

Amchigele Delights

(From the Kitchens of Nayak)



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CONTENTS

Foreword

Special Message

Tribute to my Grandmother

Acknowledgement

Author's Page

About GSB

The Origin

History

Cuisines

Sakanche Khaana-Breakfast Dishes

Chana Usli

Moodo

Mushti Polo

Pan Polo

Rulanv Phovo/Sajjige Bajil

Surnali

Thousali Dosa

Udada Appo

Undi

Urad Maida Polo

Betto/Nochhu Ogarane

Varai Idli

Theek Rotti

Snacks

Biscuit Ambade

Biscuit Rotti

Goli Bajje
Pathrode
Phova Chetni
Tandla Vado
Kanna Patholi
Rulav Bhakri
Mugadali Usli
Thousali Doodak
Pejje Polo
Buns
Shevai Usli
Batata Phovu
Bread Usli
Phanna Polo

Chutney

Kothambari Pallagojju
Hinga Chutney
Kulith Chutney
Gosale Ghire Chutney
Loshne Gooli
Alle Chutney
Bimbla Guli
Thimare Chutney
Pasponusu Chutney
Kadgi Chutney

Upkari Dishes

Alsande Upkari
Barshi Upkari
Tendle Talasan
Beans And Shenga Upkari
Beetroot Upkari
Benda Upkari
Botato-Piyava Upkari

Kala Chanaupkari
Magge Upakari
Mashinga Palle Upakari
Mitke Sanga Sukke
Navilkos Upakari
Podale Upakari
Ridge Gourd Upkari
Salla Upkari
Batate Bhajun Upkari
Kharathe/Bitter Guard Upkari

Gashi Dishes

Alvati
Ambe Sukke/Upkari
Bagde Kodel
Batat Piyav Ambat
Batate Batani Gashi
Batate Human
Batate Vaagu
Chana Ghashi
Gajbaje Ambat
Gud–Gud Alambe Ambat Randayi
Kadgi Gashi
Kuvale Sasam
Muga Gashi
Phuli Koddal
Vali Pappaya Ambat
Valval
Kaali Tori Gashi
Vaali Bendi
Vaal Batate Song

Saaru

Takka Saaru
Dali Tove

Batate Thoy
Alasande Saaru Upkari
Avaletrove
Tomato Saaru
Limbiya Saaru
Kulitha Saaru
Kolambo

Godshe/Payasam Dishes

Doodh Pak
Ghova Khana Paysu
Madgane
Phova Kheeri
Shevai Paysu
Kesari Bhath
Sweet Moong Dal Khichdi
Appa Payasa
Ponsa Gharai
Sakru Khichdi

Gallery

SAKANGHE KHAANA~ BREAKFAST DISHES

- ❑ Chana Usli
- ❑ Moodo
- ❑ Mushti Polo
- ❑ Pan Polo
- ❑ Rulanv phovu/Sajjige Bajil
- ❑ Surnali
- ❑ Thousali Dosa
- ❑ Udada Appo
- ❑ Undi
- ❑ Urad Maida Dosa
- ❑ Betto/Nuchhu ogarane
- ❑ varai Idli
- ❑ Theek Rotti

CHANA USLI

(SPICY MUSTARD FLAVOURED CHICKPEA)

Serves: 4

Cooking Time: 40 mins

Ingredients

1.5 cup black chick pea

1 tsp mustard seeds

A pinch asafetida

4–5 curry leaves

4–5 green chillies

½ tsp sugar

3–4 tbsps fresh coconut

Oil as required

Salt to taste

Method

- Soak black Chana full night and after the popping starts, add curry leaves, green chillies, and asafetida.
- Now add cooked Chana, salt, sugar and cook for around 10 mins.
- Garnish with coconut, mix it well.
- Serve hot.

MOODO

(SCREW PINE LEAF FLAVOURED DUMPLINGS)

Serves: 4 persons

Preparation time: 20–30 minutes

Ingredients

½ cup split black lentil

3 cups of dosa rice

Salt to taste

12 moode moulds

Method

- Soak rice and urad dal separately in water overnight.
- Before the grinding process, wash urad dal and rice properly.
- Grind urad dal like a smooth thick batter, transfer to a big vessel.
- Grind rice to a finer and thicker batter.
- Pour rice into the same vessel as urad dal and mix the batter well and combine it.
- Keep this batter in a warm area overnight to ferment.
- After the fermentation mix the batter well, add salt and add water to a fine consistency.
- Pour the batter into the screwpine leaf molds and steam for 50 minutes.
- Serve hot along with Sambar.

MUSHTI POLO

(SOFT URAD DAL AND COCONUT PANCAKE)

Serves: 10 Pancakes

Cooking Time: 30 minutes

(5 hours for soaking and 8 hours for fermentation)

Ingredients

1 cup raw rice
¼ cup Urad dal
½ tsp Fenugreek seeds
½ cup Grated coconut
¼ cup White beaten rice or Poha
2 tbsps Clarified butter/ghee
Finely chopped coriander
1 cup Leaves/Kotambari
Salt to Taste

Method

- Soak together, raw rice, urad dal and Methi for 5 hours.
- Mix all the grated coconut and Poha along with rice, dal and Methi; and grind them to make a batter of correct consistency.
- Add salt as required and ferment for 8 hours.
- Heat a flat tawa and spread the batter not spreading too much, like a pancake.
- Apply ghee on top; cover and cook for minute on medium flame. Do not flip over.
- Serve hot Mushti Polo with Kotambari chutney.

PAN POLO

(FLUFFY SAVOURY NEER CREPE)

Serves: 8 pieces

Cooking Time: 30 minutes

Ingredients

1 cup Rice

1 tbsp Coconut grated

Salt to Taste

Method

- Grind the soaked rice with 1 tbsp coconut into a fine watery paste and add salt as required while removing the dosa.
- Pour the batter on the tawa and spread it by moving the tawa.
- Sprinkle little oil on the tawa and close the lid. The dosa will be ready in short period.

RULANV PHOVO/SAJJIGE BAJIL

(LIGHT AND SPICY BEATEN RICE & UPMA)

Servings: 4 Portions

Cooking Time: 30 minutes

Ingredients

200 g beaten rice
1 cup grated fresh coconut
1.5 tbsp coriander seeds
1.5 tsp cumin seeds
6 dried red chillies
4 tbsps of jaggery
3 tbsps of sugar
3 tbsps of oil

Method

- Take a wok and add oil. Once heated, add coriander seeds as well as cumin seeds and red chillies. Fry them until they crackle and remove from the heat and cool it completely.
- Once completely cooled, grind mixture it to coarse consistency. Transfer this to mixing bowl.
- Add sugar into this bowl, powdered jaggery, and grated fresh coconut to the bowl and mix well. Then add beaten rice and mix well.
- Serve this mixture along with Upma. It also tastes good with tea and coffee.

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