

“ஊட்டச்சத்து மிக்க பாரம்பரிய
உணவு பொருட்கள்
உங்கள் இல்லந்தோறும்”



DELTA FOODS

THANJAVUR

Serving With Values

“To bring nutritive
prosperity in every home
through our innovative and
traditional food products”



INSTANT FOODS

No: 812, Neithal, New Housing Unit, Thanjavur-613 005.

Email: Info@deltafoodsthanjavur.com

Contact: 9345945421 / 9345945426 | Toll-free : 1800 8899 701



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KARUPPU KAVUNI PORRIDGE

Preparation Method

In 200 ml of water, add 1 tablespoon of Karuppu Kavuni Porridge Mix and boil for 15 minutes before consuming.



Ingredients

Karuppu Kavuni Rice
Black Gram
Green Gram
Barnyard Millet (Kudiraivalli)
Foxtail Millet(Thinai)
Wheat
Cardamom



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MILLET METHI DOSAI MIX

Preparation Method

Prepare a batter using Millet Methi Dosai Mix similar to Rava Dosa batter. Once the Tawa Gets heated, prepare dosa by cooking it one side.



Ingredients

Kodo Millet (Varagu)
Fenugreek
Little Millet (Samai)
Proso Millet (Panivaragu)
Bamboo Rice
Pepper
Jeera
Curry leaves



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NUTRITIONAL HEALTH MIX

Preparation Method

To 200ml of water add 2 tbsp of premium
health mix and cook it till the mixture turns gruel

Add jaggery and milk to it and serve hot

Adding only salt is another option.



Ingredients

Kodo Millet (Varagu), Foxtail Millet(Thi-
nai), Banyard Millet(Kuthiraivali), Finger
Millet(Ragi), Pearl Millet (Cumbu), Kollu,
Urad dhal, Yellow Corn, White Corn,
Red Corn, Karamani, Soya, Barley,
Green Dhal, Little Millet(Samai), Varu-
kadalai, Cashewnut, Cardamom,
Badam, Oats, Red Rice, Bamboo rice,
Karuppu kavuni rice.



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MILLET PONGAL MIX

Preparation Method

1. Soak one cup of Pongal mix for 30 minutes.
2. Pressure cook it for 15 minutes with 5 Cups of Water
3. Add and mix sauted Ghee, Cashew, Ginger, Curry leaves and cumin seeds
4. Serve hot with Chutney.



Ingredients

Kodo Millet (Varagu)
Foxtail Millet (Thinai)
Little Millet (Samai)
Red Rice
Bamboo Rice
Green dhal
Pepper
Jeera



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BLACK GRAM KALI MIX

Preparation Method

Take 1Cup of Kali Mix. Add 2 cup water mix well. And cook to form a thick consistency finally add Gingelly oil or Ghee



Ingredients

Sprouted Blackgram
Canejaggery
Boiled rice
Salt



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HIBISCUS GUAVA HERBAL INFUSION DIP TEA

Direction to Use

To brew one cup (100ml to 200ml) and add one Dip tea. Try it
is a refreshing fruity iced drink or simply brew it hot.



Ingredients

Dried Hibiscus(Sabdariffa)
Dried Stevia
Dried Guava Fruit
Star Anise
Cardamom
Ginger
Natural Identical Flavour
(Guava)



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MURUKKU MAVU

Preparation method

Take 1 cup of Murukku Flour Add potable water and 2 spoon Butter to make a soft dough. Make Murukku in Hot Oil.



Ingredients

- Raw Rice (Pacharisi)
- Urad dhal
- Ellu (Sesame)
- Perungayam (Asafoetida)
- Salt
- Pottukadalai (Roasted channa dal)



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KARUPPU KAVUNI POHA

Preparation method

To prepare Karuppu Kavuni Aval (black rice flakes), rinse 1 cup of the aval thoroughly and soak it in enough water for about 10–15 minutes until it becomes soft, then drain the water completely. Heat 1.5 tablespoons of oil in a pan, add ½ teaspoon mustard seeds, let them splutter, then add 1 teaspoon urad dal and fry until golden. Add chopped green chillies, a little ginger, curry leaves, and 1 small chopped onion, sauté until the onion turns soft. Add the soaked aval, salt to taste, and mix gently. Cook on low flame for 2–3 minutes until well combined, then optionally add 2 tablespoons of grated coconut. Serve warm as a healthy and tasty breakfast or tiffin.

Poha Snack

Ingredients

Karuppu Kavuni Aval
Onion
Green chillies
Ginger
Curry leaves
Mustard seeds
Urad dal
Chana dal
Hing (asafoetida)
Grated coconut (optional)



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MAPPILLAI SAMBA POHA

Traditional Red Rice

Preparation method

Dry roast $\frac{1}{2}$ cup of Mapillai Samba Aval in a pan for 2–3 minutes until slightly crisp (optional but enhances flavor). Add $1\frac{1}{2}$ cups of water and cook on medium flame for 5–7 minutes until the aval becomes soft. In a separate pan, melt $\frac{3}{4}$ cup of jaggery with a little water, strain to remove impurities, and add it to the cooked aval. Let it simmer for 3–5 minutes, allowing the jaggery to blend in. Now add 1 cup of thick coconut milk and cook on low heat for 2 more minutes—do not boil after adding coconut milk. In a small pan, heat 2 tsp of ghee and fry 1 tbsp cashews and 1 tbsp raisins until golden, then add to the payasam along with $\frac{1}{4}$ tsp cardamom powder and a pinch of salt if desired. Stir well and serve warm or chilled.

Ingredients

Mapillai Samba Aval
Jaggery (powdered)
Coconut milk (thick)
Water
Cardamom powder
Ghee
Cashews
Raisins
Grated coconut (optional)
A pinch of salt



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THOoyAMALLI POHA

Preparation method

Soak aval, melt jaggery in little water, strain and heat, add
aval and cook till absorbed, add coconut, cardamom, fried
cashews/raisins in ghee.

Ingredients

Thooyamalli Aval – 1 cup

Jaggery – ½ cup

Coconut – ¼ cup (grated)

Cardamom powder – ¼ tsp

Ghee – 1 tbsp

Cashews & Raisins – 1 tbsp each



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PEARL MILLET (CUMBU) FLOUR

Preparation method

Heat 1 tbsp oil in a pan, add mustard seeds, let them splutter. Add urad dal, chana dal, chopped green chilies, curry leaves, and a pinch of hing. Once dals turn golden, add 1 to 1¼ cups of water and required salt. When water comes to a boil, lower the flame and slowly add 1 cup of Cumbu flour, stirring continuously to avoid lumps. Mix well until it forms a soft, lump-free dough and leaves the sides of the pan. Switch off the heat and let it cool slightly. Add grated coconut and mix. Grease your hands, take small portions, shape into oval or cylindrical dumplings (like pidi kozhukattai), and steam them in an idli cooker or steamer for 10–12 minutes on medium flame. Serve hot with coconut chutney or sambar.

Cumbu Flour Kozhukattai

Ingredients

Cumbu flour (Pearl millet flour) 1 cup
Grated coconut ¼ cup
Mustard seeds ½ tsp
Urad dal 1 tsp
Chana dal 1 tsp (optional)
Green chili 1–2 (chopped)
Curry leaves Few
Asafoetida (hing) A pinch
Salt To taste
Water ~1 to 1¼ cups
Oil



Uses of product

Porridge | Healthy Bakes | Rotis | Upma/Kozhukattai | Sweet dishes



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FINGER MILLET (RAGI) FLOUR

Preparation method

Dry roast 1 cup of ragi flour in a pan on medium-low heat, stirring continuously for about 7–8 minutes until it turns aromatic and slightly changes color. In a separate pan, heat 3 tablespoons of ghee and add the jaggery, stirring gently until it melts and forms a syrup (you can add 1–2 tablespoons of water to help jaggery melt evenly). Combine the roasted ragi flour and jaggery syrup, mix well on low heat until fully incorporated and thickened. Turn off the heat, add cardamom powder, grated coconut, and chopped nuts, mixing thoroughly. When the mixture cools slightly but is still warm enough to handle, grease your palms with ghee and shape the mixture into small round laddus. Let them cool completely and store in an airtight container.

Ragi Flour Laddu Ingredients

Ragi flour (finger millet flour)
Jaggery (grated or powdered)
Ghee (clarified butter)
Cardamom powder
Grated coconut (optional)
Chopped nuts (cashews, almonds, etc.)



Uses of product

Porridge | Healthy Bakes | Rotis | Idly / Dosa Batter | Sweet dishes | Ragi malt



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