



EXPERIENCE THE TRUE FLAVOUR
OF THE THANJAVUR DELTA

Traditional Rice



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

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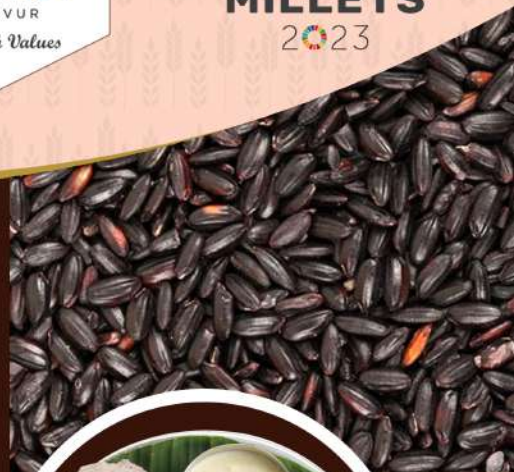
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"ஊட்டச்சத்து மிக்க பாரம்பரிய உணவு பொருட்கள் உங்கள் இல்லங்களை நிரம்பும்"



Karuppu Kavuni Rice



Ingredients

1. Karuppu Kavuni Rice 1 Cup
2. Idli rice 1 cup
3. Urad Dhal 1/2 cup
4. Soaked Poha 1/4 cup
5. Fenugreek 1 tbs

Karuppu Kavuni Rice Idli / Dosa Batter

- ✦ Rinse the above couple of times
- ✦ Soak for 6 hours
- ✦ Grind it to Fine Paste
- ✦ Add salt and stir well
- ✦ Ferment it to 8 to 10 hours
- ✦ Prepare idli with the batter and serve it with curry leaves chutney.

OTHER RECIPES :

Pudding | Porridge | Idli | Paniyaram | Laddu

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Mapillai Samba Rice (Bridegroom Rice)



Ingredients

1. Mapillai Samba 2 Cups
2. Urad Dhal 1/4 Cups
3. Fenugreek 1/2 Tsp

OTHER RECIPES :

Upma | Briyani | Urappadai | Idli/Dosa | Porridge | Payasam | Puttu | Laddu

Spicy Paniyaram Kids Healthy Snack

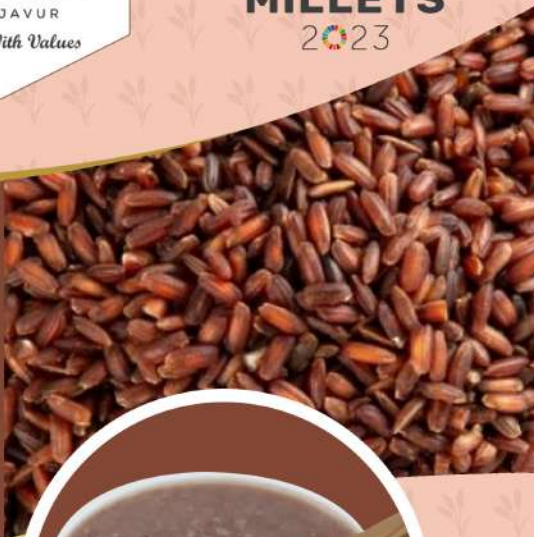
- ☞ Soak for 8 Hrs Grind it into Fine Paste
- ☞ Add Salt Ferment it for 6 hours
- ☞ Adjust the consistency by adding water
- ☞ Add oil to the pan.
- ☞ Heat it and add mustard seeds, chopped onion, Green chilli, Ginger and curry leaves and saute.
- ☞ Add it to the batter and cook in paniyaram pan in low flame.

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Kattuyanam Rice



Ingredients

1. Kattuyanam Rice 1 Cups
2. Onion & Curd

Kattuyanam Rice Porridge

- ✔ Take 1 Cup of Rice wash it 2 or 3 times
- ✔ Soak in water for 6-8 Hours.
- ✔ Add 2 Cups of water to the rice and pressure cook it upto 5 Whistle.
- ✔ Cool down the cooked rice and grind it to a fine paste.
- ✔ Add salt and curd.
- ✔ A few Pieces of onion to it will taste better.

OTHER RECIPES :

Idli/Dosa | Paniyaram

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Kullakar Rice



Ingredients

1. Kullakar Rice 1 Cups
2. Idli Rice 1 Cup
3. Urad Dhal 1/2 Cup
4. Methi Seeds 1/4 Tsp

Kullakar Rice Idli / Dosa Batter

- Wash and rinse the above.
 - Soak it in water for 4-5 Hours.
 - Grind it into paste using the soaked water.
 - Add salt .
 - Ferment the batter for 6-8 Hours.
- Healthy Kullakar rice idli batter is ready.

OTHER RECIPES :

Mini Uthappam | Paniyaram | Porridge

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Karunguruvai Rice



Ingredients

1. Karunguruvai Rice 150 gms
2. Toor Dhal 100 gms
3. Urad Dhal 50 gms
4. Bengal Gram 50 gms
5. Cumin Seeds 1/2 tsp
6. Fennel Seeds 1/2 tsp
7. Ginger Small Piece
8. Red Chilli 3
9. Grated Onion and coconut

OTHER RECIPES :

Paniyaram | Porridge

Karunguruvai Adai PCOD | Diabetic Recipe

- ✦ Soak Karunguruvai Rice over Night
1 Hour Soaking is needed for Toor dhal, Urad dhal and bengal gram.
- ✦ Grind the rice with the dhals adding cumin seeds, fennel seeds, ginger and red chilli.
- ✦ Add grated onion and coconut to the batter and few curry leaves.
- ✦ 1/2 an hour fermentation is enough.

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Poongar Rice (Women's Rice)



Ingredients

1. Poongar Rice 1 Cup
2. Jaggery 1 Cup
3. Peanuts | Cashew nuts
4. Coconut Grated 1 Cup
5. Cardamom

Poongar Rice Laddu

- Take 1 cup of poongar rice.
- Wsh it 2 or 3 times and rinse the water. Roast the rice in a pan.
- Keep Stirring till you get a pop sound Roast Cashewnuts, Peanuts.
- Add the rice and cardamom in mixie jar and grind it to powder.
- Blend Jaggery and coconut with powder Roll it into balls.

OTHER RECIPES :

| Porridge | Idiyappam | Idli/Dosa | Puttu | Sweet Pongal | Paniyaram

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Thanga Samba Rice (Queen of Rice)



Thanga Samba Rice Queen of Rice

- Take 1 cup of thanga samba rice.
- Wash and rinse the rice.
- Add 3 cups of water to it.
- Pressure cook it upto 5 whistles.
- Taste the rice with sambar, Rasam and curd.

OTHER RECIPES :

Lemon Rice | Curd Rice | Coconut Rice

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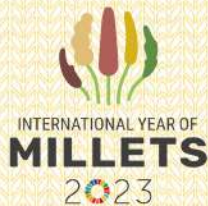
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Kichili Samba Rice



Kichili Samba (Weight Loss Recipe)

- Take 1 cup of Kichili samba rice.
- Wash and rinse the rice.
- Add 3 cups of water to it.
- Pressure cook it upto 5 whistles.
- Taste the rice with sambar, Rasam and curd.

OTHER RECIPES :

Lemon Rice | Curd Rice | Coconut Rice

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Thooyamalli Rice



Thooyamalli Rice Porridge

Ingredients :

- Thooyamalli Rice 100 gms
- Moong Dhal 2 Tbsp
- Pepper
- Ivy Gourd
- Plantain

- Wash and Rinse the Thooyamalli Rice
- Add 3 Cups of water
- Pressure Cook the rice adding moong dhal and pepper upto 5 whistles
- Steam Ivy Gourd and Plantain Separately
- Mix the cooked thooyamalli rice with the Ivy Gourd and Plantain
- Now the Healthy Thooyamalli Porridge is ready

OTHER RECIPES :

Idli/ Dosa | Panniyaram | Pulao

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Red Rice



Red Rice

- Take 1 Cup of Red Rice
- Wash Thoroughly
- Soak in 2 cups of water for 4-6 hrs
- Pressure cook it till 6 whistles
- Enjoy the red rice with sambar, Rasam & Curd.

OTHER RECIPES :

Upma | Puttu | Porridge | Laddu | Kozhukattai

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