

薄伽圣典

印度教烹饪经典

bhāga śāstra



VOLUME I

第 1 — 100 章

bhāgaśāstra

about early 2015, the nithyananda dhyanapeetam adheenam in bengaluru, south india, made a surprising discovery – the existence of a vedic age cookbook, revealed by mahadeva himself – the bhaga śāstra, or textbook for cooking. the bhaga śāstra is the book on hindu way of cooking, revealed by mahasadaśhiva himself.

约在 2015 年初，印度南部班加罗尔的尼希亚南达灵修院有个惊人的发现——《薄伽圣典 bhāga śāstra》的存在。

《薄伽圣典 bhāga śāstra》乃印度教烹饪方法的典籍，由玛哈萨达希瓦亲自揭示。

mahadeva revealed the secrets of the bhaga śāstra to his consort parvati, who in turn revealed it to nala, the king of vidarbha. nala, an expert charioteer and well-known culinary expert is the main protagonist in the ancient romantic tale of nala-damayanti.

玛哈帝瓦（即玛哈萨达希瓦）曾向配偶帕瓦蒂透露了此典籍的秘密，而帕瓦蒂又把秘密透露给了战车善御者、颇负盛名的美食烹饪家、古老浪漫故事《纳拉·达马扬蒂 nala-damayanti》主角——维达巴国王纳拉 nala。

the bhaga śāstra may have been written 2000 years ago but its wisdom and culinary secrets date back nearly 60,000 years! the only available copy of this book was printed in the year 1851 in madras (current day chennai) in south india. this book, in the tamil language, is now with nithyananda gnanalaya (library), bengaluru adheenam. 《bhaga śāstra》据测写于 2000 年前，而其中智慧与烹饪秘诀却可追溯到近 6 万年前！这唯一一部现存的复制版，印刷于 1851 年的马德拉斯（今为金奈 Chennai）。此泰米尔语版本现由班加罗尔灵修院尼希亚南达图书馆收藏。

“please understand, mahādeva has written
a beautiful cookbook called bhāgashāstra. it is
attributed to mahādeva.

“请理解，玛哈帝瓦写过一本名为《薄伽圣典 bhāga
shāstra》的美妙食谱。这归因于玛哈帝瓦。

i feel the book is so beautiful, anybody who has
written it he is already in the space of mahādeva.

so very boldly, courageously we can say it is
written by mahādeva. nothing needs to be doubted.
我感受到这本书的美，书写此书的人已经在玛哈帝瓦的
空间里了。非常大胆、勇敢地，我们可以说是由
玛哈帝瓦写的。毋庸置疑。

the book describes beautifully about the cooking
vessel, the way of cooking, the temperature that
needs to be maintained for each item to be cooked;
and around, i think, 200 items mahādeva himself
has described in the book called bhāgashāstra
which was, at least, the book must be 20,000 to
30,000 years old because the way things are
described, the way things were available.
it is so beautiful.”

这本书美好地描述着对烹饪容器、烹饪方式、各食材在
烹饪中需要护持的温度。于是，我认为，缘其描述事物的
方式，取用事物的方式，有 200 道食谱玛哈帝瓦
本尊在至少应有二至三万年历史，名为《薄伽圣典
bhāga shāstra》的经典中描述过。美哉。”

supreme pontiff of hinduism, jagatguru, mahasannidhanam
hoh bhagavan nithyananda paramashivam

印度教（兴都教）最高教皇，普世灵性导师
圣尊尼希亚南达 • 帕冉玛希瓦上师

KAILASA'S NITHYANAND UNIVERSITY PRESS

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conversion table

换算表

1 પાવો = 120 ગુ.ગત	=	1600 ગ્રામ	=	1600 મીલી
1 પાવોલ = 3 ગુ.દ	=	35 ગ્રામ		
1 ગુ.ગત (પુપદદ વદોદો)	=	12 ગ્રામ		
1 ગુ.ગત (ગુનગુલકો વદોદો)	=	0.13 ગ્રામ		
1 ગુ.ગત દોલો	=	4.5 ગ્રામ		
1 નદો દોલો	=	8.533 લદો		
1 નદોદોલો	=	24 લોગુદો		
1 લગુદોલ	=	1 3/8 દોદો		
1 ગદોદોલ	=	1.4 ગ્રામ		
ગદોદોલ = 1/16		ગદોદોલ પાવો	=	100 ગ્રામ
		ગદોદોલ પાવોલ	=	2.187 ગ્રામ
		ગદોદોલ ગુ.ગત	=	0.75 ગ્રામ

commonly used measurements in this book

本书中常用的单位

padai = গ্রাম		palal = গ্রাম	
1	approx 约 1500	1	approx 约 35
1/8	187.5	1/16	2.18
1/4	375	1/8	4.37
1/2	750	1/4	8.75
1 1/2	2250	1/2	17.5
2	3000	1 1/2	52.5
3	4500	2	70
4	6000	3	105

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ਰਿਵੇਂਡੇ ਫ਼ਰੂਟ ਦੇਵੀ wíthout tatarínv
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ਚਫ਼ਫ਼ਟਾਬੇਡ ਲੀਕ ਟੁਟੁਲਬੇਰ, ਈਕੇਡ ਫ਼ਰੂਟ ਫ਼
ਬਰੀਜੇ ਲੀਕਵੇ ਫ਼ੇਨੀ/ਵੇਵੀ (ਚਫ਼ੀਕਾਰੀਕੇਕਾ, ਪੁਵੇ-
ਕਾਂਗਾਕਾ, ਕਾਠੀਕਾਰੀਕੇਕਾ ਲੁਵਾਧੀਯਾ ਕਾਕੇਕਾ ਈਕੇਡ
paruppu)

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ਠੀਠ ਫ਼ੇਨੀ/ਵੇਵੀ
(ਚੰਗਾਧਾਲ ਈਕੇਡਾ paruppuਕੇਕਾ)

100 蔬果凝乳泮刹笛

pachadi
(pachadi)

rice

pudding

pancakes

indian bread

米饭

布丁

煎饼

印度面包

ଟଠକେଇଁଂଗ୍ଗ ଇଲବ୍ବୀ ନିଟହ ବ୍ଯୁ ଦେବାଇଁଂଗ୍ଗ
ଇଟାଚ୍ଚେ (kanjē chadittu idupala
shoru varisi idavaval)

制作碎米饭——沥除淀粉

ingredient	原料
Small Rice or Broken Rice	1 padi 碎米/短粒米
Water	3 padi 净水

Small Rice or Broken Rice - 1 padi 短粒米或碎米
Soak the small rice in water for 1 Naazhigai (24 minutes),
wash well and drain the water.
将碎米在水中浸泡24分钟，洗净，沥干水份。

Water - 3 padi 净水
Take 3 padi of clean water in a 5 padi capacity pot and heat it.
When the water starts to boil, add the drained rice. Stir the rice
well with the boiling water. Cover the pot with a lid.
在容量至少为5 padi 的锅中，加入3 padi 净水后加热。当水
开始沸腾，加入沥干的米。将沸水与米搅匀。盖上锅盖。

Few minutes later, when the rice and water are boiling
together, stir it. Once the rice is ¾th cooked*, mix well again.
Then cover the mouth of the pot with a wet cotton cloth,
remove the pot from the firewood stove, drain the starch
completely and mix the rice well. Now place the rice again on
live-smokeless coal (from burnt firewood) for 5 minutes and
remove it from the stove.
几分钟后，当米与水一起沸腾时，搅拌。当米饭¾分熟
时，再次悉心搅拌。将锅用湿布盖住，完全沥干粥水中的
淀粉，将米饭拌匀。其后将饭置于（燃木而成的）活热
炭上焖5分钟，然后从灶上移开。

Note: * $\frac{3}{4}$ th cooked rice means : the rice will be soft upon touching and at the same time white steam emanates from the mouth of the pot.

* 注： $\frac{3}{4}$ 熟是指：米饭的触感柔软，并且同时锅口冒白色蒸汽。

ତରକେଇଁ ଇଲଣା ନିତେ ବିଥେଉଟ
ଦେଇନିଙ୍ଗ ଇଟାଚେ (କାନ୍ତି ଚାଉଁକେବାଲି
ଇଡ଼ିପଲ ଇଠି ବାରିଈ ଇବାଦାଲ)

制作碎米饭——免沥淀粉

ingredient	原料
Small Rice or broken rice	1 padi 碎米/短粒米
Water	2 padi 净水

This rice is suitable for those who eat only once a day.

For others it will cause indigestion.

适宜那些一日一餐的人。于其他人此饭易引起积食。

Small Rice or broken rice - 1 padi 短粒米或碎米

Soak the small rice in water for 1 Naazhigai, wash well and drain the water.

将碎米在水中浸泡约1 Naazhigai，洗净，沥干水份。

Water - 2 padi 净水

Take 2 padi water in a 4 padi capacity pot and heat it. When the water starts to boil, add the drained rice. Stir the rice well with the boiling water. Cover the pot with a lid. Few minutes later, once the rice and water starts boiling, stir well again and cover. Check if the rice is $\frac{3}{4}$ th cooked just as in the previous rice recipe, then remove from the firewood stove and mix it well.

Now place the rice again on live coal (from burnt firewood) for 5 minutes and remove it from the stove.

在容量4 padi的容器中，加入2 padi的净水并加热。当水开始沸腾，加入沥干的米。将沸水与米搅匀。盖上锅盖。数分钟后，当米与水开始沸腾，再次搅匀，盖上锅盖。依前一谱的方法来察看是否煮至 $\frac{3}{4}$ 分熟，然后从柴火灶上取下，拌匀。其后将米饭置于（燃木而成的）活热炭上焖5分钟，再从灶上移开。

ତଟକିନିଘ୍ନ ବିଘ୍ନ ନିଟିହ ବ୍ଯ ଦେହାନ୍ନିଘ୍ନ
ଇଟାଚି (କାନ୍ତି ଚାଦିତ୍ତୁ ଇଡ଼ିପୁଲ
ପେରୁ ବାରିଈ ଇହାଦାଲ)

制作长粒米饭——沥除淀粉

ingredient		原料
Big Rice	1 padi	长粒米
Water	3 padi	净水

Big Rice - 1 padi 长粒米

Soak the big rice in water for 10 minutes, wash well and drain the water.

将长粒米在水中浸泡10分钟，沥干水份。

Water - 3 padi 净水

Take 3 padi of clean water in a 5 padi capacity pot and heat it. When the water starts to boil, add the drained rice and cook it as it is said in the 1st Rice recipe.

在容量为5 padi的锅内放入3padi净水并加热。当水开始沸腾，放入沥干的米，依照第1道食谱的方法烹煮米饭。

ଚଠକିଂଗ୍ଗ ବଂଗ୍ଗ ଗିଟିଂ ଘିଟିଂଗ୍ଗ
ଇଟାଟିଂ (କାଂଗ୍ଗି ଚାଘିଂକିଂକାଂକାଂ ଇଂପାଂକାଂ
ପଂପା ଘାଂଗ୍ଗି ଇଂକାଂକାଂ)

制作长粒米饭——免沥淀粉

ingredient		原料
Big Rice	1 padi	长粒米
Water	2 padi	净水

This rice is of the same nature as of the second rice recipe.
这种米饭的性质与第2道食谱中的一样。

Big Rice - 1 padi 长粒米

Soak the rice in water for 10 Minutes, wash well and drain the water.

将长粒米浸泡10分钟，洗好，沥干水份。

Water - 2 padi 净水

Take 2 padi water in a 4 padi capacity pot and heat it. When the water starts to boil, add the drained rice and cook it as it is said in the 2nd Rice recipe.

在容量为4padi的容器内放入2padi的净水并加热。当水开始沸腾，放入沥干的米，依照第2道食谱的方法烹煮米饭。

तठोरिंग लोखदे रोटह (kalappariḥi ḥaadal)

制作杂米饭

ingredient		原料
Mixed Rice*	1 padi	杂米*
Water	3 padi	净水

Mixed Rice* - 1 padi 混合米／杂米*

Soak the rice in water for 30 Minutes, wash well and drain the water.

将杂米在水中浸泡 30 分钟，洗净并沥干水份。

Water - 3 padis 净水

Take 3 padi of clean water in a 5 padi capacity pot and heat it. When the water starts to boil, add the drained rice and cook it as it is said in the 1st Rice recipe.

在容量为 5 padi 的容器内，加入 3 padi 的净水并加热。当水开始沸腾，放入沥干的米，依照第1道食谱的方法烹煮米饭。

* Mixed rice means: The rice collected from begging, which will consist of big, small and various qualities of rice.

*注：混合米／杂米指乞讨来的米，包括长粒米、碎米和不同种类的米。

தத்கரிங் நதவ ரிதத
(pudu arisi idaval)

制作新米饭

ingredient		原料
New Rice	1 padi	新米
Water	3 padi	净水

New Rice - 1 padi 新米

Wash the rice well and drain the water.

淘净米，沥干水份。

Water - 3 padi 净水

Take 3 padi of clean water in a 5 padi capacity pot and heat it. When the water starts to boil, add the drained rice and cook it as it is said in the 1st Rice recipe.

在容量为5 padi 的容器内放入3 padi 的净水并加热。当水开始沸腾，放入沥干的米，然后依照第1道食谱的方法烹煮米饭。

New rice has a tendency to overcook and become like a pudding. To avoid this, soak the rice for 15 minutes in warm water (when heated just until steam starts to arise) . Drain this water and then add the rice into the boiling water. Also instead of soaking the rice, some others wash the rice in normal water, drain and add 3/8 spoon of ghee before putting the rice into boiling water. By doing so, the rice does not get overcooked.

注：新米易过熟而呈布丁状。为防糊饭，先将米在（热到蒸汽刚开始上升的）温水中浸泡15分钟。沥干水份再加入沸水里煮。也有人不浸米，而用普通水淘米，沥干，在加入沸水前，和入3/8匙酥油。依以上制法可使米饭不会煮得过于熟糊。

ଘିଅର ଗ୍ରୌଟ୍ ମିଠିଆ (ହୋଥୁଲାଇ ମିଠିଆ ହାସବେଗଲ)

麦碎饭

ingredient		原料
Wheat Grit	$\frac{1}{2}$ padi	麦碎
Water	1 padi	净水
Ghee	$1\frac{1}{2}$ palam	酥油

This rice has a slow digestive nature. It counteracts the excess gas in the body. When consumed in limited quantities daily, it provides strength to the body. It is highly beneficial to obese individuals and those with Diabetes.

此饭性有慢消化的性质。可以消耗体内多余气体。每日适量食用可为身体提供能量。于糖尿病患者与过胖者颇有助益。

Water - 1 padi 净水

Take 1 padi of clean water in a 2 padi capacity pot and heat it. When the water starts to boil, Add $1\frac{1}{2}$ palam ghee in the boiling water. Add $\frac{1}{2}$ padi of Wheat Grit Rice in boiling water and Stir well, cover it with a lid. Few minutes later, stir well again, check if the rice is $\frac{3}{4}$ th cooked; then remove from the firewood stove and mix it well.

在容量为2 padi 的容器内放入1 padi 水。当水开始沸腾，在沸水中加入 $1\frac{1}{2}$ palam 酥油。再加入 $\frac{1}{2}$ padi 麦碎并搅拌均匀，盖上锅盖。数分钟后，再次搅拌。米煮至 $\frac{3}{4}$ 分熟后，从炉灶上移开，拌匀。

Now keep the rice covered on live coal (from burnt firewood) for 5 minutes. It can then be served.

此时将饭置于（燃木而成的）活性热炭上，盖着盖子焖5分钟。随后即可用之。

નોંદાઈ હોત્તે લોઈટ નોંદ (thinaï, ડાહલાઈ, નેવાંગ્ગોલિન ડાહલા)

粟米或小米饭

ingredieંટ	原料
Foxtail, Little or Kodo Millet	$\frac{1}{2}$ padi 粟米/小米/鸭嘴草
Water	$1\frac{1}{4}$ padi 净水

Foxtail, Little or Kodo Millet (any one of these) - $\frac{1}{2}$ padi

粟米／小米／鸭嘴草(任选一样)

Clean the millet by pounding and winnowing.

舂捣筛扬小米。

Water - $1\frac{1}{4}$ padi 净水

Take a 2 padi capacity vessel and boil $1\frac{1}{4}$ padi of water in it.

Add the cleaned millet to the boiling water and stir. Close it with a lid. Check if the millet is $\frac{3}{4}$ th cooked; then remove from the firewood stove and mix it well.

用一个能装2padi的容器盛 $1\frac{1}{4}$ padi水，煮水至沸。加入净小米，搅拌。盖上锅盖。当米 $\frac{3}{4}$ 分熟时，从炉灶上取下并搅拌均匀。

Now keep the millet covered on live coal (from burnt firewood) for 5 minutes. It can then be served.

把盖上盖的小米饭在（燃木而成的）活热炭上焖5分钟。随后即可用之。

Amongst these, whole unhusked little millet can also be boiled, then made into rice and cooked, just as rice prepared from boiled paddy.

粟米类中，未脱壳的小米，也可以煮后制成半熟米再行烹制，就像可以用煮稻谷的方式制蒸谷米一样。

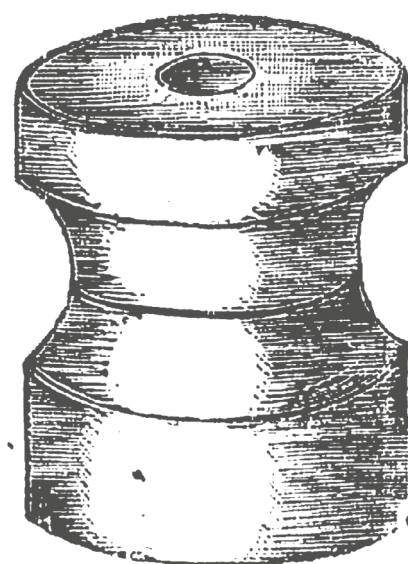
corn rice or pudding (તેતોલ ઇસાવેલ ઘીથપુ રાલો)

玉米饭 / 玉米布丁

ingredient	原料	
Corn	1 padi	玉米
Water	3 padi	净水

Corn - 1 padi 玉米

Clean the corn by pounding and winnowing. Remove and place it in the **Ural** (large pounding mortar). Then sprinkle $\frac{1}{16}$ padi Pound it well. Then separate the grits and flour using a sieve. If there is whole corn in the grits, take that alone and pound again using $\frac{1}{16}$ padi water and repeat the process till there is no whole corn left. Now separate the grits and the flour.



உரல்.

Ural 捣谷臼

舂捣筛扬玉米粒。将其连同 $\frac{1}{16}$ padi 水倒入 **Ural** (捣谷臼) 中槌细，用筛子筛分颗粒和谷粉。若有完整颗粒，将其分拣，再次和入 $\frac{1}{16}$ padi 水，重复以上步骤，直至谷粒全碎。再将玉米粉与粗碎玉米面分开。

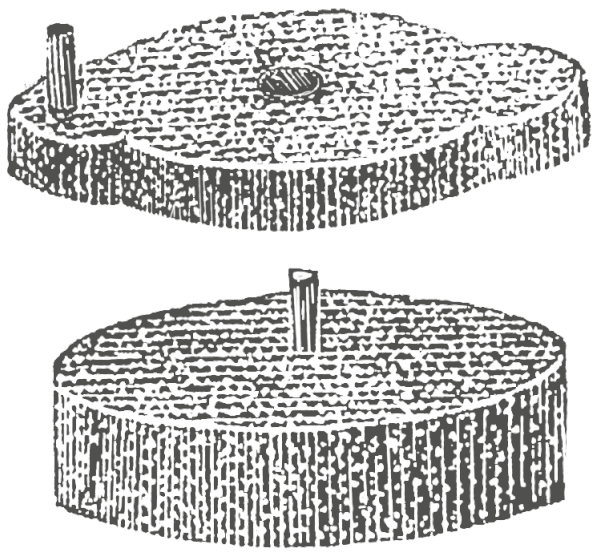
Take 2 padi of water in a 3 padi capacity vessel and boil it. Add the corn grits when the water starts to boil, mix well and cover the pot.

取 2 padi 水盛入一个能装 3 padi 的容器中。当水开时，加入玉米碎，搅拌，盖上盖子。

After a few minutes, When the grits are $\frac{3}{4}$ th cooked, add the flour and stir. Care should be taken to see that no lumps are

formed. Stir it twice or thrice every 2 minutes. Then keep the rice or pudding on the live coal (from burnt firewood) for half an hour. Stir again, remove from the stove and serve.

几分钟后，当玉米碎 $\frac{3}{4}$ 分熟时，加入玉米粉并搅拌。悉心拌，避免结块。每2分钟搅2到3次。将做好的谷饭或玉米布丁置于（燃木而成的）活热炭上半个小时。再次搅拌，从炉灶上移开，盛用。



துவரையுடைக்கும்
இயந்திரம்

hand stone grinder 手磨石盘

There is also the practice of grinding the corn in a hand stone grinder into grits and flour, and then cooking it.

实践中另一种做法是用手磨石盘把玉米磨成粗粒与细粉，然后再行烹饪。

પ્રદારો લોઈદેટ રોંદે/પુવેદોંગ
(કાલોબુ ડાદાદાલ ઘોઘાવે કાલો)

珍珠粟饭 / 珍珠粟布丁

ingredients	原料
Pearl Millet Flour Water	1 <i>padi</i> 珍珠粟粉 2 <i>padi</i> 淨水

Pearl Millet Flour - 1 padi 珍珠粟粉

Beat and pound the pearl millet until the husk is separated and remove the husk by winnowing. Just as corn is pounded into grits and flour by sprinkling water, do the same for this too.

舂捣珍珠粟直至外壳剥落，扬谷去壳。像制玉米面一样，洒水槌粟，直至槌成粗和细粟粉。

Take 2 padi of water in a 3 padi capacity vessel and boil it. Mix grits and flour together without lumps and add this to the boiling water. Continuously stir until the grits are $\frac{3}{4}$ th cooked. Then remove the vessel from the fire from the firewood stove and place on the heated coal (after removing burning firewood from the stove) for about one hour. Stir again, remove from the stove and consume.

取2 padi 的净水，倒入一个3 padi 容量的容器中，煮沸。将粟粉与粟碎混合搅至无结块，加入沸水中。持续搅拌至珍珠粟 $\frac{3}{4}$ 分熟。将容器从灶火上移开，置于（燃木而成的）活热炭上约1个小时。再次搅拌，从灶上取下并食用。

finger millet pudding (raagi kalli aliadu sangadi)

糝子布丁

ingredient

原料

Finger Millet

1 padi

糝子

Water

2 padi

净水



களித் துடுப்பு

Kali thuduppu 木铲

Finger Millet - 1 Padi 糝子

Dehusk the finger millet by beating and pounding it and then winnowing, to separate the husk from the grain. Grind it into a fine flour, measure as mentioned above and keep aside.

舂捣糝子，去壳扬谷。磨成细粉，称取上述份量并放置一旁。

Water - 2 padi 净水

Take 2 padi water in a 3 padi capacity pot and heat it. When the water starts to boil, transfer ½ padi water into another pot. Put the ground flour into the boiling water, without mixing; place a 2 muzham long (approx. 3 feet) Kali thuduppu (large wooden spatula like) in its center. Keep dipping this in and out repeatedly every 2 minutes.

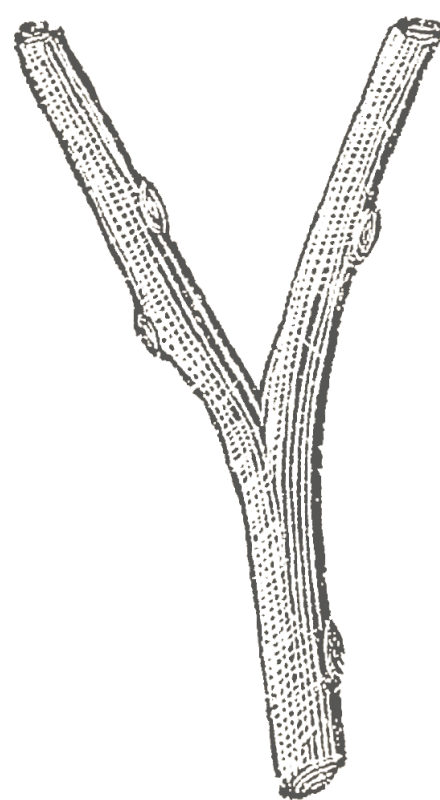
取2 padi的净水，倒入一个至少3 padi 容量的锅中并加热。当水开始沸腾，将½ padi 水倒入另一锅中。将磨好的糝子粉倒入水中，不要搅拌；将2 muzham（约3尺长的）Kali thuduppu（木铲）放入锅中。每两分钟重复性地蘸进蘸出。

When the water dripping from the Kali thuduppu begins to thicken, to avoid shaking of the pot, Clamp the branched limbs of the Kali kavai kol (Y shaped wooden stick) to the neck of the pot and clutch its bottom end with one foot. Clutch the Kali thuduppu with both hands tightly and stir continuously for 5 mins, scraping all sides of the pot without letting the flour settle down on any one side and form lumps. Pour a little water which was kept aside and stir. Let it cook for 3-4 mins.

当从 *kali thuduppu* (木铲) 滴下来的水开始变稠时，为防止锅摇晃，将 *Kali kavai kol* (Y型杈) 的分支架住锅颈并用一只脚抵住锅底。双手紧握 *Kali kavai kol* (Y型杈)，连续搅拌5分钟，刮锅沿内壁，不让糝子面在任何一处结块。倒些放在一旁的净水并搅拌，令其煮3-4分钟。

When the pudding begins to coagulate/solidify, pour the remaining water and stir again and leave it for 4-5 mins. To check if the flour is cooked, wet your palm with water, take a small quantity of the pudding and make a ball. While doing so, if it does not stick to your palm, remove the pot from the stove.

当粥开始浓稠凝膏，倒入剩余的水，再次搅拌后放置4-5分钟。察看糝子面是否煮熟，可用水沾湿手掌，从锅中取出一点浓膏揉成球。如果不黏手就是好了，然后把锅从炉子上拿下来即可。



ಕಲಿಕ ಕವಾಯ್ಕೋಲ್.

Kali Kali Kavai Kol Y形杈

This pudding can also be prepared as sweet pudding by adding jaggery. For this, powder 5 palam Jaggery and add it in the boiling water. After the jaggery dissolves, add the flour in it. If needed, $\frac{1}{4}$ Ru.wt cardamom powder can be added. After cooking, to prevent it from solidifying like a stone, make mango sized balls and keep them in water.

在布丁里加入粗蔗糖就成了甜粥。甜布丁的做法是将5 palam粗蔗糖磨成粉并加入沸水中。糖溶化后，加入糝子粉。按需亦可添加 $\frac{1}{4}$ Ru.wt 豆蔻粉。煮好后，为防布丁凝成石头一样硬，将其揉成芒果大小的球并放入水中保存。

This pudding is mostly prepared as a special recipe in Kudagu, Mysuru, Bengaluru and in some taluks of Salem district like Hosur and Tenganikotai.

通常在班加罗尔、迈索尔、库格，还有一些塞勒姆区域的自治小区，比如霍苏尔和Tenganikotai这些地方会做这种特别的布丁。

corn, p̄d̄ar̄i l̄aīit, f̄inḡer l̄aīit
pancake (cholaḥ, kaḥḥu, raḡḡi
iḥaḡḡalin adai)

玉米餅／珍珠粟餅／糝子餅

ingredients

原料

Corn/Pearl Millet/Finger Millet Flour ½ **padi** 玉米面粉／珍珠粟粉／糝子粉
salt ⅛ **palam** 盐
Jaggery 3 **palam** 粗蔗糖

Corn/Pearl Millet/Finger Millet Flour - ½ **padi**

玉米面粉／珍珠粟粉／糝子粉

Take ½ **padi** of any one of the grains mentioned above, thrash and winnow the grains, grind it into a fine flour without grits and keep aside.

取上述任何一种谷 ½ **padi**，去壳，碾磨成粉，放在一边。

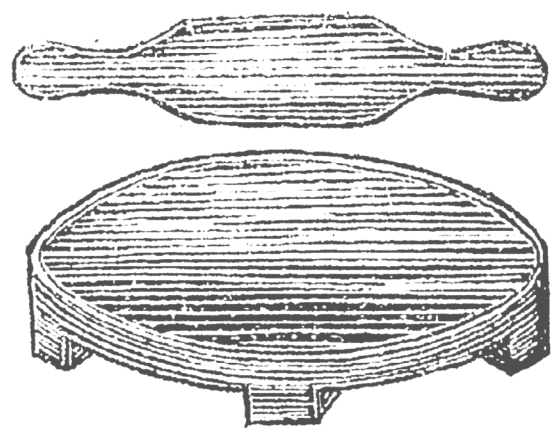
Powder ⅛ **palam** salt and add to the flour.

在谷粉中加入 ⅛ **palam** 盐。

Knead the flour with boiling water and keep the dough aside for 1 hour.

将谷粉与沸水揉合均匀，静置1小时。

Later knead it again well and make mango sized balls. Flatten these balls on **Appala-palagai** (rolling board) or upturned plate by using your palm making circle shaped pancakes whose width is that of paddy; or using a **Appala-kuzhavi** (rolling pin) roll the balls into circles.*



અપ્પલપ્પલકૈ કુઝવિ.

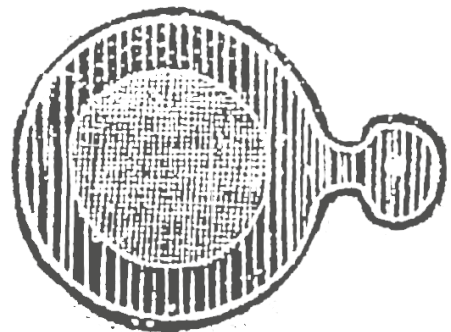
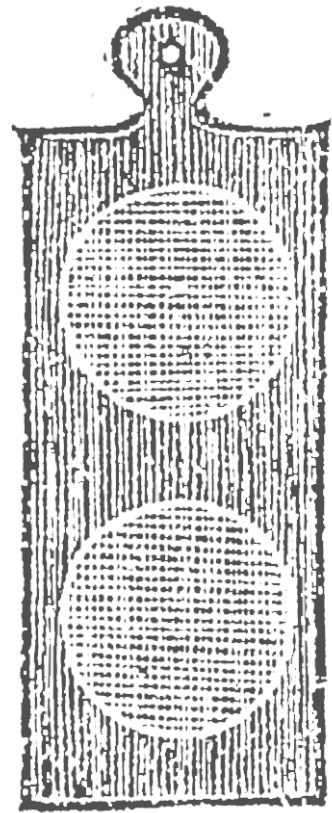
Appala-palagai 擀面板

Appala-kuzhavi 擀面杖

再次揉面，分成几个芒果般大小的面团，用手掌按压 **Appala-palagai** (擀面板) 上或盘里的面团，将其压成一稻穗宽的薄圆饼；或用 **Appala-kuzhavi** (擀面杖) 将面擀开*。

Place the **Dosai kal** (Dosa pan) on the stove or **Tagattai aduppu** (stove that uses coal placed on a grill); once the pan is heated, put the flattened pancakes on the pan and let it cook. When it turns slightly reddish, turn it over. After a few minutes take the pancake out and cook the edges alone on the live coal.

架好柴火灶上的 **Dosai kal** (多萨锅) 或 **Tagattai-aduppu** (炭炙炉)，锅一热，就将薄饼放上锅，令其烙烤。当饼色泛红，翻个面。烙好后取出，在热炭上炙烤面饼外沿。



தோசைக்கல்

Dosai kal 多萨锅/烤饼屉

Repeat the same process for all the balls. If needed, adding jaggery in the pancakes is also in practice. While doing so, 3 palam 105 gm jaggery should be dissolved in the boiling water and then used to knead the dough. These pancakes can be made into pieces and eaten along with kootu (Vegetable and lentil stew), kuzhambu (broth) and curd.

重复以上步骤烙烤全部面饼。也可在饼中加入粗蔗糖。这样做时，将3 palam粗蔗糖溶于沸水，和面时加入面中揉匀。此饼可配 **Kootu** (炖蔬菜和扁豆)、**Kuzhambu** (酸辣汤) 或凝乳同食。

* To prevent the pancake from sticking on the board, sprinkle some dry flour on the rolling board while rolling the pancakes.

*注：为避免面饼粘在板上，可以在擀饼时在面板上撒些干面粉。

Wheat flour or groti
norlai pancake or rotti
(grotiulai laavu aliadu nongin
isaadaa adai aliadu rotti)

烤麦饼

ingredient

原料

Wheat Grits or Flour ½ padi 小麦碎或小麦粉
salt ⅜ palam 盐
Ghee 1½ palam 粗蔗糖

Wheat Grits or Flour - ½ padi 小麦碎或小麦粉

Salt - ⅜ palam 盐

Ghee - 1½ palam 酥油

Mix the above ingredients well. Now add required amount of water and knead to make a tight dough. Keep the dough aside for 1 hour. Then, again knead the dough well until it can form a long rod shaped shaft(without breaking). Make big lemon sized balls from this dough. Take the **Appala-palagai** (rolling board) and **Appala-kuzhavi** (rolling pin); sprinkle and smear some dry flour on both of these. Take a ball, place it on the rolling board and roll the ball into a round shaped bread of the thickness of half a paddy.

混合均匀上述原料，加入适量的水，揉成均匀的面团。然后将面团静置1小时。之后，再次均匀揉面，搓成一长条光滑的面棒，再分成几个柠檬大小的面团。在**Appala-palagai** (擀面板) 和 **Appala-kuzhavi** (擀面杖) 上撒上干面粉。取一面球，在面板上将其擀成半稻穗宽的薄圆饼。

Place a dosa pan which is made from either mud, stone or iron on a low flame firewood stove, and put the rotti (bread) on the pan. Once the rotti slightly swells/bloats, turn it over. Cook it

until it turns slightly reddish without burning it and remove it from the pan. Cook the edges alone on the heat from the stove and keep aside. Similarly, cook the rest of the rottis.

将陶泥、石制或者铁制的多萨饼锅架在燃着小火的柴灶上，擀好的面饼放入锅中。一旦饼上轻微鼓起，将其翻面。烙烤至饼面微微泛红而无焦糊，便从锅中取出。在热炭上炙烤面饼外沿后放置一旁。剩下的面团也依法泡制。

These rottis can also be made by flattening the balls with the palm. In practice, rottis are consumed with little ghee ; or 2 or 4 palam ghee is heated along with equal quantities of water and this mixture is smeared on the rottis as soon as it is cooked and then stacked one upon the other. By doing so, the rottis remain soft while eating.

也可以用手掌把面团压平的方式做这些面饼。日常中，面饼是与少量酥油一起食用的；2 palam 或 4 palam 的酥油与等量净水一起烧煮，饼一熟就涂上油，然后一层一层地叠在一起。这样，吃的时候饼会保持软嫩。

Rottis are eaten along with salt and spicy flavoured dishes like Kootu (vegetable and lentil stew), Kuzhambu (broth) , Lentil or sweet flavoured items like sugar, mango or banana.

此饼可与咸辣味菜肴如 Kootu（炖蔬菜和扁豆）、Kuzhambu（酸辣汤）、小扁豆，或者与糖、芒果或香蕉等的甜味食品一起食用。

preparation of rihalar(इठार) for rotti (rottikeru rihalar [pulippu] tayar इटिहा)

酵母制法 (发酵面 / 酸面团)

Those residing in Hindusthan nations, in order to make their prime food- rotis soft like sponge, prepare a variety of sour dishes called Khameer. This Khameer is prepared in one or two types.

印度斯坦族人制作他们的主食——软若海绵的面包，会添加一种称之为 khameer 的酸味发酵料。这种酵母有一两个不同备制的方法：

1st Type

第一种

Take 2 *pudhu kalayam* (new bowls) which can hold $\frac{1}{2}$ padi of water each. Wash one of them well.

Add 1 Ru.wt castor oil on its external base, fill the bowl with water and heat it. When the water begins to boil, throw it and again fill with water and heat it just as before. When it boils well, remove it from the stove. When this water heat is suitable for bathing, add 2 Ru.wt of bengal gram and close the mouth of this bowl with another bowl such that the mouth of both the bowls should fit into each other. Place this on the ash (from the firewood stove) for 5 jaamam. After 5 jaamam, you can observe bubble formation and a sour smell.

Mix this water with $\frac{1}{2}$ padi wheat flour. Wash the soaked bengal gram once using water and add this water also to the wheat flour and knead well. Wash the soaked bengal gram once and then add it to the wheat flour and knead well. Let this dough rest for 3-4 naazhigai. By doing so, this will ferment and become khameer. While preparing the dough in this manner, if the wheat is of 40 Ru.wt the fermented mix should be of 1 Ru.wt.

How much ever quantity of khammer is taken, the same quantity of plain flour should be added to the remaining khameer and kept aside. This way, by replacing the used khameer with plain flour daily, the khameer can be kept ready for use always. At the stage when this khameer begins to dry up, Prepare the fermented solution using bengal gram (as mentioned earlier) and mix with the dough.

取2个可盛 $\frac{1}{2}$ padi 水 **Pudhu kalayam** (新碗)。将其中一个悉心洗净。在其底座涂上 1 Ru.wt 蓖麻油，将碗盛满水并加热。当水开始沸腾时，倒掉，然后再装满水，然后如同以上的方法加热。煮沸后，将其从炉中取出。当此水到达适于洗澡的热度时，加入 2 Ru.wt 鹰嘴豆，然后用另一个碗盖住碗口，让两个碗的口相互贴合，盖紧。将碗置于柴火灶的炭灰上 5 jaamam。5 jaamam 后，可以觉察到发酵气泡和酸味。

将这酸水与 $\frac{1}{2}$ padi 小麦粉混合。用水清洗浸泡的鹰嘴豆后，加入小麦粉中揉匀。让揉好的面团静置 3-4 naazhigai。这样，面团就会发酵为 khameer (酵母) 了。用这种方式做面团时，若麦粉为 40 Re.wt，那么发酵混合面应为 1 Ru.wt。

取用多少量的酵母，应以同量的普通面粉添入剩余的酵母中并置放一处。这样，通过每天以普通面粉更替用过的酵母面，就可以随时备用酵母。在这个酵母开始变干的阶段，用鹰嘴豆（如前所述）准备发酵液并与面团混合。

2nd Type

第二种

Do as mentioned in the previous Khameer recipe, additionally add 3 palams of sugar or naattu chakkarai (brown sugar) when adding the bengal gram in water. Rest of the method is to be followed as in the previous Khameer recipe.

依照第一种酵母制作法中提到的方式，在水中加入鹰嘴豆时，另加 3 palam 糖或 **Naattu chakkarai** (粗蔗糖)。其余步骤依照之前的酵母配方进行操作。

3rd Type
第三种

Prepare a fermented mix just as the preparation in Recipe: 14 using bengal gram; add 1¾ Ru.wt sour curd, 15 Ru.wt wheat flour/grits, powdered fennel Seeds, mix them all well and place it on a cloth, tie it loosely and hang it.

Check whether it has puffed up each day. Add flour little by little each day. This can be used as mentioned in the previous(2nd) variety. But this should not be allowed to over-ferment but should be kept at a suitable stage of fermentation.

使用鹰嘴豆，依照第 14 道食谱中的方法制备发酵混合物；加入 1¾ Ru.wt 凝乳块、15 Ru.wt 小麦粉／碎、茴香籽，混合均匀，放入布上，然后松松系好并挂起来。

每天察看面团是否膨胀，一点一点地加入面粉。这种酵母可以依之前类型（第二种）的方法使用。但不可过度发酵，应保持在适恰的发酵阶段。

khammeer rotti

火烧饼

ingredient		原料
Wheat Grits or Flour	½ padi	小麦碎或小麦粉
Khameer	½ palam	酵母
Powdered Salt	¼ palam	盐末

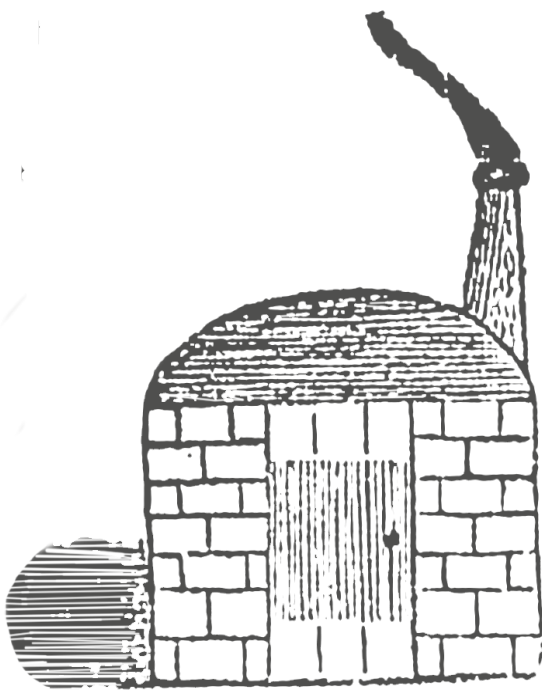
Wheat Flour / Grits - ½ padi

小麦粉或小麦碎

Khameer - ½ palam 酵母

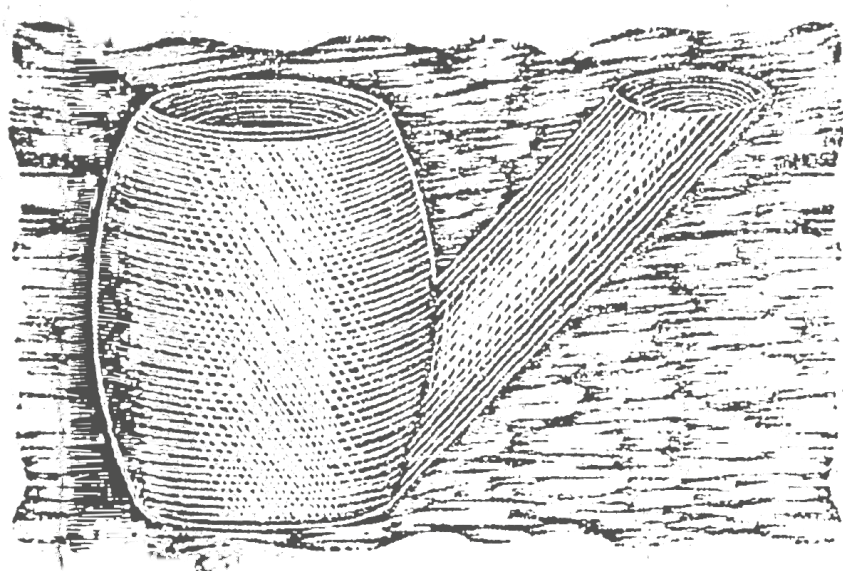
Powdered Salt - ¼ palam 盐末

Mix the above ingredients with water, knead and make a tight dough. Keep the dough in a warm environment for 2 hrs and let it ferment and puff up. Once Again, knead well and make balls of the weight of 2 palam each using the entire dough. Roll out rottis of 1 paddy width like mentioned before, and place them on a damp cloth. Cover them with another damp cloth for ½hr. As mentioned before, Put the rotti on a pan made up of either stone/mud/iron and poke the rotti in its center in 3-4 places here and there with the end of a ladle. When the rotti begins to puff as mentioned before, turn it over and cook it and then remove it from the stove.



கூண்டடுப்பு.

Konndu-aduppu 砖窑灶



போன் அடுப்பு.

Pon-aduppu 饼坑炉

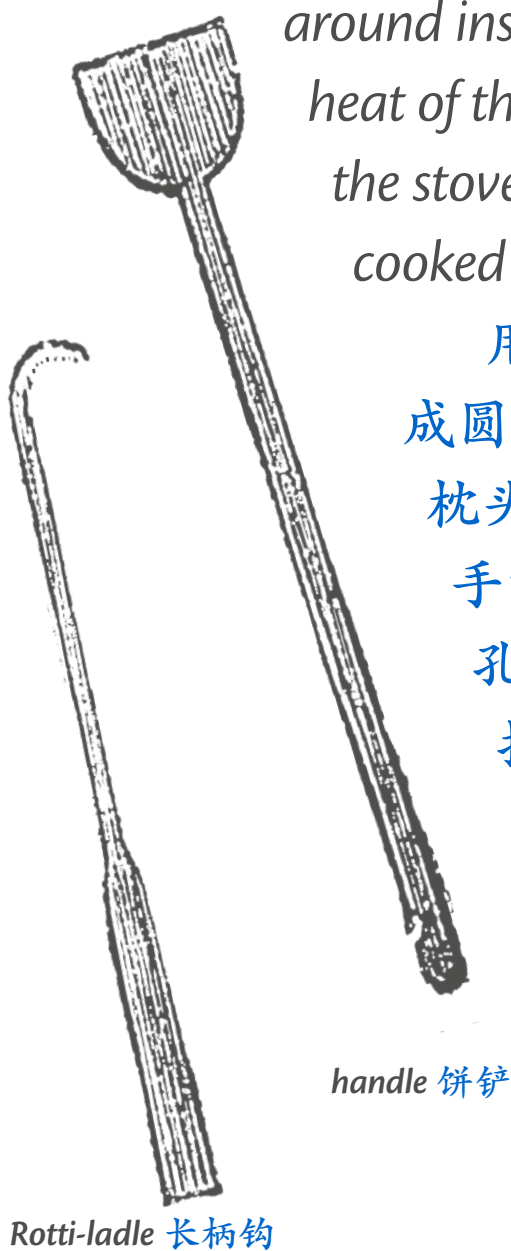
In practice, while turning the rotti, sour buttermilk is also sprinkled on it . This rotti can also be made on **Pon-aduppu** (firewood pot stove-like tandoori stove) and **Koondu-aduppu**.

将上述原料和水混合，揉成面团。将面团放置在温暖的环境中2小时，令其发酵膨胀后继续揉，揉好后把整个面团做成每个重量为2 *palam*的面球。像前面饼谱中提到的那样擀出1稻穗宽的饼，然后将其置于湿布上，再用另一块湿布盖住，放置半小时。如前所述，将面饼放在石／陶／铁制的平底锅上烤，用勺的末端在饼中心戳3-4下。当面饼开始如前所描述的那样鼓胀起来时，翻个面。饼烤熟后，从炉中取出。实际操作中，在翻面饼的同时要撒上酸酪乳。此面饼也可以在 *Pon-aduppu*（饼坑炉，如 *Tandoori* 炉）或 *Koondu-aduppu*（砖窑灶）内烤制。

1. *In order to make rottis on Pon-aduppu, The balls should not be rolled out into circles, instead a damp cloth is to be folded into 4-5 folds and made as a round pillow (naandle), place the ball on this cloth and flatten it with the palm. Make 3-4 holes in the center of the rotti with a finger.*

Pat the rotti just as cow-dung cakes are patted on the inner wall of the Pon-aduppu. After a few minutes, sprinkle some sour buttermilk on the rottis. When the rottis cook and turn reddish, press the rotti using a long hooked handle and with another Rotti-ladle release the edges of the rotti and move the rotti around inside the Pon-aduppu exposing the roti to the heat of the burning coal. Then remove the rotti from the stove and keep aside. 4 or more rottis can be cooked on the walls of the stove at the same time.

用 *Pon-aduppu* 饼坑炉烤饼，不应把面团揉成圆形，而是将湿布折叠成45折并制成圆形枕头状 (*naandle*)，将面团放在这块布上用手掌压平，再用手指在面饼中间戳3至4个孔。就像在 *Pon-aduppu* 饼坑炉的内壁上轻拍牛粪饼一样轻拍面饼。几分钟后，在饼上撒一些酸酪乳。饼烤熟并变成红色时，用长柄钩按住，再用一个饼铲掀开饼的边缘，在炉内挪移烘烤，以吸收燃炭热量，然后将饼从炉中取出，放置一边。炉壁上可以同时烤4个或更多面饼。



Rotti-ladle 长柄钩

handle 饼铲

2. To make rottis on **Koondu-aduppu** which is brick-like in shape – long, square and tall; each ball made from the prepared dough should be put in **Rotti-kinnam***(Rotti-mould) and placed on the top surface of the Koondu-aduppu along with the mould. When the rottis puff up due to the heat, place each of them inside the stove on the floor of the stove using a long handle ladle, ensuring that they are not touching each other. Close the door of the stove with an iron plate. Open the door after 15-20 mins and check if the rottis have turned slightly reddish. At this stage, they can be removed from the stove and used. Depending on the space available inside the Koondu-aduppu, several moulds can be placed simultaneously. To know more about the usage of these stoves, Refer to the **glossary**.

在长、方和高外型像块巨砖的 **Koondu-aduppu**（砖窑灶）内烤制面饼：将备好的面团制成的球状面团，放入 **Rotti-kinnam**（饼模）* 中，并与模具一起放入 **Koondu-aduppu** 内。当饼受热膨胀时，使用饼铲将之全部放入炉底，确保饼面相互不黏连。用铁板关上炉门。15至20分钟后打开炉门，察看饼色是否泛微红。若如此，便可从炉火中取出用之。依 **Koondu-aduppu** 内部可用空间，可同时放置多个模具。（欲了解更多炉灶厨具信息，请参阅书后图录。）

3. Circle shaped rottis that are cooked in Pon Aduppu can also be cooked in Koondu-aduppu. The long or square rottis cooked in Koondu aduppu can also be cooked in Pon-aduppu.

在 **Pon-aduppu**（柴木饼坑炉）内的圆形面饼也可以在 **Koondu-aduppu**（砖窑灶）内烤制。反之，**Koondu-aduppu** 内的长条或方形饼也可以在 **Pon-aduppu** 中烘烤。

*To prepare Rottis or biscuits in desired shape, make mould-cups of those shapes using tin sheets. It is also in practice to mark the inner surface of these moulds using letters or different identifications.

*注：想要备制特定形状的饼或饼干，可用锡纸制作相应形状的模杯。实践中也使用字母或不同形象来塑造饼模内壁。

इरोलाारी rotti

奶香火烤饼

ingredient		原料
Milk	$\frac{1}{16}$ padi	牛奶
Khameer	$1\frac{1}{4}$ palam	酵母
Clotted Cream from Milk	5 palam	浓缩奶油
Fine Wheat Grits (Semolina)	$\frac{1}{2}$ padi	细小麦碎（粗粒小麦粉）
Salt	$\frac{1}{4}$ palam	盐
Curd	$\frac{1}{16}$ padi	凝乳
some Sour Buttermilk		些许酸酪乳

Milk - $\frac{1}{2}$ padi 牛奶

Khameer- $1\frac{1}{4}$ palam 酵母

Mix both of these together nicely.

将二者轻柔混合。

Clotted Cream from Milk - 5 palam 浓缩奶油

Fine Wheat Grits (Semolina) - $\frac{1}{2}$ padi 细小麦碎(粗粒小麦粉)

Salt - $\frac{1}{4}$ palam 盐

Mix the Milk cream, wheat grits along with powdered salt; add the milk and khameer mixture and knead into a soft dough. After a few minutes (when the dough slightly puffs), make lemon sized balls and roll them out into $\frac{1}{2}$ paddy width rottis.

均匀混合浓缩奶油、小麦碎和盐，与步骤1的牛奶酵母和在一起。揉拌成柔软的面团。将面团静置一段时间（面发酵膨大后），分别做成柠檬般大小的面团，然后擀成半稻穗宽的薄饼。

Curd - $\frac{1}{16}$ padi 凝乳

Milk - $\frac{1}{16}$ padi 牛奶

Some Sour Buttermilk 些许酸酪乳

Churn these two together. Smear this on each of the rolled out rottis, and place the rottis on a damp cloth as mentioned

before, and cover with another damp cloth. Keep this closed for 1½ Naazhigai. When the rotti puffs up, make 2-3 holes in the center of the rotti just as in the previous rotti recipe.

把牛奶与凝乳混合，均匀地涂抹在饼上。将所有的饼放在一块湿布上，上面用另一块湿布盖住，静置1½ Naazhigai (1 Naazhigai = 24 分钟)。面膨胀起来后，在饼的中心戳2、3个洞，然后开始烤饼。

*Pat the rotti on the inner walls of the **Pon-aduppu** and till it cooks and turns slightly reddish, sprinkle some sour buttermilk frequently. When the rotti puffs and turns reddish, expose the edges of the rotti to the heat of the live coal, remove from the stove and use.*

轻拍 **Pon-aduppu** (饼坑炉) 内壁上的面饼直至饼熟并色泽微红，不时地撒上一些酸酪乳。当面饼膨胀并发红时，将面饼的边缘直接在热活炭上炙烤，随后将饼从炉火取出并用之。

વજ્રદાબોદ અને તુબર લોઝદો
pancake (kaakirozhanpugha
इरन्था अदा)

菜薯饼

ingredient	原料
Tapioca	½ veesai 木薯
Fine Wheat Grits (Semolina)	7 palam 细小麦碎（粗粒小麦粉）
Powdered Salt	⅛ palam 盐末

Tapioca - ½ veesai 木薯
Fine Wheat Grits (Semolina) - 7 palam 小麦碎
Powdered Salt - ⅛ palam 盐末

Roast the tapioca on hot ash (from the burnt firewood) until it is properly cooked. Once it cools down, peel the skin. Mix this with wheat grits and salt, add the required amount of water and knead to make a tight dough. Make small balls out of the dough. Place the small balls on the rolling board and roll them to make rottis. Cook these on the Dosa-pan just as the other rotti recipes and use it.

将木薯放在（燃柴所留的）热灰上煨，煨至熟透。冷却后剥皮。与小麦碎和盐混合，加入所需量的水，揉成面团。面团分成小面球。将小面球放在揉面板上，擀成面饼。像另些面饼食谱一样在多萨锅上烤熟后用之。

Similarly, this roti can also be made using vegetables and tubers like pumpkin, raw banana and potato which have *Madhura rasa* (sweet flavour). It's important to roast or steam the vegetables, remove their skin and mix with the *Rava* (fine wheat grits) before making the roti.

同样，也可以用蔬菜和块茎，如用具备 *Madhura rasa*（甜味）的南瓜、生香蕉和马铃薯，来烤制这种饼。重点是在制作烤饼前，要先蒸烤备好蔬菜，将其去皮，然后与 *Rava*（细小麦碎）混合。

kuṣhka (aromatic dished)

库序卡（香饭）

Kushka dishes are prepared in an exciting and fun way. It is eaten with curd, milk, and sugar as accompaniments. Accompaniments like rasam (spicy soup), kootu (vegetable and lentil stew) and kuzhambu (broth) which have salty, sour and spicy flavours will not suit this dish. The rice should not be mushy or chunky, and like sundal, the rice grains should not stick to the fingers.

以下的菜肴的制作非常有趣。这种饭与凝乳、牛奶和糖一起食用。象 *rasam*（辣汤）、*kootu*（炖蔬菜扁豆）或 *kuzhambu*（酸辣汤）这类咸、酸、辣配菜，不适合与其一起食用。烹饪时要注意谷粒要不结块不结糊，要粒粒分明不粘手。

ହାଲୁକା ହାଲୁକା

茉莉饭

ingredient		原料
Jasmine Flower	¼ padi	茉莉花
Water	1 padi	净水
Small rice	½ padi	短粒米

Jasmine Flower - ¼ padi 茉莉花

Select a good variety of jasmine when it has just bloomed and pluck out the tender green stem. Tie the remaining flowers into 4 bunches (using a thin muslin cloth) and tie a knot.

挑选优良品种的刚开的粉红茉莉或冬茉莉，去掉绿色的茎。把花分成4份，分别用细棉纱扎好。

Water - ½ padi 净水

Take the water in a vessel and heat it. Let it boil. Tie a thin cloth on the mouth of a **Bogini** vessel. Place one of the jasmine bunches on the cloth. Pour upto 2 ladles full of water on the jasmine bunch while continuously turning the bunch around such that the hot water falls on all sides of the jasmine bunch. Place the other jasmine bunches on the bogini and follow the same process for all the 4 bunches. Then keep this fragrant water covered separately.

½padi水倒入一容器内加热。将一薄纱平敷于**Bogini**

（甑）的器沿。将一包茉莉花放在薄纱上。将2满勺热水浇在花上，同时不断转动，使水滚落入花包各处。其余的三包花也一一如法浇制。然后将这份芳香水单独盖好。

Small Rice - ½ padi 碎米

Wash and clean the small rice with water. Drain the water completely.

用水淘清短粒米。将水份完全沥干。

Water - ½ padi 净水

Take the water in a 2-padi capacity vessel and heat it. When it starts to boil, put the cleaned rice, stir it and close it with a lid. After some time When the rice has half cooked, pour the fragrant water onto the rice and mix it.

在2 padi 容量的容器中煮 ½ padi 净水，当水开始沸腾，放入净米，搅拌并盖上盖子。米饭半熟后，将芳香水倒在米饭上并搅拌。

Tightly tie a clean and white cloth on the mouth of the vessel in which the rice is cooking. Then using a similar vessel or a plate, cover the mouth of the vessel such that no vapour escapes from the vessel. After 2 or 3 minutes remove the vessel from the burning firewood stove and place on the live coal which does not have smoke, for sometime. It is now ready to be served.

将一块干净的白布紧紧系在饭器口上。然后使用类似容器或盘子盖住容器的口，使不会有蒸气逸出。2或3分钟后，将饭器从燃柴灶上移置到无烟活热炭上，焖一会儿。即可用之。

इलाहाबादी रुइनेका

酥油凝乳饭

ingredient		原料
Good Quality Rice	½ padi	优质米
Water	1 padi	净水
Thick Curd	1¼ palam	稠凝乳
Milk	¼ padi	牛奶
Powdered Salt	½ palam	盐末
Ghee	2½ palam	酥油

Good quality Rice - ½ padi 优质米

Wash and clean the rice with water. Drain the water completely.
用水淘清米粒。充分沥干水份。

Thick Curd - 1¼ palam 浓稠的凝乳

Pour this into the washed rice and mix well. Wash the rice again with water and drain the water. Again pour 1¼ palam curd into the rice, mix well and leave it aside for 1½ hours.
Once again, wash the rice with normal water and drain water.
将1¼ palam 凝乳倒入洗好的米中，搅拌均匀。再用水清洗米并沥干水。再一次将1¼ palam 凝乳倒入米饭中，搅拌均匀，静置1个半小时后，用净水清洗米并沥干水。

Water- 1 padi 净水

Milk - ¼ padi 牛奶

Mix these 2 together, heat it in a non-oxidising vessel. When it boils well and reduces to half its volume, add the washed rice into it.

混合二者，在耐氧化的容器中加热。当奶与水煮沸并蒸发了一半体量时，将淘好的米加入其中。

Powdered Salt - ½ palam 盐末

Mix it into the rice nicely and close the vessel. Once the rice is half cooked, spread it out on a clean white cloth and drain the water out. Once again, take another non-oxidising vessel and place it on the stove and put the rice into it.

悉心拌匀盐末与米，盖好饭器。米半熟后，将其铺在干净的白布上，沥干水份。再一次，将另一个耐氧化的容器放在炉灶上，将半熟米倒入其中。

Milk - ⅓ padi 牛奶

Sprinkle the milk on the rice keeping the stove on very low flame and cook the rice. Once the rice blossoms like a flower (soft),

将牛奶洒在米饭上，保持炉灶微火慢煮米饭。一旦饭如花般（柔软），

Ghee - 2½ palam 酥油

Check for ghee which has a good aroma, pour it on the rice and stir well. Leave the vessel on the heat of the live coal (from the burnt firewood) for a few minutes. The rice is now ready to be used.

验察酥油是否香气美好，将其浇入米饭，拌匀。将容器置于（燃木炭化而成的）活性热炭上热数分钟。米饭即可用之。

ઘઉંફાણી ઘઉંફ
格拉妮酥油饭

ingredients		原料
Rice	½ padi	大米
Water	1½ padi	净水
Salt	1¾ palam	盐末
Thick Curd	2½ palam	稠凝乳
Milk	⅛ padi	牛奶
Good quality Ghee	1¾ palam	优质酥油
Big Lemon	1	大柠檬
New Mud Pot	1	新泥瓦锅

Rice - ½ padi 大米
Wash and clean the rice with water. Drain the water completely.
用水淘清米粒。充分沥干水份。

Water - 1½ padi 净水
Take the water in a non-oxidising vessel and heat it. When the water is boiling, add the washed rice and close the vessel. When the rice is half cooked, 倒净水入耐氧化的容器中加热。当水沸时，加入净米并盖上容器。当米半熟时，

Salt - 1¾ palam 盐末
powder the salt and add it to the rice. When it comes to a boil, 磨盐成粉，加入米中。至米沸腾时，

Thick Curd - 2½ palam 稠凝乳
Big Lemon - 1 个大柠檬
Good Quality Ghee - 1¾ palam 优质酥油
squeeze out the juice of the lemon and add the juice to the rice. Subsequently add curd and ghee one after the other to the boiling rice and stir. After a few mins, when the rice is completely cooked, Spread the rice on a clean cloth and squeeze out all the water and keep the rice aside.

挤出柠檬汁，将汁加入米饭中，随后将凝乳和酥油逐样加入沸腾的米中，搅拌。几分钟后，当米饭熟透，将其摊在干净的布上，挤出所有水份，放置一边。

New Mud Pot - 1 个新的泥瓦锅

Milk - veesam $\frac{1}{16}$ padi 牛奶

Take a new mud pot, wash it well inside and outside and keep it on the stove. Then sprinkle the milk on all sides of the pot inside . When the milk has condensed, When the milk has condensed, put the rice which was previously drained and kept.
取一新泥瓦锅，里外都清洗干净，置于柴火灶上。将牛奶洒在锅内四壁。当牛奶浓稠，加入一旁先前沥干的米饭。

Milk - veesam $\frac{1}{16}$ padi 牛奶

Then sprinkle or pour the milk on the rice and stir it well. Keep it covered such that vapours don't escape out. During this process the flame should be kept low. After a few minutes when the rice is cooked completely and becomes like a flower, take it out and use.

洒或浇牛奶在米饭上，拌匀。盖好盖子，以免蒸汽逸出。整个过程保持中小火。数分钟后，当米饭煮透并软糯如花时，取出并用之。

மோகாடாஸ் காணி ருஹ்

奶油甜米饭

ingredient	原料
Rice	$\frac{1}{2}$ padi 大米
Water	$\frac{3}{4}$ padi 净水
Ghee - 3 veesam	$\frac{3}{16}$ padi 酥油
Clotted Cream from Milk	5 palam 浓奶油
Powdered Rock Candy or Sugar	10 palam 冰糖粉或粗糖粉

Rice- $\frac{1}{2}$ padi 大米

Wash and clean the rice with water. Drain the water completely and let the rice soak for some time.

用水将米淘洗干净。完全沥干，让米浸泡一段时间。

Ghee - 3 veesam $\frac{3}{16}$ padi 酥油

Pour this in a frying pan and heat it. When the ghee is heated, put the soaked rice in it and roast it until it turns slightly reddish.

将酥油放入煎锅中加热。倒入浸泡过的米，翻炒至泛红。

Water - $\frac{3}{4}$ padi 净水

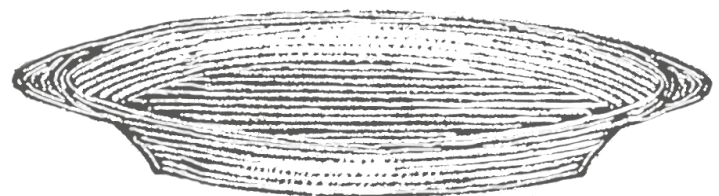
Pour this in a 2 padi capacity vessel and heat it. After it boils, add the roasted rice and stir.

Lower the flame of the stove, check for the right consistency and remove from the stove.

Place the vessel for 5 minutes on the heat of live coal (from burnt firewood). Transfer the

rice on a **Kalaya Tambaalam** (Lead-coated plate).

将 $\frac{3}{4}$ padi 水倒入 2 padi 容量的容器中烧，煮开后加入炒好的米饭并搅拌。把炉子的火关小，察看稠度是否合适并从炉子上拿走。将容器置于（燃木而成的）活热炭上5分钟。将饭盛到 **Kalaya Tambaalam**（涂铅盘）上。



தாம்பாளம்.

Kalaya Tambaalam 涂铅盘

Clotted Cream from Milk - 5 palam 浓奶油

Powdered Rock Candy or Sugar - 10 palam 冰糖粉或粗糖粉

Add this to the Kushka on the plate, mix and use it.

在盘内的香饭里加入奶油和糖，拌匀，用之。

香
饭

फिदह

फुइनेरव

इज्जि अन्धे पान्ताके ठर ब्रेडावेइ
(इज्जिगालुल अचापन्द्रा अदेअ
अल्लधु रोट्टिगालुल)

颂季饭和薄饼或煎饼

Sojji rice is prepared among Brahmins who are unable to fast on days like Ekadasi instead of rice. This is frequently used by Madhwas in Karnataka and Maharashtra. This is also called usali. In order to prepare these sojjis and dishes like pachadi (yogurt with vegetables), rasam (spicy soup), Kuzhambu (broth) and vegetable (curry) which are explained ahead, seasoning is necessary. Method to prepare the seasoning is explained below.

这种被称为 **Sojji** 的饭点是在一些节日里制作的，比如 **Ekadasi** 斋戒日——为一些出于某些原因不能做断食或斋戒的婆罗门（印度种姓制度中最高等级或僧侣阶级）做的。这也被称为 **Usali**。烹制颂季饭和 **pachadi**（含有蔬菜的酸奶）、**rasam**（辣汤）、**Kuzhambu**（酸辣汤）和蔬菜（咖喱）等菜肴，需要调味。以下食谱说明调味料的制备方法。

Alternatively, if other ingredients are to be added to the seasoning, it can be done. Sometimes, Asafoetida and curry leave are also added. For this, they should be added after the sputtering sound of the mustard Seeds stops.

或者，如果要在调味料中添加其他原料，亦无妨。有时，还会添加阿魏胶和咖喱叶。若是如此，应在芥菜籽的溅射声停息后添加。

While preparing the seasoning, Many of us add the chilli, black gram and mustard Seeds together into the half heated oil, and remove it even before the Sada-pada(sputtering) sound stops thinking that the seasoning is done and add it into the dishes. By doing so, the half cooked ingredients of the seasoning creates various ailments in our body in addition to spoiling the taste of the dish. Hence, it is important to prepare the seasoning as said above.

在准备调味料时，我们中许多人将辣椒、黑豆和芥菜籽一起加入半加热的油中，甚至在“Sada-pada”溅射声停息前就认为调味料已经完成而将其取出并添加到菜肴中。若这样做，调料的半熟成分除了破坏菜肴的味道外，还会在我们身体里引发各种疾病。因此，依上所述制备调味料很重要。

** In Practice, for normal seasoning, only Black Gram/Urad Dal is added. For some vegetable dishes, Bengal gram is also added along with black gram for its taste.*

While seasoning Rasam(spicy soup) and Kuzhambu (broth), these lentils are not required. Mustard Seeds and chillies alone are sufficient.

*在实践中，普通调味料仅添加黑豆。而一些蔬菜菜肴，除了黑豆还添鹰嘴豆来调味。

在给 **Rasam**（辣汤）和 **Kuzhambu**（酸辣汤）调味时，不需要这些小扁豆。芥菜籽和辣椒就足够了。

નૉરલ્લો ફોજી (ફાફલો ફોજી)
普通颂季饭

ingredientફ		原料
Small rice	1 padi	碎米／短粒米
Water	3 padi	净水

This dish can also be called rice made from roasted rice. This is eaten by people who are sick and unable to fast during Vratam (fasting) days. This controls gastritis, vomiting, fever and diarrhea.

这道食物也叫炒米煮的饭，是给那些在节日期间由于生病而无法斋戒的人吃的，用以控制胃炎、呕吐、发烧和腹泻。

Small rice - 1 padi 碎米／短粒米
Put little by little in a frying pan and roast until it turns sandy in color.
一点一点地倒入煎锅中，焙炒至转呈沙色。

Water - 3 padi 净水
Pour this in a 5 padi capacity vessel and heat it. As soon as it starts to boil, wash the roasted rice and drain the water, and add it to the boiling water immediately. Refer to the procedure of recipe number one for plain rice and do the same.
将其倒入 5 padi 容量的容器中并加热。水一旦沸腾，将炒好的米饭洗净，沥干水份，即刻倒入沸水中。依照第 1 道食谱的方法烹制米饭。

इहवइठनहवे इरुंजि
(तालीवेव इरुंजि)

调味颂季饭

ingredient		原料
Small Rice	1 padi	碎米/短粒米
Ghee	5 palam	酥油
Water	2 padi	净水
Red Chilli	¼ palam	干红辣椒
Black Gram/Urad Dal	½ palam	印度黑豆
Mustard Seeds	¼ palam	芥菜籽
Curry leaves	⅛ palam	咖喱叶
Turmeric powder	⅛ Ru.wt	姜黄粉
Powdered salt	½ palam	盐末
Pepper	⅛ palam	胡椒
Cumin Seeds	⅛ palam	孜然
Asafoetida	2 ku.wt	阿魏胶

Small Rice- 1 padi 碎米
Put little by little in a frying pan and roast until it turns sandy in color.
将其一点一点放入煎锅中，煨炒至米呈沙色。

Ghee - 3 padi 酥油
Take this in a 5 padi water capacity in a non-oxidising vessel, and heat it. As soon as the ghee is hot,
在5 padi 容量的耐氧化锅中倒入酥油并加热。

Red Chilli - ¼ palam 干红辣椒
Black Gram/Urad Dal - ½ palam 印度黑豆
Mustard Seeds - ¼ palam 芥菜籽
Prepare the seasoning as mentioned in recipe number 22. As soon as the seasoning is ready,
依照第22道食谱所述的烹制方法，以上述食材制成调味料。调料一旦备好，

Curry leaves - ⅛ palam 咖喱叶
Add this in the prepared seasoning and as soon as the ‘sada pada’(crackling) sound stops, pour 2 padi water to this.

将咖喱叶加入制好的调味料。当“sada pada”的飞溅声停息时，倒入2 padi 水。

Turmeric powder - $\frac{1}{8}$ Ru.wt 姜黄粉

Add this into the water. After a while, when the water begins to boil, wash the roasted rice and drain the water. Add it to the boiling water, stir and keep it covered. After few minutes, check whether the rice is $\frac{3}{4}$ th cooked.

将其加到水里。过一会儿，当水开始沸腾时，把炒好的米饭洗净，沥干水份。将其加入沸水中，搅拌并盖上盖子。几分钟后，察看米是否煮到 $\frac{3}{4}$ 分熟。

Powdered salt - $\frac{1}{2}$ palam 盐末

Add salt to the boiling sojji and stir it with a ladle. Place the vessel on the heat of live coal (from burnt firewood).

在沸腾的米中加入盐末，用勺子搅拌。将容器置于（燃木而成的）活热炭上。

Ghee - 2 palam 酥油

Pepper - $\frac{1}{8}$ palam 胡椒

Cumin Seeds - $\frac{1}{8}$ palam 孜然

Heat ghee in an iron ladle or pan and after it is fully heated, Add these to the heated ghee and deep fry it.

在铁勺或锅中热酥油，油热烫后，将料加入油中炸。

Asafoetida - 2 ku.w t 阿魏胶

Remove from the stove and immediately add asafoetida - 2 ku.wt to the pepper and cumin.

从炉子上取下，立即在胡椒和孜然中加入阿魏胶。

After the Asafoetida is deeply fried, remove the asafoetida and add the Pepper and Cumin Seeds alone, along with the ghee into the sojji*. Mix it well. Place the vessel on the heat of live coal (from burnt firewood) for 5 minutes. Remove it from the heat and use it.

取出炸过的阿魏胶，只将胡椒、孜然连同酥油一起混入碎米饭*。搅拌均匀。将容器放在（燃木炭化而成的）活性炭上热 5 分钟。将其从火上移开并食用。

** The ghee along with Pepper, cumin Seeds and asafoetida can also be added in the seasoned boiling water with turmeric before adding the rice; By doing so, the ghee which has the flavour of pepper, cumin Seeds and asafoetida mixes well throughout the sojji and creates a good flavour in the sojji.*

* 注：在米饭拌料前，酥油、胡椒粉、孜然和阿魏胶也可以先掺入用姜黄调味的沸水中，这样，具胡椒、孜然和阿魏胶香味的酥油可与米饭完全混合，并为颂季饭创造出美妙风味。

ଘ୍ରାହନ ଲଠଠନ୍ତ ବୋ ହଞ୍ଜି

孟恩豆颂季饭

ingredient		原料
Small Rice	¾ padi	碎米/短粒米
Roasted Moong Dal/Roasted Petite Yellow lentils	¼ padi	煨焙过的孟恩豆/ 小黄扁豆
Ghee	5 palam	酥油
Water	2 padi	净水
Red Chilli	¼ palam	干红辣椒
Black Gram/Urad Dal	½ palam	印度黑豆
Mustard Seeds	¼ palam	芥菜籽
Curry leaves	⅛ palam	咖喱叶
Turmeric powder	⅛ Ru.wt	姜黄粉
Powdered salt	½ palam	盐末
Pepper	⅛ palam	胡椒
Cumin Seeds	⅛ palam	孜然
Asafoetida	2 ku.wt	阿魏胶

Small Rice - ¾ padi 碎米

Put little by little in a frying pan and roast until it turns sandy in color.

将碎米一点一点放入煎锅中，煨炒至米转呈沙色。

Roasted Moong Dal / Roasted Petite Yellow lentils - ¼ padi

煨焙过的孟恩豆／煨焙过的小黄扁豆

Mix this with the roasted rice and do as said in Recipe number 24.

按第24道食谱所述的方式烹制豆子与炒过的碎米。

Note : Whenever roasted moong dal/roasted petite yellow lentils is mentioned in the ingredients of any recipe, moong dal should not be roasted directly, instead whole lentils should be roasted properly (until it turns reddish in color and gives aroma), broken/split and made as dal and then used. Dal prepared in this method will be tasty and aromatic.

注：凡是食谱的原料中提到煨制过的孟恩豆／小黄扁豆，不要旺炒，而要恰当地煨炒整豆（直至泛微红并散发出豆香），使其碎裂，制成孟恩豆以便待用。用这种方法制备的孟恩豆既美味又芳香。

ತರತರnut ಲೋಕ ಇಂಜಿ
(thenngai paai इरत्हा इंजि)

椰奶颂季饭

ingredient	原料
Small rice	¾ padi 碎米/短粒米
Moong dal / Petite Yellow Lentils	¼ padi 孟恩豆/ 小黄扁豆
Grated Coconut	10 palam 椰丝
Water	2 padi 净水
Ghee	7 palam 酥油
Red Chilli	¼ palam 干红辣椒
Black Gram/Urad Dal	½ palam 印度黑豆
Mustard Seeds	¼ palam 芥菜籽
Curry leaves	⅛ palam 咖喱叶
Turmeric powder	⅛ Ru.wt 姜黄粉
Powdered Salt	½ palam 盐末
Pepper	⅛ palam 孜然
Cumin Seeds	⅛ palam 胡椒
Asafoetida	2 ku.wt 阿魏胶

Rice - ¾ padi 大米
Moong Dal/Petite Yellow Lentils - ¼ padi 孟恩豆／小黄扁豆
Roast these as in Recipe number 25, then mix them together and keep aside.
如第25 道食谱煸烤米和豆，然后将其混合并放置一边。

Grated Coconut - 10 palam 椰丝
Water - 2 padi 净水
Put the coconut in an **Ammikkal** (flat grinding stone), sprinkle some water and grind the coconut into a butter-like consistency. Dissolve this in 2 padi water, filter this, squeeze the chakkai and take the coconut milk alone.
椰丝放入 **Ammikkal**（平磨石）中，洒些水，研磨出黄油般的质地。将其溶于 2 padi 水中，过滤，挤榨后，取用椰奶。

Ghee - 5 palam 酥油
Pour this ghee in a 5 padi capacity bronze vessel or a non-oxidising vessel and heat it.
将酥油倒入 5 padi 容量的青铜甑或耐氧化的容器中加热。

Red Chilli - ¼ palam 干红辣椒

Black Gram/Urad Dal - ½ palam 印度黑豆

Mustard Seeds - ¼ palam 芥菜籽

Prepare the seasoning as mentioned in recipe number 22. As soon as the seasoning is ready,

依照第22道食谱的方法准备调味料。调料准备好后，

Curry leaves- ⅛ palam 咖喱叶

Add this in the prepared seasoning and as soon as the ‘sada pada’ (crackling) sound stops, pour the prepared coconut milk into this.

在调味料中加入咖喱叶；当“sada pada”的飞溅声停息时，加入上述准备的椰奶。

Turmeric powder - ⅛ Ru.wt 姜黄粉

Add this into the coconut milk. When the coconut milk begins to boil, wash the roasted rice and dal, and drain the water.

Add it to the boiling coconut milk, stir and keep it covered. The further procedure and required ingredients are the same as in recipe number 24.

将其加到椰奶里。当椰奶开始沸腾时，将煸炒好的米和豆子洗净，沥干水。将其加入煮沸的椰奶中，搅拌并盖上盖子。进一步的程序与所需食材与第24道食谱中的相同。

महाराष्ट्र हॉप्पि
马哈拉施特拉邦颂季饭

ingredient	原料
Rice	1 padi 大米
Ghee	11 palam 酥油
Cumin Seeds	¼ palam 孜然
Roasted chilli powder	¼ palam 烤磨过的干红辣椒粉
Powdered Salt	1 palam 盐末
Turmeric powder	⅛ Ru.wt 姜黄粉
Grated dry coconut	5 palam 干椰丝
Milk	½ padi 牛奶

Rice - 1 padi 大米
Roast this little by little in an iron frying pan until it turns into a sandy color. Soak this in warm water. After it has soaked well,
在铁煎锅里一点一点地将米煨炒成沙色。将其浸泡在温水中。泡饱后，

Ghee - 6 palam 酥油
Pour this in a 5 padi water capacity pot and heat it. When the ghee is heated well, drain water from the soaked rice completely, add it to the ghee and stir. Immediately,
将其倒入5 padi 容量的锅中并加热。当酥油充分热烫，将泡过的炒米沥尽水份，加入酥油中搅拌。随即，

Cumin Seeds - ¼ palam 孜然
Roasted chilli powder - ¼ palam 烤磨过的干红辣椒粉
Powdered Salt- 1 palam 盐末
Turmeric powder- ⅛ Ru.wt 姜黄粉
Add all of these to the rice which is roasting in ghee. Then immediately,
将上述食材添入酥油炒米中。随即，

Grated dry coconut - 5 palam 干椰丝

Roast and powder this and add to the rice. Stir well.

烤脆椰丝后磨成粉末，添入米中。拌匀。

Milk - ½ padi 牛奶

Divide this milk into 4 equal parts. Sprinkle one part on the rice, stir well and cover the vessel. After 5 minutes, once again do the same process and cover the vessel. Similarly sprinkle the milk all 4 times and stir it well. During this process the fire wood stove flame need not be high, instead the heat of the live coal is sufficient. Then remove it off the stove.

将牛奶分成4份。取一份，撒在饭中，拌匀后盖上盖子。5分钟后，重复此操作并盖上盖子。如此反复4回。这个过程无需大火，活炭的热量足矣。然后从柴灶上移下。

Ghee - 5 palam 酥油

Add this ghee in the sojji, stir it well and keep it on the heat of the live coal (from the burnt firewood) for 5 minutes. Then use it.

酥油添入饭中，搅拌均匀。小火慢煮。将容器放在（燃木炭化而成的）活热炭上5分钟。然后用之。

* The cooking vessel and the ladle should be made from non-oxidising metals.

*注：此过程所使用的锅勺都应是不氧化金属所制。

मसाला सोजी
马萨拉颂季饭

ingredient	原料
Coriander Seeds	1¼ palam 香菜籽
Grated Dry Coconut	2½ palam 椰丝
Cloves	⅛ palam 丁香
Cumin Seeds	⅛ palam 孜然
Royal Cumin Seeds/ Caraway Seeds	⅛ palam 葛缕子
Pepper	⅛ palam 胡椒
Cinnamon	⅛ palam 肉桂
Cannon ball flower	⅛ palam 炮弹树花
Cardamom	⅛ palam 豆蔻
Asafoetida	⅓ palam 阿魏胶
Red Chillies	⅝ palam 干红辣椒
Turmeric	⅛ palam 姜黄
Small Rice	½ Padi 碎米/短粒米
Water	1 Padi 净水
Ghee	5 palam 酥油
Salt	¾ palam 盐

This sojji is a favourite dish of the Maharashrian people who live in the north. However, some people of Chennai and Tamil Nadu do not relish this dish. Before starting to prepare this dish, it is important to prepare the masala(spice mixture). Prepare the masala as per the following method.

此颂季饭是居住在北方的Maharashrian人最喜欢的菜品。钦奈和泰米尔纳德邦的一些人却并不喜欢。在开始准备这道菜之前，备制马萨拉（混合香料）非常重要。依照以下方法调制马萨拉。

Masala: 混合香料:

Coriander Seeds - 1¼ palam 香菜籽

Grated Dry Coconut - 2½ palam 椰丝

Cloves - ⅛ palam 丁香

Cumin Seeds - ⅛ palam 孜然

Royal Cumin Seeds/ Caraway Seeds - ⅛ palam 葛缕子

Pepper - $\frac{1}{8}$ palam 胡椒

Cinnamon - $\frac{1}{8}$ palam 肉桂

Cannon Ball Flower - $\frac{1}{8}$ palam 炮弹树花

Cardamom - $\frac{1}{8}$ palam 豆蔻

Asafoetida - veesam $\frac{1}{16}$ palam 阿魏胶

Red Chillies - $\frac{5}{8}$ palam 干红辣椒

Turmeric - $\frac{1}{8}$ palam 姜黄

Except Royal cumin Seeds and Asafoetida, roast each of the other ingredients separately with drops of ghee for each. Place the asafoetida on the live coal, and let it roast and puff. Then, add the royal cumin Seeds with it and powder it.

将上述食材（除葛缕子和阿魏胶以外）在少量酥油中分开煸炒。阿魏胶置于活性炭上，令其爆烘。然后，将葛缕子与阿魏胶混合，磨成粉末。

Small Rice - $\frac{1}{2}$ Padi 碎米/短粒米

Wash the small rice and drain the water completely. Then add the masala powder and mix well.

淘米并沥尽水份。并加入马萨拉调味粉／混合香料粉，并充分混合。

Heat $2\frac{1}{2}$ palam ghee in a non-oxidising pot and in which you can cook half padi rice. Once the ghee is heated, put the rice which was mixed with masala in it. Stir well continuously for 5 minutes.

在一个抗氧化容量可煮 $\frac{1}{2}$ padi米饭的锅中，加热 $2\frac{1}{2}$ palam 酥油，然后将米和马萨拉调味粉混合物放入其中。搅拌翻炒5分钟。

Water - 1 padi 净水

Salt - $\frac{3}{4}$ palam 盐

Pour water into the rice which is getting roasted and stir it well. Once the rice is half cooked add powdered salt $\frac{3}{4}$ palam and stir it. Once the soji is cooked $\frac{3}{4}$ th,

加净水入炒好的米中，翻拌均匀。至米半熟，加 $\frac{3}{4}$ palam盐末。一旦米 $\frac{3}{4}$ 分熟，

Ghee 2½ palam 酥油

Add this ghee in the sojji, stir it well and keep it on the heat of the live coal (from the burnt firewood) for a few minutes and use it.

再次加入 2½ palam 的酥油，并混合搅拌。将其在活性热炭（燃木炭化而成）上静置几分钟后用之。

plain upplā
(ḍaada uppuṭṭā)
普通米糕

ingredient	原料
Ghee or Sesame Oil	1½ palam 酥油或芝麻油
Red Chillies	¼ palam 干红辣椒
Mustard Seeds	¼ palam 芥菜籽
Black Gram/Urad Dal	½ palam 印度黑豆
Curry Leaves	¼ palam 咖喱叶
Water	¾ padi 净水
Old rice flour*	¼ padi 旧粘米粉／陈米粉*
Grated Coconut	5 palam 椰丝
Asafoetida	⅙ Ru.wt 阿魏胶

Ghee or Sesame Oil - 1½ palam 酥油或芝麻油
Red Chillies - ¼ palam 干红辣椒
Mustard Seeds - ¼ palam 芥菜籽
Black Gram/Urad Dal - ½ palam 印度黑豆
Heat ghee or oil in a 2 padi water capacity pot . After it heats, up, prepare the seasoning as mentioned in recipe number 22 in either ghee or oil. As soon as the seasoning is ready, 在容量为2 padi 的锅中加热酥油或芝麻油。油热后，依照第22道食谱，以上述食材备制调味料。

Curry Leaves - ¼ palam 咖喱叶
Shred the leaves, add it to the seasoning and stir it. 将叶子切碎，加入调味料中搅拌。

Water - ¾ padi 净水
Pour the water into the seasoning and let it boil, add ½ palam powdered salt into the boiling water. Then, 加入净水，令其沸腾然后 加入 ½ palam盐末。之后，

Old rice flour* - ¼ padi 陈米粉／旧粘米粉（需粗磨）*
Grated coconut - 5 palam 椰丝
Mix these two together and add it in the boiling water.

Immediately stir and cover the vessel. After a few minutes, stir again and cover the vessel. Stir occasionally so that the upma does not burn at the bottom of the vessel. Check if it is cooked properly (it should be soft like a flower when touched and not as lumps) and remove the stove. Place the vessel on the heat of live smokeless coal (from burnt firewood) and use it.

混合米粉和椰丝，放入锅内沸水中，持续搅拌，盖上锅盖。几分钟后，再次搅拌并盖上容器。不时搅拌，使米粉不会在锅底焦糊。察看米粉熟度（触感应如花朵一样柔软而无结块）并从灶上移开。将容器置于（燃木炭化而成）无烟活热炭上，并用之。

If Asafoetida is to be added, add veesam $\frac{1}{16}$ Ru.wt asafoetida once the seasoning is ready before adding water.

若要添加阿魏胶，在调味料备制好后，加水之前加入 veesam $\frac{1}{16}$ Ru.wt 阿魏胶。

** This flour should not be as fine as Kumkum (Vermilion powder), instead it should be ground to a fine-grit consistency. In practice, some people also grind Pigeon Pea/Toor Dal along with the rice.*

* 注：此处所用陈旧大米磨粉不应像 Kumkum（朱砂粉）那般细腻，而应研磨成细砂粒度。在实践中，也有人还将木豆与米一起研磨。

broken wheat/ wheat grouts
upplā (gōthuplāi nōi [rāvāi]
upplā)
麦碎糕

ingredient	原料
Ghee	2½ palam 酥油
Red Chillies	⅓ palam 干红辣椒
Mustard Seeds	⅓ palam 芥菜籽
Black Gram/Urad Dal	¼ palam 印度黑豆
Cumin Seeds	⅓ palam 孜然
Asafoetida	4 ku.wt 阿魏胶
Curry Leaves	⅓ Ru.wt 咖喱叶
Fine Wheat Grits or Semolina i.e. Sooji Rava	¼ padi 细小麦碎（粗粒小麦粉）
Salt	¼ Palam 盐
Sour Buttermilk	⅓ Padi 酸酪乳

Ghee - 2½ palam 酥油
Heat this in a pot that doesn't get oxidised and in which you can cook half padi rice.
在可容纳 ½ padi米并且耐氧化的容器内加热酥油。

Red Chillies - veesam ⅓ palam 干红辣椒
Mustard - 3 veesam ⅓ palam 芥菜籽
Black Gram/Urad Dal - ¼ palam 印度黑豆
Cumin Seeds - veesam ⅓ palam 孜然
Asafoetida - 4 ku.wt 阿魏胶
Curry Leaves - veesam ⅓ Ru.wt 咖喱叶
Prepare the seasoning as mentioned in recipe number 22. As soon as the seasoning is ready,
依照第22道食谱提及的方法，以上述食材烹制调味料。调味料制好后，

Fine Wheat grits or Semolina i.e. Sooji Rava - ¼ padi
细小麦碎（粗粒小麦粉）
Salt ¼ palam 盐
Sour Buttermilk - ⅓ padi 酸酪乳
Add this to the seasoning, stir it. When the broken wheat be-

comes aromatic and roasts to a sandy color. Sprinkle powdered salt $\frac{1}{4}$ palam on the roasted wheat grits and mix together. Pour $\frac{3}{8}$ padi sour buttermilk little by little onto the roasting wheat grits using the left hand and continuously stir using a ladle in the right hand. After pouring all the buttermilk, remove the vessel from the firewood stove and place it on the heat of live coal(from burnt firewood) for 5 minutes. Then use it.

将麦碎加入调味料中并充分搅拌，炒至金黄色，待麦碎散发麦香后，撒入盐末。左手取杯中的酸酪乳，一点一点倒入盘中，右手也不断搅拌。倒入所有的酪乳后，放置于（燃木炭化而成的）活性炭上热5分钟。其后用之。

This upma can also be prepared by using water in place of buttermilk. But it is best to use buttermilk. This buttermilk shouldn't be too watery, but should be of medium consistency.
这道浓粥也可用水代替酪乳。但最好用酸酪乳。这里的酪乳不能太水，要有中等稠度。

norlali fryiṅg-pan upma
(ḍaada vaanali uppuṣa)

煎锅米糕

ingredientḍ		原料
Rice Grits Flour	¼ padi	米碎
Powdered salt	¼ palam	盐末
Sour buttermilk	⅜ padi	酸酪乳
		
Ghee or sesame oil	1½ palam	酥油或芝麻油
Chilli (killu milagaai)	⅛ palam	干红辣椒
Mustard Seeds	⅜ palam	芥菜籽
Black Gram /Urad Dal	¼ palam	印度黑豆
Curry Leaves	⅛ palam	咖喱叶
Asafoetida	⅓ Ru.wt	阿魏胶

Grit like Rice Flour - ¼ padi 米碎

Put this in a non-oxidising vessel,

米碎倒入耐氧化的容器中，

Powdered salt- ¼ palam 盐末

Sour buttermilk - ⅜ padi 酸酪乳

Add both of these to the rice flour and nicely mix them together and keep aside.

加入盐末和酸酪乳，悉心拌匀，放置一旁。

Ghee or Sesame Oil - 1½ palam 酥油或芝麻油

Chilli (killu milagaai) - ⅛ palam 干红辣椒

Mustard Seeds - 3 veesam ⅜ palam 芥菜籽

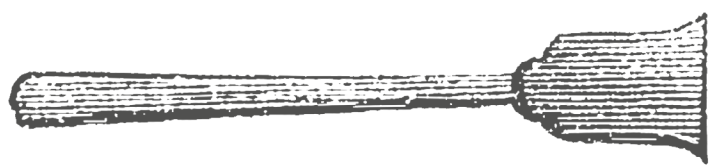
Black Gram /Urad Dal - ¼ palam 印度黑豆

Curry Leaves - ⅛ palam 咖喱叶

Asafoetida - veesam ⅓ Ru.wt 阿魏胶

Using ghee, chilli, mustard Seeds, urad Dal, curry Leaves, prepare the seasoning as mentioned in recipe number 22.

Remove the asafoetida from the seasoning and add the mixed flour. Immediately, Using a ladle or Thuduppu (large wooden spatula like) mix continuously so that the upma does not burn at the bottom of the pan. When the flour cooks and becomes like flower(soft like flower), remove it from the firewood stove.



துடுப்பு.

Thuduppu 铲

以酥油或芝麻油、干红辣椒、芥菜籽、印度黑豆、咖喱叶和阿魏胶，依照第22道食谱的方法烹制调味料。取出阿魏胶。将米碎倒入调味料中，用勺或 *Thuduppu*（木铲）不断搅拌，以免米糊锅底。煮至米碎软糯如花，将其从柴炉中移开。

The buttermilk used to mix with the flour should be sour and not be watery. If this dish is eaten hot, it will be very delicious. If needed, 2 palam grated coconut can be added to the butter milk while mixing it with rice flour.

这里使用的酪乳应是酸且浓稠的。此菜应热食。如需可将椰蓉／椰丝添入酸酪乳中食用。

broken wheat frying-
pan upplā (gōthupplāi nō
vānālī uppuṭṭā)

煎锅麦碎糕

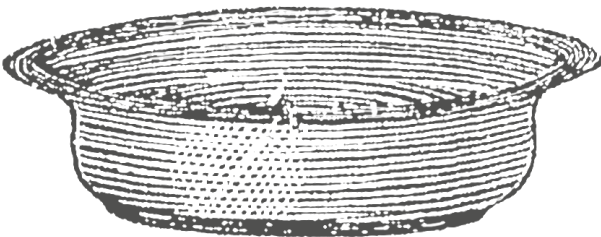
ingredient	原料
Ghee or sesame oil	½ padi 酥油
Broken Wheat/Wheat Grits i.e. Bansi Rava	¼ padi 碎麦／细麦碎（粗粒小麦粉）
Sour Butter Milk	⅜ padi 酸酪乳
Powdered Salt	½ palam 盐末
Red Chillies	⅛ palam 干红辣椒
Mustard	¼ palam 芥菜籽
Black Gram/Urad Dal	¼ palam 印度黑豆
Cumin Seeds	⅙ palam 孜然
Curry Leaves	⅛ palam 咖喱叶
Asafoetida	⅙ Ru.wt 阿魏胶
Ghee	2 palam 酥油

Ghee - ½ palam 酥油
Heat this in a frying pan, after it
heated up,
在煎锅中热酥油，油热后，

Broken Wheat/Wheat Grits i.e.
Bansi Rava - ¼ padi
碎麦／细麦碎（粗粒小麦粉）

Put this in the heated ghee and mix all four sides of the pan
well, roast it until it turns into a sandy colour and emanates
the aroma of roasted bansi rava wheat grits. Then shift this
into a plate and keep aside.

碎麦倒入热油中并沿锅沿翻炒，焙至金黄砂色且散发出烤
麦香。随后将其转盛到一个盘中，置于一旁。



சருகுச்சட்டி.

Frying pan 煎锅

Sour Butter Milk - ¾ padi 酸酪乳
Take this in a lead coated vessel. Put the roasted wheat grits in this and mix.
酸酪乳盛入一个包铅铜器中，和入炒好的麦碎。

Powdered Salt - ¼ palam 盐末
Ghee - 2 palam 酥油
Add this also to the grits mixed in buttermilk. Then add 2 palam ghee in a frying pan.
盐末加入与酸乳酪混合的麦碎中。然后在煎锅中倒2 palam 酥油。

Red Chillies - ⅛ palam 红辣椒干
Mustard Seeds - ¼ palam 芥菜籽
Black Gram/Urad Dal - ¼ palam 印度黑豆
Cumin Seeds - veesam ⅙ palam 孜然
Curry Leaves - ⅛ palam 咖喱叶
Asafoetida - veesam ⅙ Ru.wt 阿魏胶
Using these ingredients, Prepare the seasoning as mentioned in recipe number 22. As soon as the seasoning is ready, pour the grits and buttermilk mixture into this. Mix like Recipe number 31 - Saada vaanali uppuma and use it.
以上述食材，依第22道食谱的方法烹制调味料。味料准备好后，将麦碎混乳酪倒入其中，像第31道食谱—— Saada vaanali uppuma (煎锅米糕)一样翻拌后用之。

If this is consumed hot, it is delicious. Even otherwise, this dish is highly healthy for the body. Wheat grits can be used even without roasting, but using after roasting is best.
这道菜趁热品尝，会十分美味。即便不热，对身体健康也非常有益。麦碎不经焙炒也可以用，但炒过的最好。

ફેટ્ટેનડે રોટલ/પોહા
(તાલીયા અવા)

调味扁米饭

ingredient	原料
Flattened Rice / Poha	½ padi 压扁成片状的米
Water	¾ padi 净水
Ghee	⅙ padi 酥油
Black Gram/Urad Dal	½ palam 印度黑豆
Red Chillies	1 Ru.wt 干红辣椒
Mustard Seeds	½ palam 芥菜籽
Cumin Seeds	⅛ Ru.wt 孜然
Curry Leaves	¼ Ru.wt 咖喱叶
Powdered salt	¾ palam 盐末
Grated coconut	3 palam 椰丝

Flattened Rice / Poha - ½ padi 扁米
Water - ¾ padi 净水
Soak this in ¾ padi water. Once it is completely soaked, drain the water and keep aside.
扁米泡水。浸透后，沥干水份放置一边。

Ghee - veesam ⅙ padi 酥油
Heat this in a non-oxidising vessel.
在一个耐氧化的容器中热油。

Black Gram/Urad Dal- ½ palam 印度黑豆
Red Chillie - 1 Ru.wt 干红辣椒
Mustard Seeds - ½ palam 芥菜籽
Cumin Seeds - ⅛ Ru.wt 孜然
Curry Leaves - ¼ Ru.wt 咖喱叶
Prepare the seasoning with the above mentioned ingredients as per the procedure mentioned in Recipe number 22. Once the seasoning is ready, put the soaked flattened rice in it.
依照第22道食谱方法，以上述食材烹制调味料。调味料准备好后，加入浸泡过的扁米。

Powdered salt - ¾ palam 盐末

Grated coconut - 3 palam 椰丝

Add these 2 to the flattened rice. Mix well. After 10 minutes, remove from the firewood stove and use it.

盐末和椰丝加入扁米中。拌匀。10分钟后，从柴火灶上取下并用之。

If cashew nuts are to be added, roast them in ghee and add it to the dish.

若要加腰果，用酥油炒香，添入饭中。

इहाइठनहे चुरे flattenedे रोटह (taalida thayir avai)

凝乳调味扁米饭

ingredient		原料
Flattened Rice / Poha	$\frac{1}{2}$ padi	扁米
Sour butter milk	$\frac{3}{4}$ padi	酸酪乳
Powdered Salt	1 palam	盐末
Ghee	$\frac{1}{16}$ padi	酥油
Black Gram/Urad Dal	$\frac{1}{2}$ palam	印度黑豆
Red Chillies	1 Ru.wt	干红辣椒
Mustard Seeds	$\frac{1}{2}$ palam	芥菜籽
Curry Leaves	$\frac{1}{4}$ Ru.wt	咖喱叶

Flattened rice / Poha - $\frac{1}{2}$ padi 扁米

Sour butter milk (Thick porridge like consistency) - $\frac{3}{4}$ padi
酸酪乳（浓粥般的稠度）

Powdered Salt - 1 palam 盐末

Add the flattened rice and salt in the buttermilk. After it has soaked well,

将盐末和扁米泡在酸酪乳中。浸透后，

Ghee - veesam $\frac{1}{16}$ padi 酥油

Black Gram / Urad Dal - $\frac{1}{2}$ palam 印度黑豆

Red Chillies - 1 Ru.wt 干红辣椒

Mustard Seeds - $\frac{1}{2}$ palam 芥菜籽

Curry Leaves - $\frac{1}{4}$ Ru.wt 咖喱叶

Prepare the seasoning with the above mentioned ingredients as per the procedure mentioned in Recipe number 22. Once the seasoning is ready, put the soaked flattened rice in it and stir it well. Once the Flattened rice grains separate out and don't stick to each other, remove the vessel from the firewood stove and use.
依照第22道食谱的方法，用上述食材烹制调味料。味料制好后，和入泡好的扁米，均匀搅拌，一旦压扁的米粒分离且不粘连，将饭器从柴灶上取下并用之。

इहवाइठनहवे तालारिन्दे flattenedे
रोटह (ताहलिदेवा पुलि बरवा)

罗望子调味扁米饭

ingredientइ		原料
Flattened Rice/Poha	½ padi	扁米
Water	¾ padi	净水
Tamarid	2 palam	罗望子
Salt	1 palam	盐
Turmeric power	⅙ Ru.wt	姜黄粉
Jaggery	½ palam	粗蔗糖
Red Chillies	½ palam	干红辣椒
Fenugreek Seeds	¼ palam	胡芦巴籽
Asafoetida	⅙ Ru.wt	阿魏胶
Bengal Gram/Chana Dal	⅙ padi	鹰嘴豆
Sesame Oil	⅙ padi	芝麻油
Black Gram/Urad Dal	½ palam	印度黑豆
Mustard Seeds	½ palam	芥菜籽
Curry Leaves	¼ Ru.wt	咖喱叶

Flattened rice / poha - ½ padi 扁米
Put this in an **Ural** (large pounding mortar) and pound the flattened rice into grits.
扁米放入**Ural**（捣谷白）中，槌成米碎。

Water - ¾ padi 净水
Tamarind - 2 palam 罗望子
Mix the tamarind and water together, remove the Seeds and extract the juice.
混合罗望子与净水，去核，并提取汁液。

Salt - 1 palam 盐
Turmeric power - ⅙ Ru.wt 姜黄粉
Jaggery - ½ palam 粗蔗糖
Add these to the extracted tamarind juice.
将其添入罗望子汁液中。

Red Chillies - ¼ palam 干红辣椒

Fenugreek Seeds - ¼ palam 胡芦巴

Asafoetida - ⅓ Ru.wt 阿魏胶

Roast these properly in oil, powder them and add to the tamarind extract.

将其在油中适当煸炒，磨成粉末并添入罗望子汁中。

Bengal Gram/Chana Dal - ⅓ padi 鹰嘴豆

Soak this in water for some time. Drain the water. Then, roast it in ghee and add it to the tamarind extract. Add the powdered flattened rice to this, mix it and let it soak. After it has soaked well,

鹰嘴豆浸泡在水中一段时间。沥干。然后，在酥油中煸炒后拌入罗望子汁中。将扁米碎加到料汁中，搅拌浸渍。渍透后，

Sesame Oil - ⅓ padi 芝麻油

Red Chillies - ¼ palam 干红辣椒

Black Gram / Urad Dal - ½ palam 印度黑豆

Mustard Seeds - ½ palam 芥菜籽

Curry Leaves - ¼ Ru.wt 咖喱叶

prepare the seasoning with the above mentioned ingredients as per the procedure mentioned in Recipe number 22. Once the seasoning is ready, put the soaked flattened rice in it and stir it well. After 2-3 minutes, remove it from the firewood stove and use it.

以上述食材，依照第22道食谱中所述的方法烹制调味料。一旦调味料备好，倒入扁米碎，悉心拌匀。2至3分钟后，从柴火灶上取下并用之。

If needed, 2 or 3 palam grated coconut can be added while adding the soaked flattened rice to the seasoning. Flattened rice can be used without powdering into grits as whole flattened rice also.

注：按需可以在调味料中加泡扁米的同时，加2或3 palam 椰丝。扁米也可以未经捣碎直接使用。

flattenede rice with lemon juice
(દોપલોંતો પઝહારાડા પુલો ઢવજો)

柠檬汁扁米饭

ingredient		原料
Flattened Rice/Poha	½ padi	扁米
Lemon extract	⅓ padi	柠檬汁
Salt	1 palam	盐
Turmeric power	⅓ Ru.wt	姜黄粉
Red Chillies	½ palam	干红辣椒
Fenugreek Seeds	¼ palam	胡芦巴籽
Asafoetida	⅓ Ru.wt	阿魏胶
Bengal Gram/Chana Dal	⅓ padi	鹰嘴豆
Ghee	⅓ padi	酥油
Black Gram/Urad Dal	½ palam	印度黑豆
Mustard Seeds	½ palam	芥菜籽
Curry Leaves	¼ Ru.wt	咖喱叶

Flattened Rice - ½ padi 扁米
Pound this into grits as mentioned in the Recipe - **Puli Aval**
(previous recipe) and soak it in water for a few minutes.
依照第35道食谱 **Puli Aval** (扁米饭) 中提到的方法，捣碎扁米并在水中浸泡几分钟。

Lemon extract - veesam ⅓ padi 柠檬汁
Turmeric powder - veesam ⅓ Ru.wt 姜黄粉
Powdered salt - 1 palam 盐末
Red Chillies - ¼ palam 干红辣椒
Fenugreek - ¼ palam 胡芦巴
Asafoetida - veesam ⅓ Ru.wt 阿魏胶

Among these, roast red chillies, fenugreek and asafoetida in little oil and powder them. Add salt and turmeric powder to it. Mix this with the lemon extract. Add the soaked flattened rice to this, mix well and keep aside.
将干红辣椒、阿魏胶和胡芦巴放入酥油烹炒后磨成粉末。将盐末和姜黄粉添入料粉中。将其与柠檬汁混合。倒入浸泡的扁米，和匀后放置一旁。

Bengal Gram/Chana Dal - veesam $\frac{1}{16}$ padi 鹰嘴豆

Soak this in water for some time. Then let it dry in shade for a while. Then roast it in ghee and mix with the flattened rice.

将鹰嘴豆浸泡在水中一段时间，然后在荫凉处晾干。用酥油将其煸炒，与扁米碎饭混合。

Ghee - veesam $\frac{1}{16}$ padi 酥油

Red Chillies - $\frac{1}{4}$ palam 干红辣椒

Black gram / Urad Dal - $\frac{1}{2}$ palam 印度黑豆

Mustard Seeds - $\frac{1}{2}$ palam 芥菜籽

Curry Leaves - $\frac{1}{4}$ Ru.wt 咖喱叶

Prepare the seasoning in a frying pan with the above mentioned ingredients as per the procedure mentioned in Recipe number 22. After the seasoning is ready, add the soaked flattened rice and mix well. After 2 or 3 minutes, remove from the firewood stove and use it.

将上述食材放入煎锅，依照食谱22中的步骤调制味料。

调味料准备好后，加入泡好的扁米，搅拌均匀。2或3分钟后，从柴火炉上取下并用之。

Flattened rice can be used without powdering into grits as whole flattened rice also.

做这道菜也可以用未经捣碎的扁米。

लौक flattened rice
牛奶扁米饭

ingredient		原料
Flattened Rice/Poha	½ padi	扁米
Water	½ padi	净水
Jaggery	10 palam	粗蔗糖
Milk	¼ padi	牛奶
Cardamom/Elaichi powder	¼ Ru.wt	豆蔻粉
Roasted Cashew Nuts	3 palam	烤腰果

Flattened rice / poha - ½ padi 扁米

Pound flattened rice into grits.

将扁米捣成粗粒。

Water - ½ padi 净水

Jaggery - 10 palam 粗蔗糖

Take this in a vessel and heat it. As soon as it begins to boil well, put jaggery in the boiling water and let the jaggery dissolve in it. Add the pounded flattered rice in it, mix well and keep in closed for 2 or 3 minutes.

净水在容器中加热。水一沸，加入粗蔗糖令其溶化于沸水。倒入碎扁米，拌匀后焖煮2到3分钟。

Milk - ¼ padi 牛奶

Cardamom / Elaichi powder - ¼ Ru.wt 豆蔻粉

Roasted Cashew Nuts - 3 palam 烤腰果

Among these, first pour the milk and then add the cardamom powder followed by cashew nuts. Mix it well again and keep it on the heat of live coal (from burnt fire wood) for few minutes. Take it and use.

上述食材中，先倒入牛奶，然后豆蔻粉，再加腰果。搅匀后置于（燃木而成的）活热炭上几分钟。盛出并用之。

If needed, saffron ¼ Ru.wt can be mixed in milk. Sugar used should be white sugar.

注：若有需，可在奶中放¼ Ru.wt 藏红花。糖便要用白砂糖。

pancake (thavala adai)
油煎饼

ingredient		原料
Rice	$\frac{1}{4}$ padi	米
Bengal Gram/Chana Dal	$\frac{1}{16}$ padi	鹰嘴豆
Moong Dal/ Petite Yellow Lentils	$\frac{1}{16}$ padi	孟恩豆／小黄扁豆
Pigeon Pea/Toor Dal	$\frac{1}{16}$ padi	木豆
Water	$\frac{3}{16}$ padi	净水
Grated Coconut	3 palam	椰丝
Cumin Seeds	$\frac{1}{4}$ Ru.wt	孜然
Asafoetida	4 ku.wt	阿魏胶
Powdered Salt	$\frac{1}{2}$ Ru.wt.	盐末
Ghee	$2\frac{1}{2}$ palam	酥油
Mustard Seeds	$\frac{1}{4}$ palam	芥菜籽
Red Chillies (killu milagai)	$\frac{1}{4}$ Ru.wt	干红辣椒（捏碎）
Black Gram/Urad Dal	$\frac{1}{4}$ palam	印度黑豆

Rice - $\frac{1}{4}$ padi 米

Bengal Gram/Chana Dal - veesam $\frac{1}{16}$ padi 鹰嘴豆

Moong Dal/ Petite Yellow Lentils - veesam $\frac{1}{16}$ padi
孟恩豆／小黄扁豆

Pigeon Pea/Toor Dal - veesam $\frac{1}{16}$ padi 木豆

Wash all of these and drain the water. Dry them, grind them together into a grit like consistency flour and keep aside
淘洗以上食材，沥干水份。将其制干，混合研磨成粗面粉，置放一边。

Water - 3 veesam $\frac{3}{16}$ padi 净水

Grated Coconut - 3 palam 椰丝

Cumin Seeds - $\frac{1}{4}$ Ru.wt 孜然

Asafoetida - 4 ku.wt 阿魏胶

Powdered Salt - $\frac{1}{2}$ Ru.wt. 盐末

Put the water in a vessel and bring it to a boil. In this, add grated coconut, cumin Seeds, asafoetida and salt one after the other. Add the ground flour in it and mix it in a Taambaalam (plate).

净水倒入锅中，煮沸。一一加入椰丝、孜然、阿魏胶、盐末。加入研好的粗面粉，一起揉匀，盛入Taambaalam（托盘）中。

Ghee - 1¼ palam 酥油

Mustard - ¼ palam 芥菜籽

Red Chillies (killu milagai) - ¼ Ru.wt. 干红辣椒

Black Gram/Urad Dal - ¼ palam 印度黑豆

Prepare the seasoning with the above mentioned ingredients as per the procedure mentioned in Recipe number 22. Pour this in the prepared flour dough and mix well. Make lemon sized balls with this dough and keep aside.

依照第22道食谱中提到的程序，用上述成分准备调味料，掺入准备好的面团中，揉匀。将面团分成柠檬大小的球，放置一边。

Ghee - 1¼ palam 酥油

Heat this in a **Thavalai** (wide mouth pan). After the ghee has heated up, take the pan off the stove and rotate the pan in all directions such that the ghee spreads on all the inner sides of the pan. Take the balls and flatten them using the palm of your hand, to circles of the width of half a paddy. Make small holes in its center and place them on the inner floor surface and along the inner sides of the pan. Place the vessel on the firewood stove again on a low flame.



பித்தலைத் தவலை.

Thavalai 广口釜形锅

在 **Thavalai**（广口釜形锅）中加热酥油，从柴炉灶上取下锅，向各个方向转动，使酥油润满锅内侧。拿起面球，用手掌将面压制成半稻穗宽的圆饼。在饼中心戳几个小孔，沿着内壁贴上锅侧。锅再次放置于柴火灶的小火上。

Fill another vessel with water and place this on the pan. After a while, when the water in the vessel placed above is hot; remove this vessel and check whether the pancakes have turned slightly reddish in color. At this stage, when the pancakes are cooked, take them out and use them.

在另一个容器中盛上水并将其架在锅上。候一会儿，当上面的容器里的水发烫时，取下容器，查看锅内煎饼是否颜色微红。饼色泛红时，说明已熟，取出用之。

another variety of pancake
(lattroru witha thavalai adai)
油煎饼（另一版本）

ingredient		原料
Rice flour	$\frac{1}{8}$ padi	米粉/粘米粉
Water	$\frac{1}{8}$ padi	净水
Grated Coconut	1 palam	椰丝
Soaked Bengal Gram/Chana Dal	$\frac{1}{4}$ palam	浸泡过的鹰嘴豆
Soaked Moong dal/Petite Yellow Lentils	$\frac{1}{4}$ palam	浸泡过的孟恩豆/ 小黄扁豆
Powdered Salt	$\frac{1}{4}$ Ru.wt	盐末
Ghee	$\frac{1}{4}$ palam	酥油
Mustard Seeds	$\frac{1}{2}$ Ru.wt	芥菜籽
Red Chillies	$\frac{1}{2}$ Ru.wt	干红辣椒
Black Gram/Urad Dal	$\frac{1}{4}$ palam	印度黑豆
Sesame Oil	4 ladles 勺	芝麻油

Rice flour - $\frac{1}{8}$ padi 米粉/粘米粉
Nicely pound and winnow the rice grains. Clean them and grind into grit like consistency flour. Keep this aside.
悉心捣碎，筛分米粒。清洗干净，研成粗面一般黏度，放置一边。

Water - $\frac{1}{8}$ padi 净水
Bring the water to a boil and mix the four in it. Knead it well as a dough.
煮水至沸，并将米粉与沸水混合。揉和成一个面团。

Grated Coconut - 1 palam 椰丝
Soaked Bengal Gram/Chana Dal - $\frac{1}{4}$ palam 浸泡过的鹰嘴豆
Soaked Moong dal / Petite Yellow Lentils - $\frac{1}{4}$ palam 浸泡过的孟恩豆/ 小黄扁豆
Powdered Salt - $\frac{1}{4}$ Ru.wt 盐末
Mix all these into the dough and knead well.
将此所有混入面团中并揉匀。

Ghee - ¼ palam 酥油

Red Chillies - ¼ Ru.wt 干红辣椒

Mustard Seeds - ½ Ru.wt 芥菜籽

Black Gram / Urad Dal - ¼ palam 印度黑豆

Prepare the seasoning with the above mentioned ingredients as per the procedure mentioned in Recipe number 22. Add this seasoning to the dough and knead well once again. Make big sized lemon balls and flatten them into circle shaped pancakes of the width of one paddy. Make holes in its center. Prepare all the pancakes similarly.

依照第22道食谱的操作方法，用上述成分准备调味料。将此调味料加入面团中，再次揉匀。分搓成柠檬大小的面球，随后将其压成一稻穗宽的圆形面饼。在其中心戳孔。其他面饼依法炮制。

*Then, place the **Thavalai** (wide mouthed pan) on the firewood stove and heat it. Once it has heated up, remove it from the stove and pour 3 or 4 ladles full of sesame oil. rotate the pan in all directions such that the oil spreads on all the inner sides of the pan.*

然后，将 **Thavalai**（广口釜形锅）架在柴火灶上加热。锅子升温后，从炉火上取下，倒入3或4勺芝麻油。向各个方向旋转锅，使油散润至锅全内侧。

Cook the prepared pancakes as mentioned in Pancake Recipe Number 38 and use it.

依照第38道食谱中的方法烹制面饼后，用之。

bread/rotti चालेदे वेडासामी
(वेडासामी annular rot蒂)

达萨密饼

ingredient	原料
Wheat flour or grits	½ padi 小麦粉或麦碎
Ghee	1½ palam 酥油
Milk (required quantity)	牛奶 (适量)

This is prepared predominantly in the states of Maharashtra like Mumbai, Pune, Nasik on days of fasting like Ekadashi and as a snack during travel times.

这主要是在马哈拉施特拉邦（如孟买、浦那、纳西克）在 Ekadashi 等禁食日和旅行期间作为点心准备的。

Wheat flour or grits - ½ padi 小麦粉或麦碎

Ghee - 1½ palam 酥油

Mix these two together and knead well. Add required quantity of milk to knead into a tight dough. Make lemon sized balls with this dough and roll them out into rottis of half paddy width. Cook them as mentioned in Recipe 13 on a Dosa pan, and use it.

混合麦粉和酥油并悉心揉匀。加入适量牛奶揉成一个紧密的面团。将面团分成柠檬大小的球，然后把面球滚成半稻谷宽的面饼。依照第13道食谱的方法，在多萨锅上烙制面饼，随后用之。

To prepare the dough for this Dasami, water can also be used in place of milk. But this will not be appropriate to consume on fasting days or as a snack on travel days. This can be eaten along with sweet accompaniments.

准备此饼的面团，也可以用水代替牛奶。但就不适合在禁食或在旅行期间当点心。这可以与甜品一起食用。

pongal ; pancake or rotti/
bread (pongalgalu araipondra
ada aliadu rotti galu)

米粥，煎饼或面包

This pongal is usually prepared during Margazhi months, in Vishnu temples, other temples and in households as Neivedyam (sacred food offering).

Also, this is prepared for children as breakfast and dinner on auspicious occasions like marriages, in traditional Hindu households. These pongals are very delicious. These are called pulakam in Telugu, Huggi in Kannada, Khichidi in Maharashtra and Hindustan.

Pongal米粥通常在 **Margazhi** 月份准备，在毗湿奴寺庙、其他寺庙和家庭中作为 **Neivedyam** (供品)。此外，在传统的印度教家庭中，这也是在婚庆等吉祥场合为儿童准备的早餐和晚餐。这些米粥十分美味。**Pongal** 在泰固语中被称为 **Pulakam**，在卡纳达语中称为 **Huggi**，在马哈拉施特拉邦和印度斯坦称为 **Khichidi**。

tɛlplɛ pɔngɔ (kɔvɪ pɔngɔ)

寺庙米粥

ingredient		原料
Small rice	½ padi	碎米／短粒米
Roasted Moong Dal / Petite Yellow Lentil	¼ padi	煨过的孟恩豆／小黄扁豆
Water	1½ padi	净水
Pepper Pods	½ palam	胡椒荚
Deskinned and Grated Ginger	½ palam	去皮的姜末
Powdered Salt	⅝ palam	盐末
Ghee	12 palam	酥油
Asafoetida	⅛ Ru.wt	阿魏胶
Water	2Ru.wt	净水

Small rice - ½ padi 碎米／短粒米

Roasted Moong Dal/Petite Yellow Lentil - ¼ padi

煨焙过的孟恩豆／小黄扁豆

Roast the moong dal as mentioned in Note 1 below. Wash the rice and dal and keep aside.

依照以下注 1 中的方法煨焙孟恩豆。洗净碎米和孟恩豆，放置一边。

Water - 1 ½ padi 净水

Heat this in a 4 padi water capacity **Thavalai** (wide mouthed pan). When the water begins to boil, add the washed rice and dal in it. Stir it well and close the pan with a lid. Once the rice is ¾ th cooked,

在 4 padi 容量的 **Thavalai**（广口釜形锅）中烧水。当水开始沸腾时，加入净碎米和孟恩豆。搅拌均匀，盖上锅盖。米一到 ¾ 分熟时，

Pepper Pods - ½ palam 胡椒荚

deskinned And Grated Ginger – ½ palam 去皮的姜末

Powdered Salt - ⅝ palam 盐末

Ghee - 12 palam 酥油

Add these one by one into the pongal.

将上述食材依次添入粥中。

Asafoetida - 1/8 Ru.wt. 阿魏胶

Soak this in 2 Ru.wt water and add the water alone in the pongal. Stir again and remove from the stove. Place the vessel on the heat of the live coal (from burnt firewood) for 5 minutes and use it.

将其浸泡于 2 Ru.wt 水中，然后将水单独加入米粥中。再次搅拌并从炉子中取出。将容器放在在热活炭（燃过的生火木）上 5 分钟，其后用之。

If needed, 5 palam cashew nuts can be roasted and added as mentioned in Note 2.

应需可添加 5 palam 焙炒过的腰果，如下注释 2 所述。

Note 1: Whenever roasted moong dal/roasted petite yellow lentils is mentioned in the ingredients of any recipe, moong dal should not be roasted directly, instead whole lentils should be roasted properly (until it turns reddish in color and gives aroma), broken and made as dal and then used. Dal prepared in this method will be tasty and aromatic.

注 1：凡是食谱的原料中提到煨制过的孟恩豆／小黄扁豆，不应旺炒，而要恰当地煨炒整豆（直至泛微红并散发出豆香），使其碎裂，制成孟恩豆以便待用。用这种方法制备的孟恩豆既美味又芳香。

Note 2 : Wherever almonds are to be used in recipes, soak the almond Seeds in hot water, peel the brown skin and slice them into small clove-like pieces. These can be used by frying or without roast as mentioned in the respective recipes. If Cashew nuts are to be used, remove the red skin, roast and use.

注 2：凡是在食谱中使用杏仁的地方，将杏仁浸泡在热水中，剥去褐色外皮，切成丁香状小粒。杏仁碎丁可经煎炒，或未经焙炒使用，依相应食谱所述。若要用到腰果，去其红皮，煨烤使用。

ಲೂಂಗ್ ದಾಲ್/ಪೆಟಿಟ್ ಪುಲ್ಲೋ ಹೆಂಟಿ
pongal (payattralparappu
pongal)

孟恩豆米粥

ingredient	原料
Small Rice	½ padi 碎米／短粒米
Moong Dal / Petite Yellow Lentil	¼ padi 煨过的孟恩豆／小黄扁豆
Turmeric Powder	⅓ palam 姜黄粉
Butter	1½ palam 牛油
Water	1½ padi 盐末
Pepper	¼ palam 胡椒
Cumin Seeds	¼ palam 孜然
Finely Chopped Ginger	1 Ru.wt 姜末
Powdered Salt	½ palam 盐末
Ghee	6 palam 酥油
Asafoetida	⅓ Ru.wt 阿魏胶
Grated Coconut	4 palam 椰丝

Small Rice - ½ padi 碎米／短粒米

Roasted Moong Dal / Petite Yellow Lentil - ¼ padi

煨焙过的孟恩豆／小黄扁豆

Roast the moong dal as mentioned in Note 1 below. Wash the rice and dal and keep aside.

依照一下注 1 中的方法煨焙孟恩豆。洗净米与豆，放置一边。

Turmeric Powder - veesam ⅓ palam 姜黄粉

Butter - 1½ palam 牛油

Add these two in the drained rice and mix well.

将这两样加入沥干的米中，拌匀。

Water - 1½ padi 净水

Heat this in a 4 padi water capacity Thavalai (wide mouthed pan). When the water begins to boil, add the rice and dal which was mixed with butter and turmeric powder in it. Stir it well and close the pan with a lid. Once the rice is ¾th cooked,

在 4 padi 容量的 *Thavalai* (广口釜形锅) 中煮水。当水开始沸腾，加入与牛油和黄姜粉混合的碎米和去皮绿豆。搅拌均匀，盖上锅盖。一旦米饭 $\frac{3}{4}$ 分熟，

Pepper - $\frac{1}{4}$ palam 胡椒

Cumin Seeds - $\frac{1}{4}$ palam 孜然

Finely chopped Ginger

- 1 Ru.wt 姜末

Powdered Salt - $\frac{1}{2}$ palam 盐末

Add these in the pongal and mix. Then immediately, 将其加入米豆粥并混合。随即，

Ghee - 6 palam 酥油

Check for the quality of the ghee and pour it in Pongal, stir it well. Remove from the firewood stove and keep on the heat of live coal (from burnt firewood).

察看酥油质量并将其添入粥中，拌匀。从柴火灶中取出并置于（燃木而成的）活热炭上。

Asafoetida - veesam $\frac{1}{16}$ Ru.wt 阿魏胶

Soak this in 2 Ru.wt water and add the water alone in the pongal and stir.

将其泡在 2 Ru.wt 净水中，然后只将水添入粥中并搅拌。

Grated coconut - 4 palam 椰丝

Add this to the pongal and keep the vessel on the heat of live coal for 5 minutes. Then remove from the heat and use it.

椰丝添入粥中并将锅器在热活炭上静置5分钟。然后从火上移开并用之。

Instead of grated coconut, 5 palam cashew nuts can also be used as mentioned in Note below.

也可以用 5 palam 腰果代替椰丝，如以下注释所述。

Note 1: Whenever roasted moong dal/roasted petite yellow lentils is mentioned in the ingredients of any recipe, moong

dal should not be roasted directly, instead whole lentils should be roasted properly (until it turns reddish in color and gives aroma), broken and made as dal and then used. Dal prepared in this method will be tasty and aromatic.

注 1：凡是食谱的原料中提到煨制过的孟恩豆／小黄扁豆，不应旺炒，而要恰当地煨炒整豆（直至泛微红并散发出豆香），使其碎裂，制成孟恩豆以便待用。用这种方法制备的孟恩豆既美味又芳香。

Note2: Wherever almonds are to be used in recipes, soak the almond Seeds in hot water, peel the brown skin and slice them into small clove-like pieces. These can be used by frying or without roast as mentioned in the respective recipes. If Cashew nuts are to be used, remove the red skin, roast and use.

注 2：凡是在食谱中使用杏仁的地方，将杏仁浸泡在热水中，剥去褐色外皮，切成丁香状小粒。杏仁碎丁可经煎炒，或未经焙炒使用，依相应食谱所述。若要用到腰果，去其红皮，煨烤使用。

another variety of lorumg
dal/petite yellow lentil
pongal (matroruvitha
payattramparuppu pongal)
孟恩豆米粥（另一版本）

ingredient	原料
Small Rice	$\frac{1}{2}$ padi 碎米／短粒米
Moong Dal / Petite Yellow Lentil	$\frac{1}{4}$ padi 煨过的孟恩豆／小黄扁豆
Turmeric Powder	$\frac{1}{16}$ palam 姜黄粉
Butter	10 $\frac{1}{2}$ palam 牛油
Water	1 $\frac{1}{2}$ padi 盐末
Pepper	$\frac{1}{4}$ palam 胡椒
Cumin Seeds	$\frac{1}{4}$ palam 孜然
Clove	$\frac{1}{4}$ palam 丁香（去芽）
Poedered Nutmeg	$\frac{1}{4}$ palam 肉豆蔻粉
Finely Chopped Ginger	1 Ru.wt 姜末
Powdered Salt	$\frac{1}{2}$ palam 盐末
Ghee	6 palam 酥油
Asafoetida	$\frac{1}{16}$ Ru.wt 阿魏胶
Grated Coconut	4 palam 椰丝

This pongal also has to be prepared like Pongal recipe number 42. Add cloves(after removing the buds), Powdered Nutmeg and powdered mace each veesam $\frac{1}{16}$ palam in addition to the pepper and cumin Seeds mentioned in the 4th paragraph of the 42nd Pongal recipe. Also, 9 palam Butter is to be used in place of ghee mentioned in 5th paragraph of 42nd Pongal recipe.

这道米粥也可像第42道食谱一样烹制。除了第42道食谱第4段中提到的胡椒和孜然之外，外加（去芽）丁香和肉豆蔻粉，每种用量为veesam $\frac{1}{16}$ palam。此外，用9 palam 牛油代替第42道食谱第5段中提到的酥油。

pigeon pea /toor dal pongal
 (tavaramparappu pongal)

木豆米粥

ingredient	原料
Water	1¾ padi 净水
Pigeon Pea/Toor Dal	¼ padi 木豆
Ghee	4¼ palam 酥油
Turmeric Powder	¾ Ru.wt 姜黄粉
Small Rice	½ padi 碎米／短粒米
Pepper	¼ palam 胡椒
Cumin Seeds	⅛ palam 孜然
Powdered Salt	½ palam 盐末
Finely Chopped Ginger	½ palam 姜末
Asafoetida	⅛ Ru.wt 阿魏胶
Grated Coconut	4 palam 椰丝

Water - 1¾ padi 净水

Heat this in a 4 padi water capacity *Thavalai* (wide mouthed pan). When it is boiling,

在 4 padi 容量的 *Thavalai* (广口釜形锅) 中煮水。沸腾时，

Pigeon Pea / Toor Dal - ¼ padi 木豆

Ghee - ½ palam 酥油

Turmeric Powder - 3 veesam ¾ Ru.wt 姜黄粉

Mix these three together and add them to the boiling water. Stir it well and close the pan with a lid.

混合这三种食材并加入沸水中。搅拌均匀，盖上锅盖。

Small Rice - ½ padi 碎米/短粒米

Soak this in water for 1 naazhigai, wash well and drain the water. Then, check if the dal has cooked properly and add the washed rice in it. Using a ladle, mix well and close the lid. After few minutes, check if the rice has cooked ¾ th, then

米浸泡在水中1 naazhigai，洗净，沥干。然后，察看木豆是否煮熟，再加入净米。用勺子拌匀并盖上盖子。数分钟后，察看米是否已¾分熟，然后，

Pepper - $\frac{1}{4}$ palam 胡椒

Cumin Seeds - $\frac{1}{8}$ palam 孜然

Powdered Salt - $\frac{1}{2}$ palam 盐末

Finely chopped Ginger - $\frac{1}{2}$ palam 姜末

add these one after the other into the pongal and stir continuously. Then,

将这些依次加入米粥并不断搅拌。接着，

Ghee - $3\frac{3}{4}$ palam 酥油

Add this to the pongal and keep the pan on the heat of the live coal (from burnt firewood).

添入米粥并将锅置于（燃木而成的）活热炭上。

Asafoetida - veesam $\frac{1}{16}$ Ru.wt 阿魏胶

Soak this in 2 Ru.wt water and add the water alone in the pongal and stir.

将其浸泡在 2 Ru.wt 水中，然后只将水加入米粥并搅拌。

Grated Coconut - 4 palam 椰丝

Add this to the pongal and keep the vessel on the heat of live coal for 5 minutes. Then remove from the heat and use it.

Instead of grated coconut, 5 palam cashew nuts can also be used as mentioned in Note.

椰丝添入粥中并将容器置于活热炭上 5 分钟。然后从炭上移开并用之。也可以用 5 palam 腰果代替椰丝，如注释中所述。

Note : Wherever almonds are to be used in recipes, soak the almond Seeds in hot water, peel the brown skin and slice them into small clove-like pieces. These can be used by frying or without roast as mentioned in the respective recipes. If Cashew nuts are to be used, remove the red skin, roast and use.

注：凡是在食谱中使用杏仁的地方，将杏仁浸泡在热水中，剥去褐色外皮，切成丁香状小粒。杏仁碎丁可经煎炒，或未经焙炒使用，依相应食谱所述。若要用到腰果，去其红皮，煨烤使用。

masala pongal

马萨拉米粥

ingredient	原料
Small Rice	1½ padi 碎米/短粒米
Moong Dal / Petite Yellow Lentil	¼ padi 孟恩豆/小黄扁豆
Water	4¼ palam 净水
Salt	1 palam 盐
Ghee	13 palam 酥油
Asafetida	⅛ Ru.wt 阿魏胶
Mustard Seeds	¾ palam 芥菜籽
Grated Coconut	3¼ palam 椰丝
Masala Podi	马萨拉调味料

Small Rice - ½ padi 碎米/短粒米

Moong Dal/ Petite Yellow Lentil - ¼ padi 孟恩豆/小黄扁豆

Mix these together and wash them well. Drain the water and keep aside.

将米豆混合，仔细清洗。沥干水放置一边。

Water - 1 ½ padi 净水

Heat this in a 4 padi water capacity **Thavalai** (wide mouthed pan). When it is boiling, add the rice and dal in it. When this starts boiling and is half cooked,

在4padi容量的**Thavalai**（广口釜形锅）中加热。煮沸后，加入米和豆。当其沸煮至半熟时，

Salt - 1 palam 盐

Powder this and add to the pongal. Stir it and immediately 磨盐成粉添入粥中。搅拌并随即，

Masala Podi 马萨拉（混合香料）

Prepare this podi as mentioned in Sojji Recipe Number 28. Add it to the pongal, stir and after 5 minutes,

依照颂季饭第28道食谱所述备制马萨拉调味料。将其和入粥中，搅拌。5分钟后，

Ghee - 8 palam 酥油

Add this to the pongal, stir and remove the vessel from the firewood stove and place on the heat of live coal (from burnt firewood).

酥油溶入粥中，搅拌后从柴炉中取出容器，置于（燃木而成的）活炭上热着。

Ghee - 5 palam 酥油

Asafetida - $\frac{1}{8}$ Ru.wt 阿魏胶

Mustard Seeds- $\frac{3}{4}$ palam 芥菜籽

Prepare the seasoning as mentioned in Recipe Number 22 and add to the Pongal. Mix it well. While serving,

依照第22道食谱的方法备制调味料并加入粥中。拌匀。用前，

Grated Coconut - $3\frac{1}{4}$ palam 椰丝

Add this to the pongal and keep the vessel on the heat of live coal for 5 minutes. Then remove from the heat and use it.

Instead of grated coconut, 5 palam cashew nuts can also be used as mentioned in Note.

将此添入粥中并将容器置于热活炭上5分钟。然后从火上移开并用之。也可使用5 palam 腰果代替椰丝，如注释中所述。

Note : Wherever almonds are to be used in recipes, soak the almond Seeds in hot water, peel the brown skin and slice them into small clove-like pieces. These can be used by frying or without roast as mentioned in the respective recipes. If Cashew nuts are to be used, remove the red skin, roast and use.

注：凡是在食谱中使用杏仁的地方，将杏仁浸泡在热水中，剥去褐色外皮，切成丁香状小粒。杏仁碎丁可经煎炒，或未经焙炒使用，依相应食谱所述。若要用到腰果，去其红皮，煨烤使用。

wheat grits/broken wheat
 ponḡai (ḡothuḡalai ḡainoḡ ponḡai)
 碎麦豆粥

ingredientḡ	原料
Moong Dal / Petite Yellow Lentil	$\frac{1}{4}$ padi 孟恩豆／小黄扁豆
Water	2 padi 水
Ghee	15 palam 酥油
Wheat Grits i.e. Bansī Rava	$\frac{1}{2}$ padi 麦碎／粗麦粉
Turmeric powder	$\frac{1}{2}$ palam 姜黄粉
Cumin Seeds	$\frac{1}{4}$ palam 孜然
White Pepper	$\frac{1}{2}$ palam 白胡椒
Powdered Salt	$\frac{1}{2}$ palam 盐末
Grated coconut	8 palam 椰丝

Moong Dal/petite yellow lentil - $\frac{1}{4}$ padi 孟恩豆／小黄扁豆
 Soak this in water for 1 naazhigai. Then drain the water, and spread the dal/lentils on a clean white cloth to dry it. If the dal is soaked for too long, it will become like fine grits.
 将其浸泡在水中 1 naazhigai。然后沥干水，将豆子铺在干净的白布上晾干。若豆子浸泡太久，便会呈细砂状。

Water - 2 padi 净水
 Heat this in a Thavalai (wide mouth pan).
 用一个Thavalai（广口釜形锅）煮水。

Ghee - 10 palam 酥油
 Heat this in a 3 padi water capacity Thavalai (wide mouthed pan) on the other side of the firewood stove.
 在柴火灶另一侧的 3 padi 容量的Thavalai（广口釜形锅）中加热酥油。

Wheat Grits i.e. Bansī Rava - $\frac{1}{2}$ padi 麦碎／粗麦粉
 Add this to the heated ghee and keep stirring for 5 minutes. Then add the dal which was spread on the cloth, to the roasting wheat grits and mix. Then, pour the water boiling on the other side of the stove, ladle by ladle, on the roasting wheat

grits and dal, and mix each time. The water should not be added altogether at once. After pouring all the water ladle by ladle, close the vessel with another vessel. Check if the wheat grits and dal is $\frac{3}{4}$ th cooked.

麦碎加入热酥油中，持续翻炒5分钟。然后将铺在布上的孟恩豆混入炒碎麦中。接着，将炉火另一端煮沸的水，一勺一勺地，浇在油炒的碎麦和孟恩豆上，每浇一勺都搅一遍麦豆。水不应一次全部倒入。一勺一勺地浇完水，用另一器皿盖好米粥容器。察看麦豆是否已 $\frac{3}{4}$ 分熟。

Turmeric powder - veesam $\frac{1}{16}$ palam 姜黄粉

Sprinkle this on the pongal.

将姜黄粉洒在粥上。

Cumin Seeds - $\frac{1}{4}$ palam 孜然

Crush these in between both your palms, add to the pongal and stir it well.

用双手掌压碎，加入粥并充分搅拌。

White Pepper*- $\frac{1}{2}$ palam 白胡椒

Break these into half pods and add to the pongal. Then,

将白胡椒荚对半分开并添入粥中。然后，

Powdered Salt - $\frac{1}{2}$ palam 盐末

Ghee - 5 palam 酥油

Add these one after the other and mix well. Place the vessel on the heat of the live coal(from burnt firewood) for 5 minutes.

依次添加盐和油，混合均匀。将锅置于（燃木而成的）活性炭上热5分钟。

Grated Coconut - 8 palam 椰丝

This also can be added to the pongal and then used. Instead of grated coconut, 5 palam cashew nuts can also be used as mentioned in Note.

椰丝添入麦豆粥并随后用之。也可用5 palam 腰果代替椰丝，如注释中所述。

Note : Wherever almonds are to be used in recipes, soak the almond Seeds in hot water, peel the brown skin and slice them into small clove-like pieces. These can be used by frying or without roast as mentioned in the respective recipes. If Cashew nuts are to be used, remove the red skin, roast and use.

注：凡是在食谱中使用杏仁的地方，将杏仁浸泡在热水中，剥去褐色外皮，切成丁香状小粒。杏仁碎丁可经煎炒，或未经焙炒使用，依相应食谱所述。若要用到腰果，去其红皮，煨烤使用。

** White pepper means- Black pepper should be soaked in water overnight. On the next day, the water should be drained and the pepper should be put on a gunny bag or woolen cloth and rubbed against each other. While rubbing, the skin of the pepper is removed and the pepper turns white. This is called white pepper.*

* 白胡椒是指——黑胡椒在水中浸泡一夜。次日沥干水份，将胡椒放在麻布袋或棉布上相互摩擦。揉搓时，胡椒皮被去除，辣椒变白。这被称为白胡椒。

महाराष्ट्र पान्हा

马哈拉施特拉邦米粥

ingredient		原料
Good quality Rice	½ padi	优质米
Moong Dal/Petite Yellow Lentil	¼ padi	孟恩豆／小黄扁豆
Ghee	10¼ palam	酥油
Mustard Seeds	½ palam	芥菜籽
Asafoetida	⅓ Ru.wt	阿魏胶
Water	1½ palam	净水
Saffron	⅛ palam	藏红花
Salt	1 palam	盐
Pepper	½ palam	胡椒
Clove	½ palam	丁香
Cardamom	½ palam	豆蔻
Grated Dry Coconut	5 palam	干椰丝
Almonds	5 palam	杏仁
Grated Coconut	3¼ palam	椰丝

Good Quality Rice - ½ padi 优质米

Moong Dal/ Petite Yellow Lentil - ¼ padi 孟恩豆／小黄扁豆

Mix these two together, wash well and drain the water and keep aside.

混合二者，洗净，沥干，放置一旁。

Ghee - ¼ palam 酥油

Mix this in the rice and dal, after the water has completely drained.

水沥尽后，将酥油混入米和孟恩豆中。

Ghee - 5 palam 酥油

Heat this in a 4 padi water capacity Thavalai (wide mouthed pan). Once it is heated,

在 4 padi 容量的Thavalai（广口釜形锅）中热油。油一热，

Mustard Seeds - ½ palam 芥菜籽

Asafoetida - ⅓ Ru.wt 阿魏胶

Prepare the seasoning using these ingredients as mentioned in Recipe Number 22.

依照第 22 道食谱的方法，备制调味料。

Water - 1½ palam 净水

Add this to the seasoning and once the water starts boiling, 添水入调味料中，一旦水开始沸腾，

Saffron - ⅛ palam 藏红花

Dissolve this in 1 Ru.wt water and add to the boiling water.

Add the drained rice and dal in the water, stir well and cover the vessel. Check if the rice is half cooked. Then,

花溶泡于 1 Ru.wt 水里，一并倒入沸水中。倒入沥干的米与豆，搅拌均匀并盖上容器。查看米豆是否半熟。其后，

Salt - 1 palam 盐

Pepper - ½ palam 胡椒

Cardamom - ½ palam 豆蔻

Powder the salt and cardamom separately each. Remove the black skin of the pepper and break it into half pods as mentioned in Pongal Recipe number 46. Add it to the pongal one after another. Then,

盐和豆蔻分别磨粉。依照第 46 道食谱中所述，去除胡椒黑皮并将椒荚对半分开。依次相继添入粥中。然后，

Clove - ½ palam 丁香

Grated Dry Coconut - 5 palam 干椰丝

Roast each of these in ghee separately and powder them.

分别用酥油烘烤后磨成粉。

Cumin Seeds - ¼ palam 孜然

Powder this also and add it to the roasted and powdered clove and dry coconut. Add these to the pongal.

也将其磨粉，然后将其加入烤过的丁香椰丝粉中。一并添入粥中。

Almonds - 5 palam 杏仁

Choose those which are not bitter and remove the skin. Chop into thin long slices, add to the pongal and mix. After the rice is $\frac{3}{4}$ th cooked,

选不苦的杏仁并去皮。切成薄薄的长片，添入粥中拌开。米与豆 $\frac{3}{4}$ 分熟后，

Ghee- 5 palam 酥油

Add this also into the pongal. Mix and remove from the firewood stove. Place it on the heat of the live coal(from the firewood stove) for 5 minutes. While serving,

将酥油也添入粥中。和匀后从柴火炉上取下。将其置于（燃木而成的）活热炭上5分钟。用前，

Grated Coconut - $3\frac{1}{4}$ palam 椰丝

Add this to the pongal . Instead of grated coconut, 5 palam cashew nuts can also be used as mentioned in Note.

在粥中洒入椰丝。也可用 5 palam 腰果代替椰丝，如注释所述。

Note : Wherever almonds are to be used in recipes, soak the almond Seeds in hot water, peel the brown skin and slice them into small clove-like pieces. These can be used by frying or without roast as mentioned in the respective recipes. If Cashew nuts are to be used, remove the red skin, roast and use.

注：凡是在食谱中使用杏仁的地方，将杏仁浸泡在热水中，剥去褐色外皮，切成丁香状小粒。杏仁碎丁可经煎炒，或未经焙炒使用，依相应食谱所述。若要用到腰果，去其红皮，煨烤使用。

gujarati pongal

古吉拉特邦米粥

ingredient		原料
Ghee	¼ padi	酥油
De-skinned and Sliced Onions	5 palam	去皮切片的洋葱
Garlic	⅞ palam	蒜
Cloves	¼ Ru.wt	丁香
Cinnamon	¼ Ru.wt	肉桂
Cardamom	¼ Ru.wt	豆蔻
Pepper	¼ Ru.wt	胡椒
Cumin Seeds	⅞ palam	孜然
De-skinned Yellow Petite Lentil/Yellow Moong Dal	¼ padi	去皮的小黄扁豆／黄色孟恩豆
Rice	¼ padi	大米
Water	1 padi	净水
Ginger	⅞ palam	姜
Salt	⅞ palam	盐

Ghee - ¼ padi 酥油

Heat this in a frying pan. After it has heated up,
在煎锅中加热酥油。加热后，

De-skinned and sliced onions - 5 palam 去皮切片的洋葱

Garlic - ⅞ palam 蒜

Cloves - ¼ Ru.wt 丁香

Cinnamon - ¼ Ru.wt 肉桂

Cardamom - ¼ Ru.wt 豆蔻

Pepper - ¼ Ru.wt 胡椒

Cumin Seeds - ⅞ palam 孜然

Among these, fry all ingredients separately except cumin Seeds in the heated ghee. Add the cumin Seeds to these and powder them without adding water.

其中，除孜然外，所有调料都在加热的酥油中单独煎炸。然后加入孜然，一并无水磨制成粉。

De-skinned Yellow Petite Lentil/Yellow Moong Dal - ¼ padi
去皮的小黄扁豆／黄色孟恩豆

Roast or fry these in the ghee. Keep the remaining ghee aside in a pot.

在酥油中煎炒豆子。剩下的酥油留在锅里。

Rice - $\frac{1}{4}$ padi 米

Wash this well and drain the water. Add the above prepared Dal masala to the rice and mix well.

洗净米，沥干水。将之前备好的孟恩豆、马萨拉添入米中并和匀。

Water - 1 padi 净水

Pour this in a 2 padi water capacity vessel and heat it. Once the water starts to boil, add the rice mixed with Masala and dal and mix well. When this is $\frac{3}{4}$ th cooked,

倒水入容量2 padi的容器中并加热。一旦水开始沸腾，加入与马萨拉、孟恩豆混合的米，拌匀。当米豆 $\frac{3}{4}$ 分熟时，

Ginger - $\frac{7}{8}$ palam 姜

Salt - $\frac{7}{8}$ palam 盐

Powder the salt and deskin the ginger and finely chop. Add these to the Pongal and mix. After 5 minutes, place the vessel on the heat of live coal(from burnt firewood). Add the ghee which was kept aside, mix and keep it closed for a few minutes. It can then be used.

盐磨成粉，姜去皮切碎，添入米豆粥中拌开。5分钟后，将容器放在（燃木而成的）活热炭上。添入先前放置一旁炒过豆子的酥油，拌匀并盖上盖焖几分钟。随后即可用之。

hileathkaani pongal (richadi)

小扁豆米粥

	ingredient	原料
Deskinned Petite Yellow Lentil/Yellow Moong Dal	$\frac{1}{4}$ padi	去皮小黄扁豆／黄孟恩豆
Rice	$\frac{1}{4}$ padi	米
Cloves	$\frac{1}{4}$ Ru.wt	丁香
Cardamom	$\frac{1}{4}$ Ru.wt	豆蔻
Pepper	$\frac{1}{4}$ Ru.wt	胡椒
Cinnamon	$\frac{1}{4}$ Ru.wt	肉桂
Salt	$\frac{7}{8}$ palam	盐
Ghee	15 palam	酥油
Milk	1 padi	奶

Deskinned Petite Yellow Lentil / Yellow Moong Dal - $\frac{1}{4}$ padi

去皮小黄扁豆／黄孟恩豆

Rice - $\frac{1}{4}$ padi 米

Wash these two and drain the water.

将这两样洗净，沥干。

Cloves - $\frac{1}{4}$ Ru.wt 丁香

Cardamom - $\frac{1}{4}$ Ru.wt 豆蔻

Pepper - $\frac{1}{4}$ Ru.wt 胡椒

Cinnamon - $\frac{1}{4}$ Ru.wt 肉桂

Salt - $\frac{7}{8}$ palam 盐

Powder the salt separately. Roast the other ingredients in ghee.

Mix all of this in the mixed rice and dal.

盐单独磨粉。在酥油中煸烤其他调料。一并混入米和豆中。

Ghee - $7\frac{1}{2}$ palam 酥油

Pour this in a frying pan and heat it. Add the masala (spices) mixed rice and dal and roast properly by continuously stirring.

倒油入煎锅，加热。倒入混和了马萨拉（香料）的米豆，不断搅拌适当焙炒。

Milk - 1 padi 牛奶

Pour this in a non-oxidising vessel and heat it. When the milk begins to boil, add the roasted rice, dal and masala mix in the milk. Stir it, keep the flame of the firewood stove low and cook. Once the rice and dal is cooked completely and the milk has been completely absorbed,

倒牛奶入耐氧化的容器中并加热。当牛奶开始沸腾时，在牛奶中加入焙炒过的马萨拉调味米、豆。搅拌一下，把柴火炉的火调小。一旦米和豆完全煮熟，牛奶也被完全吸收，

Ghee - 7½ palam 酥油

Pour this in the pongal and stir it well. Keep it on the heat of live coal (from burnt firewood) for some time and use it.

在放入豆粥中放酥油，拌匀。将粥置于（燃木而成的）活热炭上一段时间后，用之。

If needed, 5 palam cashews or almonds can be added when the rice and dal is getting cooked in the milk.

如果需要，米和豆在牛奶中煮熟后，可加入5 palam 腰果或杏仁。

pongal with green
(keerai pongal)

蔬菜米粥

ingredient		原料
Water	¾ padi	净水
De-skinned Petite Yellow Lentil/Yellow Moong Dal	¼ padi	去皮小黄扁豆／黄孟恩豆
Rice	⅛ padi	饭
Salt	½ palam	盐
Paruppu Keerai/ Purslane Greens	3 palam	马齿苋
Cloves	¼ Ru.wt	丁香
Cinnamon	¼ Ru.wt	肉桂
Cardamom	¼ Ru.wt	豆蔻
Pepper	¼ Ru.wt	胡椒
Ghee	5 palam	洋葱
Onions	5 palam	酥油

Water - ¾ padi 净水

Pour this in a vessel and heat it. As soon as it begins to boil, 将其倒入容器中并加热。一旦水开始沸腾，

De-skinned Petite Yellow Lentil/Yellow Moong Dal - ¼ padi 去皮小黄扁豆／黄孟恩豆

Wash this well, drain the water and add this to the boiling water. Keep checking the cooking status. 淘洗豆子，沥干后加入沸水中。持续察看烹煮状态。

Rice - ⅛ padi 米

Wash this well and drain the water. Add this to the cooked dal and mix it well. After this cooks, 淘净米，沥水。将其加入熟豆中，拌匀。米煮好后，

Salt - ½ palam 盐

Purslane Greens / Paruppu Keerai - 3 palam 马齿苋

Cloves - ¼ Ru.wt 丁香

Cinnamon - ¼ Ru.wt 肉桂

Cardamom - ¼ Ru.wt 豆蔻

Pepper - ¼ Ru.wt 胡椒

Powder the salt. Chop the greens. Roast and powder the other ingredients. Add all of these to the pongal, mix well and keep it closed. After all the ingredients in the pongal are cooked,

盐磨成末。切蔬菜。将其他几味调料煨烤后磨成粉。将这几样食材都添入米粥中，和匀并盖好锅盖。粥里的食料煮熟后，

Ghee - 5 palam 酥油

Onions - 5 palam 洋葱

heat the ghee in a frying pan. Remove the top, bottom and skin of the onion and chop it finely. Add this to the heated ghee and roast until it turns reddish in colour. Add this to the pongal and mix well. Remove it from the stove and place it on the heat of live coal (from the burnt firewood) for few minutes and then use it.

在煎锅中加热酥油。去除洋葱的顶部、底部和外皮，切成碎丁。将洋葱碎放入加热的酥油中，慢煎至色泽泛红。将其添入米粥并拌匀。从柴火灶上取下锅子，置放于（燃木而成的）活热炭上数分钟，然后用之。

onion pongal
(vengaya pongal)

洋葱米粥

ingredient		原料
Water	2 ¾ padi	净水
Onion	1 veesai	洋葱
Turmeric Powder	¼ Ru.wt	姜黄粉
Petite Yellow Lentil/Yellow Moong Dal	¾ padi	小黄扁豆／黄孟恩豆
Rice	½ padi	米
Salt	2 palam	盐
Ginger	2 palam	姜
Ghee	12 palam	酥油
Pepper	½ palam	胡椒
Cumin Seeds	½ palam	孜然
Asafoetida	⅓ Ru.wt	阿魏胶

Water - 2¾ padi 净水

Pour this in a 5 padi water capacity **Thavalai** (wide mouthed pan) and heat it. When it comes to a boil,
倒水入 5 padi 容量的 **Thavalai**（广口釜形锅）中并加热。水沸腾的时候，

Onion - 1 veesai 洋葱

Cut off the top and bottom, remove the skin and slice the onion. Add this to the boiling water. Once it is cooked,
洋葱去掉顶和底，剥皮，切碎。加入沸水中。煮熟后，

Turmeric Powder - ¼ Ru.wt 姜黄粉

Add this to the onion in boiling water.
加此入沸水里的洋葱中。

Petite Yellow Lentil / Yellow Moong Dal - ¾ padi

黄色小扁豆/黄色去皮绿豆

Add this to the boiling water, and mix well. Once this is half cooked,
加豆入沸水，搅拌均匀。煮至半熟，

Rice - ½ padi 米

Wash this well and drain the water. Add this to the dal which is boiling along with the onion.

淘洗米，沥干水。将米倒入豆子洋葱一起烹煮的沸水中。

Salt - 2 palam 盐

Ginger - 2 palam 姜

Powder the salt and deskin the ginger and finely chop. Add these to the Pongal and mix. Check if the rice has cooked properly. Once cooked, stir again and place the vessel on the heat of live coal (from burnt firewood). Then immediately,

盐磨成粉，姜去皮切碎。添入粥中拌开。察看米的生熟。煮熟后，再次搅拌豆米粥，并将锅置于（燃木而成的）活热炭上。随即，

Ghee - 12 palam 酥油

Pepper - ½ palam 胡椒

Cumin Seeds - ½ palam 孜然

Asafoetida - veesam $\frac{1}{16}$ Ru.wt 阿魏胶

Heat the ghee in a vessel and fry the other 3 ingredients. Mix it with the pongal kept on the live coal. Stir it nicely and use.

在一容器中加热酥油，煎上述3味调料。将料混入活炭上的豆米粥。悉心拌匀后用之。

इहवइठनदे ठनीठन रीटह

调味洋葱饭

Ingredients		原料
Small Rice	1 padi	碎米／短粒米
Ghee	¼ padi	酥油
Onoin	1 palam	洋葱
Cloves	¼ Ru.wt	丁香
Cardamom	¼ Ru.wt	豆蔻
Cinnamon	¼ Ru.wt	肉桂
Water	2 padi	净水
Salt	1 palam	盐
Dry Grapes	½ palam	葡萄干
Cashew	¾ palam	腰果
Almond	¾ palam	杏仁
Star Anise	½ Ru.wt	八角
Boiled Milk	¼ padi	煮沸的奶

Small Rice - 1 padi 碎米／短粒米

Wash this well 3 times, drain the water and keep aside.

淘3遍米，沥干水并放置一边。

Ghee - ¼ padi 酥油

Pour this in a 3 padi water capacity vessel and heat it. Once it is heated up,

将其倒入容量3 padi 的容器中加热。一旦升温，

Onion - 1 palam 洋葱

Cloves - ¼ Ru.wt 丁香

Cardamom - ¼ Ru.wt 豆蔻

Cinnamon - ¼ Ru.wt 肉桂

cut off the top and bottom of the onion, de skin it and chop it finely like grated coconut. Put this in the heated ghee along with the other ingredients and roast until it turns reddish in color.

切掉洋葱的顶部和底部，去皮并切成椰丝状，与上述香料一起放入热酥油中，煎至色泽泛红。

Water - 2 padi 净水

Add the water into the seasoning.

将水加入调料中。

Salt - 1 palam 盐

Add this to the water. As soon as the water heats up and boils,

加盐入水。水热至沸腾时，

Dry Grapes - ½ palam 葡萄干

Cashew - ¾ palam 腰果

Almond - ¾ palam 杏仁

Star Anise - ½ Ru.wt 八角

prepare the almonds and dry grapes as mentioned in the Note 1 and 2. Add this to the boiling water, put the drained rice in the water and stir well. When this begins to boil, keep stirring to prevent it from overflowing. Once the rice is ¾ th cooked and the water is absorbed,

依照注1与注2的方法备制杏仁与干葡萄。添入沸水中，将净米倒入水中拌匀。开始沸腾时，持续搅拌以防噗溢。一旦米饭¾分熟且水份已吸干，

Boiled Milk - ¼ padi 煮沸的奶

Add the boiled milk to the rice and stir. Tie a damp cloth covering the mouth of the vessel and place a plate on top of this cloth. Pull out some coal pieces from the firewood stove and place the vessel on this live coal. Also place some live coal pieces on the plate which is on the vessel and spread it. Then, when white colored vapours come out of the mouth of the vessel, know that it is properly cooked. Use after some time.

将煮沸的牛奶加入饭中搅拌。用一块湿布盖住容器的口，再在布上盖一个盘子。从柴火灶中取一些燃炭块，将容器放在这活炭上。将一些活炭块放在器顶的盘上，铺开。然后，当白色蒸汽从器口中冒出，便知饭已烹熟。候一阵后用之。

Note 1 : Wherever almonds are to be used in recipes, soak the almond Seeds in hot water, peel the brown skin and slice them

into small clove-like pieces. These can be used by frying or without roast as mentioned in the respective recipes. If Cashew nuts are to be used, remove the red skin, roast and use.

注1：凡是在食谱中使用杏仁的地方，将杏仁浸泡在热水中，剥去褐色外皮，切成丁香状小粒。杏仁碎丁可经煎炒，或未经焙炒使用，依相应食谱所述。若要用到腰果，去其红皮，煨烤使用。

Note 2 : Wherever dry grapes are mentioned in recipes, clean any dirt, remove the stalks and any unwanted particles. Wash it gently with water. Press them with a thin cloth to dry them. Roast them in ghee and add it to the respective dish. In some cases, it is also used without roasting but using them after roasting is best.

注2：凡是在食谱中提到葡萄干之处，清掉所有杂垢，去除茎及任何不需要的颗粒。用水轻轻清洗。用薄布压干，在酥油中焙烤，再添到各自的菜肴中。在某些情况下，也可以未经烘焙使用，但烘焙后用是最好的。

ರೊಡೆ ಫಿಠುರ್ ಓ ಗ್ರಹಣ ಗ್ರಹಲ ಫಿಠುರ್
ಲೋಡವೆ ಕರಡಾವೆ (ಕರಡಾಲಾಕುಪುಲ
ಪಯಾತ್ರಾಲಾಕುಪುಲ ಕಾಲಂದಾ ರೊಟ್ಟಿ)

孟恩豆米饼

ingredient		原料
Rice Flour	¼ padi	米粉／粘米粉
Green gram Flour	¼ padi	绿豆粉
Salt	¾ Ru.wt	盐
Ghee	4 palam	酥油
Pepper	¼ palam	胡椒
Cumin Seeds	¼ palam	孜然
Asafoetida	¼ ku.wt	阿魏胶

Rice Flour - 1/4 padi 米粉／粘米粉

Green Gram Flour - ¼ padi 绿豆粉

Salt - ¾ Ru.wt 盐

Mix these together and knead well by adding required water to make a tight dough. Make 8 - 10 balls and pat them out into pancakes and keep aside.

混合上述食材，加入适量净水，揉捏成一个紧密的面团。分成8至10个面球，拍成薄饼，放置一边。

Ghee - 1 palam 酥油

Melt this and pour one ladle full of ghee in the middle of the dosa pan. Spread the ghee around to about the size of the prepared pancake. Put the pancake on the pan. Pour another ladle full around the edges of the pancake. After a few minutes, turn it over. After it cooks and turns reddish in color, remove it and use it. Similarly cook all the prepared pancakes.

融化酥油，舀一整勺油倒入多萨饼锅中间，摊开约如备好的薄饼大小。放饼上锅。沿煎饼的一圈边缘再浇一满勺酥油。几分钟后，给饼翻个面。熟时饼色转微红，取出并用之。以同样方法煎制所有备好的面饼。

Just as Seasoned sojji Recipe Number 24, aromatic ghee can be prepared.

依照第24道调味碎米饭的食谱，备制醇香酥油。

Pepper - ¼ palam 胡椒

Cumin Seeds - ¼ palam 孜然

Asafoetida - ¼ ku.wt 阿魏胶

Fry these in around 3 palam ghee and mix it with the dough along with the ghee. Knead it well again and then make pancakes. Also, if needed ¼ palam grated ginger can also be added and kneaded with the dough.

在约为3 palam 的酥油中煎烤三味香料，将其与面团和酥油混合。揉匀，然后做成煎饼。此外，若有需要也可在面团里揉入¼ palam 姜末。

ବେଙ୍ଗାଲ ଗ୍ରାମ ଫ୍ଲୋର ବ୍ରେଡ୍
(ବେଙ୍ଗାଲ roti)

鷹嘴豆面餅

ingredients		原料
Bengal Gram Flour	½ padi	鷹嘴豆粉
Wheat Flour	¼ padi	小麦粉
Salt	¼ palam	盐
Ghee	1 palam	酥油

Bengal Gram Flour - ½ padi 鷹嘴豆粉

Wheat Flour - ¼ padi 小麦粉

Salt - ¼ palam 盐

Ghee - 1 palam 酥油

Mix these together. Add water and knead into a tight dough. Press it and knead to make it soft. Make lemon sized balls and roll it out on a rolling board into circles of half paddy width. Cook these as normal rottis as said in the previous recipe and use them. Aromatic ghee can also be added as mentioned in Recipe Number 53.

混合上述食材。加水，揉成一个紧密的面团。压按揉捏使其松软。分制成柠檬大小的面球，然后在揉面板上将其滚成半稻谷宽度的圆饼。依之前食谱所述，象制作普通面饼的方式煎烤用之。也可添加第53道食谱提及的醇香酥油。

another variety of bengali gram
roti (লাতরু থিহা বেঙ্গান রুটি)
鷹嘴豆面餅（另一版本）

ingredient		原料
Besan / Bengal Gram Flour	½ padi	鷹嘴豆粉
Wheat Flour	¾ padi	小麦粉
Salt	¼ palam	盐
Ghee	¼ palam	酥油
Extracted Ginger Essence	½ Ru.wt	姜汁
Powdered Cinnamon Sticks	¼ Ru.wt	肉桂粉
Thick Curd	⅛ padi	浓稠凝乳
Milk	½ padi	牛奶

Besan / Bengal Gram flour - ½ padi 鷹嘴豆粉

Wheat flour - ¾ padi 小麦粉

Salt - ¼ palam 盐

Ghee - ¼ palam 酥油

Mix these together and knead well.

混合上述食材，揉勻。

Extracted Ginger Essence - ½ Ru.wt 姜汁

Powdered Cinnamon Sticks - ¼ Ru.wt 肉桂粉

Thick Curd - ⅛ padi 浓稠凝乳

Put these three in a plate in which oxidation does not take place, and keep mixing with circular motion for 4 naazhigai. Then,

將此三者盛入一個耐氧化的盤子里，並持續轉攪 4 naazhigai。然後，

Milk - ½ padi 牛奶

With this add the flour, ginger essence mixed with curd and mash them together. Make lemon sized balls and cook them as pancakes like in the previous Besan Rotti Recipe 54 and use it. 牛奶加入油面团、姜汁凝乳混合中，搗成糊狀。搓成檸檬大小的面球，然後依之前第54道食譜 **Besan Rotti**（鷹嘴豆面餅）的方法，將其制成煎餅并用之。

इसके पongal, इसके रोटे इ indian breads (इसके सारकारी पongal, इसके सारकारानांगल अवापन्द्रा रोटिंगल)

甜米粥 / 甜米饭和印度面包

*Usage of this Sarkkarai pongal is the same as previously mentioned Pongals. Also, these are prepared on **Sankaranti** (Pongal) festival days. Among these **Sarkkaraana** (Sweet rices) are prepared for feasts on special occasions. Northern Maharashtrians specially celebrate this dish. This **Sarkarranam** (Sweet rice) is made using sugar or sugar syrup. If it needs to be prepared with sugar syrup, the sugar syrup needs to be prepared as following.*

这种甜米粥的用法与前面提到的米粥相同。此外，这些都是在 **Sankaranti** (Pongal) 丰收节日期间准备的。其中 **Sarkarranam** (甜米) 为特殊场合的壮举而备。北马哈拉施特拉邦人尤其赞誉庆祝此菜品。这种 **Sarkarranam** (甜米) 是用糖或糖浆制成的。如菜肴需用到糖浆，糖浆需按如下方法配制。

इयुरप इयुरप प्रेपारेशन
प्रोसेदुरे (इवारेवारे पावडु
इयोपुल रित्हाल)

糖浆制法

ingredientइ	原料
Water	1¼ padi 净水
Sugar	1 veesai 糖
Milk	⅛ padi 牛奶
Saffron	¼ palam 藏红花

Water - ¾ padi 净水

Sugar - 1 veesai 糖

Put these two in a pan or a non-oxidising vessel which is washed clean like a conch. Dissolve the sugar in the water and heat it. When it boils, remove from the stove. Take another vessel and tie a thick cloth covering the mouth of this vessel and filter the boiled sugar solution in this. Wash the vessel used to boil the solution. Pour the filtered sugar solution in this and heat again. Once it starts boiling,

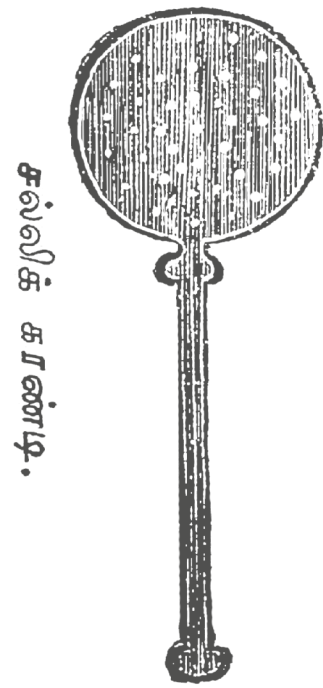
将锅或耐氧化容器清刷得如海螺般洁净，将二者倾入其中。糖溶于水并加热。当糖水沸腾，从炉中取下。取另一个容器，用厚布盖住器口，过滤煮沸的糖液。清洗煮糖水的器皿。将过滤后的糖液倒入其中并再次加热。一旦开始沸热，

Milk - ⅛ padi 牛奶

Water - ⅛ padi 净水

Mix these two together. Sprinkle little milk on the boiling sugar solution. Then immediately, the dirt of the sugar will turn black and float up like froth. Move this to the side using a Jalli karandi (perforated ladle) and remove the dirt. Again sprinkle some milk and remove the froth like before. Continue to do this until no more froth comes up. Then,

混合两者。在沸腾的糖液上撒少许牛奶。糖的垢淀会即刻发黑并像泡沫一样漂浮起来。使用 *Jalli Karandi*（漏勺）将其移到一边去掉杂垢。再撒些牛奶，像以前一样除沫。重复这个做法，直到不再出现泡沫。然后，



Jalli Karandi 漏勺

Saffron - $\frac{1}{4}$ *palam* 藏红花

Dissolve this in 1 Ru.wt milk.

Add this to the sugar syrup

from which dirt has been removed. Stir and start checking for the right consistency of the syrup. To check for the right consistency :--

将其溶入 1 Ru.wt 牛奶中。随后添加到已除垢淀的糖浆中。搅拌，并开始验察糖液的稠度是否合适。要验察正确的稠度：--

[1]take one ladle of sugar solution(from which dirt has been removed), cool it down and take it in the index finger and touch it with the thumb. While separating the 2 fingers, the syrup should form an unbroken string of one angulam (about one inch) length. At this consistency, know that this is *ilampaagu* (medium condensed syrup). This *ilampaagu*, is used to prepare *Jilebi*, *Mango* and *Indian Gooseberry* like sweet pickle recipes which are follow in volume 2.

[1] 取一勺糖液（已除垢淀），将其冷却并点在食指上，用拇指捻。在分开 2 个手指时，糖浆应形成一段 1 角（约 1 英寸）长的不断糖丝。有这种黏稠度便知道是 *Ilampaagu*（中浓度糖浆）。这种 *Ilampaagu* 用于准备本套书 **VOLUME II**（第二册）中的 *Jilebi*（炸麦圈）、甜泡芒果和印度醋栗等菜食。

[2] Boil this *ilampaagu* for some more time, and put one drop on the floor once every 5-6 minutes. If this drop does not

flow and stands as it is, know that this is mudirpaagu (fully condensed syrup). This mudirpaagu is used in several Sweet rice and Laddu (sweet ball) recipes which are follow in volume 2.*

[2] 再将此中浓度糖浆煮沸，每5-6分钟在地板上滴一滴。如果这滴水没有流动并保持原样，便可知是Mudirpaagu*（完全浓缩糖浆）。这种完全浓缩的糖浆用于制作之后的几种甜米和收录于本书 volume II（第二册）中的 Laddu（甜球）食谱。

This syrup can be made without adding saffron. But adding this is the best. Just as turmeric is an important ingredient in salty, sour and spicy dishes, similarly saffron is an important ingredient in sweet dishes. Dishes in which saffron is added give good health to the body, good aroma to the nose and the saffron adds beauty to the dish.

制这种糖浆可以不加藏红花。但加藏红花是最好的。正如姜黄是咸、酸和辣菜肴的重要成分一样，藏红花也是甜味菜品的重要成分。添了藏红花的菜肴有益于身体健康，香气扑鼻，藏红花还为菜色增添美感。

** Another method to know the consistency of mudirpaagu- Take a drop of the syrup and place it on a blotting paper (Cheena kadudaasi), the paper will not absorb the syrup.*

*另一种测完全浓缩糖浆稠度的方法——取一滴糖浆并将其放在 Cheena kadudaasi（吸墨纸）上，纸不会吸收浓浆。

lāik pōngāl
(paal pōngāl)
牛奶米粥

ingredient	原料
Good Quality Rice	½ padi 优质米
Ghee	4 palam 酥油
Milk	1 padi 牛奶
Water	½ padi 净水
Grated Coconut	5 palam 椰丝
Sugar	15 palam 糖
Cardamom powder	½ Ru.wt 豆蔻粉

Good Quality Rice - ½ padi 优质米
Wash this well, drain all the water, and spread it on a white cloth to remove the wetness.
淘净米，沥干水份，将其铺在白布上除潮。

Ghee - 4 palam 酥油
Heat ghee in a Vengala panai
(Bronze pot) that can hold 4 padis of water and fry the rice until it turns slightly reddish.
在 4 padi 容量的 Vengala panai（青铜甑）中加热酥油，随后将米饭煎至微红。



வெண்கலப்
பாளை.

Vengala panai 青铜甑

Milk 1 padi 牛奶
Water - ½ padi 净水
Add the milk and water into the frying rice and mix. After the rice is ¾th cooked, add 5 palam grated coconut to the rice. And stir it. Add sugar - 15 palam, stir it and keep it on the fire for 10 minutes. While removing the vessel from the stove, add ½ Ru.wt Cardamom powder to the pongal.
牛奶与净水加入炒饭中，搅拌均匀。米饭煮¾熟后，在米饭中加入 5 palam 椰丝翻拌。加入 15 palam 糖，拌匀并在

火上煨 10 分钟。从柴灶上取下饭甑时，将 $\frac{1}{2}$ Ru.wt 豆蔻粉添入米粥中。

In practice, almonds or cashew nuts and little raw edible camphor are added. In doing so, use 5 palam of almond or cashew as mentioned in the note below. Add veesam $\frac{1}{16}$ Ru.wt powdered raw edible camphor in the pongal, stir it, place on the heat of live coal for 5 minutes and use. If ghee is added, the aroma of milk will reduce.

实践中，会加杏仁或腰果和少量生食樟脑。这种情况下，依下面注释所述使用 5 palam 杏仁或腰果。将 $\frac{1}{16}$ Ru.wt 生食用樟脑粉加入米粥中，搅拌，置于活性炭上热 5 分钟后用。若加酥油，牛奶的香味会变弱。

Note : Wherever almonds are to be used in recipes, soak the almond Seeds in hot water, peel the brown skin and slice them into small clove-like pieces. These can be used by frying or without roast as mentioned in the respective recipes. If Cashew nuts are to be used, remove the red skin, roast and use.

注：凡是在食谱中使用杏仁的地方，将杏仁浸泡在热水中，剥去褐色外皮，切成丁香状小粒。杏仁碎丁可经煎炒，或未经焙炒使用，依相应食谱所述。若要用到腰果，去其红皮，煨烤使用。

ବେଙ୍ଗାଲ ଗ୍ରାମ ଓ ପୁଣିଠା ଲଠଙ୍ଗ ଦେଇ
इलहट ponggal (kadai paruppu
payal paruppu kalandai
इवरेकराई ponggal)

杂豆米粥

ingredient	原料
Water	1¾ padi 净水
Ghee	6½ palam 酥油
Bengal Gram / Chana Dal	⅛ padi 鹰嘴豆
Yellow Moong Dal / Petite Yellow Lentil	⅛ padi 孟恩豆／小黄扁豆
Good Quality Rice	½ padi 优质米
Milk	¼ padi 牛奶
Grated Coconut	4 palam 椰丝
Unprocessed Jaggery Powder	20 palam 未加工的粗蔗糖粉
Cardamom Powder	¼ palam 豆蔻粉
Cashew Nuts	5 palam 腰果

Water - 1 ¾ padi 净水
Pour this in a 4 padi water-capacity Thavalai (wide mouthed pan) and heat it. When it boils,
将其倒入容量 4 padi 的Thavalai (广口釜形锅) 中煮。当水沸腾时，

Ghee - ½ palam 酥油
Put this in the boiling water and immediately,
将其投入沸水后随即，

Bengal Gram / Chana Dal - ⅛ padi 鹰嘴豆
Add this also in the boiling water and let it cook. Once it is half cooked,
加豆入油水中煮。一到半熟，

Yellow Moong Dal / Petite Yellow Lentil - ⅛ padi
孟恩豆／小黄扁豆

Mix this with the half cooked bengal gram and stir. After 5 minutes,

混合搅拌 $\frac{1}{8}$ padi 孟恩豆与半熟的鹰嘴豆。5分钟后，

Good Quality Rice - $\frac{1}{2}$ padi 优质米

Wash this well and drain the water. Add this to the boiling dals/lentils. Stir and cover the vessel. Once the rice is $\frac{3}{4}$ th cooked,

淘净米，沥干水。倒入沸煮的豆中。搅拌并盖上容器。米到 $\frac{3}{4}$ 分熟时，

Milk - $\frac{1}{4}$ padi 牛奶

Grated Coconut - 4 palam 椰丝

Unprocessed Jaggery powder - 20 palam 未加工的粗蔗糖粉

Cardamom Powder - $\frac{1}{4}$ palam 豆蔻粉

Add these one after another in the boiling pongal and stir with a ladle.

以上食材依次加入沸腾的米粥中，用勺子搅拌。

Cashew nuts - 5 palam 腰果

Remove the skin , roast in little ghee and add it to the pongal.

去皮，在些许酥油里焗烤后添入米粥。

Ghee - 6 palam 酥油

Check for the quality of ghee, add it to the pongal and stir again. Remove it from the stove, keep it on the heat of live coal for 5 minutes and then use.

察看酥油质量，将其添入米粥并再次搅拌。将其从柴火灶上取下，置于活性炭上热5分钟，随后用之。

புதிதா லாண்டா வெ இயைந்த
pongal (payattramparuppu
இவ்வகை பருப்பு)

小黄扁豆米粥

ingredient		原料
Good Quality Rice	½ padi	优质米
Petite Yellow Lentil/Yellow Moong Dal	¼ padi	小黄扁豆／孟恩豆
Water	1½ padi	净水
Ghee	5 palam	酥油
Milk	⅛ padi	牛奶
Unprocessed Jaggery powder	15 palam	未加工的粗蔗糖粉
Grated Coconut	3 palam	椰丝
Cardamom Powder	¼ palam	豆蔻粉
Cashew Nuts	5 palam	腰果

Good Quality Rice - ½ padi 优质米

Petite Yellow Lentil / Yellow Moong Dal - ¼ padi

小黄扁豆／黄孟恩豆

Wash these two and drain the water.

将两者洗净，沥干水份。

Water - 1½ padi 净水

Pour this in a 4 padi water-capacity **Thavalai** (wide mouthed pan) and heat it. When it boils, add the drained rice and dal in the water, mix it and cover the vessel. Once the rice is ¾th cooked,

将其倒入 4 padi 容量的**Thavalai**（广口釜形锅）中并加热。煮沸后，将沥干的米与豆加入水中，混合并盖上容器。一旦米饭 ¾ 分熟，

Ghee - 5 palam 酥油

Milk - ⅛ padi 牛奶

Unprocessed Jaggery powder - 15 palam 未加工的粗蔗糖粉

Grated Coconut - 3 palam 椰丝

Add these one after the other in the boiling pongal, and stir.
After 5 minutes,

将上述食材依次加入沸腾的米粥中，用勺子搅匀。五分钟后，

Cardamom Powder - $\frac{1}{4}$ palam 豆蔻粉

Cashew Nuts - 5 palam 腰果

Add these two in the pongal, mix it and place on the heat of live coal(from burnt firewood) for 5 minutes and then use it.

The cashew nuts which are added should be roasted in ghee.

将两者添入米粥中，混合并置于（燃木而成的）活热炭上5分钟，随后用之。添入的腰果应在酥油中煸炒过。

another variety of pudu
लठ्ठ वडा इलहट पठाई
(लठ्ठरुवित्हा पठाई
paruppu इबेरवारा पठाई)
小黄扁豆米粥（另一版本）

ingredient	原料
Small Rice	$\frac{1}{2}$ padi 碎米／短粒米
Roasted Yellow Moong Dal/Petite Yellow Lentil	$\frac{1}{8}$ padi 煨焙过的黄孟恩豆／小黄扁豆
Saffron	$\frac{1}{8}$ Ru.wt 藏红花
Water	$1\frac{1}{4}$ padi 净水
Butter	2 palam 牛油／黄油
Powdered Rock Sugar or Sugar	15 palam 冰糖粉或白砂糖
Unprocessed Jaggery powder	15 palam 未加工的粗蔗糖粉
Ghee	12 palam 酥油
Cloves	$\frac{1}{4}$ palam 丁香
Ginger	1 Ru.wt 姜
Cardamom powder	$\frac{1}{4}$ palam 豆蔻粉
Raw Edible Camphor	$\frac{1}{8}$ Ru.wt 生食樟脑

Small Rice - $\frac{1}{2}$ padi 碎米／短粒米
Roasted Yellow Moong Dal / Petite Yellow Lentil - $\frac{1}{8}$ padi
煨焙过的黄孟恩豆／小黄扁豆
Roast this as mentioned in the Note. Mix the rice and dal together. Wash well and drain the water.
依照注释中的方法煨焙。把米和豆混合在一起。淘净，沥干。

Saffron - $\frac{1}{8}$ Ru.wt 藏红花
Dissolve this well in 3 Ru.wt milk and mix it with the drained rice and dal.
将其溶于 3 Ru.wt 牛奶中，然后与沥干的米和豆混合。

Water - 1¼ padi 净水

Pour this in a 3 padi water-capacity *Thavalai* (wide mouthed pan) and heat it. When it boils, add the rice and dal mixed with saffron. Mix and cover the pan. Once the rice is cooked ¾ th, 将水倒入 3 padi 容量的 *Thavalai* (广口釜形锅) 中并加热。当水沸腾时，加入米、豆，与藏红花混合后盖上锅盖。米饭一到 ¾ 分熟，

Butter - 2 palam 牛油／黄油

Powdered Rock sugar or sugar - 15 palam 冰糖粉、糖

Ghee - 12 palam 酥油

Cloves - ¼ palam 丁香

Put these in the pongal and mix. The cloves alone should be fried in ghee and then added. Then,

将上述食材添入米粥，拌开。丁香应单独用酥油炸后再添入。然后，

Ginger - 1 Ru.wt 姜

Deskin the ginger, grate it and add it in the pongal. Also, 生姜去皮，磨碎并添入米粥。另外，

Cardamom powder - ¼ palam 豆蔻粉

Add this and stir once again. Place the vessel on the heat of live coal (from burnt firewood) for 5 minutes.

添入豆蔻粉后再搅一遍。将锅放在（燃木而成的）活热炭上 5 分钟。

Raw Edible Camphor - ⅛ Ru.wt 生食樟脑

Powder this, sprinkle on the pongal, mix and use the pongal. 樟脑磨粉，洒在米粥上，拌匀并用粥。

The ginger and clove used is to help in quick digestion for those who consume it and not for its taste.

所用的生姜和丁香是用于助益食用者快速消化，而并非为其口味。

Note : Whenever roasted moong dal/roasted petite yellow lentils is mentioned in the ingredients of any recipe, moong dal should not be roasted directly, instead whole lentils should be roasted properly (until it turns reddish in color and gives aroma), broken and made as dal and then used. Dal prepared in this method will be tasty and aromatic.

注：凡是食谱的原材中提到煨制过的孟恩豆／小黄扁豆，不应旺炒，而要恰当地煨炒整豆（直至泛微红并散发出豆香），使其碎裂，制成孟恩豆以便待用。用这种方法制备的孟恩豆既美味又芳香。

इलहट नोटह

(इवारेरवाराइववववव / इवारेरववव)

甜米饭

Ingredient	原料
Water	1½ padi 净水
Ghee	8¾ palam 酥油
Rice	½ padi 大米
Saffron	¼ palam 藏红花
Sugar**	20 palam 糖**
Dry Grapes	3 palam 葡萄干
Almonds	3 palam 杏仁
Rock Sugar	5 palam 冰糖
Cardamom powder	½ palam 豆蔻粉
Raw Edible Camphor	⅛ Ru.wt 生食樟脑

Water - 1½ padi 净水

Pour this in a 3 padi water-capacity vessel and boil it.

将其倒入 3 padi 容量的容器中并煮沸。

Ghee* - 1¾ palam 酥油*

Pour this in the boiling water. Once this comes to a boil,

将此倒入沸水中。一旦沸腾，

Rice - ½ padi 大米

*Wash this well, drain the water. Add this to the boiling water.**Then, just as in the first rice recipe, drain the starch. When the rice cooks and become like a flower(soft), spread it on a thaambalam(plate) and let it cool for sometime.*将米洗好，沥干水。将此加入沸水中。随后，如第1道米饭食谱一般，馏去淀粉。当米饭煮熟并如花般（柔软）时，将其铺在 *Thaambalam*（盘子）上，令其冷却一阵。

Saffron - ¼ palam 藏红花

Put this in 8 Ru.wt water and place it on the heat of the live coal to heat it up. Then dissolve the saffron in water and mix along with the rice which was kept on the plate. Then,

将其投入 8 Ru.wt 水中，然后将其静置于热活性炭上。藏红花溶于水后，与盛入盘中的米饭混合。然后，

Sugar** - 20 palam 糖**

Dry Grapes - 3 palam 葡萄干

Almonds - 3 palam 杏仁

Use the almonds and dry grapes as mentioned in Note 1 and 2, but without frying. Mix with the sugar and add to the rice and mix.

使用注释 1 和 2 中提到的杏仁和葡萄干，但不要油烤。与糖混合，加入米饭中搅拌。

Ghee - 7 palam 酥油

Heat this in a non-oxidising vessel, and which will hold the quantity of rice. Once the ghee has heated up, add the rice which is on the plate into this and mix it well. Then, when it starts boiling with the sound 'katha katha' and after a few minutes when the sound stops, keep the vessel on the heat of live coal for 10 minutes. T

在既一个耐氧化又够容纳米饭的锅器中热油。油热后，将盘上的米饭添入其中，拌匀。然后，饭开始沸爆并发出“卡塔卡塔”声，几分钟后声响停息，将容器静置于热活性炭上 10 分钟。

Ghee - 5 palam 酥油

hen again melt 5 palam ghee and add it to the rice. Mix it well. Then, few minutes before serving,

再融开 5 palam 酥油并将其添加到米饭中。翻拌均匀。接着，盛用前几分钟，

Rock Sugar - 5 palam 冰糖

Cardamom powder- ½ palam 豆蔻粉

Raw Edible Camphor - ⅛ Ru.wt 生食樟脑

Powder the rock sugar to pepper size particles. Powder the cardamom and camphor each separately. Add these to the rice, stir well and then use it. While serving this pongal, a good variety of jackfruit pieces can be chopped finely and added to

the pongal if available. In practice, different kinds of fruits are also added.

将冰糖磨成胡椒大小的颗粒。分别将豆蔻和樟脑磨成粉。将以上食材加入米饭中，搅拌均匀，随后用之。盛用此粥时，可将各类菠萝蜜片切碎添入粥中。在实践中，也可加各种水果。

**Ghee is added in boiling water for no other reason but to prevent the rice grains from sticking to each other and to keep them soft.*

* 将酥油加入沸水中，没有其他原因，是为了防止米粒相互粘连并保持柔软。

*** If needed, the quantity of the sugar can be increased and also it can be made into syrup and used. For this, add ¼ portion more of the existing sugar quantity and prepare as **mudirpaagu** (fully condensed syrup) as mentioned in recipe number 56.*

** 如果需要，可以增加糖的数量，也可以制成糖浆使用。为此，添加 1/4 份现有糖量，并依照第 56 道食谱中所述制备成 **Mudirpaagu**（完全浓缩糖浆）。

Note 1: Wherever almonds are to be used in recipes, soak the almond Seeds in hot water, peel the brown skin and slice them into small clove-like pieces. These can be used by frying or without as mentioned in the respective recipes. If Cashew nuts are to be used, remove the red skin, roast and use.

注1：凡是在食谱中使用杏仁的地方，将杏仁浸泡在热水中，剥去褐色外皮，切成丁香状小粒。杏仁碎丁可经煎炒，或未经焙炒使用，依相应食谱所述。若要用到腰果，去其红皮，煨烤使用。

Note 2 : Wherever dry grapes are mentioned in recipes, clean any dirt, remove the stalks and any unwanted particles. Wash it gently with water. Press them with a thin cloth to dry them. Roast them in ghee and add it to the respective dish. In some

cases, it is also used without roasting but using them after roasting is best.

注2：凡是在食谱中提到葡萄干之处，清掉所有杂垢，去除茎及任何不需要的颗粒。用水轻轻清洗。用薄布压干，在酥油中焙烤，再添到各自的菜肴中。在某些情况下，也可以未经烘焙使用，但烘焙后用是最好的。

coconut इलहट नोट (thenghai
इशरकराई झावदाल/naaraladebath)

椰丝甜米饭

ingredient	原料
Water	1½ padi 净水
Ghee*	1¾ palam 酥油*
Small Rice	½ padi 碎米／短粒米
Saffron	1 Ru.wt 藏红花
Grated Coconut	12 palam 椰丝
Sugar**	15 palam 糖**
Cardamom	1 Ru.wt 豆蔻粉
Dry Grapes	4 palam 葡萄干
Almonds	4 palam 杏仁
Ghee	10 palam 酥油
Cloves	¼ Ru.wt 丁香
Rock Sugar	6 palam 冰糖

This rice is also used mostly by Northern Maharashtrians just like previous Sweet rice (sarkkarai saadam).

这种米饭也主要由北马哈拉施特拉邦人使用，就像之前的 sarkkarai saadam (甜米饭) 一样。

Water - 1½ padi 净水

Pour this in a 3 padi water-capacity vessel and boil it.
将其倒入 3 padi 容量的容器中并煮沸。

Ghee*- 1¾ palam 酥油*

Pour this in the boiling water. Once this comes to a boil,
将此倒入沸水中。一旦沸腾，

Small Rice - ½ padi 碎米／短粒米

Wash this well, drain the water. Add this to the boiling water. Then, just as in the first rice recipe, drain the starch. When the rice cooks and become like a flower(soft), spread it on a lead coated Thaambalam (plate) and let it cool for sometime.

将米洗好，沥干水。将此加入沸水中。然后，就如第1道米饭食谱一样，沥去淀粉。当米饭煮熟并如花般（柔软）时，将其铺在涂铅的 *Thaambalam*（盘子）上，冷却一阵。

Saffron - 1 Ru.wt 藏红花

Churn this in 1 Ru.wt milk and make it like butter. Add it to the rice which is on the plate and mix. Then,

将其与 1 Ru.wt 牛奶快速翻搅，直至奶呈黄油状。将其添入盘中的米饭里，拌松。然后，

Grated Coconut - 12 palam 椰丝

Check and clean any dirt, fibres and add in the rice.

检查并清出所有尘垢、纤维，添入米饭中。

Sugar ** - 25 palam 糖**

Check whether it is clean and add it to the rice.

察看糖的洁净度，添入米饭中。

Cardamom - 1 Ru.wt 豆蔻粉

Dry Grapes - 4 palam 葡萄干

Almonds - 4 palam 杏仁

Use the almonds and dry grapes as mentioned in Note 1 and 2. Mix these with the rice well.

使用注1和注2中提到的杏仁和干葡萄。将其与米饭拌匀。

Ghee - 10 palam 酥油

Heat this in a non-oxidising vessel.

在耐氧化的容器中加热。

Cloves - ¼ Ru.wt 丁香

Fry this in the heated oil and immediately put this on the rice on the plate and mix well. Place the vessel on the heat of live coal(from burnt firewood) for 10 minutes and while serving,

在加热的油中煎这个，然后立即将其放在盘子里的米饭上，搅拌均匀。将容器放在（燃木而成的）活热炭上10分钟，之后盛用时，

Rock Sugar - 6 palam 冰糖

Powder the rock sugar to pepper size particles. Sprinkle on the rice. Mix and then use it.

将冰糖磨成胡椒大小的颗粒。洒在米饭上。拌开后使用。

**Ghee is added in boiling water for no other reason but to prevent the rice grains from sticking to each other and to keep them soft.*

* 将酥油加入沸水中，没有其他原因，只是为了防止米粒相互粘连并保持柔软。

*** If needed, the quantity of the sugar can be increased and also it can be made into syrup and used. For this, add ¼ portion more of the existing sugar quantity and prepare as Mudirpaagu(fully condensed syrup) as mentioned in recipe number 56.*

** 按需，可增加糖量，也可用备制的糖浆。若此，多加现有糖 ¼ 的量，并依照第 56 道食谱中所述制备成 **Mudirpaagu**（完全浓缩糖浆）。

Note 1: Wherever almonds are to be used in recipes, soak the almond Seeds in hot water, peel the brown skin and slice them into small clove-like pieces. These can be used by frying or without as mentioned in the respective recipes. If Cashew nuts are to be used, remove the red skin, roast and use.

注1：凡是在食谱中使用杏仁的地方，将杏仁浸泡在热水中，剥去褐色外皮，切成丁香状小粒。杏仁碎丁可经煎炒，或未经焙炒使用，依相应食谱所述。若要用到腰果，去其红皮，煨烤使用。

Note 2 : Wherever dry grapes are mentioned in recipes, clean any dirt, remove the stalks and any unwanted particles. Wash it gently with water. Press them with a thin cloth to dry them. Roast them in ghee and add it to the respective dish. In some cases, it is also used without roasting but using them after roasting is best.

注2：凡是在食谱中提到葡萄干之处，清掉所有杂垢，去除茎及任何不需要的颗粒。用水轻轻清洗。用薄布压干，在酥油中焙烤，再添到各自的菜肴中。某些情况下，也可以未经烘焙使用，但烘焙后用是最好的。

another variety of coconut
ಇಲದಲೆ ನೆಲೆ (ಲಾಲ್ಲರೂವಿಲಾ
ಲೆನಗ್ಗಲೆ ಇಲಲೆನಲೆ ಇಲದಲೆ/
ನಾಲಲೆಲೆಲೆ)

椰丝甜米饭（另一版本）

ingredient	原料
Small Rice	½ padi 碎米／短粒米
Water	1½ padi 净水
Saffron	¼ palam 藏红花
Grated Coconut	12 palam 椰丝
sugar**	25 palam 糖
Milk	¼ padi 牛奶
Dry grapes	2 palam 葡萄干
Almonds	2 palam 杏仁
Cardamom Powder	1 Ru.wt 豆蔻粉
Ghee	10 palam 酥油
Cloves	⅛ Ru.wt 丁香
Rock Sugar	6 palam 冰糖

Small Rice- ½ padi 碎米、短粒米

Water - 1½ padi 净水

Cook this like the 1st Plain rice(Saada saadam) recipe. Once cooked, spread this on a lead coated thaambalam(plate) and let it cool.

依第1道食谱 Saada saadam（普通米饭）的方法煮饭。煮熟后，将其摊在涂铅的 Thaambalam（盘）中，并令其冷却。

Saffron - ¼ palam 藏红花

Dissolve this in 2 Ru.wt milk , add to the rice and mix well.

将其溶解在 2 Ru.wt 牛奶中，加入米饭中搅拌均匀。

Grated Coconut - 12 palam 椰丝

Check if this is clean and mix with the rice.

察看椰丝是否洁净后，与米混合。

Sugar - 25 palam 糖

Milk - ¼ padi 牛奶

Heat both of these in a clean iron frying pan and boil it to *Ilampaagu*(medium condensed syrup) consistency. Pour this on the rice and mix well.

在干净的铁煎锅中加热这两种原料，然后将其煮沸至 *Ilampaagu*（中浓度糖浆）稠度。把这个倒在米饭上，搅拌均匀。

Dry grapes - 2 palam 葡萄干

Almonds - 2 palam 杏仁

Use the almonds and dry grapes as mentioned in Note 1 and 2. Add to the sugar-syrup mixed rice well.

使用注1和注2中提到的杏仁和葡萄干。将糖浆混合均匀加入米饭中。

Cardamom Powder - 1 Ru.wt 豆蔻粉

Add this also in the rice and mix well.

将此也加到米饭里搅拌均匀。

Ghee - 10 palam 酥油

Heat this in a non-oxidising vessel.

在耐氧化的容器中加热。

Cloves - ⅛ Ru.wt 丁香

Fry this in the heated oil and remove the cloves , pour the ghee alone on the rice on the plate and mix well. Place the vessel on the heat of live coal (from burnt firewood).

在热油中煎丁香。取掉丁香，只将酥油倒入盘中的米饭中，拌匀。将盘子置于（燃木而成的）活热炭上。

Rock Sugar - 6 palam 冰糖

Powder the rock sugar to pepper size particles. Mix with the rice and then use it.

冰糖磨成胡椒大小的颗粒。与米饭混合拌匀后用之。

Note 1: Wherever almonds are to be used in recipes, soak the almond Seeds in hot water, peel the brown skin and slice them into small clove-like pieces. These can be used by frying or without as mentioned in the respective recipes. If Cashew nuts are to be used, remove the red skin, roast and use.

注1：凡是在食谱中使用杏仁的地方，将杏仁浸泡在热水中，剥去褐色外皮，切成丁香状小粒。杏仁碎丁可经煎炒，或未经焙炒使用，依相应食谱所述。若要用到腰果，去其红皮，煨烤使用。

Note 2 : Wherever dry grapes are mentioned in recipes, clean any dirt, remove the stalks and any unwanted particles. Wash it gently with water. Press them with a thin cloth to dry them. Roast them in ghee and add it to the respective dish. In some cases, it is also used without roasting but using them after roasting is best.

注2：凡是在食谱中提到葡萄干之处，清掉所有杂垢，去除茎及任何不需要的颗粒。用水轻轻清洗。用薄布压干，在酥油中焙烤，再添到各自的菜肴中。在某些情况下，也可以未经烘焙使用，但烘焙后用是最好的。

* **Ilampaagu** means - take a little of the boiling sugar solution(from which dirt has been removed) with a ladle, cool it down and take it in the index finger and touch it with the thumb. While separating the 2 fingers, the syrup should form an unbroken string of one angulam (about one inch) length. At this consistency, know that this is **Ilampaagu** (medium condensed syrup).

* **Ilampaagu** 的意思是——取一勺糖液（已除垢淀），将其冷却并点在食指上，用拇指捻。在分开2个手指时，糖浆应形成一段1角（约1英寸）长的不断糖丝。有这种黏稠度便知道是 **Ilampaagu**（中浓度糖浆）。

लान्गो एक्स्ट्रैक्ट रोट्टे

(लालबजहराडा इादाल)

芒果汁米饭

इंग्रदीएन्ट	原料
Good Quality Rice	½ padi 优质米
Ghee	1 palam 酥油
Mango Juice Extract*	2 padi 芒果汁*
Sugar**	25 palam 糖**
Cardamom Powder	½ palam 豆蔻粉
De-skinned Almonds	5 palam 去皮的杏仁
Dry Grapes	5 palam 葡萄干
Good Quality Ghee	2 palam 优质酥油
Rock Sugar	5 palam 冰糖

This is also mostly used by Northern Maharashtrians. This is very delicious.

此饭也多为北马哈拉施特拉邦人食用。非常香甜美味。

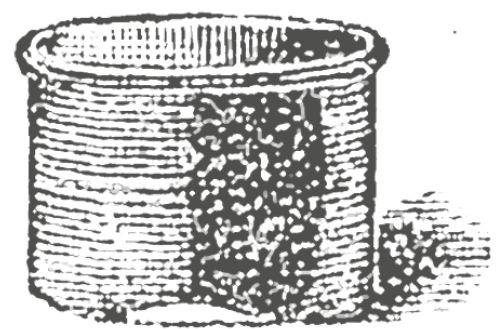
Good Quality Rice - ½ padi 优质米

Wash this well and drain the water. Then, 淘净米，沥干水。随后，

Ghee - 1 palam 酥油

Pour this in a big bogini vessel (cylindrical wide mouthed vessel, not too deep) and heat it. Add the drained rice. Roast the rice until it turns slightly reddish in color.

将此倒入一个大 Bogini（直筒甑，不要太深）中加热。加入沥干的米。将米煸炒至色泽微红。



பித்தளைப்
போகினி.

Pithalai Bogini
黄铜大直筒甑

Mango Juice Extract*- 2 padi 芒果汁

Choose sweet and very juicy mangoes . Gently squeeze it and filter the juice in a lead coated vessel. Measure the extracted juice as per the above given quantity. Heat this in a 3 padi water capacity vessel. When this juice starts boiling, add the

roasted rice in it and stir with a lead coated ladle, and cover the vessel. Then, check whether the rice has cooked $\frac{3}{4}$ th,

选择甜美多汁的芒果。轻轻挤榨并在涂铅容器中过滤果汁。依量提取汁液。在一个容量 3 padi 的锅器中加热。果汁开始煮沸时，将炒好的米加入其中，用涂铅的勺子搅拌，盖上容器。然后，查看米饭是否已 $\frac{3}{4}$ 分熟，

Sugar** - 25 palam 糖**

Add this to the rice and mix.

将糖加入米饭中搅拌。

Cardamom Powder - $\frac{1}{2}$ palam 豆蔻粉

De-skinned Almonds - 5 palam 去皮的杏仁

Dry grapes - 5 palam 葡萄干

Prepare this as mentioned in the Note and add them one after the other to the rice, and stir.

依照注释中的方法备制上述食材，然后依次添入米饭中，随即搅拌。

Good quality ghee - 15 palam 优质酥油

Pour this on the rice, stir well and remove the vessel from the stove. Place the vessel on the heat of the live coal (from the burnt firewood) and keep it covered for 5 minutes. Then, before serving,

将油浇在米饭上，拌匀后从灶上取下容器。将容器置于（燃木而成的）活热炭上并盖上盖焖 5 分钟。其后，在盛用之前，

Rock Sugar - 5 palam 冰糖

Powder the rock sugar to pepper size particles. Mix with the rice and then use it.

将冰糖粉磨成胡椒大小的颗粒。与米饭混合，然后使用。

* To squeeze out the juice of the mango, mangoes which are fibrous and sweet and not fleshy, are best.

* 榨芒果汁，用高纤维味甜而果肉不多的芒果，最为适合。

****** *If needed, the quantity of the sugar can be increased and also it can be made into syrup and used. For this, add ¼ portion more of the existing sugar quantity and prepare as mudirpaagu (fully condensed syrup) as mentioned in recipe number 56.*

****** 若需，可增加糖量，也可制成糖浆使用。若此，添加 ¼ 份现有糖量，并依照第56道食谱中所述制备成 **mudirpaagu**（完全浓缩糖浆）。

Note 1: Wherever almonds are to be used in recipes, soak the almond Seeds in hot water, peel the brown skin and slice them into small clove-like pieces. These can be used by frying or without as mentioned in the respective recipes. If Cashew nuts are to be used, remove the red skin, roast and use.

注1：凡是在食谱中使用杏仁的地方，将杏仁浸泡在热水中，剥去褐色外皮，切成丁香状小粒。杏仁碎丁可经煎炒，或未经焙炒使用，依相应食谱所述。若要用到腰果，去其红皮，煨烤使用。

Note 2 : Wherever dry grapes are mentioned in recipes, clean any dirt, remove the stalks and any unwanted particles. Wash it gently with water. Press them with a thin cloth to dry them. Roast them in ghee and add it to the respective dish. In some cases, it is also used without roasting but using them after roasting is best.

注2：凡是在食谱中提到葡萄干之处，清掉所有杂垢，去除茎及任何不需要的颗粒。用水轻轻清洗。用薄布压干，在酥油中焙烤，再添到各自的菜肴中。在某些情况下，也可以未经烘焙使用，但烘焙后用是最好的。

saanja
传统早餐

ingredient	原料
Ghee	7 palam 酥油
Wheat Grits i.e. Dalia	½ padi 麦碎／布格麦
Water	1 padi 净水
sugar**	20 palam 糖
Cardamom Powder	¼ palam 豆蔻粉
Cashew Nuts or Almonds	3 palam 腰果／杏仁

Ghee - 2 palam 酥油
Pour this in a frying pan and heat it.
将其倒入煎锅中加热。

Wheat Grits i.e. Dalia - ½ padi 麦碎／布格麦
Add this to the heated oil and roast to a sandy color. Transfer this to a plate and keep aside.
将其倾入热油中并翻炒成沙色。将其盛入盘里，放置一旁。

Water - 1 padi 净水
Pour this in a vessel and heat. When the water boils, add the roasted wheat grits and mix.
将其倒入容器中并加热。当水沸腾时，加入炒过的麦碎，搅拌。

Sugar - 20 palam 糖
Cardamom Powder - ¼ palam 豆蔻粉
Cashew nuts or almonds - 3 palam 腰果／杏仁
Prepare the almonds or cashews as given in the note. Mix this with sugar and cardamom powder. Add this to the saanja and mix. Once the water is completely absorbed and the wheat grits cook like rice, keep it for sometime on the heat of live coal (from burnt firewood).
以注释中给出的方法备制杏仁或腰果。将其与糖、豆蔻粉混合。添入麦碎饭中拌匀。饭中水份被完全吸收且麦碎如米饭般熟软时，将其置于活性炭（燃木炭化而成）上热一段时间。

Ghee - 5 palam 酥油

Check the quality of ghee, add to the saanja and mix. After a while, use it.

察看酥油的质量，加入餐中并拌匀。过一阵后，用之。

Note : Wherever almonds are to be used in recipes, soak the almond Seeds in hot water, peel the brown skin and slice them into small clove-like pieces. These can be used by frying or without as mentioned in the respective recipes. If Cashew nuts are to be used, remove the red skin, roast and use.

注：凡是在食谱中使用杏仁的地方，将杏仁浸泡在热水中，剥去褐色外皮，切成丁香状小粒。杏仁碎丁可经煎炒，或未经焙炒使用，依相应食谱所述。若要用到腰果，去其红皮，煨烤使用。

चोरा

麦碎 / 扁米

ingredient	原料
Ghee	6 palam 酥油
Wheat Grits i.e. Dalia / Chira	¼ padi 麦碎 / 扁米
Milk	¾ padi 牛奶
Sugar	10 palam 糖
Dry Grapes	2½ palam 葡萄干
Almonds	2½ palam 杏仁
Cardamom Powder	¼ palam 豆蔻粉
Saffron	4 Ru.wt 藏红花
Rock Candy	5 palam 冰糖

The citizens of this nation call this as Noi Halva. This dish can be used as an accompaniment with dishes like poori, which are not sweet.

该国公民称之为 Noi Halva。这道食物可以用来搭配如 **Poori** (一种饼) 这类无甜质菜品。

Ghee - 1 palam 酥油
Pour this in a frying pan and heat it.
将其倒入煎锅中加热。

Wheat Grits / Dalia / Chira - ¼ padi 麦碎 / 扁米
Add this to the heated oil and roast to a sandy color.
将其倒入热油中，翻炒至沙色。

Milk - ¾ padi 牛奶
Pour this in a vessel and heat it. As soon as it starts boiling, add the roasted wheat grits in it and mix. When it comes to a boil, 将其倒入容器中并加热。奶一起沸沫，即刻加入油炒过的麦碎并搅拌。煮至沸腾，

Sugar - 10 palam 糖

Add this to the boiling wheat grits and stir continuously. When it boils thrice (moondru kothi)

将糖加入沸奶麦碎中并不断搅拌。煮沸三回 (moondru kothi)

Dry Grapes - 2½ palam 葡萄干

Almonds - 2½ palam 杏仁

Cardamom powder - ¼ palam 豆蔻粉

Powder the cardamom, and prepare the almonds and grapes as given in Note 1 and 2. Add these in the chira.

将豆蔻粉磨成粉，然后依照注释 1 和 2 中的方法备制杏仁和葡萄干。将其添入麦碎饭中。

Saffron - 4 Ru.wt 藏红花

Dissolve this in 1 Ru.wt milk and add to the chira. Mix well and remove from the stove.

将其溶入 1 Ru.wt 牛奶并添入饭中。拌匀后从炉中取下。

Ghee - 5 palam 酥油

Pour this in the chira and place the vessel on the heat of live coal(from burnt firewood) for 5 minutes. While serving,

将其倒入饭中，并将容器放在（燃木而成的）热活炭上 5 分钟。盛用时，

Rock Candy - 5 palam 冰糖

Powder this to pepper size particles. Sprinkle on the chira, mix and use it.

将其磨成胡椒大小的颗粒。撒在麦碎饭上，拌开并用之。

Note 1 : Wherever almonds are to be used in recipes, soak the almond Seeds in hot water, peel the brown skin and slice them into small clove-like pieces. These can be used by frying or without as mentioned in the respective recipes. If Cashew nuts are to be used, remove the red skin, roast and use.

注1：凡是在食谱中使用杏仁的地方，将杏仁浸泡在热水中，剥去褐色外皮，切成丁香状小粒。杏仁碎丁可经煎炒，或未经焙炒使用，依相应食谱所述。若要用到腰果，去其红皮，煨烤使用。

Note 2 : Wherever dry grapes are mentioned in recipes, clean any dirt, remove the stalks and any unwanted particles. Wash it gently with water. Press them with a thin cloth to dry them. Roast them in ghee and add it to the respective dish. In some cases, it is also used without roasting but using them after roasting is best.

注2：凡是在食谱中提到葡萄干之处，清掉所有杂垢，去除茎及任何不需要的颗粒。用水轻轻清洗。用薄布压干，在酥油中焙烤，再添到各自的菜肴中。在某些情况下，也可以未经烘焙使用，但烘焙后用是最好的。

pudding (thirivaathirai)

湿婆神节日布丁

ingredient		原料
Rice	1 padi	米
Water	2½ padi	净水
Roasted Petite Yellow Lentil / Yellow Moong Dal	¼ padi	煨焙过的小黄扁豆/黄孟恩豆
Bengal Gram/Chana Dal	⅓₂ padi	鹰嘴豆
Grated Coconut	5 palam	椰丝
Jaggery	½ veesai	粗蔗糖
Cashew Nuts	5 palam	腰果
Cardamom Powder	½ Ru.wt	豆蔻粉
Ghee	⅛ padi	酥油

This dish is mostly prepared as Neivedyam (sacred food offering) by Smartha Dravida brahmins of Chennai, Tamil Nadu during Maargazhi months on Thirivaathirai. This is very delicious and healthy.

这道甜品主要是为泰米尔纳德邦钦奈的 Smartha Dravida 婆罗门在 Thirivaathirai 的 Maargazhi月期间作为供品而备制的，非常美味健康。

Rice - 1 padi 米

Pound and clean this. Put it little by little in a frying pan and roast until it turns slightly reddish in color. Grind this into a flour.

舂米，清米。倒入煎锅，煨焙至色泽微红。磨成面粉。

Water - 2½ padi 净水

Pour this in a non-oxidising vessel and heat it. After it starts boiling,

将其倒入耐氧化的容器中并加热。开始沸腾后，

Roasted Petite Yellow Lentil / Yellow Moong Dal

- veesam $\frac{1}{16}$ padi 烘焙过的小黄扁豆／黄孟恩豆

Bengal Gram / Chana Dal - half veesam $\frac{1}{32}$ padi 鹰嘴豆

Prepare the petite yellow lentil as mentioned in the note and add to the boiling water. Add the bengal gram without roasting into the same boiling water. Once it is half cooked, 依照注释中的方法准备小黄扁豆，然后加入沸水中。将没被烤的鹰嘴豆加入相同的沸水中。半熟后，

Grated Coconut - 5 palam 椰丝

Jaggery - $\frac{1}{2}$ veesai 粗蔗糖

Add this with the half cooked lentils and mix. Once the jaggery melts, add the ground rice flour and mix. Cover the vessel. After a few minutes,

将其与半熟的扁豆一起加入并混合。一旦粗蔗糖融化，加入磨碎的粘米粉并混合。盖上容器。几分钟后，

Cashew Nuts - 5 palam 腰果

Cardamom Powder - $\frac{1}{2}$ Ru.wt 豆蔻粉

Ghee - $\frac{1}{8}$ padi 酥油

Add these in the kali (pudding) one after the other and mix well. Remove the vessel from the firewood stove and place on the heat of live coal (from burnt firewood) for some time. Then take it and use it.

将上述食材依次添入布丁中，搅拌均匀。从柴火灶上取下容器，置于（燃木而成的）活热炭上一段时间。然后盛出并用之。

The flour used in the recipe can be prepared by soaking the rice in water, drying, powdering and then roasting it instead of roasting and then powdering. If this kali (pudding) should be non-sticky like upma, the quantity of water added should be less. If it should be clayey like pudding, the quantity of water should be more.

食谱中使用的粘米粉可以通过将米泡水、晒干、磨粉、烘烤来制备，而不是先烘烤然后磨粉。若这道kali（布丁）应

如upma（米糕）一样不粘，那么加入的水量应较少。若应像布丁一样粘稠，那么水量应更多。

Note: Whenever roasted moong dal/roasted petite yellow lentils is mentioned in the ingredients of any recipe, moong dal should not be roasted directly, instead whole lentils should be roasted properly (until it turns reddish in color and gives aroma), broken and made as dal and then used. Dal prepared in this method will be tasty and aromatic.

注：凡是食谱的原料中提到煨制过的孟恩豆／小黄扁豆，不应旺炒，而要恰当地煨炒整豆（直至泛微红并散发出豆香），使其碎裂，制成孟恩豆以便待用。用这种方法制备的孟恩豆既美味又芳香。

spicy pancake (karadai)

香饼

ingredient		原料
Good Quality Rice	1 padi	优质米
Split Bengal Gram/Chana Dal	1/8 padi	鹰嘴豆瓣
Water	3/4 padi	净水
Coconut pieces	5 palam	椰块
Jaggery	1/2 veesai	粗蔗糖
Cardamom Powder	1/2 Ru.wt	豆蔻粉

Good Quality Rice - 1 padi 优质米
Wash this well and drain the water. Soak for some time, pound and make as flour. Roast it in a frying pan until it turns reddish in color.
淘米，沥干水份。浸泡一段时间，捣碎，做成粘米粉。在煎锅里煨炒，直至米粉泛红。

Split Bengal Gram / Chana Dal - 1/8 padi 鹰嘴豆瓣
Roast this with little ghee until it turns reddish.
用少许酥油将其炒至微红。

Water - 3/4 padi 净水
Pour this in a vessel and heat it. When it starts boiling well, 将其倒入容器中并加热。当水开始沸腾时，

Coconut pieces - 5 palam 椰块
Jaggery - 1/2 veesai 粗蔗糖
Cardamom Powder - 1/2 Ru.wt 豆蔻粉
Among these, first add the jaggery to the boiling water. After it has melted completely, add the roasted rice, bengal gram, coconut pieces and cardamom powder in the boiling water and mix well. Remove from the firewood stove and pour this in a big platter and stir. After it cools down a little, sprinkle some water and knead nicely. Make mango sized balls, place them on the palm and flatten them to finger-width pancakes.

这几样料中，先将粗蔗糖加入沸水中。待完全融开后，再将煨粘米粉、炒鹰嘴豆、椰块和豆蔻粉加入沸水中，和匀。从柴火炉中取下，倒在一个大盘子里搅拌。稍稍凉后，洒些水，揉匀。分搓成芒果大小的面球，将其置于掌上，压成与手指同宽的面饼。

Water - ¼ padi 净水

*Pour this in a round vessel with a wide mouth or **bogini**. Place some paddy straw on the water like a bed (such that the straw stands above the water level). Once the water starts boiling, place a few pancakes on the straw. Place some more paddy straw on these pancakes and cover them. Cover the vessel such that no vapour escapes out. After 10 minutes, open the lid and press the pancakes with a finger. If it is firm and stiff, know that it is cooked properly. Cook the rest of the pancakes in the same way.*

将其倒在一个广口釜锅或 **Bogini** (甑) 中。像铺床一样铺些稻杆在水面上（稻杆高于水位）。一旦水开始沸腾，在稻杆上放些面饼。再在饼上铺盖一层稻杆。盖好锅盖，确保蒸汽没有外逸。10分钟后，打开锅盖，用一指按饼。如饼面硬而结实，说明已熟。剩下的面饼用同样的方法蒸熟。

In practice, along with bengal gram, black-eyed peas, green moong and almonds are also added.

在实践中，除了鹰嘴豆之外，也会添些黑眼豆、绿孟恩豆和杏仁。

ವಹಿಡಾತ್ ಗ್ರಿಟ್ಸ್ ಓ ಓಲಂಡೆ ಲೋಡೆ
bread (ಛೊಥುಲಾಂಝಿಝುಲ
ಞಾಥುಲಾಂಝಿಝುಲ
ಓಂಡಾ ರೊತಿ)

麦碎杏仁饼

ingredient		原料
Wheat Grits	½ padi	麦碎
Ghee	¼ padi	酥油
Almonds	7½ palam	杏仁
Pistachio	7½ palam	开心果
Rock Candy	½ veesai	冰糖
Kasturi	4 ku.wt	野生姜黄
Saffron	8 ku.wt	藏红花
Rose water	1/16 padi	玫瑰水

Wheat Grits - ½ padi 麦碎

Ghee - ¼ padi 酥油

Almonds - 7 ½ palam 杏仁

Pistachio - 7 ½ palam 开心果

Rock Candy - ½ veesai 冰糖

Among these, deskin the almonds and pistachio and pound well along with rock candy. Mix this with the wheat grits and add ghee. Knead as a tight dough.

将杏仁和开心果去皮，与冰糖一起碾碎。将其与麦碎混合并加入酥油。揉成一个紧密的面团。

Kasturi - 4 ku.wt 野生姜黄

Saffron - 8 ku.wt 藏红花

Rose water - veesam 1/16 padi 玫瑰水

Dissolve the saffron and kasturi in the rose water and add this to the dough. Knead once again and make lemon sized balls. Pat them into vadas(small circles) and place them on a plate in which oxidation does not take place. Cover this with another plate. Put live coal pieces below the bottom plate and above the covered plate until it cooks properly and gives aroma. Then take it and use it.

将藏红花和野生姜黄粉溶入玫瑰水中，随即加入面团中。再次揉面，做成柠檬大小的面球。将面球拍成小圆饼并放在耐氧化的盘子上。用另一个盘子盖住。将一些活性炭块置于底盘下方和盖盘上方，直到饼熟透并发出香气。随后取出用之。

This plate can be kept in Koondu-aduppu (which is brick-like in shape- long, square and tall) or Anal aduppu (fire wood stove) and cooked as mentioned in previous roti recipes.

盘子可以架在 **Koondu-aduppu**（长、方和高外型像块巨砖的窑炉灶）或 **Anal-aduppu**（燃柴炉）上，并依照之前的面饼食谱所述烘烤面饼。

चररीटु रीट्ट (chitrannaal)

不同种类的米饭

These varieties of rice are always a part of the special recipes which are prepared during hindu occasions like marriage, commemoration and on such auspicious or inauspicious days. Among these, some varieties of rice are like medicine for the body. Some are only tasty but will create ill-health. Such dishes should be prepared rarely and limitedly.

这些不同种类的饭食是在印度教场合如婚庆、纪念及吉日或不吉之日准备的特殊食谱的一部分。其中，一些饭类如身体的良药。一些只是味美，却会导致身体不佳，此类应少量而有度地备制。

talarinde not
(pulorai/puliyanchadal)

罗望子饭

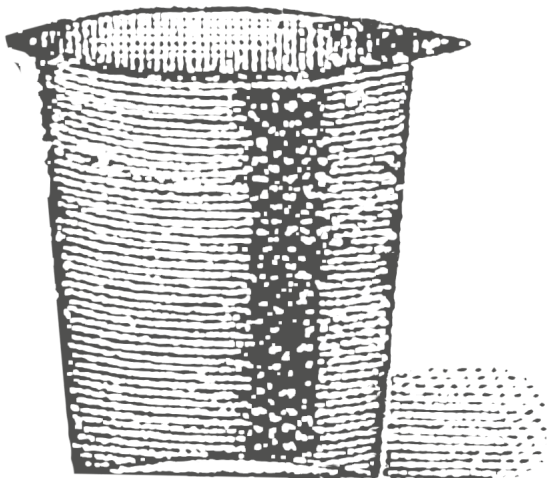
ingredient		原料
Rice	½ padi	大米
Water	2 padi	净水
Gingelly Oil	9 palam	未精炼芝麻油
Tamarind	6 palam	罗望子
Salt	1½ palam	盐
Red Chilli	2 palam	干红辣椒
Mustard Seeds	¼ palam	芥菜籽
Fenugreek Seeds	½ Ru.wt	胡芦巴籽
Asafoetida	⅛ Ru.wt	阿魏胶
Turmeric Powder	¼ Ru.wt	姜黄粉
Curry Leaves	1 Ru.wt	咖喱叶

Rice - ½ padi 大米

Water - 1½ padi 净水

Cook this rice as given in the 1st Rice recipe by distilling starch. Transfer the rice into a **karchattikal** (soft-stone pot) or on **karpalagai** (granite slab) and mix. While the rice is still slightly hot,

依照第一道米食谱中的方法，备制沥除淀粉的米饭。将米转盛到 **karchattikal**（软石甑）或 **karpalagai**（花岗岩板）上并拌开。趁米饭尚有余热时，



கர்ச்சட்டி.

Karchattikal 软石甑

Gingelly Oil - 3 palam 未精炼芝麻油

Pour this on the rice and mix it well using the fingers.

将其倒在饭上，用手指翻拌均匀。

Water - ½ padi 净水

Tamarind - 6 palam 罗望子

Put these in a lead coated vessel, extract the pulp and remove the Seeds and remnants.

将这些放入涂铅容器中，取果肉并去籽和渣。

Salt - 1½ palam 盐

Powder this and add to the tamarind extract.

将其磨成粉并加入罗望子中。

Gingelly Oil - 6 palam 未精炼芝麻油

Heat this in a non-oxidising vessel. As soon as it has heated up,

在耐氧化的容器中加热。一热起来，

Red Chilli - 2 palam 干红辣椒

Mustard Seeds - ¼ palam 芥菜籽

Fenugreek Seeds - ½ Ru.wt 胡芦巴籽

Asafoetida - ⅛ Ru.wt 阿魏胶

Prepare the seasoning using these ingredients as per Recipe number 22 and in that,

依照第 22 道食谱使用这些原料准备调味料，在料中，

Turmeric Powder - ¼ Ru.wt 姜黄粉

Curry Leaves - 1 Ru.wt 咖喱叶

Add these two in the seasoning and mix well. Add the prepared tamarind extract to this and stir continuously without letting it burn at the bottom of the vessel. Check for Legiyam (thick paste) consistency after all the water has evaporated. Put this on the rice which is on the slab and mix really well. If this paste is tied in an areca leaf and stored, it will remain good and not spoil for upto 10 to 15 days.

再加这两味香料，拌匀。将备好的罗望子加入其中并不断搅拌，使其不会黏着器底而焦糊。水全蒸发后察看 Legiyam（浓酱／膏）的稠度。把酱膏添入盘内的米饭中，悉心拌匀。若将此酱膏以槟榔叶包裹储存，能保其品质，且 10 到 15 天内不会变质。

इहइवलह = powder variety rice
(दीपुपुदी चोत्राण्णल)

香粉芝麻荟饭

ingredient	原料
Small Rice	½ padi 碎米／短粒米
Water	1¾ padi 净水
Turmeric Powder	¼ Ru.wt 姜黄粉
Gingelly Oil	9 palam 未精炼芝麻油
Tamarind	3¼ palam 罗望子
Powdered Salt	½ palam 盐末
Red Chilli	1 palam 干红辣椒
Mustard Seeds	½ palam 芥菜籽
Peanuts	6 palam 花生米
Curry leaves	¼ palam 咖喱叶
Asafoetida	⅛ Ru.wt 阿魏胶
De-skinned and Roasted Sesame Seeds Powder	2 palam 去壳煨烤过的芝麻粉

This rice should always be consumed in limited quantities. If taken in large quantities it will cause Pitta related issues like thirst, giddiness etc. Since this is highly delicious, it is best to drink hot water immediately after consuming this. By drinking hot water, the bad qualities of this dish will be removed.

此饭品应始终有度食用。大量食入会引起口渴、头晕等火型相关问题。此饭香浓美味，用后宜立即喝热水。经由喝热水，可排掉其不良品质。

Small Rice- ½ padi 碎米／短粒米

Water - 1½ padi 净水

Turmeric Powder - ¼ Ru.wt 黄姜粉

Add the turmeric powder in water and use this water to cook the rice as given in the 1st Rice recipe. When the rice is cooked and then placed on the live coal,

将姜黄粉加入水中，用此水煮饭，方法如第1道食谱中所述。煮熟后将饭器架在热活性炭上，

Gingelly Oil - 3 palam 未精炼芝麻油

Pour this all around on the rice, gently and nicely mix the rice without smashing it. Then, gather the rice into a heap and keep it aside.

将其浇在饭四周，轻柔拌开，不要把饭粒弄碎。然后，将饭拢成一堆并放置一边。

Water - ¼ padi 净水

Tamarind - 3 ¼ palam 罗望子

Put these in a lead coated vessel, extract the pulp and remove the Seeds and remnants.

将二者放入涂铅容器中，取果肉，去籽和渣。

Powdered Salt - ½ palam 盐末

Add to the tamarind extract.

将盐末和入罗望子。

Gingelly Oil - 6 palam 未精炼芝麻油

Heat this in a frying pan. As soon as it has heated up, 在煎锅中热芝麻油。一旦油热熟，

Red Chilli - 1 palam 干红辣椒

Pinch them into small pieces, add them to the heated oil. Once they are half fried.

将其捻成小片，加入热油中。一旦辣椒半熟。

Mustard Seeds - ½ palam 芥菜籽

Add this to the chilli. When the 'sada pada'(spluttering) sound starts and half the mustard Seeds have cracked,

将其加到辣椒里。当噼啪声响起，一半芥菜籽裂开时，

Peanuts - 6 palam 花生米

Soak this earlier and drain all the water and dry it. Add this to the seasoning and stir well. Once the peanuts have roasted well, remove the seasoning from the firewood stove.

提前浸泡，沥去水份，晾干。将此加入调料热油中拌炒。

花生炒熟后，将此料从柴炉上取下。

Curry leaves - ¼ palam 咖喱叶

Asafoetida - ⅛ Ru.wt 阿魏胶

Add these two to the seasoning and once the ‘sada pada’ (cracking) sound stops, take out the asafoetida block alone, powder it and add it back into the seasoning. Add the prepared tamarind extract and keep it on the firewood stove again. Keep stirring and check for a thick paste like consistency. Then add it to the heap of rice,

将这两种食材添入调料油中，一旦“sada pada”的喷溅声停息，取出阿魏胶，磨成粉末，再重新添入调味料中。加入备制好的罗望子，再次架到柴炉上。继续搅拌并察看稠度。将调味料添入米饭，

De-skinned and Roasted Sesame Seeds Powder - 2 palam

去壳煨烤过的芝麻粉

Sprinkle this on the rice. Mix everything together well and use it. 将其洒在米饭上。将所有食材和在一起后用之。

इहइवलह powder रोटेह
(होपुठो इहवदाल)

芝麻粉饭

इंग्रदोएन्ड	原料
Rice	½ padi 米
Water	1½ padi 净水
Heated Ghee	1½ palam 热酥油
Dehulled Sesame Seeds	⅛ padi 去壳芝麻
Red Chilli	½ palam 干红辣椒
Crystal Salt	½ palam 晶盐
Ghee	6 palam 酥油
Black Gram/Urad Dal	½ palam 黑豆
Mustard Seeds	¼ palam 芥菜籽
Curry leaves	¼ Ru.wt 咖喱叶

This rice also has to be consumed limitedly like the previous rice.
此饭也须像前一种饭一样少量食用。

Rice -½ padi 米

Water - 1½ padi 净水

Cook this rice as given in the 1st Rice recipe by distilling starch. Transfer the rice into a karpalagai (granite slab) or a taambaalam (plate) in which oxidation does not occur, and stir well. Once it slightly cools,

依照第1道食谱中的方法，烹煮沥除了淀粉的米饭。将米转盛到耐氧化的 karpalagai（花岗岩板）或 Taambaalam（盘）中，并充分拌开拌松。一旦微凉，

Heated Ghee - 1½ palam 热酥油

Add this in the rice and mix well using the fingers.

将其加到米饭里，用手指搅拌均匀。

Dehulled Sesame Seeds - ⅛ padi 去壳芝麻

Red Chilli - ¼ palam 干红辣椒

Crystal Salt - ½ palam 晶盐

Among these, soak the sesame Seeds alone for sometime in water and spread on a clean floor and rub them nicely,

making it white. Then roast the sesame in a frying pan until it turns reddish. Then roast the chill also separately. Add these two together and mix salt along with them. Put this in an Ural (large pounding mortar) and pound them. Sprinkle this on the prepared ghee mixed rice and stir once again with fingers. Then,

将芝麻浸泡在水中一段时间，然后铺在干净的板上，悉心摩擦，使其返白。在煎锅中将其焙至微红。然后将辣椒单煸。将此两者和在一起，撒入盐，拌一拌。将其放入 Ural（研磨钵）中捣碎。将其洒在准备好的酥油拌饭上，再用手指拌和一遍。然后，

Ghee - 6 palam 酥油

Red Chilli - ¼ palam 干红辣椒

Black Gram - ½ palam 黑豆

Mustard Seeds - ¼ palam 芥菜籽

Curry Leaves - ¼ Ru.wt 咖喱叶

Prepare the seasoning as mentioned in recipe number 22, in a frying pan and mix the seasoning in the sesame powder mixed rice. Then stir well and use it.

依照第22道食谱的方法，以上述食材在煎锅中烹制调味料，并将味料与芝麻粉饭混合。然后拌匀用之。

લપડારવે અને તૌત્રાનાનલ
ચારોટ્ટુ નોંદ (kadeaggu
thenngai choitraannal)
芥末椰饭

ingredieent	原料
Small Rice	½ padi 碎米／短粒米
Water	1½ padi 净水
Mustard Seeds	¾ palam 芥菜籽
Red Chilli	½ palam 干红辣椒
Grated Coconut	2½ palam 椰丝
Turmeric Powder	⅛ palam 姜黄粉
Powdered salt	¾ palam 盐末
lemons	4 柠檬
Ghee	6 palam 酥油
Black Gram/Urad Dal	½ palam 黑豆
Asafoetida	⅛ Ru.wt 阿魏胶
Curry Leaves	¼ palam 咖喱叶

The mustard Seeds used in this variety of rice help control Vatha related issues and have the power to melt cyst in the stomach. It is best to be consumed frequently by individuals suffering from Vatha related issues and stomach cysts . Others should consume this rarely and limitedly. Pregnant women especially should never consume this.

此饭中使用的芥菜籽有助于控制与风型相关的问题，并具有消散胃中囊肿的能力。有风型相关问题者及胃囊肿患者时常食用为最佳。其他人应少量而有度地食用。孕妇尤不应食用。

Small Rice - ½ padi 碎米／短粒米

Water - 1½ padi 净水

Cook this rice as given in the 1st Rice recipe . Transfer the rice onto a **karpalagai** (granite slab) and let it cool.

依照第1道食谱中的方法烹制米饭。将米饭转盛到**kar-palagai**（花岗岩板）上，令其冷却。

Mustard Seeds - ½ palam 芥菜籽

Red Chilli - ¼ palam 干红辣椒

Grated Coconut - 2½ palam 椰丝

Turmeric Powder - ⅛ palam 黄姜粉

Sprinkle some water and grind these into a butter-like paste.

Add this spice to the rice on the karpalagai and mix well.

洒些水，将上述食材磨成黄油状的酱料。将这此香料添入花岗岩板上的米饭中，拌匀。

Powdered salt - ¾ palam 盐末

Add this also to the rice and mix.

将其也加入饭中并搅拌。

lemons - 4 个柠檬

Choose big lemons. Place them on a

slab, press them with the palm by rolling it in circular motions.

Cut it into two halves, remove the Seeds and squeeze the juice

on the rice. Mix it well. If the lemons are squeezed too hard,

the juice from the skin will also get mixed and add a bitter

taste. So, squeeze them gently and normally.

选择大个柠檬。将其放于平板上，用手掌以画圆式滚压

柠檬。将其对半切开，去籽，把汁挤在米饭上。拌匀。

若用力挤压，柠檬皮汁也会混入而增添苦味。所以，要

轻柔而用常力地挤压。

Ghee - 6 palam 酥油

Pour this in a frying pan and heat it.

将其倒入煎锅中并加热。

Red Chilli - ¼ palam 干红辣椒

Mustard Seeds - ¼ palam 芥菜籽

Black Gram - ½ palam 印度黑豆

Prepare the seasoning as given in the 22nd recipe. Once the

seasoning is ready,

依照第 22 道食谱中的方法烹制调味料。调料做好后，

Asafoetida - 1/8 Ru.wt 阿魏胶
Smash this and add to the seasoning.
将其捣碎，添入调味料。

Curry Leaves- 1/4 palam 咖喱叶
Add this to the seasoning. Once the sound stops, mix this with
the spice mixed rice and use it.
将其添入调味料。一旦油爆声停息，将其与香料饭混
合，用之。

飯

नोट

तेजोरावरावले

coconut rice (thenngai isavadal)

椰浆饭

饭

riced

isavadal

ingredient	原料
Rice	½ padi 米
Water	1½ padi 净水
Heated Ghee	1½ palam 热酥油
Ghee	6 palam 酥油
Red Chilli	¼ palam 干红辣椒
Black Gram/Urad Dal	½ palam 黑豆
Mustard Seeds	¼ palam 芥菜籽
Curry Leaves	¼ Ru.wt 咖喱叶
Grated Dry Coconut	5 palam 干椰丝
Powdered Salt	½ palam 盐末

Rice - ½ padi 米

Water - 1½ padi 净水

Cook this rice as given in the 1st Rice recipe. Transfer the rice into a **Karpalagai** (granite slab) or a **Taambaalam** (plate) in which oxidation does not occur, and stir well. Once it slightly cools down,

依照第1道食谱中的方法烹制米饭。将米转盛到耐氧化的 **Karpalagai**（花岗岩板）或 **Taambaalam**（盘）中，并充分拌开拌松。饭一微凉，

Heated Ghee - 1½ palam 热酥油

Add this in the rice and mix well using the fingers.

将其加到米饭里，用手指翻拌均匀。

Ghee - 6 palam 酥油

Red Chilli - ¼ palam 干红辣椒

Black Gram - ½ palam 黑豆

Mustard Seeds - ¼ palam 芥菜籽

Curry Leaves - ¼ Ru.wt 咖喱叶

Prepare the seasoning as given in the 22nd recipe. Transfer this seasoning into another vessel in which oxidation doesn't take place.

依照第 22 道食谱中的方法备制调味料。将味料转盛到另一个耐氧化的容器中。

Grated Dry Coconut - 5 palam 干椰丝

Powdered Salt - 1/2 palam 盐末

Use the same frying pan and roast the grated coconut. Add the powdered salt and add to the rice. Mix well using the fingers. Then add the seasoning to the rice, stir it once again and use it after some time.

用同个煎锅煎烤椰丝。加入盐末，一并添入米饭中。用手指轻轻拌。随后将调味料也添入米饭中，再度拌匀后用之。

In practice, 10 palam grated fresh coconut is roasted as mentioned above and then added instead of dry coconut.

在实践中，也可以用 10 palam 鲜椰丝代替干椰丝，煎烤后添入饭中。

black gram powder rice
(ulatthalpodi isadhal)

黑豆粉饭

ingredient		原料
Rice	½ padi	米
Water	1½ padi	净水
Ghee	7½ palam	酥油
Black Gram/Urad Dal	⅝ padi	黑豆
Bengal Gram / Chana Dal	⅙ padi	鹰嘴豆
Petite Yellow Lentil	⅙ padi	小黄扁豆
Powdered salt	¾ palam	盐末
Red Chilli	⅜ palam	干红辣椒
Mustard Seeds	¼ palam	芥菜籽
Curry Leaves	½ Ru.wt	咖喱叶

Rice - ½ padi 米

Water - 1½ padi 净水

Ghee - 1½ palam 酥油

Using these, prepare the rice as prepared in recipe number 74.

以上述原料，依照第74道食谱中的方法烹煮米饭。

Black Gram / Urad Dal - ⅝ padi 黑豆

Bengal Gram/ Chana Dal - veesam ⅙ padi 鹰嘴豆

Petite Yellow Lentil - veesam ⅙ padi 小黄扁豆

Powdered salt - ¾ palam 盐末

Roast each of the lentils separately until they turn slightly reddish. Grind them separately and then mix them. Add the powdered salt to this. Add this powder to the rice and mix.

几种豆子分别焙烤，直至微红。将其单独研磨，然后混合。加入盐末。将此豆粉倒入米饭并搅拌。

Ghee - 6 palam 酥油

Red Chilli - ⅜ palam 干红辣椒

Black gram - ½ palam 黑豆

Mustard Seeds - ¼ palam 芥菜籽

Curry leaves - ½ Ru.wt 咖喱叶

Using this prepare the seasoning as mentioned in Recipe Number 22 and add it to the mixed rice. Mix it well and use.

用以上食材，依照第22道食谱的方法烹制调味料后，将其加入豆米饭中。拌匀后用之。

लेलोन एक्स्ट्रैक्ट चारोटीय नोट
(होपललोतेहापअहा राइहा
चौत्राणनाल)

柠檬汁饭

ingredient	原料
Small Rice	½ padi 碎米／短粒米
Water	1½ padi 净水
Powdered Salt	¾ palam 盐末
Lemon Extract	2 palam 柠檬汁
Turmeric Powder	¼ Ru.wt 姜黄粉
Ghee	6 palam 酥油
Red Chilli	½ palam 干红辣椒
Mustard Seeds	¼ palam 芥菜籽
Black Gram/Urad Dal	¼ palam 黑豆
Bengal Gram / Chana Dal	½ palam 鹰嘴豆
Chopped Green Chilli	½ palam 切碎的青辣椒
Curry Leaves	¼ palam 咖喱叶

Small Rice - ½ padi 碎米／短粒米

Water - 1½ padi 净水

Cook this rice as given in the 1st Rice recipe by distilling starch. Transfer this into a 2 padi water capacity, wide mouthed, lead coated vessel. Stir it and let it cool.

依照第1道食谱中的方法，烹煮沥除淀粉的碎米饭。将其转盛到一个2padi容量的广口铅涂层容器中。拌松，令其冷却。

Powdered Salt - ¾ palam 盐末

Put this in a vessel in which oxidation does not occur.

将其倒入一个耐氧化的容器中。

Lemon Extract - 2 palam 柠檬汁

Pour this into the vessel with salt.

将其浇入盛了盐末的容器中。

Turmeric Powder - ¼ Ru.wt 姜黄粉

Put this also to the lemon extract and stir it. Pour this on the cooled rice and mix it such that the extract spreads throughout the rice.

将姜黄粉也倒入柠檬汁中，搅拌。将其倒在冷却的米饭上并混合，使柠檬汁濡湿整锅饭。

Ghee - 6 palam 酥油

Pour this in a large vessel in which oxidation does not occur. Once it has heated up,

将其倒入一个耐氧化的大容器中。油一热，

Red Chilli - ½ palam 干红辣椒

Mustard Seeds - ¼ palam 芥菜籽

Black Gram- ¼ palam 黑豆

Bengal Gram - ½ palam 鹰嘴豆

Prepare the seasoning using the above ingredients as per recipe number 22.

依照第 22 道食谱使用上述食材备制调味料。

Chopped Green Chilli - ½ palam 切碎的青辣椒

Curry Leaves - ¼ palam 咖喱叶

Add these to the seasoning and slightly roast. Add the lemon mixed rice to the seasoning. Place it on the heat of live coal for 5 minutes. Then take it out.

将其添入调味料中，稍稍煸炒。将柠檬饭和入调味料中。将锅器置于热活性炭上 5 分钟。随后盛出。

તૌત્રા ફ્રુઇટ વારીયેટી રોટલ
(narthalaipazha ras
chitraannam)
橙汁饭

ઇંગ્રેડીયન્ટ્સ	原料
Small Rice	½ padi 碎米／短粒米
Water	1½ padi 净水
Powdered Salt	¾ palam 盐末
Citron Fruit Extract	1¾ palam 柑橘类果汁
Turmeric Powder	¼ Ru.wt 姜黄粉
Ghee	6 palam 酥油
Red Chilli	½ palam 干红辣椒
Mustard Seeds	¼ palam 芥菜籽
Black Gram/ Urad Dal	¼ palam 黑豆
Bengal Gram/ Chana Dal	½ palam 鹰嘴豆
Chopped Green Chilli	½ palam 切碎的青辣椒
Curry Leaves	¼ palam 咖喱叶

This should also be made like Lemon extract Variety Rice (Elummichaipazha rasa chitraannam) - recipe number 76. However, instead of lemon extract, use 1¾ palam citron fruit extract.

此饭也可依第 76 道 *Elummichaipazha Rasa Chitraannam* (柠檬汁饭) 食谱的方法烹制。但不用柠檬汁，代之以 1¾ palam 柑橘类果汁。

કોમટ્ટી પોલદગ્રાનાટે
ઍક્ટ્રાક્ટ વારીયેટી રીસે
(કોમટ્ટી લાઘાડેપીલાપાઝેઠા
રાસા ચીત્રાન્નાલ)

石榴汁饭

ingredient		原料
Small Rice	½ padi	碎米／短粒米
Water	1½ padi	净水
Powdered Salt	¾ palam	盐末
Komatti Pomegranate Fruit	3 palam	石榴汁
Turmeric Powder	¼ Ru.wt	姜黄粉
Ghee	6 palam	酥油
Red Chilli	½ palam	干红辣椒
Mustard Seeds	¼ palam	芥菜籽
Black Gram/ Urad Dal	¼ palam	黑豆
Bengal Gram/ Chana Dal	½ palam	鹰嘴豆
Chopped Green Chilli	½ palam	切碎的青辣椒
Curry Leaves	¼ palam	咖喱叶

This should also be made like Lemon extract Variety Rice (Elummichaipazha rasa chitraannam) - recipe number 76. However, instead of lemon extract, use 3 palam komatti pomegranate fruit extract.

此饭也可依第 76 道 **Elummichaipazha Rasa Chitraannam** (柠檬汁饭) 食谱的方法烹制。但不用柠檬汁，代之以 3 palam 石榴汁。

ઇઠુર પોલદગ્રાનાતે ફ્રુઇટ
ઇઝ્ટ્રાક્ટ વારીયેટી રીસે
(પુલિપ્પુ લાઘાડુલાલપાઝે
રાસા ચીત્રાન્નામ)

酸石榴汁饭

ઁંગ્રેડીયેન્ટઁ		原料
Small Rice	½ padi	碎米／短粒米
Water	1½ padi	净水
Powdered Salt	¾ palam	盐末
Komatti Pomegranate Fruit	2½ palam	酸石榴汁
Turmeric Powder	¼ Ru.wt	姜黄粉
Ghee	6 palam	酥油
Red Chilli	½ palam	干红辣椒
Mustard Seeds	¼ palam	芥菜籽
Black Gram/ Urad Dal	¼ palam	黑豆
Bengal Gram / Chana Dal	½ palam	鹰嘴豆
Chopped Green Chilli	½ palam	切碎的青辣椒
Curry Leaves	¼ palam	咖喱叶

This should also be made like Lemon extract Variety Rice (Elummichaipazha rasa chitraannam) - recipe number 76. However, instead of lemon extract, use 2 ½ palam sour pomegranate fruit extract.

此饭也可依第 76 道Elummichaipazha Rasa Chitraannam (柠檬汁饭) 食谱的方法烹制。但不用柠檬汁，代之以 2½ palam 酸石榴汁。

raw mango extract
variety rice
(લામ્બાઈ રાસા
chitraannam)
芒果汁饭

ingredieન્ટ્સ	原料
Small Rice	½ padi 碎米／短粒米
Water	1½ padi 净水
Powdered Salt	¾ palam 盐末
Komatti Pomegranate Fruit	2½ palam 酸生芒汁
Turmeric Powder	¼ Ru.wt 姜黄粉
Ghee	6 palam 酥油
Red Chilli	½ palam 干红辣椒
Mustard Seeds	¼ palam 芥菜籽
Black Gram/Urad Dal	¼ palam 黑豆
Bengal Gram / Chana Dal	½ palam 鹰嘴豆
Chopped Green Chilli	½ palam 切碎的青辣椒
Curry Leaves	¼ palam 咖喱叶

This should also be made like Lemon extract Variety Rice (Elummichaipazha rasa chitraannam) - recipe number 76. However, instead of lemon extract, use 2 ½ palam sour raw mango extract.
此饭也可依第 76 道Elummichaipazha Rasa Chitraannam（柠檬汁饭）食谱的方法烹制。但不用柠檬汁，代之以 2½ palam 酸的生芒汁。

To extract the juice of the raw mango, peel the top-skin of a sour raw mango. Grate it using a grater. Smash the grated raw mango in a stone Ural (large pounding mortar) using an Olakkai (large wooden pestle) that does not have an iron brush. Put this in a thick clean cloth and squeeze out the juice. Measure the extract as per the given quantity and use it.
提取生芒果汁，需剥除酸味生芒果的表皮。用刨丝器刨碎。用不带铁刷的 Olakkai（大木杵）将生芒块在石制 Ural（研捣钵）中捣成浆。把浆倒在一块干净的厚布上，挤出汁液。依谱量而用。

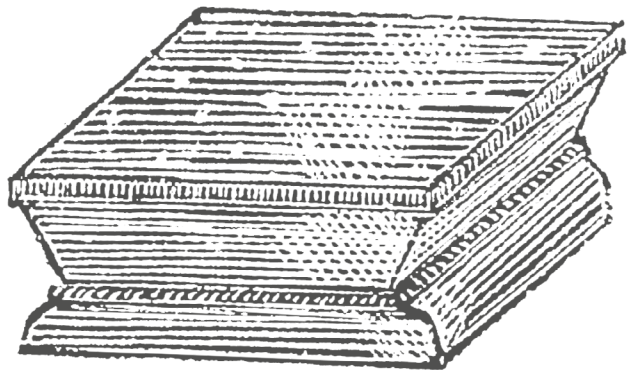
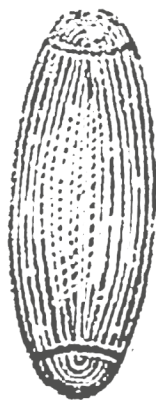
raw langur variety rice
(langrai chotrannal)

生芒果饭

ingredient	原料
Rice	½ padi 米
Water	1½ padi 净水
Mustard Seeds	⅞ palam 芥菜籽
Red Chilli	½ palam 干红辣椒
Grated Coconut	2½ palam 椰丝
Turmeric Powder	¼ Ru.wt 姜黄粉
Powdered Crystal Salt	¾ palam 晶盐粉
Grated Sour Mango	3 palam 酸芒果丝
Ghee or Gingelly Oil	¼ palam 酥油或未精炼芝麻油
Bengal Gram / Chana Dal	½ palam 鹰嘴豆
Black Gram / Urad Dal	½ palam 黑豆
Asafoetida	⅛ Ru.wt 阿魏胶

Rice - ½ padi 米
Water - 1½ padi 净水
Cook this rice as given
in the 1st Rice recipe by
distilling starch. Transfer
this into a 2 padi water
capacity, wide mouthed,
lead coated vessel. Stir it
and let it cool.

依照第1道食谱中的方
法，通过蒸馏淀粉法煮
饭。将其转盛到一个2
padi 容量的广口铅涂层
容器中。翻拌令其冷却。



அம்மி குழவி.

Ammi Kuzhavi 平磨盘与碾石

Mustard Seeds - ½ palam 芥菜籽
Red Chilli - ¼ palam 干红辣椒
Grated Coconut - 2½ palam 椰丝
Turmeric Powder - ¼ Ru.wt 姜黄粉
Powdered Crystal Salt - ¾ palam 晶盐粉

Put all of these five ingredients on an **Ammikal** (flat grinding stone slab), sprinkle little water and grind them into a butter-like paste. Put this on the rice in the lead coated vessel and mix well.

将上述五种食材放在 **Ammikal**（平磨石板）上，洒少许水并将其研磨成黄油状的酱膏。将其放入涂铅容器里的米饭中，悉心拌匀。

Grated Sour Mango - 3 palam 酸芒果丝

Sprinkle this on the rice and mix.

将其洒在米饭上，翻拌。

Ghee or gingelly Oil - 6 palam 酥油或未精炼芝麻油

Pour this in a frying pan and heat it. As soon as it heats up, 将其倒入煎锅中加热。一旦油热，

Red Chilli - $\frac{1}{4}$ palam 干红辣椒

Mustard Seeds - $\frac{3}{8}$ palam 芥菜籽

Black Gram / Urad Dal - $1\frac{1}{2}$ palam 黑豆

Bengal Gram / Chana Dal - $\frac{1}{2}$ palam 鹰嘴豆

Prepare the seasoning using the heated ghee as given in recipe number 22.

依照第 22 道食谱的方法，以热酥油和上述食材备制味料。

Asafoetida - $\frac{1}{8}$ Ru.wt 阿魏胶

Smash this and add to the seasoning. Put the seasoning on the rice. Stir well and keep the vessel on the heat of live coal for 5 minutes. Then take it and use it.

将其捣碎，添入调味料中。将调味料浇在米饭上。悉心拌匀并将容器放在热活性炭上静置 5 分钟。然后盛出并用之。

babu brinjal rinde (kattirippinji
इससरीवल/रंगीबथ)

小茄子饭

ingredient		原料
Ghee	2 palam	酥油
Coriander Seeds	½ palam	香菜籽
Red Chilli	½ palam	干红辣椒
Pepper	⅛ palam	胡椒
Cumin Seeds	⅓ palam	孜然
Nutmeg	⅛ palam	肉豆蔻
Mace	⅛ palam	肉豆蔻皮
Clove	⅓ palam	丁香
Black Gram/Urad Dal	2 palam	黑豆
Grated Dry Coconut	3 palam	干椰丝
Salt	2¾ Ru.wt	盐
Water	3 palam	净水
Tamarind	¾ palam	罗望子
Baby Brinjal	34 palam	小茄子
Ghee	7 palam	酥油
Red Chilli	¼ palam	干红辣椒
Mustard Seeds	¼ palam	芥菜籽
Black Gram/Urad Dal	½ palam	黑豆
Bengal Gram/Chana Dal	½ palam	鹰嘴豆
Small Rice	½ padi	碎米／短粒米
Water	1 padi	净水
Turmeric Powder	⅓ palam	姜黄粉
Lemon	2 nos	柠檬

Coriander Seeds - ½ palam 香菜籽

Red Chilli - ½ palam 干红辣椒

Pepper - ⅛ palam 胡椒

Cumin Seeds - veesam ⅓ palam 孜然籽

Nutmeg - ⅛ palam 肉豆蔻

Mace - ⅛ palam 肉豆蔻皮

Clove - veesam ⅓ palam 丁香

Black Gram / Urad Dal - 2 palam 黑豆

Roast these ingredients one by one separately by adding ghee little by little. Powder them also separately. Then add all the powders together and keep it. The total quantity of ghee used to roast these ingredients should be 2 palam.

一点一点地倒酥油，分别煸炒上述食材。逐样磨粉。然后将香料粉混合后存放一处。用于煸炒这些香料的酥油总量应为 2 palam。

Grated Dry Coconut - 3 palam 干椰丝

Salt - 2¾ Ru.wt 盐

Mix these with the prepared powder. Pound it nicely and divide the masala(spice) powder into 2 equal parts.

将其与准备好的粉末混合。将其捣碎并将马萨拉（香料）粉分成2等份。

Water - 1½ palam 净水

Tamarind - ¾ palam 罗望子

Put these in a lead coated vessel, extract the pulp of tamarind and remove the Seeds and remnants. Then mix one of the 2 parts of the masala powder into this tamarind extract.

将其放入铅涂层容器中，取罗望子果肉，去籽和渣。将两份中的一份马萨拉香料粉混入这罗望子中。

Baby Brinjal - 34 palam 小茄子

Cut off ¾ th of the stalk and slice the brinjal into 4 parts without separating them into pieces. Stuff the brinjals with the tamarind mixed masala and keep it.

切掉¾的茎，将茄子切两刀4瓣，茄瓣不分离。茄瓣间填塞罗望子马萨拉酱料，收拢茄瓣。

Ghee - 4 palam 酥油

Pour this in a 3 padi water capacity vessel and heat it. Once it has heated up,

倒入一个3 padi 容量的容器并加热。一旦升温，

Red Chilli - ¼ palam 干红辣椒

Mustard Seeds - ¼ palam 芥菜籽

Black Gram/ Urad Dal - ½ palam 黑豆

Bengal Gram/ Chana Dal - ½ palam 鹰嘴豆

Prepare the seasoning using the heated ghee as given in recipe number 22. Then, add the prepared baby brinjal pieces in the seasoning.

依照第22道食谱的方法，以热酥油和上述食材烹制调味料。随后，将填好罗望子酱的小茄子放入调味料中。

Water - 1½ palam 净水

Sprinkle this water on the baby brinjal, mix and close the vessel. After some time, stir again and close the vessel. Do this a few times repeatedly until the baby brinjal cooks $\frac{3}{4}$ th. Then check if the brinjal is cooked properly and remove it from the firewood stove.

将水洒在茄子上，拌一拌料，盖上锅盖。过一段时间，再次搅拌，盖上盖。重复几次，直至小茄子 $\frac{3}{4}$ 分熟。从灶上取下锅子。

Small Rice - ½ padi 碎米／短粒米

Water - 1 padi 净水

Turmeric Powder - $\frac{1}{16}$ palam 姜黄粉

Add the turmeric powder in the water. Cook the rice as mentioned in the 2nd rice recipe. Once it is half cooked.

姜黄粉加入水中。依照第2道食谱中的方法煮米饭。一旦饭煮至半熟，

Ghee - 3 palam 酥油

Pour this onto the boiling rice, mix well and cover the vessel.

Then, check if the rice has cooked $\frac{3}{4}$ th, add the rest of the masala(spice) and stir it well with a ladle. Then, add the prepared brinjal in the rice and mix well using a ladle. Remove it from the stove and place it on the heat of live coal (from burnt firewood) for 4 minutes. Then while serving,

将其倒在沸米上，和匀，盖上盖子。然后，察看米饭是否已 $\frac{3}{4}$ 分熟，添入余下的另一份马萨拉（香料）并用勺子悉心拌匀。随后，将备好的茄子加入米饭中，用勺子拌匀。从灶上取下，置于（燃木而成的）活热炭上4分钟。随后盛用时，

Lemon - 2 nos 柠檬

Press and cut the lemon and then remove the Seeds. Squeeze the lemon extract on the rice. Mix it well and use it.

压按切开柠檬，去籽。将柠檬汁挤在饭上。拌匀后用之。

another type of baby
brinjal rice (लattroruvitha
kattirippinji इादल)

小茄子饭（另一版本）

ingredientइ		原料
Small Rice	½ padi	碎米／短粒米
Ghee	½ palam	酥油
Turmeric Powder	⅛ Ru.wt	黄姜粉
Water	1½ padi	净水
Ghee	5 palam	酥油

Small Rice - ½ padi 碎米／短粒米
Wash this well. Drain the water and keep aside.
淘净米，沥干水份并放置一边。

Ghee - ½ palam 酥油
Turmeric Powder - ⅛ Ru.wt 黄姜粉
Mix these two with the drained rice.
将二者与沥干的米混合。

Water - 1½ padi 净水
Take this in a 2 ½ padi water capacity vessel and add the rice in it. Cook the rice as per the 1st rice recipe. Transfer the rice into another lead coated vessel and spread it around and stir. Prepare the masala just like in the previous Baby brinjal rice recipe. Mix half of this masala with tamarind and fill this in the brinjals. Cook the baby brinjals in the seasoning. After it has cooked well, add the rice and mix well. Then add the remaining masala and mix. Then,
将水倒入 2½ padi 容量的饭器，倒米入器。依照第 1 道食谱的方法煮米饭。将饭转盛到另一有铅涂层的容器中，将其铺开拌松。依上（第 82）道小茄子饭菜谱的方法，烹制马萨拉。将一半马萨拉与罗望子混合，填入茄瓣中。在调味料中

煮茄子。煮好后，加入米饭，悉心拌匀。接着添入另一半马萨拉香料，搅拌。之后，

Ghee - 5 palam 酥油

Add this to the rice, mix well once again. Place this on the heat of live coal(from burnt firewood) for 4 minutes. Then take it and use it.

将其加入米饭中，再悉心拌匀。将其置于（燃木而成的）活性炭上热4分钟。然后盛出用之。

महाराष्ट्र बबरी बरीजल
रीटह (महाराष्ट्र
कटथीरिपपींजी इआदाल)

马哈拉施特拉邦
小茄子饭

ingredientइ	原料
Coriander Seeds	2½ palam 香菜籽
Grated Dry Coconut	5 palam 干椰丝
Clove	⅛ palam 丁香
Cumin Seeds	⅓ palam 孜然
Caraway Seeds*	¼ palam 葛缕子籽
Pepper	¼ palam 胡椒
Cinnamon	¼ palam 肉桂
Cannon Ball Flower	¼ palam 炮弹树花
Cardamom	¼ palam 豆蔻
Asafoetida	¼ palam 阿魏胶
Red Chilli	1 palam 干红辣椒
Turmeric	¼ palam 黄姜
Salt	3½ Ru.wt 盐
.....	
Baby Brinjal	40 palam 小茄子
Ghee	5 Ru.wt 酥油
Mustard Seeds	½ Ru.wt 芥菜籽
Rice	½ palam 米
Ghee	15½ palam 酥油
Clove	¼ palam 丁香
Water	1 padi 净水
Grated Coconut	5 palam 椰丝

Before preparing this Baby brinjal rice, it is important to keep the masala(spice) ready. The masala has to be prepared as per the following procedure.

在准备这道小茄子饭前，先备制好马萨拉（香料）是关键。须按如下程序备制马萨拉。

- Coriander Seeds - 2½ palam 香菜籽
- Grated Dry Coconut - 5 palam 干椰丝
- Clove - ⅛ palam 丁香
- Cumin Seeds - ⅓ palam 孜然籽
- Caraway Seeds* - ¼ palam 葛缕子籽*

Pepper - ¼ palam 胡椒

Cinnamon - 1¼ palam 肉桂

Cannon Ball Flower - ¼ palam 炮弹树花

Cardamom - ¼ palam 豆蔻

Asafoetida - ¼ palam 阿魏胶

Red Chilli - 1 palam 干红辣椒

Turmeric - ¼ palam 黄姜

Except Caraway Seeds, roast all the other ingredients given above with little ghee. Mix them together, then add the caraway Seeds and powder them.

用少许酥油慢炒上述食材，葛缕子籽除外。炒熟后混合，最后加入葛缕子，一并磨成粉。

Salt - 3 ½ Ru.wt 盐

Powder this also and mix it.

也将其粉化并混合。

Baby Brinjal - 40 palam 小茄子

Cut off ¾ th of the stalk and slice the brinjal into 4 parts without separating them into pieces. Using half of the prepared masala to stuff the brinjals and keep it.

切掉¾的茎，将茄子切成4份，不要将茄瓣分开。用一半准备好的马萨拉填充茄子并收起来。

Ghee - 5 Ru.wt 酥油

Heat this in a non-oxidising vessel. Once it heats up, 在耐氧化的容器中加热。油一热，

Mustard Seeds- ½ Ru.wt 芥菜籽

Put this in the heated ghee. Once the 'sada pada'(sputtering) sound stops, put the masala stuffed brinjals in this. Sprinkle some water on the brinjals and fry them.

将其添入热油中爆炒。“sada pada”的溅射声一停息，将填塞了马萨拉茄子放入油中。在茄子上洒些水，煎烤。

Rice- ½ padi 米

Wash the rice well and drain all the water. Once the water has drained completely,

将米洗干净，沥尽水。水干透时，

Ghee- ½ palam 酥油

Remaining Masala 剩余的马萨拉

Add both of these to the drained rice and mix.

将其加入沥干的米中混合。

Ghee - 5 palam 酥油

Heat this ghee in a 4 padi water capacity **Thavalai**(wide mouth pan). Once the ghee is heated,

在4padi 容量的 **Thavalai**（广口釜形锅）中热油。油一热，

Clove- ¼ palam 丁香

Put this in the heated ghee and fry. Then remove the cloves alone and add the masala mixed rice in the ghee. Stir continuously for 3 minutes.

将其撒入油中拌炒。取走油中的丁香，在酥油里加入马萨拉混米。持续翻炒3分钟。

Water- 1 padi 净水

Pour this on the roasting rice and mix well. Check if the rice has cooked ¾ th. Take out ¼ portion of the rice and keep it aside on a plate. Add the fried stuffed brinjals to the ¾ th portion of the rice which is on the stove. Then add the ¼ portion of rice which is on the plate and close the vessel. Then, after sometime,

将其浇在炒米上，搅拌均匀。察看米饭是否已¾分熟。取出¼份饭，盛入盘中。将炸好的茄子馅添到炉上的¾份饭中。再加入盘子上的¼份饭，盖好容器。其后，候一阵，

Ghee - 10 palam 酥油

Pour this on the rice and mix well. Place the vessel on the heat of live coal (from burnt firewood) for 10 minutes. Then, few minutes before serving,

将其倒在米饭上，拌匀。将容器置于热活性炭（来自燃烧的木柴）上 10 分钟。然后，端盘之前几分钟，

Grated Coconut- 5 palam 椰丝

Add this also to the rice, mix well and serve.

将椰丝也添入饭中，悉心拌匀，盛用。

लहथे/हिनपुग्रहदे ग्रहहनइ रोटह
(चन्थायुकरेहरावो इबावेबल /
इबजेबबथ)

葫芦巴叶饭

Ingredientइ		原料
Small Rice	½ padi	碎米／短粒米
Turmeric Powder	⅓ palam	黄姜粉
Water	2¼ padi	净水
Fenugreek Leaves/Tender Methi	24 palam	嫩葫芦巴叶
Salt	¼ palam	盐
Ghee	6 palam	酥油
Red Chilli	¼ palam	干红辣椒
Mustard Seeds	¼ palam	芥菜籽
Black Gram/Urad Dal	½ palam	黑豆
Bengal Gram/Chana Dal	½ palam	鹰嘴豆

Small Rice - ½ padi 碎米／短粒米

Water - 1½ padi 净水

Turmeric Powder - veesam ⅓ palam 姜黄粉

Add the turmeric powder in the water. Using this water, cook the rice as mentioned in the 1st rice recipe by distilling starch. Let it cool. Prepare the masala as given in 82nd Baby Brinjal Rice recipe. Divide the masala into 2 parts. Mix one part along with the rice . Mix the other part of the masala along with tamarind extract just as before.

将姜黄粉加入水中。用此水以蒸馏淀粉的方法煮饭，如第1道米饭食谱中所述。令其冷却。按第82道小茄子饭食谱中的方法备制马萨拉香料。把马萨拉分成两份。一份与米饭混合。将另一份马萨拉与罗望子混合，如之前所述（见第71、82道食谱）。

Tender Methi / Fenugreek Leaves - 24 palam 嫩葫芦巴叶

Cut off the roots and chop it finely.

去根，切碎。

Water - $\frac{3}{4}$ padi 净水

Pour this in a $1\frac{1}{2}$ padi water capacity vessel, add the chopped greens in it and heat it.

将其倒入 $1\frac{1}{2}$ padi 容量容器中，放切好的叶子，烹煮。

Salt - $\frac{1}{4}$ palam 盐

Add this to the cooking fenugreek leaves and cover the vessel. Once the greens are half cooked, remove the vessel from the stove. Then, Add some normal water and nicely squeeze the greens with your hands, shake-off the excess water and take it out. Mix it with the tamarind mixed masala

添盐入正在烹煮的葫芦巴叶中，盖上容器。蔬菜半熟后，将容器从炉子上移开。然后，加一些净水，用手轻轻挤压叶子，甩掉多余的水，取出。将叶与罗望子马萨拉混合。

Ghee - 6 palam 酥油

Red Chilli - $\frac{1}{4}$ palam 干红辣椒

Mustard Seeds - $\frac{1}{4}$ palam 芥菜籽

Black gram / Urad Dal - $\frac{1}{2}$ palam 黑豆

Bengal gram / Chana Dal - $\frac{1}{2}$ palam 鹰嘴豆

Prepare the seasoning as per the 22nd recipe, in a 4 padi water capacity vessel in which oxidation does not occur. Add the tamarind and masala mixed fenugreek leaves. Then add the masala mixed rice and mix well. Remove the vessel from the stove and place it on the heat of the live coal (from burnt firewood) for 5 minutes and then use it.

依照第 22 道食谱，以上述食材烹制调味料，在一个 4 padi 容量耐氧化的容器中，加入罗望子马萨拉葫芦巴叶。倒入和了马萨拉的米饭，充分拌匀。从炉上取下容器，将其置于（燃木而成的）活性炭上热 5 分钟，然后用之。

If needed, squeeze two lemons before serving.

若需，盛用前挤两个柠檬。

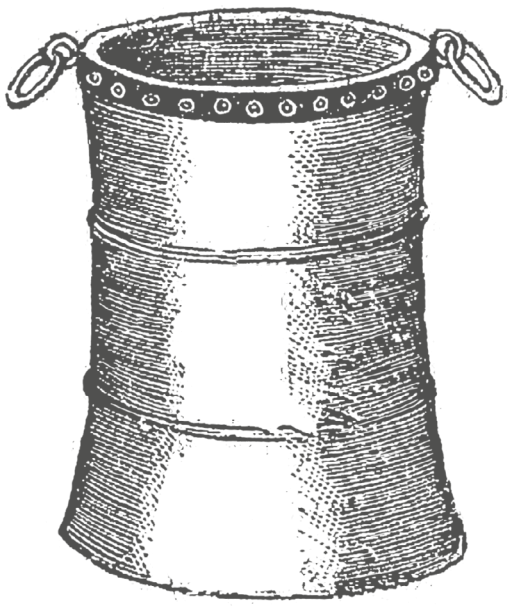
lentil- broth रिंटह
(paruppu kozhavalai
इवववल)

豆汤饭

ingredientइ	原料
Water	2¼ padi 净水
Pigeon Pea / Toor Dal	¼ padi 木豆
Ghee or Oil	½ palam 酥油或油
Turmeric Powder	⅛ palam 姜黄粉
Rice	½ padi 米
Red Chilli	½ palam 干红辣椒
Coriander Seeds	½ palam 香菜籽
Pepper	¼ palam 炮弹树花
Cumin Seeds	⅛ palam 孜然
Fenugreek Seeds	1/16 palam 葫芦巴籽
Black Gram / Urad Dal	1 palam 黑豆
Nutmeg	⅛ palam 肉豆蔻
Mace	⅛ palam 肉豆蔻皮
Clove	⅛ palam 丁香
Cinnamon	⅛ palam 桂皮
Tamarind	3 palam 罗望子
Salt	1½ palam 盐
Ghee	15½ palam 酥油
Ghee or Gingelly Oil	6 palam 酥油或未精炼芝麻油
Grated Dry Coconut	4 palam 干椰丝
Rice Flour	½ palam 米粉／粘米粉
Red Chilli	⅛ palam 干红辣椒
Mustard Seeds	¼ palam 芥菜籽
Black Gram/Urad Dal	½ palam 黑豆
Asafoetida	1/16 Ru.wt 阿魏胶
Curry Leaves	¼ palam 咖喱叶

*This dish is very delicious but is of a slow-digestive nature.
Hence, it should be consumed limitedly.*
这道菜很美味，但具慢消化性质。因此，应限量食用。

Water - 2 padi 净水
Pour this in a lead coated, 4 padi water capacity Soadu-
thavalai (long cylindrical vessel with rim) and heat it. Once its
starts boiling,



சோடுதவலை.

Soadu-thavalai 带钮长筒甑

将水倒入 4 padi 容量的涂铅 Soadu-thavalai (带钮长筒甑) 中并加热。水一开始沸腾，

Pigeon Pea - $\frac{1}{4}$ padi 木豆

Ghee or Oil - $\frac{1}{2}$ palam

酥油或芝麻油

Turmeric Powder - $\frac{1}{8}$ palam 姜黄粉

Add these to the boiling water. When this starts boiling, cover the vessel.

将其加入沸水中。水开始沸腾时，盖上甑器。

Rice - $\frac{1}{2}$ padi 大米

Soak this for 1 naazhigai. Then wash it well and drain the water. Then,

将其浸泡 1 naazhigai。然后悉心淘洗，沥干。之后，

Red Chilli - $\frac{1}{2}$ palam 干红辣椒

Coriander Seeds - $\frac{1}{2}$ palam 香菜籽

Pepper - $\frac{1}{4}$ palam 胡椒

Cumin Seeds - $\frac{1}{8}$ palam 孜然籽

Fenugreek Seeds - veesam $\frac{1}{16}$ palam 葫芦巴籽

Black Gram / Urad Dal - 1 palam 黑豆

Nutmeg - $\frac{1}{8}$ palam 肉豆蔻

Mace - $\frac{1}{8}$ palam 肉豆蔻皮

Clove - $\frac{1}{8}$ palam 丁香

Cinnamon - $\frac{1}{8}$ palam 桂皮

Roast each of these separately in a little bit of ghee or oil, without letting them burn. Mix them together and pound them in an ural (large pounding mortar) into a fine powder like Kumkum (vermilion powder). Check if the pigeon pea has cooked well. Then, add the drained rice and mix. After it begins to boil, add the prepared powder. Mix and cover the vessel.

用少许油分别焙炒上述香料，避免炒焦。将其混合，在 Ural (研捣钵) 中将其捣成若 Kumkum (朱砂粉) 一般细腻

的粉末。察看木豆生熟。然后，倒入净米并搅拌。开始沸腾后，添入备好的香料混合粉。搅拌并盖上容器。

Water - ¼ padi 净水

Tamarind - 3 palam 罗望子

Put these two in a lead coated vessel, extract the tamarind pulp and remove the Seeds and remnants.

放入铅涂层容器中，取罗望子果肉，去籽和渣。

Salt - 1½ palam 盐

Ghee or Gingelly Oil - 3 palam 酥油或未精炼芝麻油

Add these to the extracted tamarind pulp. Heat it while continuously stirring until it condenses to a thick paste(*legiyam*). Check if the rice (cooking along with the pigeon pea) has cooked ¾ th. Then, add the tamarind paste in it.

Stir it nicely using a lead coated ladle. Lower the flame of the firewood stove and cover the vessel. Then, after 2 minutes,

将其添入提取的罗望子果肉中加热，不断搅拌，直至凝结成 *legiyam* (浓酱膏)。检查（和木豆一起煮的）米饭是否已经 ¾ 分熟。然后，在饭中加入罗望子浓酱。使用涂铅勺将其搅拌均匀。炉灶烧小火，盖好容器。2分钟后，

Grated Dry Coconut - 4 palam 干椰丝

Rice Flour - ½ palam 粘米粉

Grind these two in an Ural (large pounding mortar) by sprinkling ⅛ padi water. Add this to the rice which is on the stove, stir it well and close the vessel again.

洒入 ⅛ padi 水，将两者在 Ural (研捣钵) 中磨成粉，加入灶火上的米饭中，拌匀，再盖上容器。

Ghee or Gingelly Oil - 3 palam 酥油或未精炼芝麻油

Red Chilli - ⅛ palam 干红辣椒

Mustard Seeds - ¼ palam 芥菜籽

Black Gram - ½ palam 黑豆

Prepare seasoning as per the 22nd recipe using these ingredients. When removing the seasoning from the stove,

依照第 22 道食谱使用以上原料准备调味料。从灶上取下调
味料时，

Asafoetida - veesam $\frac{1}{16}$ Ru.wt 阿魏胶

Curry Leaves - $\frac{1}{4}$ palam 咖喱叶

*Smash and powder the asafoetida and shred the curry leaves
from the stem. Add these to the seasoning. Then, once the
sound stops add the seasoning to the rice which is on the stove.
Mix it well and use it.*

阿魏胶捣碎磨粉，从枝茎上摘下咖喱叶。添入味料中炸。
然后，一旦油爆声停息，将调味料添入柴灶上的米饭中。
搅拌均匀后用之。

तुरवे रोटह (thayir isavol/
thathiyodhanal)
凝乳饭

ingredientइ		原料
Rice	½ padi	米
Water	1½ padi	净水
Milk	½ padi	牛奶
Sour Curd	¼ palam	酸凝乳
Butter	2 palam	牛油
Powdered Salt	½ palam	盐末
Ghee	1½ palam	酥油
Red Chilli	½ Ru.wt	干红辣椒
Mustard Seeds	½ Ru.wt	香菜籽
Black Gram / Urad Dal	¼ palam	黑豆
Bengal Gram/Chana Dal	¼ palam	鹰嘴豆
Curry Leaves	⅛ palam	咖喱叶
Pepper	⅛ palam	胡椒
Ginger	¼ palam	姜
Asafoetida	⅓ Ru.wt	阿魏胶

Rice - ½ padi 米

Water - 1½ padi 净水

Cook the rice just like in the 1st rice recipe - by distilling starch.
Then, transfer it to a lead coated vessel and let it cool.

依照第1道食谱的方法——沥除淀粉法煮饭。然后，将其转盛到镀铅容器中，令其冷却。

Milk - ½ padi 牛奶

Sour Curd - ¼ padi 酸凝乳

Butter - 2 palam 牛油

Powdered salt - ½ palam 盐末

Add these 4 ingredients to the rice and Mix really well.

将此4味食材添入米饭中，充分拌匀。

Ghee - 1½ palam 酥油

Pour this in a frying pan and heat it well. Once it heats up,
将其倒入煎锅中并充分加热。一旦升温，

Red Chilli - ½ Ru.wt 干红辣椒

Mustard Seeds - ½ Ru.wt 芥菜籽

Black Gram - ½ palam 黑豆

Bengal Gram - ¼ palam 鹰嘴豆

Prepare the seasoning as per Recipe number 22 using the above ingredients.

使用上述食材依照第 22 道食谱的方法，备制调味料。

Curry Leaves - ⅛ palam 咖喱叶

Add this to the seasoning. Once the 'sada pada' sound stops, add the seasoning to the rice. Then,

咖喱叶放入调味料的热油中。一旦“sada pada”的喷溅声停息，将味料添入米饭中。然后，

Pepper - ⅛ palam 胡椒

Pound this into fine grits and sprinkle on the rice.

将其捣成细粒，撒在米饭上。

Ginger - ¼ palam 姜

Deskin this and grate it using a grater.

Add it to the rice . Then,

姜削皮并用擦丝板刨碎。将其加入饭中。然后，

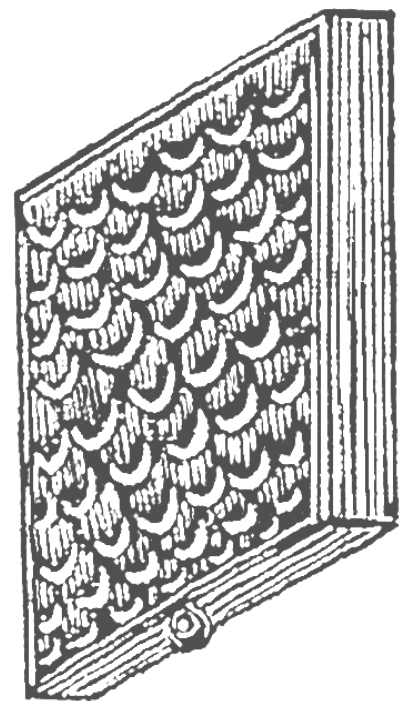
Asafoetida - veesam ⅓ Ru.wt 阿魏胶

Soak this in 1 Ru.wt water and then add the clear solution on the rice. Mix it.

将其浸泡在 1 Ru.wt 水中，然后浇在饭上。拌匀。

In practice, grated coconut is also added. The grated coconut should be 5 palam. Instead of ginger, dry ginger also can be powdered and used.

在实践中，可以添些椰丝。椰丝的量 5 palam。干姜也可以代替生姜磨粉使用。



துருவுபலகை.

Thruruvu Palagai 擦丝板

another type of curd rice
लत्तोरुविथा तायिरसादल
(bakaalabath)

凝乳饭（另一版本）

ingredient	原料
Rice	½ padi 米
Water	1½ padi 净水
Curd Made From Milk Cream / Ettu Tayir)	½ padi 奶油制成的凝乳
Evaporated Milk	¼ palam 淡奶
Salt	½ palam 盐
Ghee	3 palam 酥油
Red Chilli	¼ palam 干红辣椒
Mustard Seeds	⅛ palam 芥菜籽
Black Gram / Urad Dal	¼ palam 黑豆
Bengal Gram/Chana Dal	¼ palam 鹰嘴豆
Finely Chopped Green Chilli	½ palam 切成末的青辣椒
Curry Leaves	⅛ palam 咖喱叶

Rice - ½ padi 米

Water - 1½ padi 净水

Cook the rice just like in the 1st rice recipe - by distilling starch.
Then, transfer it to a lead coated, 4 padi water capacity vessel
and let it cool. Mix it using the fingers. then,

依照第1道食谱的方法——沥除淀粉法煮饭。随后，将其
转盛到一个4padi 容量的铅涂层容器中，令其冷却。用手
指拌松。然后，

Curd Made From Milk Cream / Ettu Tayir - ½ padi

奶油制成的凝乳

Evaporated Milk (Milk Boiled Until It Becomes Half) - 1 padi

淡奶（煮至浓缩了一半体量的奶）

Fresh butter - 6 palam 鲜牛油

Salt- ½ palam 盐

Add these ingredients to the rice and churn it well using a
wooden curd churner.

将上述原料添入米饭中，使用木制凝乳搅拌器将其搅匀。

Ghee - 3 palam 酥油

Pour this in a pan and heat it.

将其倒在平底锅里加热。

Red Chilli - ¼ palam 干红辣椒

Mustard Seeds - ⅛ palam 芥菜籽

Black Gram / Urad Dal - ¼ palam 黑豆

Bengal Gram / Chana Dal - ¼ palam 鹰嘴豆

Finely Chopped Green Chilli - ½ palam

青辣椒末

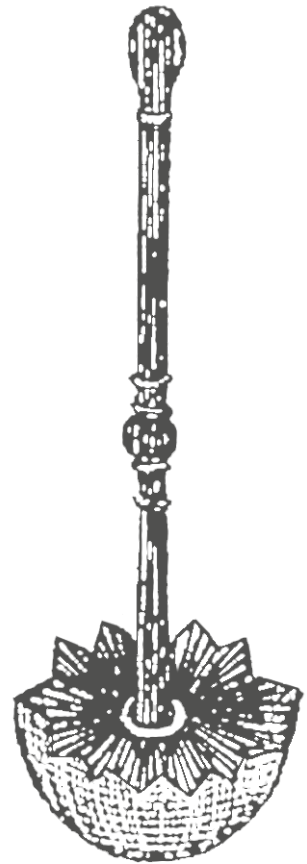
Prepare the seasoning as given in recipe number 22 using the heated ghee. Once the seasoning is ready,

依照第 22 道食谱中的方法，以热酥油与上述食材制作调味料。调料做好后，

Curry Leaves - ⅛ palam 咖喱叶

Add this to the seasoning. Once the sound stops, add the seasoning to the churned rice. Some people also add ¼ palam powdered cardamom.

将其添入调味料中。一旦油声停息，将调味料加入拌松的米饭中。也有人会添 ¼ palam 豆蔻粉。



மத்து,

Churner for Yoghurt

凝乳搅拌器

turḍe porriḍḍe
(thayir koḍḍe)
凝乳粥

ingredientḍ		原料
Rice Grits	¼ padi	米碎
Water	½ padi	净水
Sour Curd	3 padi	酸凝乳
Salt	4 Ru.wt	盐
Green Chilli	1 Ru.wt	青辣椒
Coriander Leaves	½ Ru.wt	香菜叶
Dry Ginger	½ Ru.wt	干姜
Curry Leaves	1 palam	咖喱叶
Ghee	4 Ru.wt	酥油
Red Chilli	½ Ru.wt	干红辣椒
Mustard Seeds	½ Ru.wt	芥菜籽
Black Gram/Urad Dal	1 Ru.wt	黑豆

Rice Grits - ¼ padi 米碎
Clean these grits by removing any stone, mud etc. Wash it well and drain the water. Soak the grits for 1 naazhigai.
去石砾沙泥，清拣米碎。悉心淘洗并沥水。将其浸泡 1 naazhigai。

Sour Curd - 3 padi 酸凝乳
Pour this in a lead coated, 4 padi water capacity vessel.
在 4 padi 容量的涂铅容器中倒入凝乳。

Water - ½ padi 净水
Add this to the curd in the lead coated vessel and churn. Add the rice grits and mix well. Keep this vessel on the firewood stove and heat it. Check if the rice grits have cooked well, 添水入容器中的凝乳并搅拌。倒入米碎，拌匀。将容器架在柴火灶上炖煮。检查米碎是否煮熟，

Salt - 4 Ru.wt 盐
Add this to the boiling porridge. Then, 将其添入沸粥。然后，

Green Chilli - 1 Ru.wt 青辣椒

Coriander Leaves - ½ ru. Wt 香菜叶

Chop these two finely and add to the porridge.

将二者切碎，添入粥中。

Dry Ginger - ½ Ru.wt 干姜

Powder this, add it to the porridge and mix it well. Then,

干姜磨粉，添入粥中，搅拌均匀。然后，

Curry Leaves - 1 palam 咖喱叶

Expose these leaves to the heat of live coal . Then shred the leaves and add to the porridge.

咖喱叶放在热活炭上炙烤。随后切碎，添入粥中。

Ghee - 4 Ru.wt 酥油

Red Chilli - ½ Ru.wt 干红辣椒

Mustard Seeds - ½ Ru.wt 芥菜籽

Black Gram / Urad Dal - 1 Ru.wt 黑豆

Prepare the seasoning as per recipe 22 using the above ingredients and put this on the porridge. Stir well before serving and then serve.

依照第 22 道食谱，以上述食材烹制调味料并将其洒在粥上。悉心拌匀，然后盛用。

lentil (paruppugal)

豆类

This dish is first among accompaniments for main dishes like rice, rotti(bread) and adai(pancakes). It is very delicious and gives strength to the body. This is mostly prepared using Pigeon pea/toor dal. But in practice, Petite yellow lentils/ yellow moong dal or Black gram/Urad dal are also used. Those from the Malayaala state prepare horse gram lentils as accompaniment for kanji(porridge) as a prominent dish. Hence, the proverb 'kanjikkuk kaanankondaattam' came into existence.

这类菜是米饭、*rotti*（面包）和 *adai*（煎饼）等主食的第一道配菜。此菜类品非常美味，给身体带来力量。多数情况以木豆备制。但在实践中，也使用小黄扁豆／黄孟恩豆或黑豆。来自马来亚拉州的人以硬皮豆（*horse gram lentils*）配粥（*kanji*），乃一道名菜。因此，谚语“硬皮豆配粥 *kanjikkuk kaanankondaattam*”应运而生。

plain dal
普通豆汤

ingredient		原料
Water	1 padi	净水
Pigeon Pea/Toor Dal (Lentil)	¼ padi	木豆
Turmeric Powder	1/16 Ru.wt	姜黄粉
Ghee	½ palam	酥油
Powdered Salt	¼ palam	盐末

Water - 1 padi 净水
Pour this into a **Thavalai** (wide mouth vessel) and heat it.
将其倒入**Thavalai**（广口釜形锅）中并加热。

Pigeon Pea /Toor Dal (Lentil) - ¼ padi 木豆
Turmeric Powder - veesam 1/16 Ru.wt 姜黄粉
Ghee - ½ palam 酥油
Add these to the boiling water and keep the vessel closed. Once the pigeon pea has cooked to a soft cotton-like consistency, 将上述原料加入沸水中并盖好锅器。一旦木豆煮成柔软的棉花状，

Powdered Salt - ¼ palam 盐末
Add this to the lentil and smash well using the head of a brass ladle head or wooden spindle. When the lentil/dal thickens and the water has been absorbed, remove it from the stove and use it.
加盐入豆，并用黄铜勺头或木杵捣糊。豆汤浓稠且水份吸尽时，将其从灶上取下用之。

lelton extract lentil/veal (elulicheaippazharada paruppu)

柠檬豆汤

ingredient	原料
Water	1 padi 净水
Pigeon Pea/Toor Dal*	¼ padi 木豆*
Ghee	1 palam 酥油
Turmeric Powder	1/16 Ru.wt 姜黄粉
Salt	½ palam 盐
Lemon	2 柠檬
Red Chilli	1/8 palam 干红辣椒
Black Gram/Urad Dal	¼ palam 黑豆
Mustard Seeds	1/8 palam 芥菜籽
Curry Leaves	1/8 palam 咖喱叶
Green Chilli	¼ palam 青辣椒

Water - 1 padi 净水

Pigeon Pea / Toor Dal* - ¼ padi 木豆*

Ghee - ½ palam 酥油

Turmeric Powder - vessam 1/16 Ru.wt 姜黄粉

Salt - ¼ palam 盐

Using these ingredients, cook the dal/lentil as given in Plain dal recipe number 90. Then, remove from the firewood stove and let it cool a little.

使用上述原料，依照普通豆汤第 90 道食谱中的说明烹制豆子。然后，从柴火炉中取出，令其微凉。

Lemon - 2 个柠檬

Choose big and juicy lemons. Cut them and remove the Seeds. Squeeze the juice on the dal/lentil and stir well.

选择大而多汁的柠檬。切开，去籽。将汁挤在豆上，拌匀。

Ghee - ½ palam 酥油

Red Chilli - 1/8 palam 干红辣椒

Black Gram / Urad Dal - ¼ palam 黑豆

Mustard Seeds - 1/8 palam 芥菜籽

Prepare the seasoning as per 22nd recipe using the above ingredients. Once the sound stops,

依照第 22 道食谱的方法，以上述食材烹制调味料。一旦油
溅声停息，

Curry Leaves - $\frac{1}{8}$ palam 咖喱叶

Green Chilli - $\frac{1}{4}$ palam 青辣椒

Finely chop the green Chilli, shred the curry leaves and add both of these to the seasoning. Once the chillies are fried lightly, add the seasoning to the Dal/Lentil and stir. Then use it.

青辣椒切末，咖喱叶撕碎，将两者加入调味料中。青辣椒
末在油中轻煸后，把整个调味料加入木豆／小扁豆中，拌
开。其后用之。

**Instead of this lentil, Black Gram / Urad Dal, green gram or Bengal Gram / Chana Dal can be used. Petite Yellow Lentil/ Yellow Moong Dal alone can be used by either roasting or without roasting. All the other lentils should be used only after roasting.*

*可用黑豆、绿豆或鹰嘴豆代替木豆。小黄扁豆／黄孟恩
豆是否经煨炒都可用。所有其他小扁豆应煨炒后使用。

maharashtra plain dal/
lentil (maharashtra
saada paruppu)

马哈拉施特拉邦扁豆汤

ingredient	原料
Water	1 padi 净水
Pigeon Pea/Toor Dal	¼ padi 木豆
Ghee	¼ palam 酥油
Turmeric Powder	⅛ Ru.wt 姜黄粉
Powdered Salt	1 Ru.wt 盐
Ghee	1 Ru.wt 酥油
Jaggery	1 Ru.wt 粗蔗糖
Asafoetida	2 Ku.wt 阿魏胶

Water - 1 padi 净水

Pigeon Pea / Toor Dal - ¼ padi 木豆

Wash this well with water, and drain the water completely.
用水洗净豆，沥尽水份。

Ghee - ¼ palam 酥油

Add this to the drained lentil/toor dal.
将此添入沥干的豆中。

Water - 1 padi 净水

Pour this in a vessel and heat it. Once it starts boiling, add the
lentil/Toor Dal. Then, when the dal starts boiling,
将其倒入容器中加热。水一沸，加入木豆。接着，当豆开
始沸腾，

Turmeric Powder - ⅛ Ru.wt 姜黄粉

Add this to the boiling dal and cover the vessel. Once the dal/
lentil has cooked to a soft cotton-like texture,
将其加入沸豆中并盖上容器。一旦豆煮成柔软的棉花状，

Powdered Salt - 1 Ru.wt 盐末

Ghee - 1 Ru.wt 酥油

Jaggery - 1 Ru.wt 粗蔗糖

Asafoetida - 2 Ku.wt 阿魏胶

Add all of these ingredients to the cooking dal / lentil and mix.

Keep it for some time. Then remove from the firewood stove.

Mash the lentils using the head of a wooden spindle or brass ladle and then serve.

将上述食材添入烹煮中的木豆里，搅拌。候一会儿。从柴火灶上移开。用木杵或黄铜勺头将豆捣糊后盛用。

महाराष्ट्रीयन इपित्य
दाल (महाराष्ट्र
कासारपुपु)

马哈拉施特拉邦辣扁豆汤

ingredient	原料
Water	1 padi 净水
Pigeon Pea/Toor Dal	¼ padi 木豆
Ghee	1¼ palam 酥油
Turmeric Powder	⅛ Ru.wt 姜黄粉
Powdered Salt	1 Ru.wt 盐
Jaggery	½ Ru.wt 粗蔗糖
Cumin Seeds	½ Ru.wt 孜然
Red Chilli	½ Ru.wt 干红辣椒
Grated Copra	1 palam 干椰壳丝
Asafoetida	⅓ Ru.wt 阿魏胶
Water	1 Ru.wt 净水
Chilli	¼ Ru.wt 辣椒
Mustard Seeds	½ Ru.wt 芥菜籽

Water - 1 padi 净水

Pigeon Pea / Toor Dal - ¼ padi 木豆

Turmeric Powder - ⅛ Ru.wt 姜黄粉

Ghee - ¼ palam 酥油

Boil the water. Mix and knead the lentil/dal, turmeric powder and ghee well and add to the boiling water, and cover it. Once the lentil/dal has cooked to a soft cotton-like texture,

煮沸水。将豆、姜黄粉与酥油和匀，倒入沸水中，盖上盖子。一旦木豆煮成柔软的棉花状，

Powdered Salt - 1 Ru.wt 盐末

Jaggery - ½ Ru.wt 粗蔗糖

Add these to the dal/lentil. And along with this, 将上述原料添加到木豆中。与此同时，

Cumin Seeds - $\frac{1}{4}$ Ru.wt 孜然籽

Red Chilli - $\frac{1}{2}$ Ru.wt 干红辣椒

Grated Copra - 1 palam 干椰壳丝

Roast each of these in ghee separately, and mix them. Add this to the dal / lentil.

分别用酥油煸炒上述食材，然后混合。将此添入豆中。

Asafoetida - veesam $\frac{1}{16}$ Ru.wt 阿魏胶

Dissolve this in 1 Ru.wt water and pour the clear solution to the dal / lentil.

将其溶于 1 Ru.wt 水中，接着将胶汁倒入豆中。

Ghee - 1 palam 酥油

Chilli - $\frac{1}{4}$ Ru.wt 辣椒

Mustard Seeds - $\frac{1}{2}$ Ru.wt 芥菜籽

Prepare the seasoning as per recipe number 22 using these ingredients. Then add the seasoning to the dal and use it.

依照第 22 道食谱，以上述食材烹制调味料。其后将味料添入豆中并食用。

豆

lentil

dal

pigeon pea idur veta/Identi
(turarata paruppu puli
paruppu)

罗望子豆汤

ingredient		原料
Water	1½ padi	净水
Pigeon Pea/Toor Dal	¼ padi	木豆
Ghee	½ palam	酥油
Turmeric Powder	⅓ Ru.wt	姜黄粉
Chilli	½ palam	辣椒
Pepper	⅓ palam	胡椒
Coriander Seeds	⅓ palam	香菜籽
Cumin Seeds	⅓ Ru.wt	孜然
Cinnamon	⅓ Ru.wt	肉桂
Grated Dry Coconut	2 palam	干椰丝
Ghee	1 palam	酥油
Tamarind	1½ palam	罗望子
Salt	⅓ palam	盐
Water	⅓ padi	净水
Raw Rice Flour	1 Ru.wt	生粘米粉
Ghee	1½ palam	酥油
Red Chilli	⅓ palam	干红辣椒
Mustard Seeds	⅓ palam	芥菜籽
Curry Leaves	1 Ru.wt	咖喱叶
Asafoetida	2 Ru.wt	阿魏胶
Water	½ Palam	净水

Water - 1 padi 净水
Pour this in a lead coated vessel, place it on the firewood stove
and heat it.
将其倒入涂铅容器中，架上柴火炉加热。

Pigeon Pea - ¼ padi 木豆
Ghee - ½ palam 酥油
Turmeric Powder - veesam ⅓ Ru.wt 姜黄粉
Add these three to the boiling water and close the vessel. `
将此三者加入沸水中并盖上器盖。

Chilli - ½ palam 辣椒
Roast these properly in little Gingelly Oil.
用少量未精炼的芝麻油适当煸炒辣椒。

Pepper - ⅛ palam 胡椒

Coriander Seeds - ⅜ palam 香菜籽

Cumin Seeds - ¼ Ru.wt 孜然籽

Cinnamon - ⅛ Ru.wt 桂皮

Grated Dry Coconut - 2 palam 干椰丝

Roast each of these separately in ghee and add the roasted green chilli to this. Sprinkle some water and grind this to a butter-like paste. Dissolve this in ⅛ padi water. Check if the lentil/dal has cooked to a soft cotton like texture. Then, pour the spice mixed in water in the dal/lentil.

分別用酥油煸烤上述食材，然后在其中加入烤青椒。洒些水，将其磨成黄油状的香料酱。将其溶于⅛padi水中。察看木豆是否已熟至柔软的棉花状。然后，将混合在水中的香料倒入木豆中。

Ghee - 1 palam 酥油

Add this into the dal/lentil.

将其添入豆中。

Water - ⅛ padi 净水

Tamarind - 1 ½ palam 罗望子

Put these two in a lead coated vessel. Extract the tamarind juice and remove the Seeds and remnants. Add the tamarind extract to the boiling lentil.dal. Then,

将此二者放入涂铅容器里。取罗望子汁并去籽除渣。将罗望子汁加入沸腾的木豆中。然后，

Salt - ¾ palam 盐

Add this also in the lentil/dal. Using the head of a lead coated brass ladle smash the lentil/dal. After 5 minutes, take one ladle full of dal and pour it back into the same dal from a height of 1 jaan(6-8 inches). Then, you will know whether the consistency of the dal is thick or thin. If it is watery, in order to make it thick,

加盐入豆。用包铅的青铜勺头捣糊豆子。5分钟后，取一勺木豆，从1jaan（6-8英寸）的高度将其倒回锅中。便可目测豆糊的稠度。倘若较稀，为使其浓稠，

Water - veesam $\frac{1}{16}$ padi 净水

Raw Rice Flour - 1 Ru.wt 生粘米粉

Mix these two and add to the boiling dal/lentil, and stir immediately. Else it will form lumps. If the dal. lentil was thick, then no need to add this rice flour. After three minutes of adding rice flour to the lentil,

混合此两者，并倒入沸腾的豆糊中，立即搅拌。否则会结块。如果豆糊很稠，便无需添粘米粉。将生粘米粉汁加入木豆三分钟后，

Ghee - $1\frac{1}{2}$ palam 酥油

Red Chilli - $\frac{1}{8}$ palam 干红辣椒

Mustard Seeds - $\frac{1}{8}$ palam 芥菜籽

Curry Leaves - 1 Ru.wt 咖喱叶

Using these ingredients, prepare the seasoning as given in recipe number 22.

用这些食材，依照第22道食谱所述，备制调味料。

Asafoetida - 2 Ru.wt 阿魏胶

Dissolve this in $\frac{1}{2}$ palam water and add the clear solution to the lentil/dal. Mix it and then use it.

将其溶于 $\frac{1}{2}$ palam 水中，并将胶汁添入豆中。搅拌后即可用之。

Those who don't wish to add cinnamon needn't add it in the lentil.

若不想加肉桂，不必添入豆中。

रोवेग्रह गुरुरे इठुर वेवा
(pērkangāai puliparuppu)

丝瓜柠檬木豆汤

ingredient		原料
Water	1¼ padi	净水
Pigeon Pea / Toor Dal	¼ padi	木豆
Ghee	½ palam	酥油
Turmeric Powder	⅓ Ru.wt	姜黄粉
Ridge Gourd	18 palam	丝瓜
Green Chilli	1 palam	青辣椒
Salt	¾ palam	盐
Rice Flour	½ Ru.wt	粘米粉
Ghee	1 palam	酥油
Red Chilli	¼ palam	干红辣椒
Black Gram / Urad Dal	¼ palam	黑豆
Asafoetida	⅓ Ru.wt	阿魏胶
Water	1 Ru.wt	净水
Lemon	2	柠檬

Water - 1¼ padi 净水

Pour the water in a lead coated vessel and keep it on the firewood stove and heat it.

将水倒入涂铅锅器中，架在柴火灶上热煮。

Pigeon Pea / Toor Dal - ¼ padi 木豆

Ghee - ½ palam 酥油

Turmeric Powder - veesam ⅓ Ru.wt 姜黄粉

Mix these three ingredients well and add to the boiling water and cover it. Check if the lentils/dal has cooked ¾ th.

将此三料混合均匀，加入沸水中，盖上锅盖。检查木豆是否已¾分熟。

Ridge Gourd - 18 palam 丝瓜

Peel the top skin and cut them into small pieces. Add the pieces into the boiling dal/lentil. Stir using a brass ladle. Once the dal/lentil is cooked well, smash it using the head of a ladle .

剥掉瓜蒂皮，切成小块，投入沸豆中。用黄铜勺搅拌。豆煮熟后，用勺头捣糊。

Green Chilli - 1 palam 青辣椒

Chop it finely and fry in ghee. Then add to the dal/lentil.

切碎青辣椒，放酥油煎。然后添入木豆糊中。

Salt - $\frac{3}{4}$ palam 盐

Add this also to the lentil/dal. Mix well again. If the dal/lentil is watery,

添盐入豆。再次拌匀。倘若豆糊太稀，

Rice Flour - $\frac{1}{2}$ Ru.wt 粘米粉

Sprinkle this on the lentil/dal and mix well. Then remove the vessel from the firewood stove.

把粉撒在豆上，拌匀。然后从柴火灶上把锅取下。

Ghee - 1 palam 酥油

Red Chilli - $\frac{1}{4}$ palam 干红辣椒

Black Gram / Urad Dal - $\frac{1}{4}$ palam 黑豆

Using the above ingredients prepare the seasoning as per recipe number 22.

依照第 22 道食谱，以上述食材烹制调味料。

Asafoetida - veesam $\frac{1}{16}$ Ru.wt 阿魏胶

Dissolve this in 1 Ru.wt water and add the clear solution to the lentil/dal.

将其溶于 1 Ru.wt 水中，并将胶汁添入豆中。

Lemon - 2 个柠檬

Choose big lemons. Press them, cut them, remove the Seeds and squeeze the juice on the lentil/Dal before serving and use it.

选大个柠檬。盛用前，将其滚压、切开、去籽，挤汁浇在豆上后，用之。

another type of ridge gourd
इरुर वेडा (लattroruvitha
pērkaangai puliparuppu)
丝瓜罗望子木豆汤

ingredient	原料
Water	1¼ padi 净水
Pigeon Pea / Toor Dal	¼ padi 木豆
Turmeric Powder	⅓ Ru.wt 姜黄粉
Ridge Gourd	18 palam 丝瓜
Chilli	⅝ palam 辣椒
Pepper	⅓ palam 胡椒
Coriander Seeds	½ Ru.wt 香菜籽
Cumin Seeds	⅓ palam 孜然
Fenugreek Seeds	⅓ Ru.wt 葫芦巴籽
Cinnamon	⅓ Ru.wt 肉桂
Grated Dry Coconut	3 palam 干椰丝
Ghee	½ palam 酥油
Water	⅓ padi 净水
Tamarind	1½ palam 罗望子
Salt	⅝ palam 盐

Water - 1¼ padi 净水
Pour the water in a lead coated vessel and keep it on the firewood stove and heat it.
将水倒入涂铅容器中，置于柴火炉上热煮。

Pigeon Pea/ Toor Dal - ¼ padi 木豆
Ghee - ½ palam 酥油
Turmeric Powder - veesam ⅓ Ru.wt 姜黄粉
Mix these three ingredients well and add to the boiling water one after the other and cover the vessel.
将此三者均匀混合，然后依次加入沸水中并盖上容器。

Ridge Gourd - 18 palam 丝瓜
Peel the top skin and cut them into small pieces. Check if the lentils/dal in the vessel has cooked ¾ th. Add the pieces into

the boiling dal/lentil. Stir using a brass ladle and cover the vessel.

剥掉瓜蒂皮，切成小块。将丝瓜块加入沸豆中。用黄铜勺搅拌。木豆煮熟后，用勺头捣糊。

Chilli - $\frac{5}{8}$ palam 辣椒

Pepper - $\frac{1}{8}$ palam 胡椒

Coriander Seeds - $\frac{1}{2}$ palam 香菜籽

Cumin Seeds - 3 veesam $\frac{3}{16}$ palam 孜然籽

Fenugreek Seeds - veesam $\frac{1}{16}$ Ru.wt 葫芦巴籽

Cinnamon - $\frac{1}{8}$ Ru.wt 肉桂

Grated Dry Coconut - $\frac{1}{2}$ palam 干椰丝

Ghee - 3 palam 酥油

Roast each of these separately in ghee and then mix them. Add some water and grind to a butter-like paste. After the dal/lentil is cooked completely, dissolve this paste in water and add to the dal/lentil.

在酥油中分别烤这些，然后混合。洒些水，将其研磨成黄油状的酱膏。木豆熟透后，用净水调稀酱膏，添入豆中。

Water - veesam $\frac{1}{16}$ padi 净水

Tamarind - $1\frac{1}{2}$ palam 罗望子

Put these two in a lead coated vessel. Extract the tamarind pulp and remove the Seeds and remnants. Add the tamarind extract to the dal/lentil.

将此二者放入涂铅容器中。取罗望子果肉，去籽除渣。将罗望子添入木豆中。

Salt - $\frac{7}{8}$ palam 盐

Add this to the lentil/dal and smash well using the head of a ladle. After five minutes, if the dal/lentil is too watery, add $\frac{1}{4}$ palam rice flour just like the previous dal/lentil recipes.

添盐入豆，其后用铜勺头捣糊。五分钟后，若豆糊太稀，加入 $\frac{1}{4}$ palam 粘米粉，如之前（第94、95道）木豆食谱所述。

Similarly add asafoetida and seasoning and then remove from the stove.

同样添加阿魏胶和调味料，随后从灶火上移开。

Those who don't wish to add cinnamon can remove it.

不想加肉桂的可除去。

दु
हनी
रा

rivegge guruv vhai without
talarinde (pederkaangai
puliyillaaparuppu)

丝瓜木豆汤

ingredient	原料
Water	1¼ padi 净水
Pigeon Pea / Toor Dal	¼ padi 木豆
Ghee	1½ palam 酥油
Turmeric Powder	1/16 Ru.wt 姜黄粉
Ridge Gourd	18 palam 丝瓜
Pepper	¼ palam 胡椒
Black Gram/ Urad Dal	1¼ palam 黑豆
Grated Dry Coconut	2½ palam 干椰丝
Fenugreek Seeds	3/16 palam 葫芦巴籽
Water	⅛ padi 净水
Salt	¾ palam 盐
Chilli	¼ palam 辣椒
Mustard Seeds	⅛ palam 芥菜籽
Asafoetida	2 ku.e 阿魏胶

Water - 1¼ padi 净水
Pour this in a vessel and heat it. Once it starts boiling.
将其倒入容器中并加热。一旦开始沸腾，

Pigeon Pea/ Toor Dal - ¼ padi 木豆
Ghee - ½ palam 酥油
Turmeric Powder - veesam 1/16 Ru.wt 姜黄粉
Add these to the boiling water and cover the vessel. Once the
dal/lentil is ¾ th cooked,
将上述食材加入沸水中并盖上容器。一旦木豆 ¾ 分熟，

Ridge Gourd - 18 palam 丝瓜
Cut these just as mentioned in the previous recipe. Add it to
the dal/lentil and cover the vessel. Once the vegetable and dal
is cooked properly,

依照前面（第95道）食谱中提到的方式切瓜。将其加入木豆中，盖上容器。一旦丝瓜和木豆煮熟，

Pepper - ¼ palam 胡椒

Black Gram/Urad Dal- 1 palam 黑豆

Roast each of these in ghee separately and keep aside.

分别用酥油煸炒二者，并放置一边。

Grated Dry Coconut - 2½ palam 干椰丝

Water - ⅛ padi 净水

Add this to the roasted pepper and black gram. Sprinkle some water and grind into a butter-like paste. Dissolve the ground paste in this and add to the lentil/dal and mix it.

将椰丝掺入胡椒与黑豆中。洒些水，研磨成黄油状的酱膏。用净水调稀酱膏，添入豆中，搅拌。

Salt - ¾ palam 盐

Add this also to the lentil/dal and mix.

添盐入豆并搅拌。

Ghee - 1 palam 酥油

Chilli - ¼ palam 辣椒

Mustard Seeds - ⅛ palam 芥菜籽

Black Gram/Urad Dal - ¼ palam 黑豆

Using these ingredients, prepare the seasoning as per recipe 22 and mix it with the dal/lentil.

用这些原料，依照第 22 道食谱的方法备制调味料，将料与豆混合。

Asafoetida - 2 ku.e 阿魏胶

Dissolve this in 1 Ru.wt water and add to the dal/lentil.

将其溶于 1 Ru.wt 水中并添入豆中。

ચદ્દદત્તબોદડ લૈદ તપ્તપલ્લેદર, ઇન્બેદ
 દ્વૃપુર્વે દ બ્રિંજા લોરદવે લેન્ટી/
 વેલા (ચદીલારૈરેલા, પુવ્વેલાનગ્ગલા,
 લાત્તેરૈરેલા લપ્વેલાંપુ લાલાંગ્ગા
 ઇદરન્દુ પારુપ્પુ)

黄瓜 / 蛇瓜 / 茄子木豆汤

Just as ridge gourd was peeled and added to the dal/lentil and prepared in recipe number 95, 96, 97; similarly few vegetables from this can be added . Some can be added to the lentil/dal even without skinning and removing the Seeds.

如第95、96、97道食谱的方法，丝瓜削皮添入木豆中一样，一些蔬菜如黄瓜、蛇瓜、茄子等，不削皮去籽，也可添入木豆中。

onion lentil/ବେଣା (ଚଙ୍ଗାୟାଲ ଇନ୍ଦା parupukka)

洋葱豆汤

People who wish to add onion with dal/lentil, have to add onion when the dal/lentil is half cooked after removing the thick outer skin, top and the bottom part of the onion and cutting it into fine pieces. Then they should be fried in little ghee or oil and added to the dal/lentil. Once the dal/lentil is fully cooked, add turmeric powder, salt and seasoning.

若想在豆汤中添加洋葱，须将洋葱去除厚厚的外皮，切掉顶部和底部并切成小丁，用少许酥油或油煎炸，待豆半熟时添入。一旦豆子熟透，加入姜黄粉、盐和调味料。

Some people add the onions without frying them. But, it is best to fry them and then add them. To cook ½ padi dal/lentil, the onions used should be 5 palam. Onions can also be added to vegetable mixed lentil/dal. For this, the onions should be added along with the vegetables into the dal/lentil.

也有人不煎烤洋葱就直接加。但，最好先煎一下。若要煮 ½ padi 豆子，用的洋葱量可为 5 palam。也可在蔬菜杂豆汤中添加洋葱。若此，应将洋葱与蔬菜一起放入豆中。

curd pachadi of bitter-leaf and
spice-leaf vegetable & tuber
(kaippu kaarppu rasangalatra
kai rizhangugalin thayirpachadi)
蔬果凝乳泮刹笛

ingredient	原料
Vegetable/Tuber *	12 palam 蔬菜／块茎*
Curd	¼ padi 凝乳
Salt	¼ palam 盐
Green Chillies	½ palam 青辣椒
Ghee	½ palam 酥油
Red Chillies	⅛ palam 干红辣椒
Black Gram/Urad Dal	¼ palam 黑豆
Mustard Seeds	⅛ palam 芥菜籽
Bengal Gram / Chana Dal	¼ palam 鹰嘴豆

This dish is an accompaniment to our prominent dish rice, just like dal.

像木豆汤一样，这是道著名的配饭菜。

Any variety of Vegetable*/ Tuber - 12 palam
任一种蔬菜／块茎

Choose good and big vegetables. Place it on live coal and let it cook. Keep turning it around such that all parts of the vegetable cook well. Else, boil the vegetable in water. Then take it and cool it.

选品质好且饱满的蔬果。置于活炭上炙烤。持续翻转，使菜熟透。此外， 或可水煮。然后取出并冷却。

Curd - ¼ padi 凝乳
Salt - ¼ palam 盐

Put these two in a lead coated vessel.
将此二者放入涂铅容器中。

Green Chillies - ½ palam 青辣椒

Remove the stalk and chop into small pieces. Roast it in ghee and add to the curd. Peel the burnt or cooked vegetable/tuber, put it in the curd and smash it well. If the vegetable/tuber is added when hot, the curd will break and become water.

去梗，切成小片。在酥油中煸烤后添入凝乳中。削去烤焦部位，熟菜去皮，放入凝乳中捣碎。如果在菜尚热时放，凝乳会被破坏而化水。

Ghee - ½ palam 酥油

Put this in an iron ladle and heat it on the firewood stove. Once the ghee is heated,

将其倒入铁勺中，在柴火炉上加热。油热后，

Red Chillies - ⅛ palam 干红辣椒

Black Gram / Urad Dal - ¼ palam 黑豆

Mustard Seeds - ⅛ palam 芥菜籽

Bengal Gram / Chana Dal - ¼ palam 鹰嘴豆

Using these ingredients, prepare the seasoning as per the 22nd recipe and add it to the prepared pachadi.

依照第 22 道食谱的方法，以上述食材烹制调味料，并将其添入备好的凉菜中。

Vegetable / Tuber referred to above are — vegetables like Yellow pumpkin, Snake gourd, Indian gooseberry/Amla, Raw Mango, Raw Banana, Cucumber, Ladies-finger etc. and tubers like Potato, Sweet potato, German Turnip/Kohlrabi, Beetroot.

上面提及的蔬果／块茎是指——蔬菜如黄南瓜、蛇瓜、印度醋栗、生芒、生香蕉、黄瓜、秋葵等，以及块茎如土豆、甘薯、德国芜菁、甜菜根等。

*The vegetables used to prepare the pachadi should not be of fibrous kind or with Seeds. If it is so, the fibre or Seeds should be removed first and then the vegetables should be used.

*制作此味凉拌菜不宜用粗纤或带籽的菜。若用，应去除粗纤维或种子后再用。

VOLUME I

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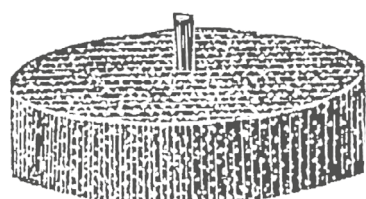
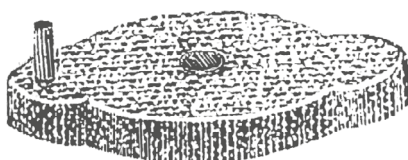
glossary

图 录



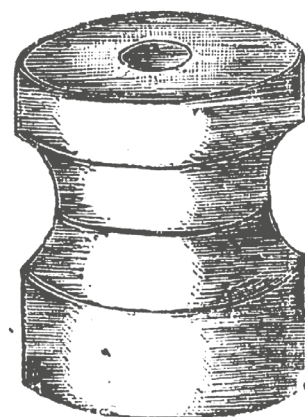
குந்தாணி, உலக்கை.

Kuthani Ulakkai
Mortar and Pestle
杵臼

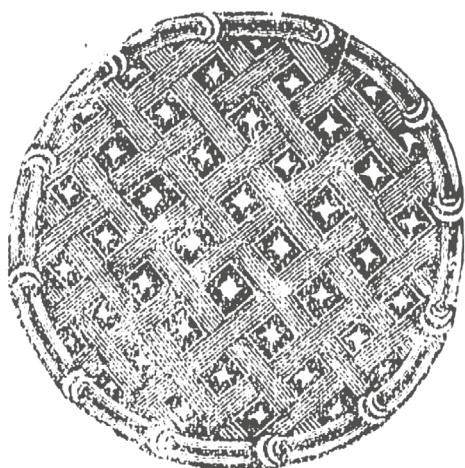


துவரையுடைக்கும்
இயந்திரம்

Hand Stone Grinder
手磨石盘

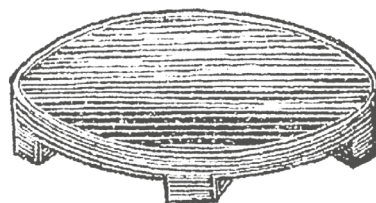


உரல்,
Ural
Grinding Stone
捣谷臼



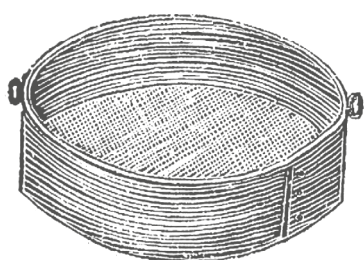
சல்லடை.

Salladai
Winnowing/Treshing Basket
扬谷/脱粒用的竹簸



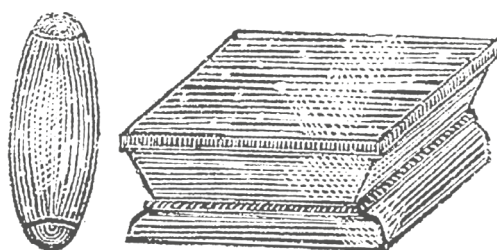
அப்பளப்பலகை குழவி.
Appala-kuzhavi
Rolling Pin
擀面杖

Appala-palagai
Rolling Board
擀面板

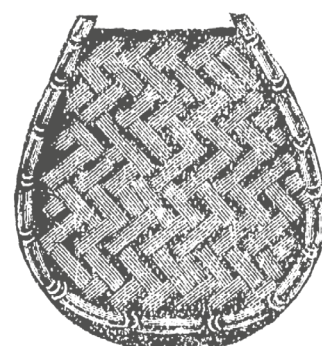


இரவைச்சல்லடை.

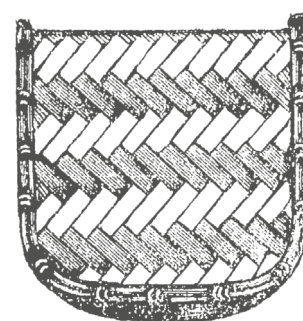
Semolina Salladai
Semolina Sieve
麦粉筛



அம்மி குழவி.
Ammi Kuzhavi
Base Stone and Cylindrical Grinding Stone
平磨盘与碾石



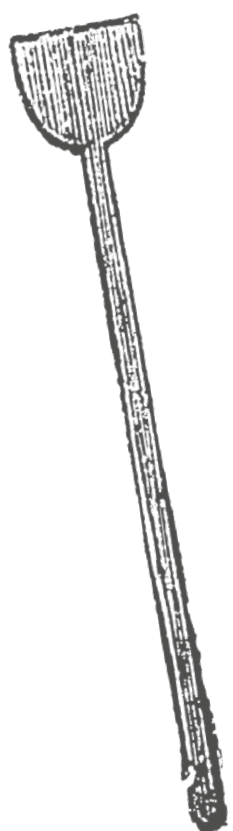
Sulagu
Winnowing Fan
扬去杂粒尘灰用的簸箕



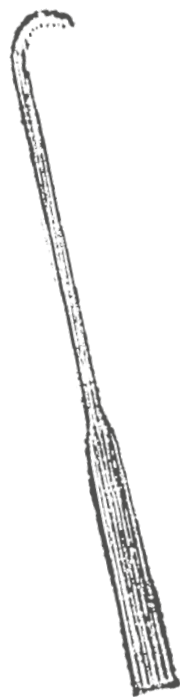
முறம்.
Sulagu
Winnowing Fan
搬运/风扬谷物用的平口簸



களித் துடுப்பு
Kali thuduppu
 Large Wooden Spatula
 大木铲



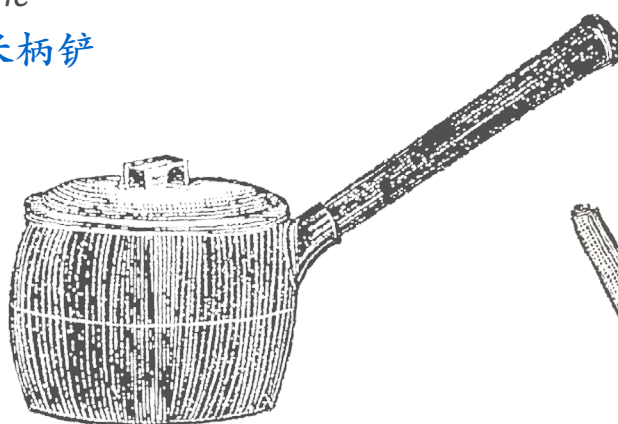
handle
 火炉用长柄铲



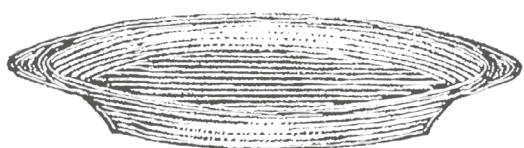
Rotti-ladle
 长柄钩



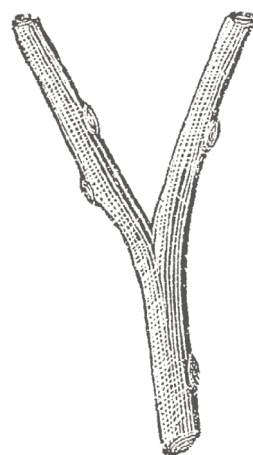
ஜல கேட்டில்.
Jala Kettil
 Kettle
 煮水壶



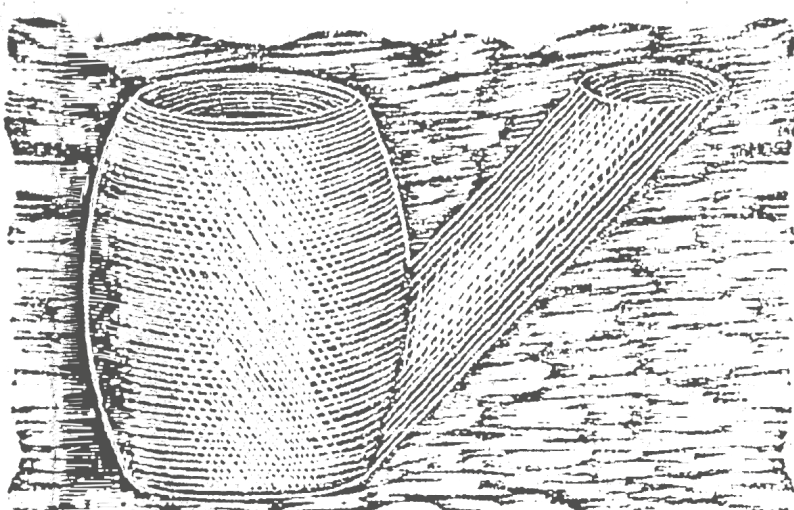
பால் கேட்டில்
Paal Kettil
 Milk pan
 牛奶锅



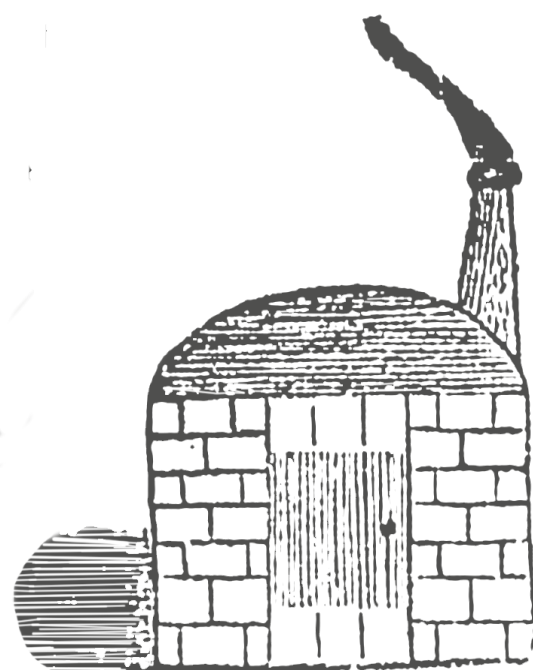
தாம்பாளம்.
Kalaya Tambaalam
 Lead-coated plate
 涂铅盘



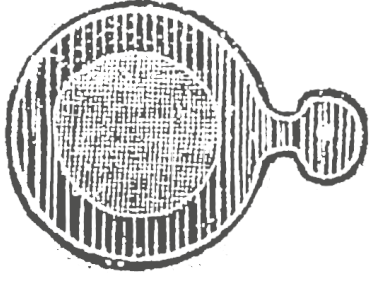
களிக் கவைக்கோல்.
Kali Kali Kawai Kol
 Y Shaped Wooden Stick
 Y形杈



போன் அடுப்பு.
Pon-aduppu
 firewood pot stove
 饼坑炉



கூண்டடுப்பு.
Konndu-aduppu
 firewood stove
 砖窑灶

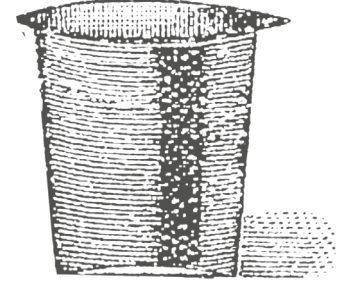
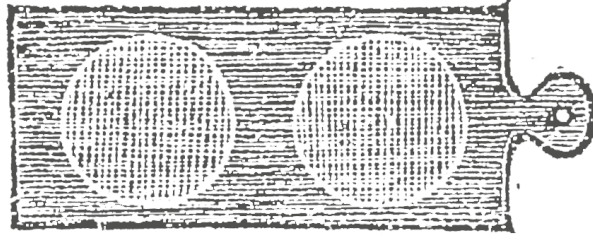


தோசைக்கல்

Dosai kal

Dosa Pan

多萨锅



கற்சட்டி.

Karchattikal

Soft-Stone Pot

软石甑

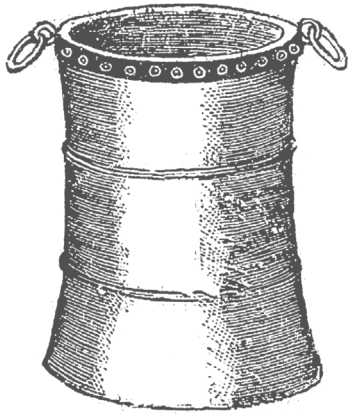


வாணலி.

Vannali

Frying pan

煎锅

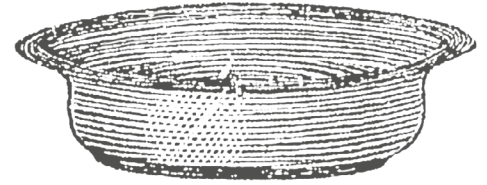


ஜோடுதவலை.

Soadu-thavalai

Long Cylindrical Vessel With Rim

带钮长筒甑



சருகுச்சட்டி.

Frying pan

平底煎锅



வெண்கலப்

பாணை.

Vengala panai

Bronze Pot

铜甑



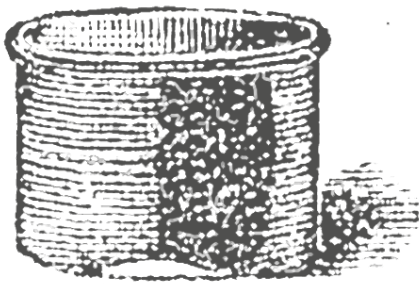
பித்தளைக்

குண்டுபோகிணி.

Bogini

Vessel

直口甑



பித்தளைப்

போகிணி.

Pithalai Bogini

Big Brass Vessel

黄铜大直筒甑



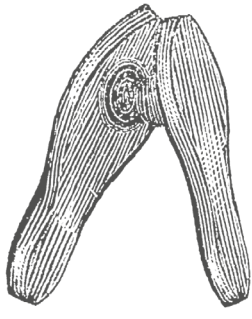
பித்தலைத்

தவலை.

Thavalai

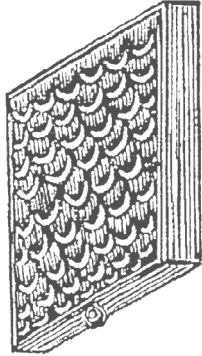
Wide Mouthed Pan

广口釜形锅



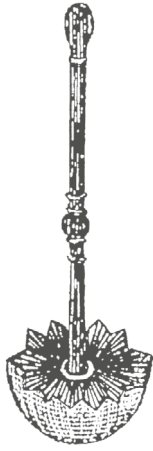
எலுமிச்சம்பழம்
பிழியும் ஆயுதம்.

**Ezhumicham pazham
pizhiyum aayutham**
Lemon Squeezer
柠檬榨汁器



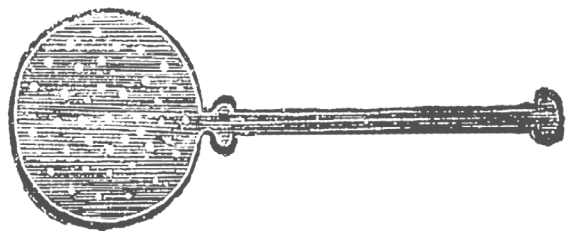
துருவுபலகை.

Thruruvu Palagai
Grater
擦丝板



மத்து.

Churner for Yoghurt
凝乳搅拌器



சல்லிக் காண்டி.

Jalli Karandi
perforated ladle
漏勺



துடுப்பு.

Thuduppu
Wooden Spatula
木铲



காண்டி.

Karandi
Ladle
长柄勺

Kapha / Sleshma

One of the Tridoshas. Kapha in Sanskrit can be translated as "that which holds things together". Kapha is a combination of earth and water in our body and is characterized by fluidity, strength and nourishment.

阿育吠陀生命三大基础法则／生命能量 Tridosha 之一。梵文直译为“将事物结合在一起的”。Kapha 是人体中 Prithvi (土) 和 Appu (水) 的结合，其特点是流动性、力量与营养。

Pitta

One of the Tridoshas. Pitta in Sanskrit is translated as "Fire" or "Heat". It is responsible for transformation, metabolism. Pitta is a combination of Agni (Fire) and Appu (Water).

阿育吠陀生命三大基础法则／生命能量 Tridosha 之一。梵文直译为“火”或“热”。Pitta 负责能量转化、新陈代谢，是 Agni (火) 与 Appu (水) 的结合。

Vata

One of the Tridoshas. Vata in Sanskrit means "wind" or "that which moves". It is the dosha of movement or change. Vata is a combination of Vayu (Air) and Appu (Water).

阿育吠陀生命三大基础法则／生命能量 Tridosha 之一。梵文直译为“风”或“动的”。Vata 特点是运动或变化，是 Vayu (空气) 与 Appu (水) 的结合。

* All the illustrations in this book are from the Tamil version of "Bhaga Sāstra" which discovered in Nithyananda Dhyanaapeetam Adheenam.

*本书中厨房设备之插图皆来自2015年在尼希亚南达灵修院发现的泰米尔语版《Bhaga Sāstra》。

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radiating super-human powers”

“体验超意识突破
并焕发超人类力量的食物”

supreme pontiff of hinduism
jagatguru, mahasannidhanam
hoh bhagavan nithyananda paramashivam

印度教（兴都教）最高教皇
普世灵性导师
至尊尼希亚南达 • 帕冉玛希瓦上师











supreme pontiff of hinduism
jagatguru, mahasannidhanam
hoh bhagavan nithyananda paramashivam
印度教（兴都教）最高教皇
普世灵性导师
圣尊尼希亚南达·帕冉玛希瓦上师

is the reviver of kailasa - the ancient enlightened
civilization, the great cosmic borderless
hindu nation, is avatar
and the supreme pontiff of hinduism.
是“凯拉萨”古老觉醒文明，这个伟大浩瀚宇宙的
印度教（兴都教）之邦的复兴者，转世化身，
印度教（兴都教）最高教皇。

the sph made science of power manifestation,
yoga and temple based universities for humanity.
sovereign order of kailasa led by the sph,
nithyananda order of monks, nuns and hindu
diaspora are working for global peace and to give
super conscious breakthrough to humanity.

his nithyananda hindu university (world's largest) with extended campuses in 150 countries is collecting, organising, preserving, time capsuling, decoding, spreading and reviving 20 million source books of hinduism and the 64 sacred arts and sciences-ayurveda, music, dance, sculpting, astrology, vastu.

最高教皇为人类带来了灵性能力显化的科学、瑜伽和基于神庙的大学。由最高教皇领导的凯拉萨最高教团、尼希亚南达僧尼团的受戒僧尼和印度（兴都）教徒散居者们正在为世界和平以及为全人类带来超意识突破而努力。（全球最大的）尼希亚南达印度教（兴都教）大学，分校遍及150个国家，正在收集、整理、保存、制作时间胶囊、解码、传播和复兴2000万本印度教（兴都教）资料典籍，以及64种神圣艺术与科学，包括生命健康、音乐、舞蹈、雕刻、占星术、建筑设计等。

the sph is 293rd guru mahā sannidhanam of shyamalapeeta sarvajnapēetham (ancient apex bōdī) and present emperor of suryavamsa surangi samrajyam. the sph survived worst persecution of multiple assassination attempts on person and on character by anti-hindu elements.

最高教皇是古老顶尖机构夏玛拉神座全知宝座灵修院（shyamalapeeta sarvajnapēetham）第293任大教主以及苏里亚瓦姆萨·苏兰吉·桑拉贾姆

（suryavamsa surangi samrajyam）皇帝。

最高教皇从反印度教（兴都教）分子对其肉身及形象多次暗杀企图的最严重迫害中幸存下来。

BHAGA ŚĀSTRA 薄伽圣典

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