 2 B

NADAN Kammath N Kammath

HEALTHY QUICK BITES Aadaminte Chayakada

BIRIYANI Usthad Hotel

EGG Ponmuttayidunna Tharavu

STORY Sadhya



**Dear Coronachechi,**

You have got it all wrong. Your presence has resulted a behavioural transformation among all of us. You have made us rediscover our social nature and brought us even more close to each other.

While you are upto petty tricks like trying to take away our smell and tastes, we at kfog are determined to overwhelm you with the variety of food options in our blessed state. Our compilation of recipes from across the state is proof of how we are using innovative means to find meaning, purpose and satisfaction in our lives.

As and when you decide to leave our beautiful state do carry this recipe book along. Our gastronomy warriors Reji Mohan, Deepthy, Divya, Bindu, Reshma, Suchitra, Jyothi Ramesh and Shyjus have done such a great job in compiling the culinary skills of gynecologists that will leave your mouth watering. Everything has been presented beautifully by David of Smriti Design so that you can share some pleasant memories of your visit to God's own Country. Lest you forget.

On behalf of members of God's own profession

**Dr Ambujam**

**Dr Venugopal**

**This cook book is dedicated to our own CORONA-CHECHI, the mastermind of COVID 19 by members of Kerala Federation of Obstetrics and Gynecology.**



## NADAN DISHES

Traditional dishes always bring back nostalgic memories. And all our auspicious occasions remain incomplete without them. The severe restrictions and lockdown as a result of Covid fear has made us all sit up and realise the importance of home grown vegetables, local produce and age old simple Recipes.

So collecting recipes unique to our wonderful state was really exciting. Here comes six easy traditional recipes all the way from Thiruvanthapuram, Kollam, Alaphey, Palakkad and Thrissur.. Thanking all contributors for the efforts and photo at short notice. Most of them have used vegetables from home grown gardens. Hope you will relish this segment. Do send some feedback and encouragement to the contributors and remember to share the recipes with your children as they are part of our gastronomic heritage.



*Compiled by*  
**Dr. Deepthy M.,**  
Thrissur



## OLAN

DR.BINDU MENON ,THRISSUR

Curry : Olan

### Ingredients:

Ash gourd ( kumbalanga ) - 250 g

Coconut milk (thick ) - half cup

### Method:

- 1.Scrape the ash gourd and put it in the pressure cooker.
- 2.Add little salt and water( minimum) to it.
- 3.Wait for 1 whistle.
- 4.Switch off the flame and wait till the pressure goes.
- 5.Add half cup of coconut milk ( you can add either milk from grated coconut or coconut milk powder packet ) to the boiled ash gourd.
- 6.Make it thick, but do not make it too watery.
- 7.After removing from the flame, add one teaspoon coconut oil or little



## AVIYAL

DR. PRESANNAKUMARI , TVM

### Contents

Muringakka-2

Green banana-1(ethakka)

Beans- 5

Carrot medium size- 2

Cut into pieces of about 2.5 inches.

Cooked with one tablespoon coconut oil followed by about a few cc water.

When half cooked stirr. Add one tomato cut into same size pieces.

Grind coconut, 2 green chillies ,small onion jeera and garlic. Add this to the cooked vegetables and cook in low flame for a few minutes. Yummy aviyal ready.



## PUMPKIN RED GRAM ERISSERY

DR. LALITHAMBIKA, ALAPPEY

### Ingredients required:

- |                          |                  |
|--------------------------|------------------|
| 1. Pumpkin               | - 400 g          |
| 2. Red gram              | - 100g           |
| 3. Grated coconut        | - 2 cups         |
| 4. Dry red chilly        | - 4              |
| 5. Powdered black pepper | -2 tea spoon     |
| 6. Turmeric powder, salt | - sufficient qty |
| 7. Mustard seeds         | -1/2 tea spoon   |
| 8. Small onion Sliced    | - 2 nos          |
| 9. Coconut oil           | - 1 1/2 tb spoon |
| 10. curry leaves         | - sufficient qty |

### Method:

Soak red gram for 4 hours and cook in a pressure cooker with a pinch of turmeric powder and salt , gram should not be smashed.,each one should remain separate. pumpkin is cut into 2x2 inch pieces and cook with salt and turmeric powder.that also should remain in separate pieces after cooking..

grated coconut is fried till it is crispy and golden brown.

heat coconut oil in a pan and fry red chillies , take it out , add mustard followed by chopped onion and curry leaves.then add pumpkin, redgram , 2 tea spoon pepper powder and red chillies , cook for 1- 2 minutes add fried coconut gratings ,stir gently . Erissery is ready.



# Mampazha pulissey

(Ripe mango curry)



**DR. HEMA WARRIER**  
Palakkad

## Ingredients:

1. Ripe mangoes-8. (choose the small ones with mostly pulp and no flesh)
  2. Half a medium sized coconut, grated
  3. Red chilli powder: 2 tsp.
  4. Turmeric powder: 1 tsp.
  5. Cumin seeds: ½ tsp.
  6. Mustard seeds: 1 tsp.
  7. Curd: 250 mL
  9. 1 cube of jiggery
  10. Dry red chillies
- Oil, salt, curry leaves as needed.

## How to make it

Peel mangoes and drop entire into a kadai. Squeeze the juice out of the peels and pour into the kadai. Cook with salt, chilli powder, salt and jiggery till done. Grind the coconut with cumin seeds into a smooth paste. Mix into the cooked mangoes and let boil for a minute. Add curd and stir it well. Switch off the flame before it boils, otherwise it will curdle.

Heat oil in a pan. Add mustard seeds. When they splutter, add broken red chillies and curry leaves. Pour hot into the kadai.

Your golden curry is ready. Goes well with rice. Serves two.

P.S you have to squeeze the juice into rice while having it, and discard the stone.





## NADAN DISH KOOTTUKARI

DR.REENA

### Ingredients WPS Office

1. Yam chopped into small pieces -1 Cup
2. Raw banana chopped into small pieces -1 Cup
3. Chic Pea - 1/2 Cup
4. Cumin Seed- 1 table spoon
5. Green Chilly 2
6. Chilly Powder 1 Table Spoon
7. Turmeric Powder 1/2 Table Spoon
8. Grated Coconut 2 Cup
9. Pepper Powder 1/3 Teaspoon
10. Ghee 1 Table spoon
11. Small Onion 5-6 Numbers

### Steps

1. Cook soaked chickpeas with salt and turmeric powder
2. Fry 1 cup of grated coconut, cumin seed and small onion in coconut oil till golden brown and grind it.  
Fry the other cup of grated coconut to golden brown and keep it aside.
3. Cook chopped yam, raw banana, cooked chick piece, turmeric powder, chilly powder, pepper powder, ghee, salt, coconut, cumin seed paste with enough water in a pressure cooker for one whistle.
4. Tempering heat coconut oil, add black

gram, fry it till golden brown, then add curry leaves, red chilly and remaining grated and fried coconut. Fry it till golden brown. Then add the yam banana mix it this and mix it well and prepare to a constituency as shown in the picture. Then Yummy Kootu Carry is ready.



അഹഹ ശിശുലാഗലിനേ ലഃരലുഃ  
കൊച്ചുള്ളി ശരളീം 17 യമരസ്യമുന





## HEALTHY QUICK BITES

It's 'Stay Back Home' time.

These days, since children are at home through-out the day and are likely to feel hungry anytime, having some recipes of 'Quick Bites' would be much appreciated. So here comes the 'Kerala Gynecologists' contribution to this pool. Get to know what your colleagues are making for their children and do try it at your home....

So here comes, 8 different 'Quick Bites' at your disposal.....

**Dr SHYJUS P**

MBBS, MS(JIPMER), FMAS, DMAS, FICOG,  
President , Cannanore O&G Society





## CHICKEN CUTLET

### Ingredients

1. 250 gms of chicken
2. One onion Chopped, 2 green chilli and 1 small piece of ginger .
3. 1 potato
4. 1 egg white
5. 1 handful of coriander leaf
6. Bread powder 2 tsp
7. 1 pepper powder
8. Salt accordingly
9. Coconut oil 2 table spoon

### Preparation

Cook the chicken and separate bone part and make into very small pieces . Make items 2 in the form of a paste and cook slightly in pan. Mix it with chicken and well cooked potato. Add 1 tsp of pepper powder and salt as required. Make it into small ovoids, dip in white part of egg and bread or



### Dr Chellamma

Prof & HOD,  
Dept of OBG,  
KMCT Medical College,  
Mukkam

## NADAN PAKKAVADA

### Ingredients

1. Onion -- one thinly sliced
2. Ginger -- finely chopped-- one table spoon
3. Green chilli -- 2 finely
4. Curry leaves
5. One cup Gram flour
6. Half cup Maida
7. One table spoon Rice flour
8. One pinch Asafoetida
9. Salt
10. Half cup water
11. Oil for frying

### Preparation

Mix all ingredients together to form idly batter consistency.

And keep aside for one hour. Then add one pinch of baking soda and mix well

Then deep fry in oil by putting small amount and fry deep.

Serve with sauce



**Dr Jeena Baburaj**

Consultant Gynecologist,  
Ceeyem Hospital, Vadakara





## BREAD VADA

### Dr Jayalakshmi S

Fertility Specialist,  
Dream flower IVF Centre Kasaragod

#### INGREDIENTS

(1 CUP = 240ML )

3 slices Bread

½ Cup Carrots grated

¼ Cup Onions finely chopped

1 Green chili chopped

1 Red chilli cut – optional

½ tsp Garam Masala

Salt (as needed)

Handful Mint or Pudina – finely chopped

Handful Coriander leaves – finely chopped

½ tsp Ginger grated

¼ tsp Cumin or Jeera

2 tbsps Rice flour or Corn flour or Maida

2 tbsp Water

Oil for frying

#### PREPARATION

Tear off the bread slices to pieces. Add them to a mixing bowl. Add ginger, carrots, onions, pudina, coriander leaves, salt, green chili, red chili, cumin, garam masala.

Mix them gently and check if water is needed. If the veggies used has lot of moisture, then you may not add any water.

Add 1 to 2 tbsp water if needed and begin to mix. Add rice flour and make a dough

Heat oil for frying. Divide the mixture to 7 to 8 parts and make balls. Flatten them gently and make a patty. Do not make thick patties, they should be thin, otherwise the vada will have the taste of dough.

Drop these in hot oil and fry on a medium heat. These tend to turn brown quickly, so keep watching. Fry them stirring often and flipping to both the sides. When bread vada turns golden, remove them to a kitchen tissue. Serve bread vada hot with any chutney or tea.

## CHEESY CORN PANEER PIZZA

**Dr Nirmal Krishnan**

Fertility Specialist,  
KARE Centre, Thrissur

### Ingredients

1 and 1/3 cups (320ml) warm water  
(between 100-110°F, 38-43°C)  
2 and 1/4 teaspoons Red Star Platinum  
instant yeast (1 standard packet)  
1 Tablespoon (13g) granulated sugar  
2 Tablespoons (30ml) olive oil  
3/4 teaspoon salt  
3 and 1/2 cups (440g) all-purpose flour  
(spoon & leveled), plus more for hands  
and surface  
Sprinkle of corn meal for dusting the  
pan

### Preparation

Whisk water, sugar and yeast together.  
Leave for 5-10 min till it bubbles up.  
Mix flour, oil, salt and add the water

& yeast to this. Mix well till it comes  
together to a dough. Just add some olive  
oil to the sides of the dish.

Put the dough in, cover with a wet cloth  
& leave to rise for 60-90 min.

You will see that the dough has doubled.  
Push out the air & knead the dough.

Cut into 2 pieces & cover up the one you  
are not working with at the moment.

Sprinkle some corn meal( I used blitzed  
cornflakes). Stretch the dough with your  
hands onto a pizza plate. You can double  
up the edges. Then prick the base with a  
fork. You can either lightly apply oil and  
then pizza sauce n toppings and bake at  
240-250 degrees for 12-15 minutes or  
you can lightly bake just the base for 5  
min then top n do the rest of the baking  
as 2 steps. Please ignore the yeast brand  
name; just use what ever active yeast  
you have. For the pizza sauce I took  
around 10-12 tomatoes and blanched it  
in boiling water skinned and chopped  
coarsely. Sauté that with a chopped  
onion, garlic and add some chilli flakes  
n oregano. Add salt n sugar to balance.  
Blitz it up and there u have your pizza  
sauce





## CHEERA BAJJI

**Dr.Simi Kurian,**  
Associate Professor,  
Govt Medical College, Pariyaram  
Kannur

### Ingredients

Cheera 12 leaves

$\frac{3}{4}$  cup Gram flour ( Kadala mavu)

$\frac{1}{4}$  cup Rice flour

$\frac{1}{4}$  teaspoon Baking soda

$\frac{1}{2}$  teaspoon Chilly powder

$\frac{1}{4}$  teaspoon Asafoetida

Salt

### Preparation

Make a slightly thick batter with flours , spices and salt.

Make sure no lumps in the batter.

Dip each (clean and dry) leaf in the prepared batter .

Deep fry until crisp and golden brown in the hot oil in medium flame.

Drain excess oil and serve hot with tomato sauce.







## CHEERA CUTLET

**Dr Suma Vishnu**

Fetal Medicine Consultant,  
Vinayaka Hospital, Wayanad

Cheera Cutlet is an Indian style crispy snack. Rich in iron and vitamins, good to taste, easy to make and very health

### Ingredients

Spinach leaves ½ kg  
Curry leaves 2 tablespoon  
Green chilly 3-4  
Ginger  
Onion 2 nos  
Potato 3 nos [boiled and smashed]  
Bread crumbs  
Salt  
Oil  
Egg 2 nos

### Preparation

Chop spinach leaves and smash potatoes.  
Heat some oil in a pan, saute onion curry leaves, ginger, chillies till they turn brown. Add spinach and cook them for sometime, add salt and smashed potatoes, mix well. Add lemon extract after taking it from fire(optional). Knead well. Whisk the eggs with a pinch of salt. Keep bread crumbs in another plate  
Shape the cutlets, dip in the egg and then bread crumbs. Now fry it in a pan with oil





## ശർക്കര ദോശ

ചേരുവകൾ

ചോറ്റു റവ 250gm

ശർക്കര 300gm

തിരുവിയ തേങ്ങാ കാൽ മുടി

ചോറ്റു റവ 30 മിനിറ്റു വെള്ളത്തിൽ കുതിർക്കുക

ശർക്കര കുറച്ചു വെള്ളം ഒഴിച്ച് കുതിർക്കുക

3 ചേരുവകളും ചേർത്ത് അരക്കുക. കുറച്ചു തരു

തരാനിരിക്കണം മാവു. വെള്ളം ദോശക്കല്ലിൽ ഒഴിക്കാൻ

പാകത്തിന് ചേർക്കണം. ഒന്ന് നുള്ളൂ ഉപ്പും ചേർക്കാം.

ദോശക്കല്ലു ചൂടായിക്കഴിയുമ്പോൾ ( തളിക്കുന്ന വെള്ളം

ഓടണം. അതാണ് കണക്കു )ദോശ നെയ്യു ഒഴിച്ച്

ചുട്ടെടുക്കുക.

ശർക്കര ദോശക്കു കട്ട ചമ്മന്തി ആണ് കറി.

ചമ്മന്തി ചേരുവകൾ

തേങ്ങാ ഒരു മുടി

ചുവന്ന മുളക് 3

പച്ച മുളക് 4

പുളി ചെറു നെല്ലിക്ക വലിപ്പത്തിന്

ഉപ്പു

കറിവേപ്പില

കായം

കട്ടിയായി അരക്കുക

**Dr. Lekshmi Ammal**  
Trivanadrum





## MURUKKU OR MUTHUSWARAM

**A very dear friends all time kids favourite delicacy. Popularly called Murukku or muthuswaram in Tamilnadu, Chakli in North India.**

Rice powder-4 cups  
Splitdal/Pottukadalai powder-1 cup  
Chilli powder-3 tsp  
Salt-3 tsp  
Hing-2 pinches  
Butter-softened 2 tbsp  
White sesame/Vella ellu-3 tsp  
Mix everything with a little bit of water to get a Chapathi dough consistency, put it in the mould and use a parchment to make the spirals, fry it in oil.

**Dr. Sudha Mahadevan**







When we even think of Biryani, our mouth starts watering. All would be surprised to know that there are at least 30 varieties of Biryani in India alone. Hope we can taste them after Corona days during our holiday visits to various places.

Biryani may soon be declared as the national dish in India for the fact that it is a dish which beyond cultures is a favourite among most. How it arrived in India has a lot of legendary stories. Some say it was an inspired dish from the Middle- East while the others say Mumtaz Mahal was responsible for this

dish. Wherever its origins may lie, today biryani has evolved to be a favourite and has been incorporated into the majority of cuisines of the country. DO have a look at this picture which summarizes the evolutionary path of Biryani in India.

Dr Mini Balakrishnan from Kannur, Dr Mumtaz P from Perinthalmanna, and Dr Amina Favaz from Thalassery, and Dr Sheeba .T .Joseph from Thamarassery and have penned down mouth watering recipes from Gods own country which are definitely worthy of a try.



## PRAWNS BIRIYANI



**Dr Mini Balakrishnan**

Past President, Kannur O&G Society

### INGREDIENTS

Medium sized prawn ½ kg  
Pepper powder 2tsf  
Turmeric powder 1tsf  
Lime juice 1 tablespoon  
Oil for frying  
Biryani rice 2 cups  
Onion 2  
Ginger small piece  
Garlic 6 pods  
Garam masala 1tsf

Chilly powder 1 tablespoon  
Tomato 1 (Cut into small pieces)  
Ghee 2 tablespoon  
Salt to taste  
Corriander leaves

### Recipe:

Boil and cook rice with enough water and little salt and keep aside. Clean prawns and marinate with pepper, lime juice for half an hour and fry in oil. In a sauce pan on slow fire add little ghee and saute crushed ginger and garlic then add onion thin sliced and fry. Add chilly and turmeric powder, garam masala and finally add tomato pieces and saute. To this add prawns and saute for a while. Finally add boiled rice and steam for a while. Garnish with coriander leaves.



## Dr Mumtaz P

Perinthalmanna O&G Society

1. Chicken – half kg
2. Curd -  $\frac{3}{4}$  cup
3. Coriander leaves – 25 gm
4. Mint leaves – 25 gm
5. Curry leaves – 10 gm
6. Cumin seed –  $\frac{1}{2}$  tsp
7. Coriander powder - 2 tsp
8. Perinjeerakam powder -  $\frac{1}{2}$  tsp
9. Green chilly 5 to 6 - chopped
10. Garlic – 3 to 4 – chopped
11. Ginger – chopped – 2 tsp
12. Turmeric powder-  $\frac{1}{4}$  tsp
13. Lime juice – 2 tsp
14. Tomato - 2 - chopped

To make rice

Rice – 250 gm

Ghee – 2 table spoon

Cardamom – 4 to 5

Cinnamon – 5

to 6

Cloves – 4 to 5

Nutmeg 1

Onion – big 1  
- chopped

Salt

Water

For garnishing

Ghee – 2

tsp to roast

cashews,

# CHICKEN BIRYANI

raisins also mildly saute 1 finely chopped  
big onion

## Steps

- A. Mix ingredient 1 to 13 to marinate chicken. keep aside for 30 mts.
  - B. Heat ghee in a pan. Add onion and saute till light brown. Add cinnamon, cardamom, cloves and mix well.
  - C. In the cooker take water add rice and the sauted ingredients [ C ]
  - D. Cook rice in low flame
  - E. In a pan saute 1 big onion and 1 tomato
  - F. Add marinated chicken to pan
  - G. Cook in medium flame [ after cooking if gravy is loose change to low flame and keep lid open ] it should be thick masala.
  - H. Take a big bowl – layer it with alternate layers of rice and chicken
  - I. Garnish with roasted onion, cashew and raisins
- Serve with raitha and coriander chatney







**Dr Amina Favaz**

DNB STUDENT

Thalassery

## INGREDIENTS

### FOR CHICKEN MASALA

Chicken 1kg  
Green chillies 6  
Ginger 3 inches Garlic pods 25  
Coriander leaves  
Oil 1 cup  
Onion 6 large  
Tomato 3  
Salt  
Turmeric powder ½ tsp  
Pepper powder ½ tsp  
Garam masala 1 1/2tsf  
Curd ½ cup ( not too sour)

### FOR RICE

Khaima rice 3 1/2 cup  
Onion 1  
Whole spices 1tsf  
Water 7 cups (Double the rice cups)  
Ghee 1 tablespoon  
Vegetable oil 1 tablespoon  
Cashew 50gm  
Raisins 50gm  
Bay leaf optional

## Recipe

Take a frying pan and fry 3 finely sliced onion in batches until golden brown with ghee. This is called “BISTA” This is indeed the soul of Thalassery Biryani. Fry cashew and raisin in the same ghee and set aside. Make a smooth paste of green chillies, ginger, garlic and coriander leaves and set aside. Add this paste into 4tbsp hot oil in a pan along with 3 sliced onions and saute till transparent. The raw smell of masala should be completely gone. Then add turmeric, garam masala, pepper and saute well. Add chicken and salt as needed. )Cook in high flame till chicken becomes pale. Add 3 tomatoes, 1/2 cup coriander, 1/2 cup curd (not too sour) and cook in low flame with occasional stirring until chicken is well cooked and there is no water left. Add half of



# THALASSERY DUM BIRYANI

the fried onions, cover and cook in low flame for 10 minutes.

Preparation of Biryani rice

1) Wash 3 1/2 cups of jeera/Khaima rice and strain well.

2) Take a thick bottomed pan, add 1 tsp ghee, 1tbsp oil and 1 tsp assorted whole spices (not powder) and sauté well.

3) Add 1 finely sliced onion and sauté until translucent (not brown).

4) Add the washed rice and sauté for 5 minutes.

5) Pour 7 cups of boiling water and salt to taste. Boil at high flame for 10 minutes then lower the flame and stir occasionally until rice is cooked (do not overcook).

### FOR DUM/STEAMING THE BIRYANI

Take 3/4th rice in a vessel, sprinkle 1/2tsf garam masala, lime juice, coriander leaves, fried onion and spread ½ chicken with masala on it. Repeat same in layers and close with tight lid and keep it over low flame for 20-30 minutes. Garnish with fried onion, cashew and raisins



**Dr. Sheeba T Joseph**

Consultant OBG

Taluk hospital Thamarassery



## CHICKEN BIRYANI MASALA STYLE

### INGREDIENTS

- Basmati rice ..1Kg
- 2 CHICKEN ....1kg cut into pieces
- 3 khuskhus ...1tsp
- Kashmiri chilli powder...1 1/2tsp
- Coriander powder....1/2 table soon
- Turmeric powder.....1/2tsp
- Cumin...1tsp
- Cashews....10
- Kismis soaked....10
- 4. Curd ....1/2 cup
- 5 cinnamon...5pieces
- Clove...8, Cardomom....8
- 6. Onion big.....8 sliced into thin equal pieces
- Ginger.....1 table spoon
- Garlic cut into 2...1tablespoon
- Green chillies.....8 Slit into half
- Tomato big.....4..each cut into four
- 7 lemon juice...2 lemon
- 8 Mint leaves....1/4 cup
- Coriander leaves...1/4 cup.
- both cut into pieces
- Curry leaves.....few
- 9. Ghee...250gm
- 10. milk ...3 table spoon
- 11 salt...as needed
- 12. Vanila essence ...1 tsp
- 13 cashews ...15
- Kismis.....15 for tarnishing

### Method....

Make a paste of 3 with some curd ...marinate the chicken with the paste rest of curd and salt for 30 minutes. Wash and soak rice in water for half an hour....drain.

. Boil water.(as 2 cup of water for 1 cup of rice). when water boils to full add the drained rice and

cook till 3/4th done.Drain half of water .Add salt and 1tsp lemon juice .Stir and drain rest of water. keep aside.

Mix 1/2 tsp of turmeric powder in milk . keep aside

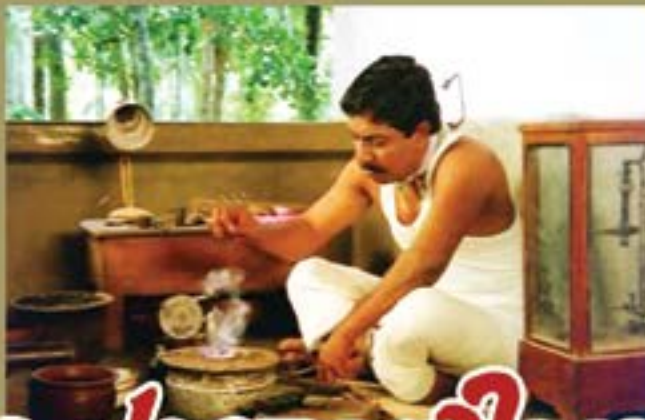
Pour 3 table spoon of ghee into a pan.Put half of an onion sliced .fry...and at the end add 13. .fry..till onions are crisp and golden brown.keep aside.

Add 3/4 of the remaining ghee into the same pan. add onion some salt and cook till soft .Add 5 Stir for 1 minute till the aroma comes.Add ginger garlic marinated chicken pieces 1/4 cup of water. cook till 3/4 the done.Add tomato green chillies additional salt if needed curry leaves...cook till oil seperates.put mint and coriander leaves and 1 table spoon of lemon juice . Stir in between on low flame till masala takes a light brown colour. Dont over cook.

In a steel vessel.grease inside bottom and sides liberally with ghee. Put first layer of rice. sprinkle with ghee. second layer of chicken masala ...rice... till the top layer is rice. make small holes into the rice pour lemon juice into one ...vanila essence in to the next... milk mixed with turmeric powder in to the next..

Pre heat oven for 10 mts . Dum for 10 minutes 150 \_180 degrees both sides

Take out. Decorate with fried onion cashews and kismis coriander and Mint leaves before serving. Tastes good with pudina coconut chutney, Date pickle Pappad,Curd tomato cucumber onion salad



# പൊതുയിടുന്ന താരാവ്

## EGG RECIPES

Sunday ho ya Monday...Roz khao ande...

The popular jingle nails the fact that egg is a 'super food' and is 'the tastiest multivitamin capsule in the world'! A whole egg contains all the nutrients required to turn a single cell into a power house, so don't chicken out on having a daily dose of this wholesome food!

A whole boiled egg provides 77 calories, 6 g of protein and 5 g of healthy fats. Eggs also contain decent amounts of vitamin B2, B5, B6, B12, Vitamin A, D, E, K, folate, phosphorus, selenium, calcium and zinc.

It is true that eggs have high content of cholesterol. Infact, a single egg contains 212 mg, which is more than half of the recommended daily intake of 300 mg. However, cholesterol in the diet doesn't necessarily raise cholesterol in the blood. In 70% of people, eggs don't raise cholesterol at all. In the other 30% (termed "hyper responders"), eggs can mildly raise total and LDL cholesterol. People with genetic disorders like familial hypercholesterolemia or a gene variant called ApoE4 may want to limit or avoid eggs.

Eggs are among the best dietary sources of choline, a nutrient that is incredibly important.

The antioxidants lutein and zeaxanthin help prevent macular degeneration and cataracts. Eggs are rich in both of them.

To summarise, an egg a day keeps a doctor healthy all the way! ( provided your lipid profile is normal and you don't have heart disease.)

The collective experience of Dr Parasuram from Kochi, Dr Kammappa from Mannarkad, Dr Aysha from Calicut, Dr Swapna Mohan from Kochi and Dr Preethi Joseph from Pala will ensure that you will look at eggs from an entirely different perspective long after the coronavirus has disappeared. Happy cooking...!

Compiled by Dr. Divya Nair, Palkkad





## MUTTA THENGAMURI OR EGG COCO SHELLS



**Dr Aysha. U. C**

Consultant gynaecologist,  
Santhi hospital, Omassery, Calicut.

### Ingredients:

Boiled & shelled eggs – 4  
White of one egg  
Boiled potatoes 2  
Chicken-200g  
Coconut oil  
Onions- 2 (finely chopped)  
Curry leaves – 2 sprigs  
Green chilly – 1 (finely chopped)  
Ginger-1 inch piece ( minced finely)  
kashmiri chilly powder- 1 teaspoon  
Garam masala powder- 1 teaspoon  
Turmeric powder – a pinch  
Black pepper powder- 1 teaspoon  
Bread crumbs- 1 cup  
Salt – to taste

### Method :

Pressure cook chicken with salt, turmeric powder and chilly powder, shred it coarsely in a mixer , just by turning it for a second .keep aside.

Heat 3 teaspoons of oil, splatter curry leaves, add ginger, green chilly, chopped onions. Sauté well. Add all powders, Sauté well ,add shredded chicken, add boiled and mashed potatoes. Add salt to taste and remove from flame.

Take a boiled egg, wrap it with this mixture.

Repeat with all eggs.

Dip the balls in beaten egg white and roll it over bread crumbs and deep / shallow fry.

Cut into halves and your mutta thengamuri / egg coco shells are ready !



# MUTTA MARICHATHU EGG UPSIDE DOWN

**Dr Kammappa**

Consultant gynaecologist,  
Alma hospital, Mannarkkad, Palakkad.



## **Ingredients:**

6 eggs preferably two duck eggs and four chicken eggs  
15 tablespoons sugar  
3 pieces of white bread.  
2 pinches of cardamom powder.  
Few Cashews for topping.

## **Method:**

Beat the eggs with sugar.  
Once it is beaten well, soak the bread and add it to the beaten eggs.  
Add cardamom powder. Beat once again.  
In a greased pan, bake at 200 degrees in OTG for 15 to 20 minutes  
till it is crispy.  
Add the cashew once it is half hard.  
Allow to cool and serve.



# EGG MAKHANI



**Dr Swapna Mohan,**  
Asst Professor in O&G,  
Govt medical college, Ernakulam.



## Ingredients:

2 large onions  
1 inch ginger  
8 cloves garlic  
Sunflower oil  
2 tbsp Butter  
8 cashew nuts  
8 almonds  
2 elaichis  
Cinnamon  
Cloves  
1 tsp cumin seeds  
2 tsp chilli powder  
1 tsp coriander powder  
Half tsp turmeric powder  
Fresh cream 2 tbsp  
Coriander leaves  
Kasuri methi  
4 boiled eggs  
Salt to taste

## Method:

Chop 2 large onions, 2 tomatoes , 1 inch ginger , 8 cloves garlic. Heat sunflower oil and butter , add onion ,tomato, ginger , garlic and salt and sauté for 10 minutes till oil separates .Add cashew 8 no:s and badam 8 no:s and sauté for 5 mins more . Turn off fire. Cool the above mixture and make a fine paste. In the same kadai, add more oil , add 2 elaichis , cinnamon ,cloves, cumin seeds and sauté . Add half tsp turmeric powder, 2 tsp chilli powder, 1 tsp coriander powder and sauté well. Add ground onion paste and sauté for 5 minutes, add 1 cup hot water and boil well. Add crushed kasuri methi 1 tsp and 2 tsp fresh cream .Boil 4 eggs and make lines over it with a knife. Heat oil in another pan. Add half tsp each of turmeric ,chilli ,salt and garam masala , add boiled eggs and sauté for 1 minute and keep aside. Add these eggs to the gravy and garnish with coriander leaves and 1 tsp of butter.



# EGG CREPE ROLLS

**Dr Preethy K Joseph,**  
Consultant OBGYN,  
Marian Medical Center, Pala



## Ingredients :

For crepe

egg - 1

salt- 1/4tsp

milk -1cup

flour/ maida - 3/4cup

baking powder- 1/4tsp

For filling

egg-2

Onion , small cubed -1/4 cup

Tomato, small cubed- 1/2 cup

Green chilli - 1 cut into small

Chat masala - 1/4tsp

salt -to taste

Mozzarella cheese shredded- 1/2 cup

## Method :

By mixing all the ingredients for crepe make a lump less batter

Mix all ingredients for filling except cheese

Take a frying pan and heat , add 1 tbsp butter.

Once hot , pour around 1/3 cup batter ,cook in low flame for about 2-3mts , pour generous amount of filling over the crepe and cook for 2 minutes.

Turn it over and cook for 2 minutes.

Turn back and add shredded mozzarella cheese and cover the pan and cook for 3 minutes.

Take out the egg crepe and roll it immediately.





**Dr Parasuram Gopinath,**  
Consultant gynaecologist,  
CIMAR,Kochi.

### Ingredients :

Milk – 2.5 cups  
 Sugar – 4 – 5 tbsp  
 (as per taste)  
 Grated bread slices – 2pcs  
 (large bread 3pcs  
 (small bread)  
 Eggs - 4  
 Vanilla essence- 1 tsp  
 To prepare the  
 caramelized sugar  
 3-4 tbsp sugar + little  
 water (approx a tbsp)

## EGG CARAMEL PUDDING

### Method :

Pudding mixture

Bring the milk and sugar together to a boil. Once it starts boiling, lower the flame and add the bread that has been finely grated with the hand grater.

Switch off the flame. Beat the eggs nicely. Add the beaten eggs and vanilla essence after a while. Let the mixture cool down for a while. Caramelized sugar

Heat the sugar in a thick bottomed pan on medium flame . It will start dissolving and will be a little sticky initially. Once the sugar becomes fluidy and brown in colour , you can add little water. Oil the dish in which you plan to steam the pudding. After oiling, put the caramelized sugar when it's still hot as it will harden as it cools . Be careful because if you touch the hot sugar it can cause burns!! After spreading the caramelized sugar pour the pudding mixture and then steam in the idli cooker for approximately 10-12 minutes on medium flame. For serving, loosen the edges with a flat spoon and gently invert the pudding on to a plate and you are ready to go!!



പ്രതിദിന വിചിത്രമായ സദ്യ

ഞാനൊരു തികഞ്ഞ ഭാവിഫല പ്രവചന വിശ്വാസിയായതു കൊണ്ടുതന്നെ, ഈയാഴ്ചത്തെ വരാന്ത ഫലം, എന്നെ തീർത്തും ഞെട്ടിച്ചുവെന്ന് പറയാതെ വയ്യ . ഏപ്രിൽ വിഡ്ഢി ആക്കപ്പെടുകയാണോ എന്ന് തോന്നുമാറ്, രണ്ടു ദിവസം മുമ്പ്, നമ്മുടെ സംസ്ഥാന സംഘടനയുടെ കാര്യദർശിയിൽ നിന്ന് അശനിപാതം കണക്കെ ഒരു കൽപന കിട്ടിയപ്പോൾ, അവിചാരിതമായി ഒരു കോവിഡ് -19 രോഗിയുടെ മുന്നിൽ പെട്ടതുപോലെയാണി എൻ്റെ നില. അകലം വെച്ചുപെരുമറിയാലും, ശ്രവണ ദുർഭാഗ്യത്താൽ ഞാൻ ഡോ . വേണുവിനടേ ഇരയായി കഴിഞ്ഞിരുന്നു .

ഞാൻ സ്വപ്നത്തിൽ പോലും നിനച്ചിരിക്കാത്തൊരു സങ്കീർണ്ണവിഷയത്തെ പറ്റി, ആധികാരികമായ ഒരു താരതമ്യ വിമർശന പഠനം ആവശ്യപ്പെട്ടുകൊണ്ടായിരുന്നു സുഹൃത്തിൻ്റെ വിളി . " മുൾകിരീടമിത്തിനുമെങ്കി സ്വർഗസ്ഥനായ പിതാവേ " എന്ന "ഭാര്യ " സിനിമയിലെ രംഗമാണ് പെട്ടെന്ന് ഓർമ്മയിൽ വന്നതെന്ന് പറയാതെ വയ്യ .

ഏതു കാര്യത്തിനും ഒരു കരണമുണ്ടാവുമല്ലോ - പ്രത്യേകിച്ചും ഡോ . വേണുവിൽ നിന്നാകുമ്പോൾ കേരളത്തിലെ സദ്യകളെ കുറിച്ച് പ്രാദേശികഭേദ ചായ് വുകളില്ലാതെ, ഒരു അനാവരണത്തിനാണല്ലോ എന്നോടാവശ്യപ്പെട്ടിരിക്കുന്നത് . കണ്ണൂർ ജില്ലയിൽ ജനിച്ച്, പിഡിസി പഠനത്തോടെ കോഴിക്കോട് ജില്ലയിലേക്ക് ജീവിതം ഏതാണ്ട് മുഴുക്കെ പഠിച്ചുനടപെട്ട എനിക്ക്, കൃത്യാന്തര ബാഹുല്യങ്ങൾക്കിടയിൽ ഏതാണ്ട് കേരളത്തിലെ എല്ലാ ജില്ലകളിലെയും രുചിഭേദങ്ങളിലറിയുന്ന സദ്യകൾ





ആസ്വദിക്കാനാവസരം ലഭിച്ചിട്ടുണ്ടെന്നതാവാം ഈ കർത്തവ്യ നിർവഹണത്തിൽ എന്നെ ബലിയാടാക്കാൻ നമ്മുടെ കാര്യദർശിനിയെ പ്രേരിപ്പിച്ചുണ്ടാവുക .

മെഡിക്കൽ കോളേജ് എന്ന് കേട്ടാൽ " ആധുനിക വൈദ്യശാസ്ത്ര പഠന കലാലയം " എന്ന് ഉറപ്പിക്കുന്നത് പോലെ, സദ്യ എന്നാൽ, ഓണസദ്യയെന്നുതന്നെയെ മലയാളികൾ കരുതുകയുള്ളൂ . വിവാഹസദ്യകളുടെ വൈവിധ്യവും പളപളപ്പും ആരോഹണാവരോഹണ സങ്കീർണതയും മറന്നുകൊണ്ടല്ല, മേൽ സൂചിപ്പിച്ച നിഗമനത്തിൽനിന്നെത്തിയതെന്ന് ദയവായി മനസ്സിലാക്കിയാലും .

ഓണസ്സദ്യയെന്നത് ഒരു ഏകതാന പ്രകൃതയോ പ്രതിഭാസമോ ആയിചുറ്റങ്ങാതിരിക്കാനുള്ള ചരിത്ര പരമായ ഒരു പശ്ചാത്തലവും നമുക്കുണ്ടല്ലോ . വിവിധ ഭരണാധികാരികളുടെ കീഴിൽ കഴിയുകയും തീർത്തും വ്യത്യസ്തമായ ആചാരമര്യാദകളാൽ നയിക്കപ്പെടുകയും കീഴടക്കപ്പെടുകയും ചെയ്ത ചരിത്രമാണല്ലോ, തിരുവിതാംകൂർ - തിരുകൊച്ചി, മലബാർ പ്രവിശ്യകൾക്ക് ഏറ്റവും ഉണ്ടായിരുന്നത് . ഒരു നാക്കില പോലെ തെക്കുവടക്കായി കിടക്കുന്ന കേരളത്തിന്റേ കിഴക്കും പടിഞ്ഞാറും അതിരുകൾ തമ്മിലുള്ള പർവത - സാഗര വൈവിധ്യങ്ങൾ വരുത്തിവെച്ച ജീവിത തൊഴിൽ സാഹചര്യങ്ങളും വേറൊരു ഘടകമാകാം. എന്തായാലും "മാനുഷരല്ലാരുമൊന്നുപോലെ " എന്ന് ഉദ്ഭവദൈവശിഷ്യചോഷിക്കുന്ന തിരുവോണനാളിലെ സദ്യവട്ടത്തിലെങ്കിലും ഒരു ഏകതാനത പുലർന്നു വരുന്നില്ലെന്നു വിരോധാഭാസമല്ലാതെ മറ്റൊരായി കാണാൻ .

ഓണസദ്യ ഉണ്ണാനുള്ളത് വായിലാവണമെന്നതു ഒരു അലിഖിത ശാസനമാണ് . അതും ചമ്രം പടിഞ്ഞിരിന്നുണ്ണണമെന്നാണ് വ്യവസ്ഥ കേരളത്തിൽ അങ്ങോളമിങ്ങോളം സ്വീകാര്യമായ , സത്യസദ്യ ഇനങ്ങൾ നമുക്കെല്ലാം സുവിദിത മാണല്ലോ . സസ്യ വിഭവം എന്നാണ് ഓണസദ്യയെ പറ്റിയുള്ള കാല്പനിക സങ്കല്പമെങ്ങിലും, ചിലയിടങ്ങളിൽ പ്രത്യേകിച്ചും മലബാർ ഭാഗത്തു മത്സ്യമാംസാദികൾ ബിരുദതല വൈദ്യ പഠനപരീക്ഷക്കു objective structural clinical examination പോലെ ഒഴിവാക്കാൻ പറ്റാതായിട്ടുണ്ട് .

ഒരു പച്ചക്കറി സദ്യയെ, തരംതിരിക്കുക വിചാരിക്കുന്നത്ര എളുപ്പമുള്ള കാര്യമല്ല - സത്യത്തിൽ അർബുദരോഗത്തെ ഘട്ടങ്ങളായി വേർതിരിക്കുന്നതിനേക്കാൾ കഠിനം. ഹോട്ടലുകൾക്ക് താരപരിവേഷം നൽകി ആദരിക്കുന്നതു പോലെ സദ്യക്കുമുണ്ട് കീഴാളൂർ - മേഗളൂർ പരിവേഷം. സദ്യ ഇനങ്ങളുടെ ബാഹുല്യം, പപ്പടങ്ങളുടെ വിജാതീയത, പായസങ്ങളുടെ ബഹുമുഖത എന്നിവയെ അടിസ്ഥാനപ്പെടുത്തിയാണ് ഈ വിഭജനം. DNA ചുറ്റു കോണിലെ അമിനോആസിഡ് ചവിട്ടുപടികളെ പോലെ മിക്ക സദ്യകളിലും പൊതുവായി കാണുന്ന ഇനങ്ങൾ വളരെയേറെയാണ്. എങ്കിലും, നിപ്പാടിസ്ഥാനത്തിൽ നോക്കിയാൽ തികച്ചും വ്യക്തിഗത സ്വഭാവമുള്ള കൊടിയിടയാള ഇനങ്ങൾ ഇക്കാലത്ത് രൂപം കൊണ്ടുവന്നത് നോക്കുക.

തിരുവനന്തപുരം - ഉഴുന്ന് ബോട്ടിയും പാൽപ്പായസവും

കൊല്ലം - വെള്ള നാരങ്ങ കറി

പത്തനംതിട്ട - ചേന എലിശ്ശേരി

ആലപ്പുഴ - ആലപ്പുഴ മീൻ കറി

കോട്ടയം - ഏത്തക്കാ പുളിശ്ശേരി

ഇടുക്കി - മറയൂർ ശർക്കരയും മരച്ചീനി കിഴങ്ങും കൊണ്ടുണ്ടാക്കിയ

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പാലക്കാട് - പഴം നുറുക്ക്

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വയനാട് - നുറുക്കു ഗോതമ്പ് പായസം, മുളയരി പായസം

കണ്ണൂർ - കുഴബുണ്ണ്, തേങ്ങയരച്ച മീൻ കറി

കാസർഗോഡ് - ഇഞ്ചിതൈർ

'നിത്യം സർവ്വം രസാഭ്യാസ'

(നിത്യവും ആറ് രസവും ചേർന്ന ഭക്ഷണം കഴിക്കണം-

ഉപ്പ്, കയ്പ്, ഇനിപ്പ്, ചവർപ്പ്, പുളിപ്പ്, കഷായം)

എന്നാണ് ആഹാരത്തെ ചൊല്ലിയുള്ള പ്രമാണം. കേരള സദ്യ - അത് തെക്കൻ ആയാലും വടക്കൻ ആയാലും - ഈ നിർബന്ധങ്ങളെ തികച്ചും മാനിച്ചുള്ളതാണെന്നതിൽ തർക്കമില്ല.



തയ്യാറാക്കിയത്

ഡോ. ടി. നാരായണൻ

ജനനം : കണ്ണൂർ ജില്ല

വിവാഹം : തൃശ്ശൂർ ജില്ല

ജീവിതം : കോഴിക്കോട് ജില്ല

