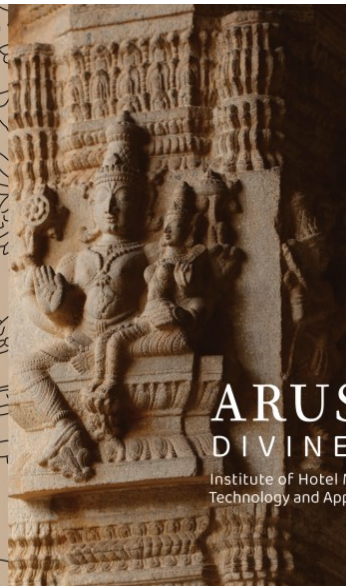




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ARUSUVAI DIVINE FOODS

Institute of Hotel Management Catering
Technology and Applied Nutrition, Chennai





IHM - Chennai

An ISO 9001:2015 Certified Institute

Presents

arusuvai

an introduction to Tamil Cuisine

அறுசுவை அருசுவடி

DIVINE FOODS

7th Edition - 2022



Incredible India



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Dr. Chandra Mohan.B. IAS.,

Principal Secretary to Government
Tourism, Culture and Religious
Endowments Department,
Government of Tamil Nadu.



Foreword

The ritual of presenting food to the deities before eating has been practiced for thousands of years in places of worship and devotees' homes all across the world. Different types of food are offered to deities depending on their religion and locality.

However, due to the passage of time and a variety of factors, these temple foods were not adequately documented.

I am pleased to note that the IHM Chennai is discovering 'Divine foods' from various parts of Tamil Nadu and educating people about the sacred significance of temples, churches and mosques through the publication of the cookbook 'ARUSUVAI...an introduction to Tamil Cuisine'.

This 7th edition, attracts the reader's attention with vibrant photographs and encourages everyone to try the carefully documented dishes. Culinary gurus have recommended several fantastic recipes in this book.

I congratulate and thank IHM Chennai for launching this 7th edition. I am confident that this cookbook 'ARUSUVAI...an introduction to Tamil cuisine' would inspire people from all walks of life to taste these recipes. Best wishes!

(Dr. Chandra Mohan B)

Chairman,

Board of Governors Institute of Hotel Management
Catering Technology & Applied Nutrition, Chennai

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ज्ञान भूषण, मा आ से
Gyan Bhushan, IES



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ECONOMIC ADVISOR & CEO
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MINISTRY OF TOURISM
NEW DELHI

Dated 27th April 2022

I'm absolutely delighted to learn that one of the most popular cookbook's 7th edition, 'ARUSUVAI...an introduction to Tamil cuisine,' will be published by IHM Chennai. This fascinating concept has always been a mystery regarding its delicacy, as the Institute places a greater emphasis on research-based work that results in authentic recipe discoveries.

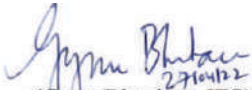
2. Unlike earlier editions, the 7th edition is quite unique. The theme is 'Divine Foods.' Typically, one's attention is quickly drawn towards this concept. The authenticity of these recipes are researched and presented with a brief about the varied heritage of choicest temples, churches and mosques.

3. The recipes cover the expanse of Tamil Nadu and interestingly divulges into the decadent dishes served in temples, churches and mosques. As such places of worship in Tamil Nadu holds a significant place in the religious landscape of India. To add to the appeal of this book, the well-crafted recipes offer a lot of flavour.

4. I appreciate and respect the collaborative spirit of students, faculty, and experts who have worked in unison to meet the goal. I congratulate the entire crew for putting together such an edition and enlightening the wider populace about Sacred Foods.

5. This effort should be continued, and I hope to see many more editions like this in the future.

Best Wishes!


(Gyan Bhushan, IES)

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Shri Mohamed Farouk

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Message

IHM Chennai, with all its' endeavours is benchmarking itself as the Institute of Excellence in India by offering Hospitality courses and churns well trained human resource to the Tourism and service industry globally. It is constantly striving towards progressive goals in taking the Institute to the next level. One such remarkable venture is the popular cook book '*Arusuvai– an introduction to Tamil cuisine*' being published consecutively for the 7th year in a row. This scholarly work is part of '*Azadi Ka Amrit Mahotsav*' among various other activities conducted throughout the year.

I am amazed to see the zeal in which IHM Chennai has collaborated with the priests of prominent temples, notable churches and important mosques of Tamil Nadu in researching on the recipes of '**Divine Foods**' served in the places of worship at various occasions, thereby ensuring the enduring traditions, resurrecting ancient recipes, dusting them off and giving them a new lease of life. This effort will not only benefit the academia but also the society at large.

This book is a reservoir of valuable recipes, colourfully designed and intricately recorded. I congratulate IHM Chennai for bringing this edition and I wish many more such editions to be published in the coming years.

Mohamed Farouk
Regional Director

SANDEEP NANDURI, IAS
Director of Tourism



MESSAGE

It is heartening to note of that IHM Chennai is heralding the seventh edition of "Arusuvai...an introduction to Tamil cuisine" after the remarkable accomplishment of the previous editions.

Research in food is the need of the nation. No legitimate documentation is done to save the genuineness of the recipes. This weakens the recipes and most of the time the formula is lost. While trying to restore the temple foods around Tamil Nadu IHM Chennai has taken this subject of looking into further more to uncover the few of Divine foods of Tamil Nadu by teaming up with experienced culinary specialists from different destinations of Tamil Nadu. Their knowledge and skill has added immense value to the current writing.

In India, sacred places of worship have traditionally had a cultural as well as a spiritual purpose. Many of the country's temples, churches and mosques have a long history of feeding the populace, allowing pilgrims and tourists alike to consume nutritious, delicious meals on a daily basis. These foods have been the matter of study by IHM Chennai. The team has explored in depth the facts about Divine foods and have retrieved interesting dishes and their method of preparation.

This book is sure to serve the Governing bodies of worship places as a blue print and as a reference book. The colorful photos enable one to understand the final product and its style of presentation.

IHM Chennai has always been outstanding in its academic endeavors and this edition is a masterpiece. I applaud the IHM Chennai team for their exceptional mission in creating recipe repository and for educating the people of

Director of Tourism

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INSTITUTE OF HOTEL MANAGEMENT CATERING TECHNOLOGY AND APPLIED NUTRITION

An ISO 9001:2015 Certified Institute

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Message by the Principal i/c

It's refreshing to acknowledge the fact that IHM Chennai is always evolving in terms of academics, with new strategies, scopes, and models that provide students with hands-on learning opportunities and extensive exposure. This Institute has always strived for quality and has unequivocal commitment in the development of skilled professionals for the hospitality industry. IHM Chennai has taken a stride forward by releasing the 7th edition of the culinary book '*ARUSUVAI - an introduction to Tamil Cuisine*'. As our nation is celebrating the 75th year of Independence under the epithet of '*Azadi Ka Amrit Mahotsav*', this book is truly a tribute to the revered people of this great Nation.



This edition focuses on '**Divine Foods**' of Tamil Nadu and rightfully recognises the critical need of re-recording the vast and varied ethnic recipes of the Foods served at the Sacred places of Tamil Nadu. The book's remarkable quality reflects the team's motivations and objectives in presenting Tamil Nadu's old recipes of the Divine Foods in a spectacular way. IHM Chennai is well-known for its never-ending quest for greater accomplishments, and this book is one of the results.

I applaud IHM Chennai's diligent students and faculty for their contribution to the publication of this edition. The recipes will elicit uncommon flavours by making each dish sophisticated and one-of-a-kind.


I congratulate the IHM Chennai team on their achievements in achieving the peak of success and carving the epitome in their academic pursuits.

Thank You!

Parimala S
R. Parimala
Principal i/c

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Preface

Tamil Nadu with historic origin and ancient civilization is famous for its Art, Culture and Tradition. The attractions include Historical Monuments and Forts, Ancient Temples and places of worship, green mountain valleys and tea gardens, long coastline and pristine beaches, rich forest with diverse wild life, flora and fauna. Of late Tamil Nadu has grown as an Educational Hub with diverse Educational Institutions of International repute covering all streams of pedagogy, thus becoming famous for Educational Tourism. The concept of **atithi devo bhava** is very well followed in  Various initiatives have been taken up by the Tamil Nadu Government for the promotion of tourism in the state.

The various Cuisines of Tamil Nadu with diverse recipes are Internationally famous. To mark the importance of Tamil Cuisine Arusuvai is presented by Chefs Budding Talents of IHM Chennai, Tamil Nadu for the benefit of the student community and the General Public of all regions of the globe. In order to showcase the preparation and presentation of important Tamil Cuisine Recipes. This is the Seventh edition of the Tamil Cuisine Recipes which shall be continued in years to come so that Tamil Nadu can become a Cuisine destination also. This book highlights the Divine foods of the temples and places of worship The list of dishes that have added glory to the town along with its rich heritage has been carefully collected and reproduced.

The Institute of Hotel Management would like to thank the Chefs, Students and Staff Members for their valuable contribution in bringing out this edition.

IHM CHENNAI

Our institute is known for its excellence both nationally and internationally in the field of Hotel Management education. The institute was established in 1963. It falls under the Ministry of Tourism, Govt. Of India. We are one of the pioneering institutes in India. Courses such as- B.sc in H&HA (3 years), PG M.sc HA (2yrs) and also (1½ yrs) diploma and craft courses are being offered. We have shown stellar growth for more than 50 years, with an exceptional employment level for the students.

- 14th place in the CEO World Magazine Global Rankings- “The Best Hospitality and Hotel Management Schools, 2022
- 2nd place in the Global Human Resource Development Centre (GHRDC) Hotel Management Institute Survey 2022
- An ISO 9001:2015 certified institution.
- Member of International Accreditation Organisation(IAO) USA (Life time membership)
- This institute is accredited with International Accreditation Organisation, Higher Learning Accreditation Consultant and Training.
- Member of American Accreditation Council of Business Education.
- MOU Signed with Catering School Lycee Nicolas Appert, France.
- MOU with IHG Academy, Turyaa, ITC, Le Meridian, Leela Palace, Hilton, Rain Tree, Accor Novotel, Feathers, Holiday Inn I.T. Express Hotels for training and development of students and faculty.

INTRODUCTION

Temple food has been an integral component of Indian culture since the country's ancient temples date back to hundreds of thousands of years. In the Bhagavad Gita (chapter 9 verse 26), Lord Krishna says “patram puspam phalam toyam yo me bhaktya prayacchati tad aham bhakty-upahrtam asnami prayatatmanah” which is translated as: If one offers Me with love and devotion a leaf, a flower, a fruit water, I will accept it. However, Lord's followers like providing a wide range of food prepared with love and based on sattvic ideals. Prasad is the name for the food served in this manner.

It is believed that food taken and cooked for oneself is material, but food cooked for the Supreme Lord is spiritual prasadam. Many temples follow the ritual of offering food that has six kinds of taste: sweet, sour, salty, bitter, pungent and astringent.

“The devotees of the Lord are released from all kinds of sin because they eat food, which is offered first for sacrifice. Others, who prepare food for personal sense enjoyment, verily eat only sin” Bhagwat Geeta.

Team of chefs along with the students visited many pilgrimage places around Tamilnadu and took the various recipes of the divine foods which have been offered to God. These recipes are trailed & documented in this 7th Edition of Arusuvai.

Since some of the recipes has already been covered in previous editions are not being repeated in this edition.

Guides



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Ingredients

Raw Rice	- 110 gm
Jaggery	- 240 gm
Cashew Nuts	- 15 gm
Cardamom Powder	- 1.4 gm
Ghee	- 16 gm

Prasadam: **Aravanai**

Azhagiya Manavalan Perumal Temple

Place: **Tiruchirapalli**



Method

- Cook the rice with required water and let it Cool down.
- Add 5gm of ghee and spread it across the plate. (should not be mushy).
- In a pan, fry cashews and keep aside.
- In a heavy bottom pan, make jaggery syrup with 240gm of powdered jaggery and 50ml of water till it reaches soft ball stage.
- Add the cooked rice to it and cook on medium flame. Add 10gm of ghee while cooking.
- Add the fried cashews and cardamom powder
- When the mixture becomes thick, serve it warm.

TEMPLE HISTORY: Azhagiya manavalan perumal temple in Uraiyur, a suburb in Thiruchirapalli, is dedicated to lord Vishnu. The Utsavam done here starts in Panguni month and lasts for 10 days. On the first day of Panguni Uthiram, Sri Ranganathar comes from Sri Rangam and stay in Urayoor and on Panguni Uthiram, he marries Kamalavalli Naachiyar and give his Kalyana Kola Seva. Aravali prasadam has a very significant role on these 10 days.



Ingredients

All Purpose Flour - 250 gm
Sugar - 510 gm
Ghee - 75 gm
Sweetless Kova - 150gm
Saffron - 2 gm
Oil - 500 ml
Cardamom Powder - 5 gm
Pista - 10gm

Prasadam: **Chandrakala Sweet**
Iskcon
Place: **Vellore**

Almonds - 10 gm
Cashew Nuts - 10 gm
Raisins - 5 gm
Kesari Colour - 2 gm

Method

- In a pan, add 500 gm sugar and 200 ml water and prepare a sugar syrup with one string consistency, add milk to remove any impurities from the syrup and remove at regular intervals.
- On a clean surface, add all purpose flour and ghee, and combine using rubbing method. Make sure not to over knead the dough.
- Add little water to combine everything to form a dough, and keep in the refrigerator.
- For the filling- Add kova, 10g of powdered sugar, cardamom powder, all chopped mixed nuts, saffron and combine everything and make small balls.
- Now take a small amount of dough, roll it and stuff with kova, and give it a crescent shape. In a kadai, heat oil and add chandrakala for deep frying, let it turn golden brown and turn at regular intervals.
- Soak the fried chandrakala in sugar syrup & serve hot.

TEMPLE HISTORY: Due to Prabhupada's focus on food distribution, many ISKCON devotees have opened vegan and vegetarian eateries. The Hare Krishna followers call their type or style of eating behaviour as 'Krishnatarian'. The chandrakala is very exceptional at vellore which is made and distributed as prasadam while the Krishnastami celebrations.



Ingredients

Black dates (de-seeded)	-	200gm
Dried Figs	-	100gm
Almonds/Badam	-	50gm
Cashew	-	50gm
Dried Raisins	-	50gm
Dried Coconut (optional)	-	30gm
Dried Melon Seeds	-	10gm
Cardamom (optional)	-	1.5gm
Ghee	-	15ml

Method

- Firstly begin to roast the almonds in a pan until they are amber in color.
- Keep stirring the almonds at regular intervals. You can also lightly roast the almonds. Set aside.
- First lightly crush the cardamom pods in a mortar-pestle. Then remove the peels and crush the seeds coarsely. Set aside.
- Roughly chop the dates and figs.
- In a spice grinder, blender or mixer-grinder add the chopped dates, figs, cashews, raisins, almonds, desiccated coconut and the coarsely powdered cardamom powder and grind them until slightly coarse.
- Add the roasted almonds and dried melon seeds to the coarsely ground mixture.
- Make small balls in your hands and the dry fruits laddu are ready.

TEMPLE HISTORY: The chinna Tirupati at hosur which has a idol replica of lord at Sri Tirupati Balaji temple has dry fruit laddu as one of the prasadam made richly with dry fruits and ghee. This is freshly made and served as prasadam to the devotees.

Prasadam: **Dry Fruit Laddu**

Dakshina Tirupati Temple

Place: Krishnagiri





Ingredients

For the masala powder:-

Red chillies	– 150 gms
Peppercorns	– 50 gms
Fenugreek seeds	– 30 gms
Coriander seeds	– 150 gms
Black gram	– 100 gms
Bengal gram	– 100 gms
Urad dhal	– 400 gms

For the Rice:

Raw Rice	– 1500 gm
Toor Dal	– 1000gm
Tamarind	– 200 gms
Asafoetida	– 50 gms
Mustard seeds	– 50 gms
Dried Turkey Berry (Sundakkai Vathal)–	20 gms
Midhuku Vathal	– 20 gms

Peanuts	– 200 gms
Lobia	– 200 gms
Lima Beans	– 200 gms
Black Chana	– 200 gms
Country Vegetables–	5000gm
Ghee	– 500gm
Gingelly Oil	– 500gm
Refined Sunflower Oil–	500gm
Turmeric powder	– 20 gms
Salt	– 5gm

Prasadam: **Kadhambam**

Irattai Thirupathi - Aravindalochanan Temple

Place: **Thoothukudi**



Method

- Broil the ingredients for the powder, grind it and keep it aside.
- Cook the vegetables, pulses and rice separately. Make a pulp out of tamarind and keep it aside. In a saucepan, boil water and add toor dhal to it. Once the toor dal is cooked, add the tamarind pulp to the dal along with salt and turmeric and allow it to boil. Add the ground masala powder.
- In a kadai, heat oil and ghee and add mustard seeds, curry leaves and asafoetida for the tempering. Now add this tempering to the boiling dal mixture. Allow it to cook for 2 minutes and add the cooked vegetables, pulses and fried vathals. Mix well. Remove the mixture from heat. Combine the mixture with the required quantity of rice and serve hot.

TEMPLE HISTORY : The popular Navratri prasadam is a mixture of vegetables along with rice and dal. This is one of the popular prasadams from the South Indian temples and is distributed especially during Navratri.



Ingredients

Raw rice	- 500g
Urad dal	- 200g
Fenugreek seeds	- 20g
Peppercorn	- 15g
Cumin seeds	- 15g
Dried ginger	- 15g
Asafoetida	- 15g
Salt	- 10g
Curry leaves	- 3g
Ghee	- 200g

Method

- Make a batter using raw rice, urad dal and fenugreek; it should be coarsely grinded as rava idli batter. Mix peppercorns, cumin, dried ginger, asafoetida and salt. Let it ferment for 12 hours.
- After fermentation, add the curry leaves and ghee, mix it well.
- Pour the batter into the bamboo basket made from mantharai elai shaped like a tunnel closed at bottom.
- Keep it in an appropriate vessel and steam cook it for around 3hrs.
- After it is completely cooked, cut into roundels.

Prasadam: **Kanchipuram idli**

Sri Varadaraja Perumal Koil

Place: **Kanchipuram**



TEMPLE HISTORY: The prasadam generally distributed under the prasada mandapa at varadaraja perumal koil the bamboo *kudalai* , cylinders into which the batter is poured and cooked is one of the very famous prasadam of the ancient varadaraja perumal koil.



Ingredients

Rice	- 500g
Jaggery	- 100g
Ghee	- 300g
Cardamom powder	- 5g
Cashew nuts	- 2g

Method

- Soak the raw rice in water.
- Drain the water, put the rice in the blender and powder it.
- Boil the jaggery with water and filter the impurities.
- Add the raw rice powder in the boiling jaggery.
- Stir continuously until the water gets evaporated.
- Finally add ghee and cashew.
- Serve it hot.

Prasadam: **Kappu arisi**

Sri Thirukameswarar temple

Place: **Puducherry**



TEMPLE HISTORY: Kappu arisi is traditionally made for the naming ceremony of a child. It has a story going back to the birth of the shiva avtar “lingam”. It is distributed widely in the aadi month as that is the most prominent festival month of the temple.



Ingredients

Ghee	-	75gm
Garlic	-	5gm
Ginger	-	15gm
Onions	-	150 gms
Tomatoes	-	100 gms
Curd	-	50 ml
Black pepper	-	30gm
Star anise	-	3gm
Cloves	-	20gms
Cinnamon	-	5 gms
Cardamom	-	5gm
Mutton	-	250 gms
Salt	-	As req
Chilli powder	-	20gm

Method

- Take a pan and add oil, cinnamon , cardamom , cloves ,star anise, let the whole spice crackle.
- Add onion and ginger garlic paste let it cook till the raw smell goes.
- Add tomatoes cook it till it attains the loab stage and add curd and water little by little and add mutton to it.
- Check for seasoning.
- Let it simmer, once the meat is cooked , it is ready to serve.

TEMPLE HISTORY: The unique and predominant prasadam at veerangi ayyanar temple made of meat is made and distributed by the devotees themselves. This is done round the year as the deity is a family deity for many of the families ranging from the region.

Prasadam: **Kari kolambu**
Sri Veerangi Ayyanar Temple
Place: **Chinnasalem**





Ingredients

Ghee	-	75gm		
Garlic	-	10gm		
Ginger	-	50gm		
Onions	-	150 gm		
Tomatoes	-	100 gm		
Curd	-	50 gm		
Black pepper	-	20gm		
Star anise	-	5gm		
Cloves	-	20gm	Chilli powder	- 20gm
Cinnamon	-	5 gms	Rice	- 100 gms
Cardamom	-	5gm	Water	- As req
Mutton	-	250 gms	Oil	- 50 gm
Salt	-	As req	Bay leaf	- 1gm

Method

- Wash rice and soak it
- Take a pan and add oil, cinnamon , cardamom, cloves ,star anise, let the whole spice crackle
- Add onion and ginger garlic paste let it cook till the raw smell goes
- Add tomatoes and add curd and mutton, check for seasoning
- Add water to the pan and add the rice
- Cook it in dhums method
- Finish off with ghee, and it is ready to serve

TEMPLE HISTORY: The kari soru prasadam is made mostly on the pournami days when there are pujas happening. March and April are the most auspicious months and it is very popular for the prasadam of kari soru after the pujas are offered

Prasadam: **Kari soru**

Sri Arunjunai Kaatha Ayyanar

Place: **Chinnasalem**





Ingredients

Brinjal	- 50gm
Oil	- 30gm
Curry leaves	- 2gm
Red chillies	- 75gm
Tamarind	-10gm
Water	- 250ml
Asafoetida	- 10gm
Salt	- as req

Gothsu powder

Red chillies	-75gm
Coriander seeds	-45gm
Chana dal	- 30gm

Prasadam: **Kathirikai gothsu**

Thillai Nataraja Temple

Place: **Chidambaram**



Method

- Heat oil, add the quartered brinjals cook until it softens, set aside to cool.
- Once cool, mash to a coarse consistency.
- Heat oil, add mustard, red chillies, curry leaves, asafoetida & add the coarse brinjal mixture & saute it. Add salt.
- In a separate wok, heat oil & fry the red chillies, coriander seeds & chana dal until brown. Cool & grind to powder (this is the gothsu powder).
- Extract tamarind juice with 250 ml water & add this to the brinjal mash.
- Once cooked, notice the raw smell of tamarind fades, add Gothsu powder to the brinjal mash. This dish is done when you notice the oil on the side of the wok. Check for salt. Serve hot.

TEMPLE HISTORY: This kathirikai gothu with Jeeraga samba Sadham is prepared at Chidambaram Temple as an offering to Lord Nataraja. Authentically it is prepared by directly cooking the brinjal over the flame. As a tradition, most of the prasadams don't have onions added into them.



Ingredients

Raw rice	- 210 gm
Moong dal	- 50 gm
Jaggery	- 160 gm
Water	- 500gm
Coconut	- 50 gm
Cardamom powder	- 5 gm
Ghee	- 15 gm

Method

- Roast raw rice and moong dal for few mins. Take in a bowl and wash well. Drain it completely. Take it in a blender and powder coarsely
- Take jaggery in a kadai, add in water and mix well. If your jaggery has dirt, strain the mix. Bring it to a boil. Add in coconut and cardamom powder.
- Add in powdered rice and dal and mix well.
- It will get thick and leaves the side and come together as a mass. Add ghee to this and mix well. Let the mix cool down. Now shape it into ball.
- Steam this for 10 mins ready to serve.

Prasadam: **Kozhukattai**
Karpaga Vinayagar Temple
Place: **Sivagangai**



TEMPLE HISTORY: The biggest festival in the temple is the Vinayaka Chaturthi in the month of Avani-August-September. During the midday puja, a preparation called Kozhukattai in Tamil in a big size is offered as nivedhana. The Kozhukattai nivedhana is made from 18 measures of rice on the Vinayaka Chaturthi festival day.

Ingredients

Rice flour	- 200 gm
Jaggery	- 100 gm
Cumin powder	- 3 gm
Cardamom powder	- 3 gm
Ghee	- 50 gm
Water	- 25 gm
Salt	- 0.5 gm
Grated coconut	- 25 gm

Method

- Add rice flour in a wide bowl.
- Sprinkle some water and make sure the flour is well coated with the water.
- No lumps to be formed while mixing with water.
- Add 25gm of water step by step adding around 5gm at each step.
- Transfer this mixture in a double boiler for 15-20mins.
- Then transfer the mixture in a wide bowl.
- Add powdered jaggery , then salt, ghee, and mix well.
- Then add cumin powder, cardamom powder to the mixture.
- Serve hot.

TEMPLE HISTORY: The hazarat durgah also serves prasadam called malida made with rice flour and jaggery. It is made on the special occasion of the prophet nabhi's birthday and is distributed to everyone who steps in the durgah

Prasadam: **Malida**
Shyeda Hazarat Musa Biwi Dargah
Place: **Salem**





Ingredients

Rice	- 500 gm
Oil	- 10 gm
Karpuravalli Leaves	- 10 gm
Urad Dal	- 5 gm
Channa Dal	- 5 gm
Cumin Seeds	- 5 gm
Mustard Seeds	- 5 gm
Coriander leaves	- 20 gm
Curry leaves	- 15 gm
Mint leaves	- 20 gm
Tulsi	- 10 gm
Neem leaves	- 5 gm
Green Chillies	- 10 gm
Salt	- 10 gm

Method

- Wash and soak the rice for at least 20 mins and cook the rice in boiling water until 90% cooked.
- In a saute pan heat oil, add mustard seeds, jeera, urad dal, green chillies, chana dal and saute until golden brown.
- Now add mint leaves, curry leaves, coriander leaves, karpuravalli leaves, neem leaves, tulsi, salt and saute lightly. In a kadai, heat oil, add the paste and saute.
- Add the boiled rice into the kadai and mix well.

TEMPLE HISTORY : This refreshing prasadam from the Raghavendra swamy temple of Ranipet is served during the prasada seva. This mulagai sadam has a very special place in local's hearts.

Prasadam : **Muligai Sadam**
Sree Raghavendra Swamy Temple

Place: **Ranipet**



Ingredients

Ghee	- 50 gm		
Cashews	- 15 gm		
Raisins	- 5 gm		
Bay leaves	- 5 gm		
Cinnamon	- 3 gm	Green chilli	- 10gm
Cardamon	- 3 gm	Rice	- 250 gm
Cloves	- 4 gm	Water	- 500 ml
Pepper	- 7.5 gm	Lemon juice	- 15 gm
Onion (sliced)	- 250 gm	Salt	- As req

Method

- Firstly, in a large kadai, heat 1 tbsp ghee and roast 8 cashews and 2 tbsp raisins.
- Roast the cashews to golden brown and keep aside.
- Now in the same kadai, saute bay leaf, cinnamon, cardamom, cloves and pepper.
- Also, add 250gms onion, Green chilli and saute until the onions turn golden brown. Now, add 1 cup basmati rice (soaked for 20 minutes) and roast for 1 minute without breaking rice grains.
- Further, add 2 cups water, 15gm of lemon juice and salt. Stir well and get the water to a boil. Cover and simmer for 20 minutes or pressure cook for 2 whistles.
- After 20 minutes, fluff the rice gently without breaking rice grains.
- Add fried nuts and mix well and served.

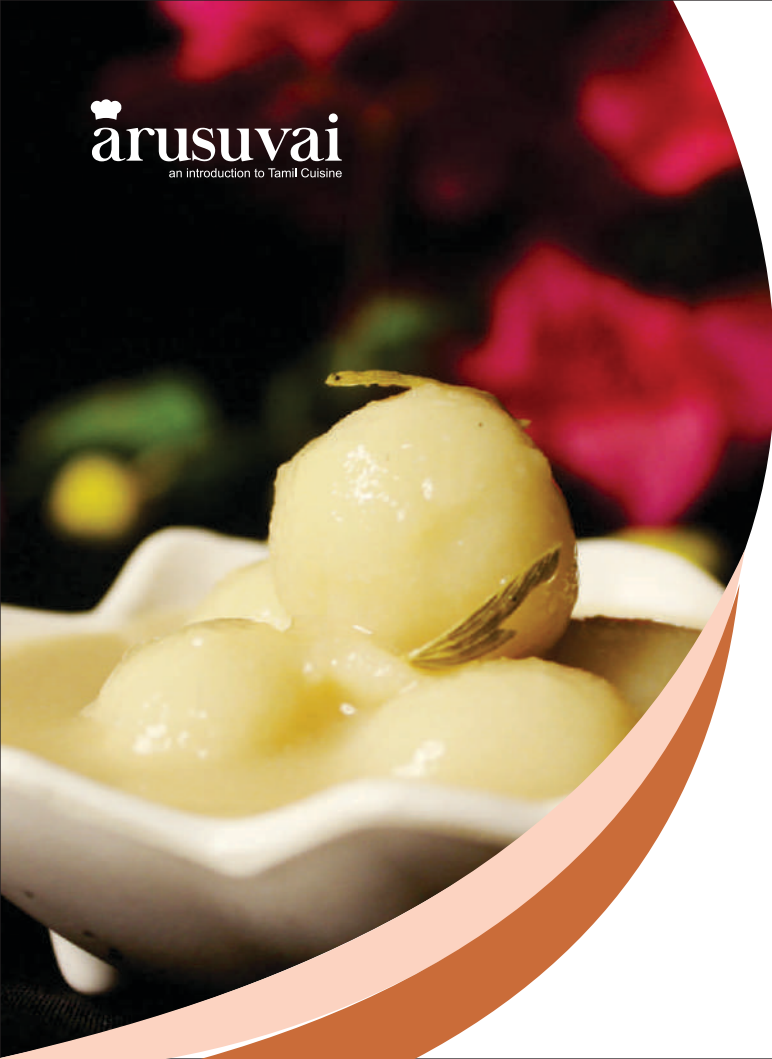
TEMPLE HISTORY : Nei sadam literally meaning ghee rice is a very peculiar prasadam offered to Anubhava Subramaniyan of Coimbatore. This is generally offered to the deity in the morning puja or the mi-day puja.

Prasadam : **Nei Sadham**

Anubhava Subramaniyan

Place : **Coimbatore**





Ingredients

- | | |
|------------|----------|
| Rice flour | - 200 gm |
| Jaggery | - 80 gm |
| Cardamom | - 5 gm |
| Milk | - 200 gm |

Prasadam : **Paal Kolukattai**
Suchindram Thanumalayan Temple

Place : **Nagercoil**



Method

- Take rice flour in bowl and add hot water to it and make a soft dough
- Make small balls with the dough and keep it aside.
- Take a pot add the milk and add the crushed cardamon to it.
- Now add the rice flour balls to it, and let the rice flour balls cook in the milk.
- Add the jaggery to it and let it melt .
- Serve hot.

TEMPLE HISTORY : The rice flour balls cooked inn pure cow milk is said to be one of the most liked dessert to the deity as well as the pilgrims or bhaktas visiting the temple.



Ingredients

Rice	-	100gm
Green grams	-	200gm
Garlic cloves	-	20gm
Fenugreek seeds	-	5gm
Salt	-	as required
Coconut milk	-	50gm

Method

- Soak the rice and green gram in water.
- Boil the green grams , till it is half done.
- Then add the pre-soaked rice, fenugreek seeds and garlic cloves to it.
- When the rice and green grams are cooked well , add the coconut milk and finish it off.
- Serve it with some green chillies.

Prasadam : **Payaru Kanji**

St Xavier's Cathedral

Place : **Nagercoil**



TEMPLE HISTORY : The St. Xaviers Cathedral is one of the oldest churches in the city and it has a very unique prasadam made and distributed made with rice and green grams finished with coconut milk.



Ingredients

Green grams	– 200gm
Onion	– 40gm
Coconut oil	– 10ml
Red chilli	– 5gm
Urad dal	– 5gm
Mustard seeds	– 5gm
Salt	– as required

Prasadam : **Thalicha Pachai Payaru**

Nagaraja Temple

Place : **Nagercoil**



Method

- Soak the green gram and boil it. Keep it aside.
- Take a pan. Add coconut oil and let it heat.
- Add the urad dal and red chillies , let it cook .
- Add the chopped onions, saute it till the onions are translucent.
- Add the boiled green gram, mix well . Check for seasoning, and finish it off.

TEMPLE HISTORY : The ten day brahmotsavam happening in the month of January– February. This prasadam is distributed on an individual leaf-lets to all the devotees.



Ingredients

- | | |
|------------------|----------|
| Black urad dhal | – 210 gm |
| Black peppercorn | – 15 gm |
| Cumin seeds | – 8 gm |
| Salt | – 5 gm |
| Oil | – To fry |

Prasadam : **Perumal koil vadai**
Sri Ranganathaswamy Temple
Place: **Srirangam**



Method

- Soak whole black urad dhal for 6 – 8 hours in water and grind coarsely without water.
- Grind black peppercorn, cumin seeds, salt to a coarser texture and add to batter.
- Flatten the thick batter in banana leaf or in parchment paper.
- Transfer it to hand and drop it in the frying pan with medium hot oil.
- Let it become golden brown in colour and crisp in texture.
- Ready to serve.

TEMPLE HISTORY : The foremost of the 108- divya desams has a very special prasadam called the perumal koil vada which is available all round the year at the prasadam stall of the temple. This prasadam is very peculiar and very close to the locals heart.



Ingredients

Rice	- 500g
Tamarind	- 100g
Red chilli	- 25gm
Peanut	- 50gm
Mustard seeds	- 10gm
Urad dal	- 10gm
Cumin	- 10gm
Peppercorn	- 10gm
Coriander seeds	- 10gm
Fenugreek seeds	- 10gm
Chana dal	- 10gm
Oil	- 15gm
Salt	- As req

Method

- Dry roast cumin seeds, peppercorns, coriander seeds and fenugreek seeds.
- Powder the dry roasted ingredients.
- Boil the rice separately.
- In a pan, add oil and add mustard seeds, red chilli, chana dal, urad dal and peanuts.
- Add salt and thick tamarind water to the pan.
- Add the powdered ingredients.
- Add the cooked rice to the mixture.

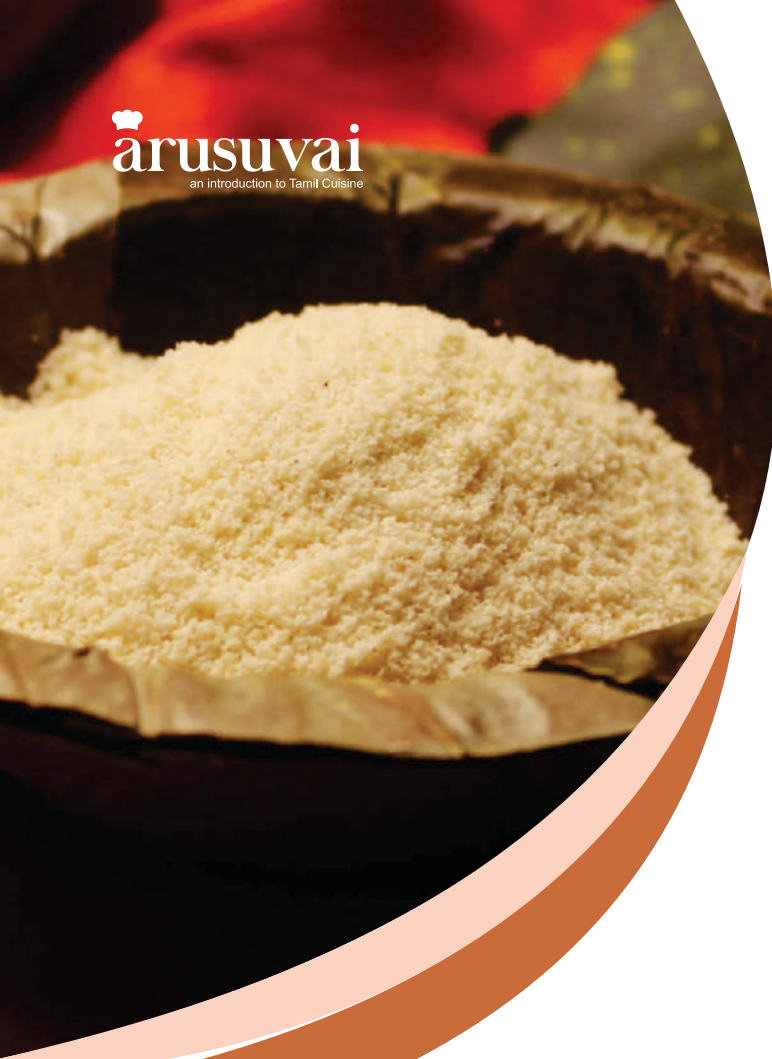
TEMPLE HISTORY : The temple is open from 6 in the morning to 8 in the night. The puli sadam is distributed to the devotees at various times after the neivedyam to the deity.

Prasadam : **Puli Sadam**

Tiruppur Balathandayuthapani Temple

Place : **Tiruppur**





Ingredients

Rice Flour	- 200gm
Jaggery	- 250gm
Ghee	- 25gm
Cardamom Powder	- 5gm

Prasadam : **Puttu Amudhu**

Arulmigu Subramaniya Swamy Temple

Place : **Tiruchendur**



Method

- Take rice flour, sieve it and roast it.
- Then add finely powdered jaggery to it.
- After adding jaggery, add 25ml of ghee and start mixing it with hands or machine.
- It should be without any lumps and its texture should be like sand.
- Finally add little cardamom powder to it for the flavor.
- Serve it.

TEMPLE HISTORY : The very famous Navratri prasadam made in many Subramanya swamy temples is believed to be the favourite to the deity of Thiruchendur, second among the six abodes of the deity.



Ingredients

Rice (samba)	-	500 gm
Cumin	-	100 gm
Peppercorn	-	100gm
Ghee	-	100ml
Salt	-	as req
Curry leaves	-	3 gm

Method

- In a pan, add ghee.
- Fry peppercorn and cumin in it.
- Let it cool and make it into a powder.
- Cook rice by boiling method.
- Mix the powdered pepper and cumin to rice.
- Add salt for taste.
- Garnish with curry leaves.

Prasadam : **Samba Sadam**

Virudhagireeswarar Temple

Place : **Virudhachalam**



TEMPLE HISTORY : Maasi Magam is the most important festival in the temple of Virudhagireeswarar temple also called as the second kasi. The prasadam Samba sadam made with samba rice is also as special as the Maasi Magam in the deities abode.

Ingredients

Raw rice	– 260 gm
Black urad dal	– 50 gm
Black peppercorn	– 15 gm
Cumin seeds	– 15 gm
Dry ginger powder	– 10 gm
Salt	– as required
Ghee	– 25 ml
Curry leaves	– few sprigs

Method

- Soak raw rice and urad dal for more than 2 hours and make a thick batter out of it.
- Add powder of black peppercorn, cumin seeds, dry ginger and mix well add salt.
- Add curry leaves to batter.
- Pour a ladle of batter into hot tawa and add ghee and make a thicker dosa by flipping on each. Sides with good amount of ghee.
- Ready to serve.

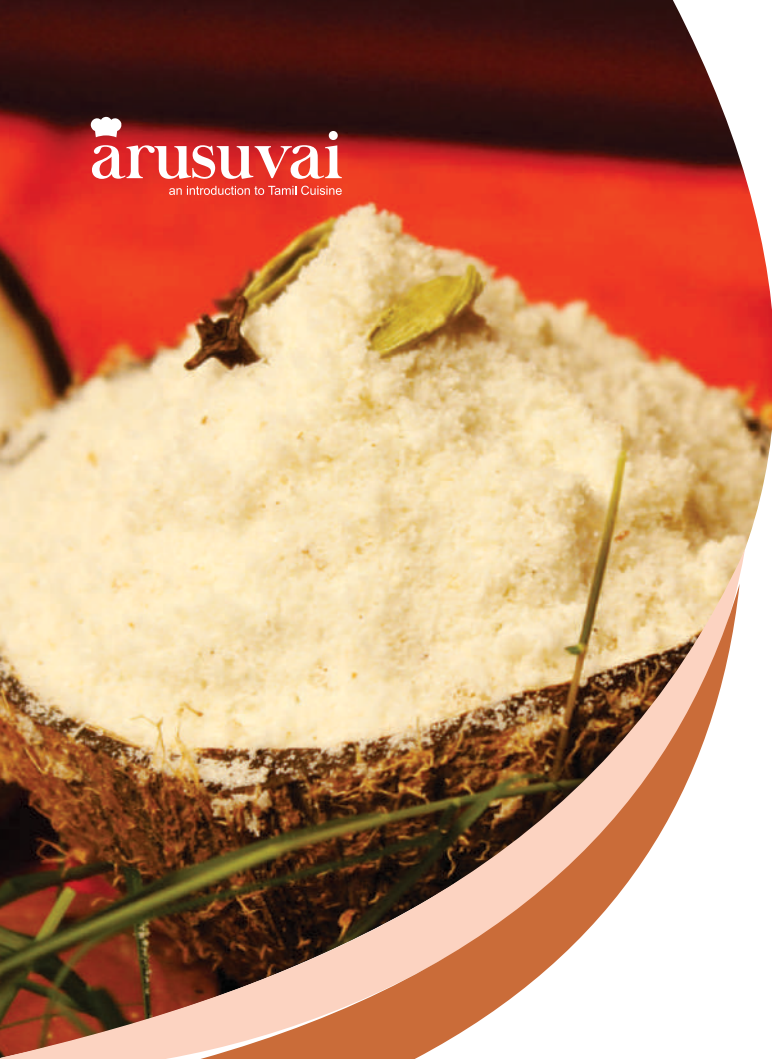
Prasadam : **Sambara Dosai**

Sri Ranganathaswamy

Place : **Srirangam**



TEMPLE HISTORY : Kaisiga ekadasi and vaikunta ekadasi are the most important festivals of the Srirangam temple when the sambara dosai is distributed at the time of sathumarai seva.



Ingredients

Rice flour	- 100gm
Coconut (grated)	- 200gm
Clove	- 2 gm
Ghee	- 25 gm
Cardamom	- 2.5gm
Sugar	- 150 gm

Method

- Roast rice flour.
- Roast coconut and mix it well.
- Leave it for half an hour.
- Add cardamom and clove.
- At last add sugar.

Prasadam : **Seeni Puttu**
Arulmigu Narumpunathar Udaan
Aavudai Ambal
Place : **Sivagangai**



TEMPLE HISTORY : Puttu Prasadam of finely ground, soaked Rice cooked in Jaggery is an easy and perfect dish as Prasadam and for a special item during Festivities. This Jaggery sweet melts in the mouth and is mostly offered in the Tamil Nadu temples and houses.



Ingredients

White chickpeas	-	150gm
Mustard seeds	-	5gm
Urad dal	-	5gm
Oil	-	15gm
Red chillies	-	10gm
Curry leaves	-	5gm
Salt	-	5gm

Method

- Soak the white chickpeas in water for around 12hrs.
- Cook the white chickpeas.
- Add oil, mustard seeds, urad dal, redchillies and curry leaves .
- Add the cooked white chickpeas to the tempering season with salt.
- Serve hot.

Prasadam : **Sundal**
Karpaka Vinayaka
Place: **Tirupattthur**



TEMPLE HISTORY : The 1600 year old vinayagar koil at Thirupattur has a very notable prasadam sundal as one of the very famous prasadams and is very widely distributed during the Vinayaka Chaturthi festival.



Ingredients

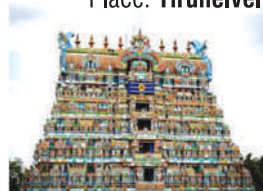
Rice	- 250 gm
Coconut	- 80 gm
Coconut Oil	- 50 gm
Mustard Seed	- 10 gm
Channa Dal	- 20 gm
Urad dal	- 20 gm
Dry Red Chillies	- 10gm
Green Chillies	- 10gm
Cashew Nut	- 10 gm
Curry Leaves	- 10gm
Salt	- 5 gm

Method

- Soak the raw rice and urad dal and chana dal in hot water for 20 to 30 minutes.
- Take the soaked rice and 2 cups of water in a pan. Cover and continue to cook rice. Allow to cool grains completely.
- Heat coconut oil in a pan, add mustard seeds and let them crackle. Then add the strained chana dal and urad dal. Mix and fry for a minute on a low heat.
- Add chopped cashews. Stir and fry until the cashews turn golden. Add dry red chillies, curry leaves and chopped green chillies.
- Next add grated coconut. Mix very well with the rest of the fried spices and herbs.
- Saute the coconut. The coconut can be sauteed until it gets a cream color. Then mix the rice very well and switch off the heat.

TEMPLE HISTORY : The temple town of Thirunelveli with the Nellaippar temple has wide range of prasadam. The prasadam include Thenga sadam also called as coconut rice, puliyogare, etc.

Prasadam : **Thengai sadam**
Nellaippar Temple
Place: **Tirunelveli**





Ingredients

Milk – 1000 gm
(milk obtained from the first serving of the cow after delivering , is traditionally used)

Cardamom – 5gm
Jaggery syrup – 100gm

Method

- Boil the milk and reduce it to $\frac{1}{4}$ quantity from the actual quantity.
- Add the crushed cardamon and jaggery syrup to it.
- Mix well until everything is nicely combined together, serve .

Prasadam : **Thirathi Paal**
Srivilliputtur Arulmigu Nachiyar
Sametha Rangamannar Temple
Place: **Srivilliputhur**



TEMPLE HISTORY : The milk obtained from the first serving of the cow after delivering is used to make the prasadam of the Srivilliputtur Rangamannar temple. This prasadam is as special as the temple for the devotees.



Ingredients

Gram flour -500gm	
Rice flour	- 50 gm
Water Food colour (green,red,yellow)	- 4to5 drops
Oil	- as req for deep frying
Salt	- as req
Baking soda	- 2 gm

For syrup

Sugar	- 750 gm
Water	- 500 ml
Cardamom powder	- 5 gms
NW meg powder	- 2 gms
Ghee	- 25 gms

Method

- Prepare batter by mixing gram flour, rice flour, and salt.
- Divide batter into 3 parts . Add each of the food colour to it.
- Cover it with muslin cloth and let it set at room temperature for 10 minutes. Heat oil in a pan for deep frying. When oil becomes hot, hold perforated spoon a little above pan and pour 2-3 tablespoons batter on it. Tap its edge so that droplets of batter fall in the oil. Repeat the process and make as many droplets as possible in a pan. Stir them using spatula and fry till crisp.
- Take out using another perforated spoon, drain excess oil and transfer to plate.
- Make sugar syrup of one string consistency, add cardamom powder and nutmeg powder, strain and keep aside. Add fried boondhi to warm syrup and soak for 30 minutes, stirring occasionally. Drain syrup well,spread on a tray to cool and serve.

TEMPLE HISTORY : The 14 day commemoration of the death anniversary of Shahul Hamid is one of the most prominent event celebrated where the freshly made tri-colour boondi is distributed as prasadam.

Prasadam : **Tricolor Boondi**

Nagore Dargah

Place: **Nagore**







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