

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.

കൊറോണ ചേച്ചി

കതകിൽ മുട്ടുന്ന ശബ്ദം കേട്ട്, ചാടിയെന്നിട്ട്, മുണ്ടും വാരിവലിച്ചുടുത്തു ഷർട്ടിന്റെ രണ്ടു ബട്ടണുമിട്ട് കതക്തുന്നപ്പോൾ ഒന്ന് തെട്ടി ! ദേ മുന്നിൽ കൊറോണച്ചേച്ചി നിൽക്കുന്നു , കണ്ണും ചുമപ്പിച്ചുകൊണ്ട് . വേണുവും അംബുജവും കൂടി കഴിഞ്ഞയാഴ്ച കൊറോണാചേച്ചിയെ കേരളത്തിലേക്ക് രണ്ടു കൈയും നീട്ടി വിളിച്ചുകാരും പെട്ടെന്ന് ഓർമ്മവന്നു. പക്ഷെ അത് എനിക്കുള്ള ഒരു പാരയായി മാറുമെന്ന് ഞാൻ സ്വപ്നത്തിലും കരുതിയിരുന്നില്ല.

അകത്തേക്ക് കടന്നു വരു , ഷർട്ടിന്റെ ബാക്കി രണ്ടു ബട്ടണുമിട്ടുകൊണ്ടു ഞാൻ പറഞ്ഞു . 'കൂടിക്കാണെന്തെങ്കിലും' ഞാൻ ചൊദിച്ചു . 'തണുത്തതെങ്കിലുമായിക്കോട്ടെ ' ചേച്ചി പറഞ്ഞു. എനിക്ക് ചൂട് ഇഷ്ടമില്ല. ഫ്രിഡ്ജിൽ നിന്നും തണുത്ത നാരങ്ങാവെള്ളം ഒരു ഗ്ലാസിൽ പകർന്നു ടീപ്പോയിൽ വച്ചിട്ട് ഞാൻ അല്പം മാറിനിന്നു (ഒരു മീറ്റർ ദൂരെ)

വല്ലാത്ത ക്ഷീണം, എനിക്കൊന്നു കുളിക്കണം സോപ്പ് വേണ്ട പയറുപൊടിയോ ഈഞ്ചയോ ആയാൽ മതി, ചേച്ചി പറഞ്ഞു. കുളികഴിഞ്ഞാൽ എനിക്ക് വിഭവസമൃദ്ധമായ ഭക്ഷണം കഴിക്കണം, നാലഞ്ച് ദിവസമായി നേരെ വല്ലതും കഴിച്ചിട്ട്. ഒരു അമ്പതു വിഭവങ്ങൾ എങ്കിലും വേണം,

വെജിറ്റേറിയനോ നോൺവെജിറ്റേറിയനോ എന്തായാലും കുഴപ്പമില്ല.

ഞാൻ ഒന്ന് അന്ധാളിച്ചു , അമ്പത് വിഭവങ്ങൾ ഞാൻ എവിടുന്നു ഉണ്ടാക്കും ? ഒന്നോ രണ്ടോ ആണെങ്കിൽ വീട്ടിൽ ഉണ്ടായിരിക്കും . അല്ല, ഹോട്ടലിൽ നിന്ന് വരുത്താനാണെങ്കിൽ അതും ബുദ്ധിമുട്ടാണ്. ഏഴോ എട്ടോ ഐറ്റംസ് കിട്ടുമായിരിക്കും .

ചേച്ചി കുളിച്ചിട്ടു വരണം, ഉള്ളിലെ അന്ധാളിപ്പ് അടക്കിക്കൊണ്ടു ഞാൻ ബാത്ത് റൂം കാണിച്ചുകൊടുത്തു. പെട്ടെന്ന് എന്റെ മനസ്സിൽ ഓടിവന്നത് ഐതിഹ്യമാലയിൽ പണ്ട് വായിച്ച വരരുചിയുടെ കഥയാണ് . ദേശാടനത്തിനിടയിൽ ഒരു ദിവസം ഉച്ചക്ക് ഭക്ഷണം കഴിക്കാൻ ഒരു ബ്രാഹ്മണ ഭവനത്തിൽ കയറിച്ചെന്നു. തനിക്ക് ഉച്ചയൂണിന് 108 കറികൾ വേണം എന്ന് പറഞ്ഞിട്ട് കുളിക്കാൻ പോയി. തിരിച്ചുവന്നപ്പോൾ ബ്രാഹ്മണന്റെ വളർത്തുമകൾ ചോറിനോടുകൂടി ഇഞ്ചിക്കറി കൂടി വിളമ്പി. ഇഞ്ചിക്കറി 108 കറിക്കു സമമാണെന്ന പഴഞ്ചൊല്ല് നിങ്ങൾക്കറിയാമല്ലോ.

പക്ഷെ കൊറോണച്ചേച്ചിയെ ഇത് പറഞ്ഞു പറ്റിക്കാൻ സാധിക്കുകയില്ലല്ലോ. ചേച്ചിക്ക് ദേക്ഷം വന്നാലുള്ള പൂകിലൊക്കെ നമ്മൾ ഇപ്പം കണ്ടതല്ലേ ഉള്ളൂ.

പക്ഷെ എനിക്ക് പെട്ടെന്ന് ഒരു ബുദ്ധി തോന്നി.

ഞാൻ

വേണുവിന് ഫോൺ ചെയ്തു ' രാജശേഖരൻ സർ , ഇപ്പോൾ ശരിയാക്കാം സർ അങ്ങേ തലക്കൽ നിന്നും ഉറച്ചു മറുപടി . വേണു വിന്റെ ഫോൺ സന്ദേശങ്ങൾ കേരളത്തിലുടനീളം വാട്സാപ്പ് വഴി ജോലി ഇല്ലാതെയിരിക്കുന്ന ഗൈനക്കോളജിസ്റ്റുകളെ തേടി എത്തി. അര മണിക്കൂർ കൊണ്ടു മേശപ്പുറത്തു വിഭവങ്ങൾ നിറഞ്ഞു. ചേച്ചി കുളിക്കാനായി സാധാരണയിൽ കൂടുതൽ സമയം എടുക്കുന്നല്ലോ. അതേയാലും നല്ലതായി. മേശപ്പുറത്തിരുന്ന ഐറ്റംസ് ഞാൻ എണ്ണിനോക്കി. അയ്യോ, ഇത് 48 എണ്ണം അല്ലെ ഉള്ളു . 50 ഇല്ലെങ്കിൽ കൊറോണാച്ചിക്കു കോപം വന്നാലോ. ?

പെട്ടെന്ന് തന്നെ എന്റെ വക രണ്ടു ഐറ്റംസ് കൂടി ഇട്ടു ഞാൻ 50 തികച്ചു . അത് രണ്ടും പൊടിക്കൈകൾ ആണ് . കോട്ടയത്തും കോഴിക്കോടും റെഡ്ക്രസ്സ് താമസിച്ചിരുന്നപ്പോൾ ചെയ്തിരുന്ന പ്രെപറേഷൻസ്. ഒന്നാമത്തേത് , എൻറിച്ച്ഡ് ഉപ്പും പുളി . സാധാരണ ഉണ്ടാക്കുന്ന ഉപ്പും പുളിയുടെ കൂടെ സലാഡ് വെള്ളരിക്കയോ ടോമാറ്റോയോ ചേർത്താൽ ഒരു ഉഗ്രൻ കറിയായി , വളരെ ചെറുതായി അരിയേണമെന്നു മാത്രം. നാഴി അരിയുടെ കഞ്ഞികുടിക്കാൻ ഇത് മാത്രം മതി. (എന്താ നാവിൽ വെള്ളം ഉഴറുന്നുണ്ടോ) രണ്ടാമത്തെ ഐറ്റം ക്രിസ്പി ഓംലെറ്റ്. ഉണ്ടാക്കാൻ വളരെ എളുപ്പം ഓംലെറ്റ് പകുതി വേവ് ആകുമ്പോൾ ഫ്രഷ് ആയി പൊരിച്ചെടുത്ത രണ്ടു പപ്പടം കൈ കൊണ്ട് പൊടിച്ചു ഓംലെറ്റിന്റെ മുകളിൽ വിതറുക. ഓംലെറ്റ് പകുമായിക്കഴിഞ്ഞാൽ ചെറുചുടോടുകൂടി കഴിച്ചുനോക്കൂ . സ്നാക്ക് ആയും ഇത് ഉപയോഗിക്കാം .

അങ്ങനെ 50 വിഭവങ്ങളുമായി ഞാൻ റെഡിയായപ്പോൾ ചേച്ചി കുളികഴിഞ്ഞു ഡ്രസ്സ് മാറ്റി വന്നുകഴിഞ്ഞു. വിഭവസമൃദ്ധമായ ഭക്ഷണം ചേച്ചിക്ക് ഇഷ്ടപ്പെട്ടു. കുറച്ചുനേരം ഒന്ന് മയങ്ങിയശേഷം ചേച്ചി കാപ്പികുടിക്കാൻ നില്ക്കാതെ യാത്രയായി. കേരളത്തിലേക്ക് ഉടനെ

ഒരു വരവുണ്ടാകുകയില്ലെന്നും എന്തെങ്കിലും ആവശ്യമുണ്ടെങ്കിൽ മെയിൽ അയച്ചാല് മതിയെന്നും പറഞ്ഞു യാത്രയായി . ഇവിടെനിന്നും ചില ആഫ്രിക്കൻ രാജ്യങ്ങളിലേക്കുള്ള യാത്രയാണെന്നും പറഞ്ഞു. പെട്ടെന്ന് ഫോൺ ബെല്ലിന്റെ ശബ്ദം സ്വപ്നത്തിൽ നിന്നും എന്നെ ഉണർത്തിയത് കാരണം ഏതു രാജ്യത്തേക്കാണ് പോകുന്നത് എന്ന് ചേച്ചി പറഞ്ഞത് എനിക്ക് കേൾക്കാൻ കഴിഞ്ഞില്ല.

ശ്രദ്ധിക്കുക - ഈ വിഭവങ്ങൾ ഉണ്ടാക്കാൻ താല്പരമുള്ളവർക്ക് വേണ്ടി റെസിപ്പി കൂടി ഇതോടൊപ്പം ചേർക്കുന്നു .

ഒന്നാമത്തേത്,

എൻറിച്ച്ഡ് ഉപ്പും പുളി

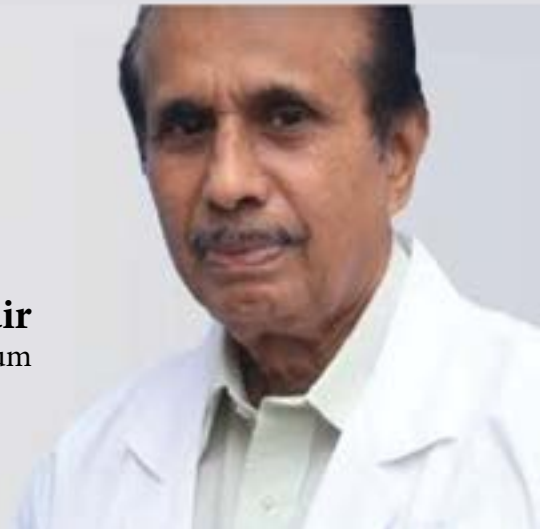
സാധാരണ ഉണ്ടാക്കുന്ന ഉപ്പും പുളിയുടെ കൂടെ സാലഡ് വെള്ളരിയോ തക്കാളിയോ ചേർത്താൽ ഒരുഗ്രൻ കറിയായി. വളരെ ചെറുതായി അരിയണമെന്നു മാത്രം. നാഴി അരിയുടെ കഞ്ഞി കുടിക്കാൻ ഇതുമാത്രം മതി.

രണ്ടാമത്തെ

ഐറ്റം ക്രിസ്പി ഓംലെറ്റ്

ഉണ്ടാക്കാൻ വളരെ എളുപ്പം. ഓംലെറ്റ് പകുതി വേവുകുമ്പോൾ, ഫ്രഷായി വറുത്ത രണ്ടു പപ്പടം കൈകൊണ്ട് പൊടിച്ചു ഓംലെറ്റിന്റെ മുകളിൽ വിതറുക. ഓംലെറ്റ് പകുമായിക്കഴിഞ്ഞാൽ ചെറുചുടോടെ കഴിച്ചു നോക്കൂ. സ്നാക്ക്സ് ആയും ഇത് ഉപയോഗിക്കാം.

Dr. Rajasekharan Nair
Trivandrum





CHILLERS



Compiled by

Dr Reshma Joy,
Thrissur

This virus has hit Kerala at that time of the year when our body craves some flavourful hydration and all we want to do is to have fluids by the gallon. Staying hydrated is one of the most important factor to keep going in this sweltering heat and maintain good health. Our body tends to lose water at a faster pace due to excessive sweating.

Nannari (also called ananthamool), Green tea, Vibrant pomegranate juice, Watermelon juice, grape juice,, Sugarcane juice ,etc are roadside eternal favourites in kerala

Kerala is rich with various spices, herbs, veggies and fruits and KFOG is blessed with hands that can produce Summer magic with simple combinations that are amazing thirst quenchers. It is never too late to involve yourself in these easy to make summer drinks at home. This troubled summer, try stirring up some traditional KFOG chillers instead of guzzling the bottled beverages available in the market. Dont give Corona a chance to bother you and your loved ones...

Chill out with some wonderful contributions from Enthusiastic KFOG colleques.





It is a South Indian summer drink.
Rich in Iron and very refreshing.
Served chilled or hot...

JILMIL

Ingredients :

Jaggery - 1cup

Water - 1cup + 1/2litre

Dry ginger crushed - 1 medium piece (If using powder - 1/2tsp)

Cardamom - 2 crushed

Pepper powder - 1/2tsp

Salt. - 1/4tsp

Lemon juice - 1/2 lemon squeezed

Tulsi leaves. - 4-5 nos

Nutmeg powder, mint leaves - optional..

Recipe :

First take a medium pan and add crushed jaggery. Then add 1cup of water. Add dry ginger and bring it to boil. Then allow it to cool. Filter it and add the cardamom, pepper powder, salt, lemon juice, and Tulsi leaver. Add 1/2 a litre of water and mix it.. Can add nutmeg powder / mint leaves, if u like.. Transfer the drink into a serving glass and add ice cubes, if served chilled. Tastes refreshing when served hot too.. Enjoy!!

Dr. Briji P
Thrissur



SUMMER DRINK 'SPLASH'



Dr. Keerthi,
Alappuzha

Ingredients:

Banana (small njali poovan) - 1
Sugar - 2 tbsp
Honey - 1 tsp
Champakka - 3
Cocoa powder - little
Water - 250ml

How to Prepare:

Just mix the above mentioned ingredients in the blender Strain it and serve it with ice cubes and loads of love



KHATA MEETHA MANGO DELIGHT!!!

When the temperature is soaring high outside both because of summers and Corona, what instantly cools my mind and body is the thought of summer vacations enjoyed as an young child and refreshing and chilling summer drinks made by my mom.....

This recipe which I will be sharing is one such recipe which is one of my moms special recipe, which is super easy, super tasty and above all super healthy and my personal favourite too!!! It is an awesome raw mango juice garnished with some herbs and spices which refreshes body and soul instantly..... Mangoes are not simply called as king of fruits because of its taste in addition to being sumptuous, pulpy, mangoes are packed with host of health benefits too!! And the other key ingredient is jaggery (instead of sugar) which will elevate the taste and health value... Both the main ingredients have many health benefits but in this hot summer and to beat corona both works wonders as they are rich in anti oxidants and vitamins which boosts ones immunity and fights

cold and flu like symptoms and oh la reduces weight too....what more can u ask when you are staying home!!!

So lets begin.....



Ingredients

1. 2 raw mangoes (select variety with good amount of pulp)
2. 100 gms of jaggery or as per taste
3. ½ tsp of roasted jeera powder
4. ½ tsp of pepper powder
5. pinch of salt
6. ½ tsp of black salt
7. mint leaves

Procedure-

1. Wash thoroughly the mangoes (do not deskin the mangoes or cut into pieces), this step will elevate the flavor and texture.
2. Pressure cook the intact raw mangoes on medium flame for 2 whistles.
3. Let it cool completely. And scoop completely the pulp from the skin and the seed.
4. Now add jaggery and pulp into a blender and blend into a smooth puree.
5. You can store this puree for 1 month in the fridge and use when required.

For the drink;-

Add 3- 4 teaspoons of puree into the serving glass along with chilled water, add salt, black salt, roasted jeera powder, pepper powder and chopped mint leaves to suite ur taste.....what r u waiting for? sit back , relax, and enjoy the drink as the mind roars..... Go corona Go as here comes the delightful manGo!!!!



Dr. Swapna, Palakkad



Dr Afshana Sidhik
Consultant
Rajagiri Hospital

CORONA COOLERS

SHAKTHIMAN SMOOTHIE

Ingredients:

Milk – 1 cup
Banana – 1 ripe
Horlicks – 2 tbsp
Biscuit – 4 (thin arrowroot biscuit)
Sugar 1tsp

The making of Shakthiman smoothie:
Add all ingredients to a blender or mixer and puree until smoothie. Add ice (optional) or use chilled milk to make a cool drink.

*Tips for best results – serve with love.

BUSHERA

Ingredients:

Ragi powder – 1 tbsp
Buttermilk – 1 glass
Pinch of salt

Processing: Mix 1 tbsp of Ragi with half a glass of water, avoid lumps. Now boil half a glass of water and add this mixture

, keep stirring till it is thick . Allow the mixture to cool well. Now add buttermilk and stir with a pinch of salt.

Interesting fact: ‘BUSHERA’ is a favourite drink among Ugandans. They add yoghurt and sugar to the mixture.

*Tips - Can be served as sweet beverage or salty, but allow the cooked ragi to cool well .

OATS BANANA SMOOTHIE

Ingredients :

Milk - 3/4 cup
Banana – 1 ripe
Oats 1-2 Tablespoon
Honey

Process :

Add all the ingredients to a blender and puree until smoothie. Add ice (optional) or use chilled milk to make a cool drink.

*Tips for better results:

1. Soak 4-5 spoons of oats in water for 3-4 hours prior to mixing.





Dr. Neetha George, Thrissur

MANGO SMOOTHIE

Everyday is mangonificent

Ingredients:

1 cup chopped ripe mango
1/2 cup milk
1/2 cup ice
1/4 cup plain yogurt
1table spoon honey / vanilla extract one
teaspoon

Procedure:

Mix in a blender for 5mts till smooth and
frothy . Add additional sugar or icewater
according to preference. Toppings with
cashew pieces.





*Enjoy
the moment*

REFRESHING BEET LEMONADE

Ingredients: (to serve four)
medium sized beetroot -1, Lemon-2
Ginger- small piece, Honey/sugar syrup
Mint leaves

PREPARATION:

Cut beetroot into small pieces after peeling the skin. Steam in pressure cooker with four glasses of water till three whistles. Strain the contents into a bowl (discard beetroot pieces) .After cooling add 1 tsp of ginger juice and two lemons .Add honey or sugar syrup according to taste. Serve it cool with ice cubes and mint leaves.If desired soda can also be added.

TASTY HEALTHY AND NATURAL DRINK READY

Dr. Simi Fabian



Compiled by
Dr. Suchitra Sudhir



SALADS

FOR SATISFACTION

We often speak of our 'Salad Days', denoting a time of happiness and health. Well, that is what salads are for. The first salad was supposed to be made in 1903, when Chef Cardini of Mexico, was asked to suddenly create a dish for a set of VIPs , late in the day, when he ran out of ingredients. So, being innovative, he just put together whatever leftover vegetables , fruits and cold meat he had, created a colourful , nutritious dish and served it to them . He was applauded and nominated for a prize!

A salad can contain all these ingredients, uncooked/ cooked or a combination of both, usually with a sauce and it is served cold. It

is nutritious and appetising, good for all ages... best for hot summer days, will keep you in the pink of health!

'Salad Safaris' as we have named our group, were most cooperative and reactive...in spite of not having ingredients... (like the chef) they improvised and created this delightful treasure house of salads! My husband and myself are salad addicts and we recharge ourselves with our mid morning bowl of energy for as far back as I remember . Perhaps that's why I was chosen for salads!. We have really enjoyed the process and are reliving our 'Salad days' as friends in Medical College. Jai CORONA but enough ...go away now.



POM CORN salad

Ingredients-

1. 1 cup Sweet corn kernels
2. 2 Tomatoes
3. 1/4th cup Carrot
4. 1/2 cup Onion
5. 1 cup cucumber
6. Pomegranate
7. 1 1/2 tbsp Chopped Coriander leaf
8. 3/4th tsp Salt
9. 1/2 tsp Black pepper
10. Juice of Lemon

Boil the sweet corn kernels: (add 1 cup kernels + 1/4cup water) close the lid and cook on medium flame till the water dries completely, deseed cucumber and

cut into small pieces , remove the soft part of tomato and deseed and chop into small pieces, cut carrot, onion, coriander leaf into small pieces .. mix all the vegetables, pomegranate and boiled sweet corn kernels with salt, black pepper and lemon juice., Yummy “ POM CORN salad” is ready

Salad done by **Dr Shashirekha**, spouse Dr Shashidhar Rao, supported by son Dr Prajwal and daughter- in- law Dr Shruthi



CHICKEN PASTA SALAD

Ingredients

macaroni 250gms
4 boiled eggs
Shredded boneless chicken boiled
Mayonnaise 4 tb
Tomatoes 2
Potato 1
Onion 2
Pepper and salt to taste
Oregano and chilli flakes

Method- Boil macaroni with added salt, strain the water. Take boiled potato, cut it into cubes.

Fry it little oil along with chopped onions. Keep it aside.

Mix macaroni, boiled shredded chicken, potato onion mixture in pan and add mayonnaise. Fresh chopped tomatoes to be added. oregano and chilli flakes to be added and mix properly. Sliced boiled eggs can be kept on top for decoration

Dr. Archana Bejoy, Edappal

SIMPLE TUTTI FRUITY SALAD

Ingredients..

fruits- watermelon, orange, mango-ripe and raw, veg- cucumber, carrot, capsicum, cabbage, onions, tomato... Cut veg and fruits as shown in the picture. Add salt and pepper for taste. Using raw mango instead of lemon bec this is mango season here

No oil or fat added, included many fruits and veg, which helps to improve our immunity to prevent corona

**Dr. Balamani &
Dr. Rajive Menon**





CURDY SPROUTS VEG SALAD

Dr Annamma, Iritty

Method : Take sprouts ,pomegranate in a bowl.Add curd ,salt and sugar to this .Mix well .Add in chat masala and mix well .Serve cold .

Moong sprouts-1 cup
1/2 small onion chopped finely
1medium sized toe mayo chopped finely
1 medium sized carrot grated
1 Green chilly chopped finely
3 tbsp coriander leaves
Lemon juice to taste
Salt to taste
Method : Take everything in a bowl and mix well. Chill till you serve .
Sprouts pomegranate salad
Moong sprouts-1 cup
Pomegranate-1 cup
Thick Curd-1/2 cup
Salt to taste
Sugar -1/2 tsp
Chat masala powder -as needed(optional)



NUTRITIOUS DINNER SALAD

Dr ANITHA and Dr MCJ Prakash (.Kottayam OBG Society)

Ingredients.

One boiled egg cut into 4 pieces.
one cheese cube cut into pieces.
Badam 12 in no.
Boiled chickpeas.
Beetroot grated. 1/2.
one small carrot
one small salad cucumber,
one tomato cut into round pieces.
Apple and pomegranate shredded
one small piece of watermelon made into pieces.
Half piece of lemon . It's juice with a pinch of salt and pepper can be added for better results.



KATTA MEETA SALAD

Dr Shivakumar and
Dr Sudha from Wayanad

Ingredients:

Sprouted Green Gram

Apple

Pomogranate

Raw Mangoe

Capsicum

Onion

Cucumber

Carrot

Haldiram Katta Meeta Mixture

Pineapple and Carrot peel decoration.



SUMMER CORN SALAD

**Dr Ajitha and
Dr CM Aboobacker**

Summer Corn Salad

Ingredients

1cup Fresh or Frozen corn
1/2 cup Cherry Tomato
1/2 cup Cucumber cubes
1/2 cup Carrot cubes
1/4 cup finely cut red onion
1 Lime
Grated cheese
1Tsp Olive Oil
Salt and Freshly ground Pepper
Toss all ingredients together in a large bowl and then season with salt and pepper. Add juice of 1lime and top up with grated cheese.





RUSSIAN SALAD

Dr Hema Warriar and Dr Mohanan

Serves a family of 5-6 people

Ingredients:

- 1 .One large potato, peeled and cubed
2. One carrot, cubed
- 3 .One apple, peeled and cut into chunky pieces
4. One cup green peas
5. One cucumber, peeled and cut into chunky pieces
6. A few pieces of pineapple
7. 250 mL curd, hung and liquid part drained off
8. Orange and pineapple pieces to decorate

Preparation

First, prepare the curd by hanging it in a clean piece of cloth for about one hour. While it is draining, steam potato, carrot and green peas in a microwave oven for 4 minutes so that the colour and nutritive value are preserved. Mix ingredients 1 to 7 in a bowl. Add salt and pepper powder to taste. Chat masala can also be sprinkled. Decorate with orange and pineapple pieces. Serve chilled.

മേന്മാവിഭാവംഗൽ

MEEN VIBHAVANGAL

Fish being one of the tastiest staple foods all across the world. It is also tagged as one of the healthiest foods on the planet. It is loaded with important nutrients such as protein, iodine and various vitamins, especially vitamin D. Why fish is regarded as an important addition to our food palette is given below:

- > It is a great source of omega 3 fatty acids - important for optimal body and brain growth
- > Lowers the risk of heart attacks and strokes - considered as one of the most 'Heart Healthy' foods.
- > Prevents and treats depression (omega 3 fatty acid)
- > Delicious and easy to prepare
- > Easily available and affordable

For me, making dishes out of fish has always been a passion and the lockdown has given me ample time to experiment. Here are some mouth smacking fish recipes We have enthusiastic contributions from . Dr Kavitha V, Kollam, DR Megha Jayaprakash, Thrissur, DR Sreedevi NS, Thiruvalla, DR Divya Sara, Pala, Dr. KU Kunjumoiden., Perinthalmanna and of course myself.

Hope you all will try it out and love it!

FISH RAVA VADA

DR BINDU SAJITH,
KOTTAYAM



Ingredients:

1. Neimeen/Any thick fleshed fish - 250 gm
Salt, Pepper Powder - As required
2. Rava - 1 cup
Maida - $\frac{1}{4}$ cup
Onion (big) finely chopped - $\frac{1}{2}$ cup
Green chillies finely chopped - 3 or 4
Ginger finely chopped - Small piece
Coriander leaves finely chopped - 1 tablespoon
Garam masala - $\frac{1}{4}$ teaspoon
Soda powder - 1 pinch
Salt - as required
3. Oil - for frying

Preparation:

Cook fish pieces along with salt and pepper powder in a small amount of water. Remove all bones and shred it into small pieces. Mix it with all the ingredients given in point 2. If needed, a little bit of water can be added to this and then make it into balls (or any desired shape). The flour should be thick enough to coat the mixture. Heat the oil well and deep fry the vadas. It can be decorated with curry leaves, if required. Your crispy hot fish rava vada is ready to be served with tomato ketchup or puthina chutney.





NETHOLI KOVAKKA PEERA VATTICHATHU

Ingredients:

1. Netholi cleaned - 1 cup
2. Kovakka sliced to long pieces - 2 cups
3. Grated coconut - 1 cup
4. Small onion crushed - 1 cup
5. Kudampuli - 2
6. Turmeric - ½ teaspoon
7. Oil - 1 tablespoon
8. Salt - As required

Preparation:

Mix all the ingredients and cook in low flame with little water. When done, add curry leaves and 1 tablespoon coconut oil over it. Delicious meen peera is ready! Serve it hot with a steamy plate of rice.



**DR KAVITHA V,
KOLLAM**

FISH MOLEE

DR MEGHA JAYAPRAKASH, THRISSUR

Ingredients:

1. Fish(neymeen//karimeen)—1/2 kg-square pieces/full in case of karimeen
2. Big onion(sawala) -1 (long thin pieces)
3. Green chillies - 3 or 4 (long slices)
4. Ginger and garlic finely chopped—1-2 tsp
5. Tomatoes-1(cut into squares)
6. Coconut milk-thick,thin,very thin kept separately—total 2 cups(400 ml)
7. Lemon juice-(1/2 lemon if big)
8. Pepper powder-1/2 to 1 tsp
9. Garam masala-1/4 tsp
10. Turmeric powder(optional)
11. Salt to taste
12. Kasuri methi dried leaves (optional)

Preparation:

Marinate fish with salt,turmeric powder,pepper powder and lemon juice for half an hour and shallow fry in coconut oil for just 5 minutes.Keep aside the fried pieces. In same oil,add onions,green chillies and ginger& garlic pieces and sauté till tender with a pinch of garam masala powder.Grind to paste in blender after cooling with very thin coconut milk. Now in the saucepan/kadai heat this mixture in medium heat after adding the fried fish pieces,lemon juice and salt if needed. Add the thin coconut milk and heat in medium flame for 5 minutes.Now add the thick milk and bring to quick boil in 1 minute after adding cut tomatoes and lemon juice for extra tanginess. Check salt. Sprinkle some pepper powder and kasuri methi leaves(optional). Serve it with Bread or Kerala Appam.



MANGALORE FISH MASALA



**DR SREEDEVI NS,
THIRUVALLA**

Ingredients:

1. Any flushy fish cut into pieces - ½ kg
2. Chilly powder - 3 teaspoon
3. Turmeric powder - ½ teaspoon
4. Pepper powder - ½ teaspoon
5. Onion cut into small pieces - 2
6. Salt - As required
7. Oil - 4 tablespoon
8. Grated coconut- ½ cup
9. Tamarind - 1 small piece
10. Onion cut lengthwise - 1
11. Pepper - 1 teaspoon
12. Green chilly cut into half - 1



Preparation:

Smear the fish pieces with pepper powder, turmeric and salt. Put 2 tablespoon of oil into the pan and heat it. Put the marinated fish pieces into it and half fry. Heat 2 tablespoon of oil in another pan and add chopped onion and green chilli and fry and keep it aside. Grind coconut, pepper, tamarind and the fried onion and green chilly make it into a smooth paste. Fry the onion which was cut into small pieces in the oil left over after frying fish. When it turns brown, add chilli powder to it. When chilli powder is half fried add masala paste and fry it. Add salt to the fried fish pieces and cook for 5 mts in low flame. Add ¾ cup of water and cook in low flame. When oil is appearing over the curry surface stop the flame. The mangalore fish masala is ready to be served!



FISH SUPREME

Dr. Kunjumodeen
Perinthalmanna

Ingredients :

1. Fish:1 kg
2. Coriander powder:1 dessert spoon
3. Turmeric powder:1 tea spoon
4. Pepper powder :1 teaspoon
5. Vinegar :1 dessert spoon
6. Salt to taste
7. Onion thin sliced:2 cups
8. Garlic crushed:2 tea spoon
9. Ginger crushed:2 teaspoon
10. Green chilly :8 nos
11. Coconut oil-1/4 cup
12. Maida:1 dessert spoon

INSTRUCTION

- Marinate fish with masala powders given in ingredients, vinegar and salt for about half an hour
- Steam onion and green chilly fr few mts
- Heat oil in a pan and add maida stirring it fr 2 mts
- Add onion, ginger, garlic, green chilly and saute till slightly brown
- Add 1 cup water to this and add fish when it boils
- Garnish with curry leaves

Ingredients:

1. Thick fleshed fish - ½ kg
Turmeric powder - ½ teaspoon
Chilli powder - 2 to 3 tablespoon
Green chilli finely chopped - 5
Garlic finely chopped - 2 tablespoon
Ginger finely chopped - 1 small piece
Curry leaves - few
Salt - As required
Sugar - 1 pinch
Vinegar - 1 tablespoon
2. For seasoning,
Mustard - As required
Fenugreek seed - As required
Gingelly Oil - 3 teaspoon

Preparation:

Marinate the fish pieces with turmeric powder, 1 teaspoon chilli powder and salt. Keep it aside for 15 mins. Shallow fry in oil. Keep the pieces in a separate bowl. In the same oil, add fenugreek and mustard seeds. When it is done, add green chilli, garlic, ginger and curry leaves. Fry it till it gets a brown colour. Add chilli powder, salt in low flame. Add fried fish to this mixture and saute for 2-3 minutes. Add a pinch of sugar and vinegar. Switch off the flame after 2 mins. When it is cooled, store it in dry containers. Your sweet and sour fish pickle is ready to be served with rice/roti/appam. This will last for 1 or 2 weeks without getting spoiled.

FISH PICKLE

DR DIVYA SARA, PALA





Gallus gallus domesticus delicacies: its Bon Appetit

Dr.Reji Mohan

Consultant in Reproductive Medicine
SAT, Govt. Medical College, Trivandrum

Chicken is the ubiquitous food of Keralaites, crossing multiple cultural boundaries with ease. With its mild taste and uniform texture, chicken presents a blank canvas for the flavor palette of almost any cuisine.

A little bit of history, the chickens that saved Western civilization were discovered, according to legend, by the side of a road in Greece in the first decade of the fifth century B.C. The Athenian General Themistocles, on his way to confront the invading Persian forces, stopped to watch two cocks fighting and summoned his troops, saying: "Behold, these do not fight for their household gods, for the monuments of their ancestors, for glory, for liberty or the safety of their children, but only because one will not give way to the other." The tale does not describe what happened to the loser, nor explain why the soldiers found this display of instinctive aggression inspirational rather than pointless and depressing. But history records that the Greeks, thus heartened, went on to repel the invaders, preserving the civilization that today honors those same creatures by breeding, frying and dipping them into one's choice of sauce.

Lets see some interesting facts about gallus gallus. Chicken, the most common type of poultry in the world, is so popular for good reason. And

that reason is not just taste, but also its many health benefits. 1. Protein supply: 2. Weight-loss : 3. Healthy bones:. 4. Stress reliever: 5. Immunity boost: This are only few and many more to add on.....

Enjoy your chicken dishes; team them up with whole grains and lots of seasonal veggies. Keep the added fat to the minimum and maintain a good exercise regimen. Moderation is always better and traditional Indian grains and spices add taste and health.

Presenting here with five varieties of chicken delicacies from KFOG Master Chefs ,Dr. Sheila Balakrishnan from Trivandrum ,Mrs Surya Harikumar from Kollam, Dr. Reshmi from Cherthala, Dr. Shameema from Kochi and Dr. Usha Menon from Kasargode. Missing recipes from Malappuram by Dr. Siddique and Dr. Neha Subhash Mallya from Kozhikode. Do try out and make your taste buds dance with joy, sorry vegans.

P.S: Raw chicken may contain Salmonella. The safe minimum cooking temperature recommended by the U.S. Department of Health & Human Services is 165 °F (74 °C) to prevent foodborne illness because of bacteria and parasite.

KARUMURA CHICKEN

Dr.Reji Mohan

Consultant in Reproductive Medicine
SAT, Govt. Medical College, Trivandrum

Ingredients

1. Boneless Chicken (cut into small pieces) - 1 kg
2. Kashmiri chilli powder - 2 tsp
3. Coriander powder - 2 tsp
4. Turmeric - 1/4 tsp
5. Ginger small piece chopped
6. Garlic 5 to 6 chopped
7. Coriander leaves - 5 stems
8. Curry leaves
9. Corn flour - 5 tbsp
10. Lemon juice fresh (small) - 2 tsp
11. Green chilly 2 chopped into two or four pieces
12. Salt
13. Oil



14. Chilli flakes 1 tsp
15. Egg white - 2
16. Bread crumbs with a little bit of pepper (for karumura)

Method

1. Cut chicken into small pieces, clean and keep aside to dry
2. Heat and later make a smooth paste of 2, 3, 4, 5, 6, 7. Put it into a big vessel.
3. Add ingredients: corn flour, lemon, egg white and required salt.
4. Mix properly and add the chicken pieces. Keep in the refrigerator for half an hour to one hour. Add chilly flakes and curry leaves before frying. Smear item no 15
5. Heat pan add oil and deep fry the chicken and serve hot.
6. Enjoy the chicken dry fry.





BUTTER CHICKEN OR MURG MAKHANI

Dr. Sheila Balakrishnan
Trivandrum

METHOD

Marinate the boneless chicken pieces in lemon juice and salt for one hour. Then prepare the marinade mixture with all the other ingredients and marinate the chicken for another 2 hours. Or alternatively you can marinate overnight in refrigerator. Then fry or grill the marinated chicken pieces. If you have a gas tandoor that would be ideal.

Next add butter to a heated pan. Saute the raisins and cashewnuts. Saute the onion, green chilli and then the ginger. Blanch the tomatoes in boiling water to remove the outer skin and chop finely and add to the pan till it becomes a smooth paste. Take off from fire and once the mixture cools down grind it to a smooth paste. Add the ground mixture back to the pan and saute again on low heat. Then add the chilli powder and garam masala. Now add what is left of the marinade mixture and the honey or sugar. Garnish with finely chopped coriander leaves and kasuri methi. Top it up with fresh cream.

INGREDIENTS

1 kg chicken breast (boneless and cut into small pieces)

For the marinade

- Lemon- 1
- Curds- 1 cup
- Red chilli powder- 1 tsp
- Ginger paste 1 tsp
- Garlic paste- 1 tsp
- Garam masala- a pinch
- Salt to taste

For the gravy

- Butter – 100 g
- Onion – 250 g
- Tomato – 500 g
- Green chilli chopped -4
- Ginger finely sliced- 1 inch
- Red chilli powder- ½ tsp
- Garam masala – ¼ tsp
- Raisins and cashewnuts- few
- Honey or sugar- to taste or 1 tsp
- Coriander leaves finely chopped
- Kasuri methi
- Fresh cream





Naadan chicken Thenga Ularthu

Surya Harikumar w/o Dr.Harikumar G,
Consultant in Reproductive Medicine,NS Hospital,Kollam

Ingredients:

Chicken cut into small pieces _1 1/2 kg
Chilly powder _3 tbsp
Coriander powder _ 1 1/2tbsp
Turmeric powder- 1tsp
Garam masala mix_ ground 11/2 tsp
Onion_ 5 medium sized
Coconut grated _2 1/2 cup
3/4" _ ginger
10_ garlic cloves
Salt _to taste
Coconut oil-1/2 cup

Method:

Marinate the chicken using little of the spices ,ginger garlic paste and salt.
Set aside for 1/2 an hour
Meanwhile grind gently all the ingredients.
In medium flame keep the marinated chicken on flame and cook till all water has drained.
Add the ground ingredients along with oil and cook till coconut becomes dark in colour and chicken is cooked.
Garnish with curry leaves and serve hot.



THAI CHICKEN

Dr.Reshmi,
Kinder Hospital, Cherthala



Ingredients

- 1.Chicken breast - 1 cut in to strips
2. Crushed dried red chillies-half teaspoon
Salt-as per taste
Pepper powder-one small spoon
3. Eggs - 2 beaten
Bread crumbs-as per need
- 4 Cooking oil
5. Ginger - cut into small pieces
Garlic-cut into small pieces
6. Soya sauce -2 small spoon
7. Sugar- one small spoon
8. Hot sauce-one small spoon
- 9.Corn flour- one spoon diluted in I cup water

Cooking instructions

Marinate chicken pieces with crushed red chilly, pepper powder and salt and keep in for half an hour.

Dip the chicken pieces in egg batter followed by bread crumbs and fry in oil.

Heat oil in a pan and fry the ginger garlic .ince the raw smell goes add the soya sauce then add sugar followed by hot sauce. Add the corn flour mixture and once the gravy thicken add salt. Once the gravy thicken add the fried chicken.. Decorate with cut spring onion greens..





LEMON CHICKEN

Dr.Shameema.Anwar,

Consultant in OBS GYN & INFERTILITY, Aster Medicity, Cochin

Ingredients

- 1 . Whole chicken small(900 gm) (with skin ,if available)
 2. one clove garlic minced
 3. Juice of one big lemon
 4. olive oil :1/4 cup
 5. soya sauce:1/4 cup
 6. Black pepper freshly ground_ 1 tea-spoon or you can add more if you want it spicy
 7. Salt to taste(soya sauce is mosly salt-ed .so check before adding more)
 - 8.Veggies of your choice .
- Mix 2,3,4,5,6 ,7 in a blender
Add some grated lemon peel to the mixture

Method

Marinate the chicken overnight with the mixture .If you are using chicken with skin make small slits on the skin and make sure the marinade covers the whole surface beneath the skin .

Keep the chicken in an oven proof dish
Can add any veggies of your choice ...potatoes sliced round, sliced tomatoes tomatoes,cauliflower florets and round sliced onion to the dish

Cover the dish with alumnium foil and bake at 170 to 180 degree celsius for one hour After one hour turn the chicken round and put the sauce over the chicken and keep for 15 minutes till it is fully cooked
Serve hot.





NAADAN KOZHI VARATTIYADHU

Dr.Usha Menon,

CONSULTANT OBS&GYN specialist,
KIMS SUNRISE Hospital,Kasaragod

Ingredients

Country chicken -500gm
Onions - 4 medium size long sliced
Ginger garlic paste - one tablespoon
and one tablespoon finely chopped
ginger garlic
Green chillies- 4 long sliced
Red chilly powder - 2 tablespoons
Coriander powder- 3 tablespoons
Turmeric powder- half teaspoon
Chicken Masala powder- 2 tablespoons
Pepper powder- 2 teaspoon
Curry leaves 2 stems
Coconut oil -as needed
Salt - according to taste

Preparation

Clean the chicken thoroughly. Apply some red chilli powder, coriander powder, turmeric and chicken masala powder and ginger garlic paste and salt to the chicken and keep aside for 30 minutes. Then cook this chicken in a pressure cooker for 3 whistles since it is country chicken . No need to put water. If you are using broiler chicken there is no need to use a pressure cooker. Cook in a simple vessel. Then put some oil in a frying pan put finely chopped ginger and garlic and stir fry and then add long sliced onions and green chillies and again stir fry till onions become slightly brown. Then add all masala powders in low flame and finally add the cooked chicken and stir fry so that all water dries up.. Add some coconut oil , pepper powder and curry leaves and again stir fry. Serve with

