

KORRA RECIPES

Korra Murukulu

INGREDIENTS

Bengalgram flour 1/4 kg
Foxtail millet flour 1/2 kg
Cumin seeds 10 gms
Chilli powder 25 gms
Sesamum 25 gms
Salt to taste
Oil 1/2 kg
Cooking time: 20 mins.

METHOD:

Seive both the flour together.

Add cumin seed, salt, chilli powder, Sesame seeds and mix well.

Heat 50 gms of oil and pour the hot oil into this mixture. Mix well with a spoon.

Make into a stiff dough using hot water.

Make murukus by using muruku maker

Heat 1/2 kg oil in a pan, and deep fry murukus until they turn brown.

Korra Bajji

INGREDIENTS

Bengalgram flour 1/4 kg
Foxtail millet flour 1/2 kg
Cummin seeds 10 gms
Chilli Powder 25 gms
Baking Powder a pinch
Salt to taste
Oil 1/2 kg

Cooking time: 20 mins.

METHOD:

- Sieve both the flours together.
- Add cumin seed, salt, chilli powder and baking powder.
- Mix well, and make a batter by adding sufficient water.
- Heat the oil in a deep frying saucepan.
- Gently put little scoops of batter into the heated oil, and fry till the lumps of batter turn light brown.
- Serve the bajji hot with any pickle or chutney.

Korra Vada

INGREDIENTS

Black gram dhal 1/4 kg

Foxtail millet 1/2 kg

Upma ravva 2 cups

Coconut 25 gms

Ginger 25 gms

Salt to taste

Coriander,
curry leaf and
chilliesgreen Option for
taste

Oil 1/2 kg.

Cooking time: 30 minutes

METHOD:

- Soak blackgram dhal and foxtail millet separately for 3-4 hours. Grind them separately to a coarse texture.
- Finely chop coconut, ginger, green chillies, coriander and curry leaves.
- Add these finely chopped ingredients, salt and 2 glasses of Upma ravva to the coarsely ground blackgram dhal and foxtail millet
- Mix well to form a batter
- Heat oil in a pan, and deep-fry little scoops of batter until golden brown
- Serve the vadas with chutney.

Korra Dosa

INGREDIENTS

Bengalgram dhal 2 table spoons

Foxtail millet 2 glasses

Blackgram dhal 1 glass

Fenugreek seeds a pinch

Salt to taste

Oil 1/4 kg

Cooking time: 20 mins.

METHOD:

Clean blackgram dhal and bengalgram dhal. Soak for 4 hours separately

Soak foxtail millet for four hours. Add fenugreek seeds to foxtail millet while soaking.

Grind the dhals and the foxtail millet separately.

Mix together into a smooth batter, add salt and leave it to ferment overnight.

Mix well by adding water, just enough to get dosa batter consistency.

Heat a frying pan , spread a large scoop of batter on it evenly to make the dosas.

Serve hot with any pickle or chutney

SAAMA RECIPES

Sama Pasham

INGREDIENTS

Little millet 500 g

Water to cook 3 liters

Jaggery to taste 500 g

Somphu 50 g

Coconut dry 100 g

Ground nut 100 g

Cooking time: 30 minutes

METHOD:

- Roast groundnut and grind into fine powder
- Grind fennel seeds into fine powder
- Pound jaggery into powder
- Take one liter of water, add jaggery powder into it and dissolve. Sieve and keep the solution aside
- Boil two liters of water in a large vessel. Into the boiling water, add little millet flour slowly and stir constantly to avoid lump formation.
- After the flour is stirred in, add the ready jaggery solution. Let the mixture cook for a few minutes on a slow fire. · Remove from the stove and serve hot. Add ghee if needed.

Sama Idli

INGREDIENTS

Blackgram dhal 1glass

Little millet 2 glasses

salt to taste

baking powder

Cooking time: 15 minutes

Method

- Clean blackgram dhal and foxtail millet.
- Soak both the dhal and little millet separately for about 4 hours.
- Grind them separately. Mix together, add salt and leave the mixture over night for fermentation.
- Mix the batter very well. Take an Idli maker. Place the batter on Idly plates and steam them for about 20 minutes.
- Serve hot with any pickle or chutney.

Sama Kichidi

INGREDIENTS

Little millet 1 kg

Water to cook 2 liters

Greens 50 g

Onion 25 g

Greengram dal 250 g

Green chilly 6 no.s

Oil 20 g

Seasoning seeds Curry 1

eaf

Ginger garlic paste To taste

Salt to taste

Cooking time: 15 minutes

METHOD:

- Wash and chop onion, chillies and greens.
- Clean and wash green gram dal and soak for half an hour.
- Take a big clean vessel and heat the oil.
- Add the seasoning seeds (mustard and cummin seeds), curry leaf, chopped onion, ginger garlic paste, greens and green gram dal.
- Allow it to fry well, add salt to taste and add water (two liters of water to 1 kg. little millet).
- Cover the vessel with a lid and allow to boil.
- Wash little millet and drop it in the vessel
- Stir well, cover with a lid, and cook to a firm consistency on a steady flame.

JONNA RECIPES

Jonna Pelala Laddu

INGREDIENTS

Sorghum puffed - 1kg

Water to cook

Jaggery to taste - 750 g

Cardamom powder To
smell

Cooking time: 20 mins.

METHOD:

a. Puffing jowar

- Clean Sorghum, wash and soak over night and shade – dry for half an hour.
- Keep a large iron pan on the stove, heat it well. Roast the sorghum until it puffs (Just within 5 minutes sorghum puffs up.)

b. Making laddu

- Take water in a vessel, add powdered jaggery and dissolve well in water. Sieve and cook the solution on slow flame for 20 minutes to get a string consistency.
- Remove from fire.
- While hot, add puffed sorghum and cardamom powder. Stir well.
- Apply oil to your hands, take the mixture from the vessel even while is hot and make balls of it. Sorghum laddu is ready to eat.

TAIDA RECIPES

Taida Ambali

INGREDIENTS

Finger millet 500 g

(ragi) flour

Water to cook 3 liters

Jaggery to taste 500 g

Fennel (Soumph) 50 g

Ground nut 100 g

Cashew nut 50 g

Coconut dry 100 g

Cardamom powder

Cooking time: 15 mins.

METHOD:

- Roast groundnut and grind into fine powder
 - Grind fennel seeds into fine powder
 - Pound jaggery into powder
 - Take one liter of water, add jaggery powder into it and dissolve. Sieve and keep the solution aside
 - Roast Finger millet flour flour with ghee for 5 minutes.
 - Boil two liters of water in a large vessel. Into the boiling water, add the roasted finger millet flour slowly and stir constantly to avoid lump formation.
 - After the flour is stirred in, add the ready jaggery solution.
 - Let the mixture cook for a few minutes on a slow fire.
 - Remove from the stove and serve hot.
- Add ghee if needed.

Taida Roti

INGREDIENTS

Finger millet flour 500 g

Water to need

Cooking time: 15 minutes

METHOD:

- Take a handful of finger millet flour, and add water to it to make a soft dough.
- Knead the dough into a lemon-sized ball.
- Take a wooden board , and sprinkle some flour on it.
- Place the dough-ball on the board, press gently with both hands, and pat into a round roti (disc).
- Heat an iron pan. it Gently place the roti on the heated pan
- Sprinkle a little water on the roti to cover it evenly.
- Roast it on an even flame on both sides till it is cooked.
- Roti making is an art which can be mastered through practice.

SAJJA RECIPES

Sajja Appalu

INGREDIENTS

Pearl millet flour 1kg

Bengalgram flour 2 cups

Sesame seeds 50 gms

Ajjuwam seeds 20 gms

Chilli powder 50 gms

Salt to taste

Oil 3/4 kg

METHOD:

- Sieve both the flours together. Add cumin seed, salt, chilli powder and Sesame seeds.
- Mix well. Make a stiff dough with a little hot water.
- Roll the dough into, thin, small, round puries.
- Heat about 1/2 kg. of oil in a deep frying pan and fry the puries till they are brown in colour.