hindu pakaśāstra

印度教烹饪圣典

THE HINDU COOK BOOK — VOLUME I

印度教食谱 —— 第一版

SCIENCE OF HINDU COOKING AS REVEALED BY BHAGAVAN PARAMASHIVA,
REVIVED BY PARAMASHIVA'S 1008TH INCARNATION
THE SPH JGM HDH BHAGAVAN NITHYANANDA PARAMASHIVAM

由帕冉玛希瓦的第1008次神圣化身，印度（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
揭示和复兴的印度教烹饪科学

hindu pakaśastra

印 度 教 烹 饪 圣 典

THE HINDU COOK BOOK — VOLUME I

印 度 教 食 谱 —— 第 一 版

SCIENCE OF HINDU COOKING AS REVEALED BY BHAGAVAN PARAMASHIVA
AND REVIVED BY PARAMASHIVA'S 1008TH INCARNATION
BHAGAVAN NITHYANANDA PARAMASHIVAM

由 帕 冉 玛 希 瓦 的 第 1 0 0 8 次 神 圣 化 身，印 度（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

揭 示 和 复 兴 的 印 度 教 烹 饪 科 学

table of contens
目录

RECIPES

菜谱

1 制作碎米饭
——沥除淀粉
cooking small rice by distilling starch
(kanji vaditthu seium siru arisi saadam)

2 制作碎米饭
——免沥淀粉
cooking small rice without distilling starch
(kanji vadikkaamal seium siru arisi saadam)

3 制作长粒米饭
——沥除淀粉
cooking big rice by distilling starch
(kanji vaditthu seium peru arisi saadam)

4 制作长粒米饭
——免沥淀粉
cooking big rice without distilling starch
(kanji vadikkaamal seium peru arisi saadam)

5 制作杂米饭
cooking mixed rice
(kalapparisi saadam)

6 制作新米饭
cooking new rice
(pudu arisi saadam)

7 麦碎饭
wheat grits rice
(gothumai noi saadam)

8 粟米和小米饭
foxtail & little millet rice
(thinai, saamai, ivaigalin saadam)

9 玉米饭 / 玉米布丁
corn rice or pudding
(chola saadam allathu kali)

10 珍珠粟饭 / 珍珠粟布丁
pearl millet rice/pudding
(kambu saadam alladu kali)

11 穄子布丁
finger millet pudding
(raagi kali alladu sangadi)

12 玉米饼 / 珍珠粟饼 / 穄子饼
corn, pearl millet, finger millet pancake
(cholam, kambu, ragi ivaigalin adai)

13 烤麦饼
wheat flour or grits normal pancake or rotti
(gothumai maavu alladu noiyin saadaa
adai alladu rotti)

14 酵母制法
(发酵面/酸面团)
preparation of khameer(sour) for rotti
(rottikku khameer [pulippu] tayaar seithal)

15 火烧饼
khameer rotti

16 奶香火烤饼
sirmaari rotti

17 菜薯饼
vegetable and tuber mixed pancake
(kaaikizhangugal serntha adai)

18 茉莉饭
sameli kushka

19 酥油凝乳饭
maamooli kushka

20 格拉妮酥油饭
keelaani kushka

21 奶油甜米饭
mohasam kaani kushka

22 调味料制法
seasoning

23 普通娑季饭
normal sojji
(saada sojji)

24 调味娑季饭
seasoned sojji
(taalida sojji)

25 孟恩豆娑季饭
green moong dal sojji

26 椰奶娑季饭
coconut milk sojji
(thengai paal sertha sojji)

27 马哈拉施特拉邦娑季饭
maharashtra sojji

28 马萨拉娑季饭
masala sojji

29 普通米糕
plain upma (saada uppuma)

30 麦碎糕
broken wheat/wheat grits upma
(gothumai noi [ravai] uppuma)

31 煎锅米糕
normal frying-pan upma
(saada vaanali uppuma)

32 煎锅麦碎糕
broken wheat frying-pan upma
(gothumai noi vaanali uppuma)

33 调味扁米饭
seasoned flattened rice/poha
(taalida aval)

34 凝乳调味扁米饭
seasoned curd flattened rice
(taalida thayir aval)

35 罗望子调味扁米饭
seasoned tamarind flattened rice
(taalida puli aval)

36 柠檬汁扁米饭
flattened rice with lemon juice
(elumichi pazhaarasa puli aval)

37 牛奶扁米饭
milk flattened rice

38 油煎饼
pancakes
(thavalai adai)

39 油煎饼（另一版本）
another variety of pancake
(mattroru vitha thavalai adai)

40 达萨密饼
bread/rotti called dasami
(dasami ennum rotti)

41 寺庙米粥
temple pongal
(kovil pongal)

42 盂恩豆米粥
moong dal/petite yellow lentil pongal
(payattramparappu gal)

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

44 木豆米粥
pigeon pea /toor dal pongal (tuvaramparappu pongal)

45 马萨拉米粥
masala pongal

46 碎麦豆粥
wheat grits/broken wheat pongal (gothumai mainoi pongal)

47 马哈拉施特拉邦米粥
maharashtra pongal

48 古吉拉特邦米粥
gujarati pongal

49 小扁豆米粥
himathkaani pongal (kichadi)

50 蔬菜米粥
pongal with greens (keerai pongal)

51 洋葱米粥
onion pongal (vengaya pongal)

52 调味洋葱饭
seasoned onion rice

53 孟恩豆米饼
rice flour & green gram flour mixed bread (arasimaavum payattrammaavum kalanda rotti)

54 鹰嘴豆面饼

bengal gram flour bread
(besam rotti)

55 鹰嘴豆面饼（另一版本）

another variety of bengal gram roti
(matroru vitha besan rotti)

56 糖浆制法

sugar syrup preparation procedure
(sarkkarai paagu seiyum vitham)

57 牛奶米粥

milk pongal
(paal pongal)

58 杂豆米粥

bengal gram & yellow moong dal sweet
pongal (kadaliparuppum payattram-
paruppum kalanda sarkkarai pongal)

59 小黄扁豆米粥

yellow moong dal sweet pongal
(payattramparuppu sarkkarai pongal)

60 小黄扁豆米粥（另一版本）

another variety of yellow moong dal sweet
pongal (mattroruvitha payattramparuppu
sarkkarai pongal)

61 甜米饭

sweet rice
(sarkkaraisaadam /saakarbath)

62 椰丝甜米饭

coconut sweet rice
(thengai sarkkarai saadam/
naaraleebath)

63 椰丝甜米饭（另一版本）

another variety of coconut sweet rice
(mattroruvitha thengai sarkkarai saadam/
naaraleebath)

64 芒果汁米饭

mango extract rice

(maambazharasa saadam)

65 传统早餐

saanja

66 麦碎/扁米

chira

67 湿婆神节日布丁

pudding

(thirivaathiraikkali)

68 香饼

spicy pancake

(karadai)

69 麦碎杏仁饼

wheat grits & almond mixed bread

(gothumainoiyum vaathumaiparuppum
sernda rotti)

70 罗望子饭

tamarind rice

(puliorai/puliyanchadam)

71 香粉芝麻荟饭

sesame- powder variety rice

(ellupodi chitraannam)

72 芝麻粉饭

sesame powder rice

(ellupodi saadam)

73 芥末椰饭

mustard and coconut variety rice

(kadagu thengai chitraannam)

74 椰浆饭

coconut rice

(thengai saadam)

75 黑豆粉饭
black gram powder rice
(ulatthampodi saadam)

76 柠檬汁饭
lemon extract variety rice
(elummichaipazha rasa chitraannam)

77 橙汁饭
citron fruit variety rice
(narthampazha rasa chitraanam)

78 石榴汁饭
komatti pomegranate extract variety rice
(komatti maadulampazha rasa chitraannam)

79 酸石榴汁饭
sour pomegranate fruit extract variety rice
(pulippu maadulampazha rasa chitraannam)

80 芒果汁饭
raw mango extract variety rice
(maangai rasa chitraannam)

81 生芒果饭
raw mango variety rice
(maangai chitrannam)

82 小茄子饭
baby brinjal rice
(katthirippinji saadam/vangibath)

83 小茄子饭（另一版本）
another type of baby brinjal rice
(mattroruvitha katthirippinji saadam)

84 马哈拉施特拉邦小茄子饭
lentil- broth rice
(paruppukozhambu saadam)

85 葫芦巴叶饭
methi/fenugreek greens rice
(venthayakkeerai saadam /sabjaabath)

86 豆汤饭
lentil- broth rice
(paruppukozhambu saadam)

87 凝乳饭
curd rice
(thayir saadam/ thathiyodhanam)

88 凝乳饭（另一版本）
another type of curd rice
(mattroruvitha tayirsaadam /bakaalabath)

89 凝乳粥
curd porridge
(thayir koozh)

90 普通豆汤
plain dal

91 柠檬豆汤
lemon extract lentil/dal
(elumichaippazharasa paruppu)

92 马哈拉施特拉邦扁豆汤
maharashtra plain dal/lentil
(maharashtra saada paruppu)

93 马哈拉施特拉邦辣扁豆汤
maharashtrian spicy dal
(maharashtra kaaraparuppu)

94 罗望子豆汤
pigeon pea sour dal/lentil
(tuvaram paruppu puli paruppu)

95 丝瓜柠檬木豆汤
ridge gourd sour dal
(peerkangaai puliparuppu)

96 丝瓜罗望子木豆汤
another type of ridge gourd sour dal
(mattroruvitha peerkaangai puliparuppu)

97 丝瓜木豆汤

ridge gourd dal without tamarind
(peerkaangai puliyillaaparuppu)

98 黄瓜 / 蛇瓜 / 茄子木豆汤

vegetables like cucumber, snake gourd &
brinjal mixed lentil/dal (vellarikkai, puda-
langaai, katthirikkai mudaliya kaaigal serndu
paruppu)

99 洋葱烩豆

onion lentil/dal
(vengaayam sernda paruppukkal)

100 无苦无辣的蔬菜凝乳帕刹笛

curd pachadi of bitter-less and spice-less
vegetable & tuber
(kaippu kaarppu rasangalattra kai kizhan-
gugalin thayirpachadi)

101 无苦无辣的蔬菜牛奶帕刹笛

milk pachadi of bitter-less and spice-less
vegetable & tuber
(kaippu kaarppu rasangalattra kai kizhan-
gugalin paalpachadi)

102 罗望子蔬菜帕刹笛

tamarind pachadi with vegetable/tuber
(kai kizhangugalin pulipachadi)

103 无苦无辣的蔬菜凝乳菜塔 / 帕刹笛

curd raita/pachadi of bitter- less and
spice-less vegetable & tubern
(kaippu kaarppu rasangalattra kai kizhan-
gugalin thayir-raayitham/pachadi)

104 无苦无辣的蔬菜凝乳菜塔 / 帕刹笛
（另一版本）

another variety of curd raita/ pachadi
of bitter-less and spice-less vegetable
& tuber (mattroruvitha kaippu kaarp-
pu rasangalattra kai kizhangugalin thayir-
raayitham/pachadi)

105 蔬菜罗望子菜塔（另一版本）
another variety of tamarind raita with vegetable/tuber
(kaikkizhangugalin mattroruvitha puli-raayitham)

106 五香杂豆粉帕刹笛
methkootma puli pachadi

107 黑豆粉凝乳帕刹笛
daangarmath thayir pachadi

108 南瓜多利亚——凝乳帕刹笛
curd pachadi called pumpkin doriya
(poosanikkaai doriya ennum thayirpachadi)

109 青辣椒香菜凝乳帕刹笛
green chilli, coriander curd pachadi
(pachchai millagaaium kotthummalliyum sernda thayir pachadi/denza)

110 鹰嘴豆粉帕刹笛
split bengal gram flour pachadi
(kadalaimaavu pachadi/jhunka)

111 在帕刹笛中添加洋葱
adding onions in the pachadi
(pachadiyil vengaayathai serthal)

the sph speaks on pakāśāstra

印度（兴都）教最高教皇

谈《烹饪圣典》

"mahadeva himself reveals the art and science of food and cooking that will keep you established in his space and manifesting the shaktis, superpowers."

"由宇宙之父揭示的食物和烹饪的艺术和科学会让你稳立于祂的空间并显化超能力。"

———

the sph jgm hdh 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

sph speaks on pakasastra

the supreme pontiff of hinduism
jagatguru, mahasannidhanam
hdh 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

What is food as we understand?
- A survival need.
- Pleasure to your tongue.
- Growth and nutrition to your body.
Modern day understanding of food limits to these few statements. However, in Sanatana Hindu Dharma food is known to play an important role in our lives, supporting us to have a conscious breakthrough and experience enlightenment, which is the purpose of our lives. Food has multiple implications on our life. Right food by itself can act as medicine, can create right thought currents in you and lead you to enlightenment. For us to make the right choice of the food, we need to understand the fundamental understanding about food that the Supreme Pontiff of Hinduism Jagatgurumahasannidhanam HDH Bhagavan Nithyananda Paramahsivam reveals is "You become what you eat".

什么是我们所理解的食物？
- 为生存所需的。
- 可以给你带来味蕾享受的。
- 可以给你的身体带来成长和营养的。

现代对食物的理解仅限于这些很少的陈述。然而，众所周知，在萨那塔纳印度教道法（永恒之道）中，食物在我们的生活中扮演着重要的角色，它会支持我们有意识地突破并体验开悟，而这才是我们生活的目的。食物对我们的生活有多重影响。正确的食物本身就可以作为药物，可以在你的心中产生正确的思维，引导你走向开悟。为了让我们做出正确的食物选择，我们需要了解印度（兴都）教最高教皇，普世灵性导师，圣尊尼希亚南达·帕冉玛希瓦上师所揭示的关于对食物的基本理解："你会成为你所吃的东西。"

The ancient texts of Hinduism speak volumes on food, its importance and effects on our body, mind and consciousness.

印度教的古老文本中谈论了大量关于食物、食物的重要性以及食物对我们的身体、思想和意识的影响。

Tattriya Upanishad revealstasmadva etasmadatmana akasah sambhutah, akasadvayuh, vayoragnih, agnerapah, adbhyah prithivi, prithivya osadhayah, osadhibhyo, annam, annatpurusah, sa va esa puruso, annnarasamayah, tasyeda-meva sirah (Chp.2, Sec.1 , Verse.1)

"From that (Brahman) who is this Self manifested space, from space air, from air fire, from fire water, from water the earth, from the earth the plants, from the plants food, from the food the being. This, verily, is the being who is made up of food. This, indeed, is his head."

《鹧鸪氏奥义书》（第二章，第二节，第一段经文）

揭示：*tasmadva etasmadatmana akasah sambhutah, akasadvayuh, vayoragnih, agnerapah, adbhyah prithivi, prithivya osadhayah, osadhibhyo, annam, annatpurusah, sa va esa puruso, annnarasamayah, tasyedameva sirah*

"从那个（道法）自我显化的空间，从空间到空气，从空气到火，从火到水，从水到大地，从大地到植物，从植物到食物，从食物到生灵，这证明了生灵是由食物组成的，这，确实是他的头。"

It boldly declares,
annam brahmeti
Food is Brahman.
它大胆地宣布，
annam brahmeti
食物即道法*。

Sanatana Hindu Dharma from millennia before has known this truth and has created a very scientific system of cooking and eating to ensure not just optimum health but best thought currents to experience the pure consciousness within you.

千年前的萨那塔纳印度教道法已经知道了这个真理，并创造了一个非常科学的烹饪和饮食系统，它不仅确保最佳的健康，而且确保最佳的思维来体验你内在的纯粹意识。

....

*食物即道法：意指你吃的食物造就了你的存在。

"Food creates certain thought currents in your system. Your food does a big job on your mind, you can see. That is why before cup of coffee and after cup of coffee how you feel, See. Listen, the food, whatever you take in, creates certain thought currents. So we can specifically plan the food and send all the best things and thought currents into your system."

"食物会在你的系统中产生某些思维。你可以看到，食物在你的头脑中起到了很大的作用，这就是为什么你喝咖啡前和喝咖啡后的感受是不同的。听着，无论你吃什么食物，都会产生一定的思维。因此，我们可以专门地规划食物，并将所有最好的东西和思维发送到你的身体系统中。"

Today, while we see an upsurge in depression cases, suicidal rates, crime rates, divorce rates, infertility cases, cancer and diabetic patients, we fail to understand that the problem and solution lies in the food that the world is eating.

今天，虽然我们能看到抑郁症、自杀率、犯罪率、离婚率、不孕症、癌症和糖尿病患者的激增，但却不知道问题和解决方案是在世界正在吃的食物上。

"Modern day marketing technology has compromised integrity. The touch, look, smell- everything is 'designed' for marketing purposes and compromises on your health. It goes to the extent of a criminal conspiracy so that the pharmaceutical industry can make money out of our lives."

"现代营销技术危及了一致性。一切触感、外观、气味都是为营销目的'设计'，并损害你的健康的，它到达了阴谋犯罪的程度，所以制药业就可以从我们的生计上赚钱。"

Violence based food (food obtained by killing animals) and chemical based food (food treated with pesticides, fertilizers, preservatives, genetically modified or food toxified by toxic preparation methods) ; both harm the system equally.

暴力食品（通过杀死动物获得的食品）和化学食品（用杀虫剂、化肥、防腐剂、转基因食品或通过有毒制备方法毒化的食品）；两者都同样对身体系统造成伤害。

"You see, organic vegetarian food is not joke. It is not even just for health. Understand. It gives you a inner space, physical system and physiological flow, to develop highest psychology. Understand. To develop highest psychology, not only your physical system, even your physiological flow... need to cooperate. Various components of you, need to be integrated to experience state of Sadashiva."

"你看，有机素食不是在开玩笑，它甚至不仅仅是为了健康。要理解，它是给你一个内在空间、身体系统和生理流动得以发展到最高的心理。请明白，要培养最高的心理，不仅是你的身体系统，甚至你的生理流程等都需要配合。你的各个组成部分，需要整合才能体验到萨达希瓦（Sadashiva）的状态。"

Sanatana Hindu Dharma declares that it is every being's possibility and right to experience the ultimate space of enlightenment and live a blissful, conflict free life. Paramashiva (the primordial divinity in Hinduism) himself reveals the most profound truths and principles on food and hands down over 400 recipes in the scripture called Pakashastra.

萨那塔纳印度教道法（永恒之道）宣称每个人都有机会和权利体验终极的开悟空间，并过上喜乐、无冲突的生活。帕冉玛希瓦（印度教中的原始神灵）亲自揭示了关于食物的最深刻的真理和原则，并在名为《烹饪圣典》的经书中传授了 400 多个食谱。

"Paramashiva's introduction about food is something extraordinary. He is managing your health based on taste, and the permutation combination of the tastes! I was naturally surprised. I tried to reproduce the taste with the permutation combination of tastes from modern day objects to see how it impacts the health. I am sure, without the items paramashiva

prescribes (in Pakasastra) , you can never get the same taste. You can never get the same taste of including madhu (honey) replaced by any other sweetener."

"帕冉玛希瓦对食物的介绍是非同寻常的。祂正在根据口味以及口味的排列组合来管理你的健康！我自然很惊讶！我尝试用现代物品的口味的排列组合来重现味道，看看它如何影响健康。我敢肯定，没有帕冉玛希瓦在《烹饪圣典》中配的品目，你永远都无法尝到相同的味道，永远都无法获得将蜂蜜替换为任何其它甜味剂的相同味道。"

On discovering the tamil translation of Pakasastra in a bookstore on a railway platform, when Kailasa's Nithyananda Jnanalaya was on a mission to collect and preserve all scriptures and texts on Hinduism, The SPH immediately recognised this to be an invaluable treasure to the world. The SPH has revived the science of cooking and eating as per Pakasastra in all Kailasa's around the world.

当凯拉萨的尼希亚南达图书馆(Nithyananda Jnanalaya) 执行一项收集和保存所有关于印度教的经文和文本的任务时，在铁路站台上的一家书店里发现了《烹饪圣典》的泰米尔语翻译，大师立即意识到这是世界的无价之宝，根据《烹饪圣典》，大师在世界各地的所有凯拉萨中复兴了烹饪和饮食科学。

"I will give you a few understandings:
Enjoy through the tongue which your whole intestine enjoys. You will be 'yogi'. Don't force your whole intestine to tolerate what your tongue enjoys. then you will be just 'rogi' (sick). Yogis have developed a unique eating style which is tasty and healthy - that is what is the agamic food. I wanted that food described in the bhaga shastra to become the lifestyle, the food which is very healthy and tasty. I wanted Pakasastra to become a lifestyle - a chain of restaurants: eat as much as you want, donate as much as you want."

"我想让你们理解：通过你的舌头去享受你的整个肠道会享受的东西，你就会成为'瑜伽行者'。不要强迫你的

整个肠道去忍受你的舌头所喜欢的东西，否则你只会是个'rogi（病人）'。瑜伽行者们开发了一种独特的饮食方法，既美味又健康——那就是纯粹性食物*。我希望《烹饪圣典》中描述的非常健康而美味的食物可以成为一种生活方式。我希望《烹饪圣典》成为像连锁餐厅一样普及的生活方式：择你所需而食，依你丰盛而捐**。"

"If we conduct trials and studies on the descriptions Paramashiva gives in the Pakasastra, you will understand the extraordinary principles. I should say, if we conduct trials and studies on these diets, the whole world will wake up to the truth of "agamic diet", and you will get health by food."

"如果我们对帕冉玛希瓦在《烹饪圣典》中的描述进行试验和研究，你们就会了解非凡的原则。我应该说，如果我们对这些饮食进行试验和研究，整个世界都会意识到"健康饮食"的真相，你们就能通过食物来获得健康！"

This scripture originally written in sanskrit has been translated to tamil, and now to english.

这本最初用梵文写成的经文已被翻译成泰米尔语，现在被翻译成了英文。

....

*纯粹性食物：意指超越了活跃性（Rajas），平和性（Sattva）和惰性（Thamas）的食物。

**择你所需而食，依你丰盛而捐：由身体自动的智慧选择食物；因丰盛感而布施，而不是对神有所求。

important note

重 要 提 示

The Hindu Pakasastra is the science of Vedic cooking, delivered to the world by Paramasiva Himself. In defining the recipes utmost care is seen in ensuring maximum nutrition for a healthy body, mind and consciousness. The book clearly categorises food products into Sattvik, Rajasic and Tamasik character elucidating the effect on our body and mind when we consume those specific food products.

印度教《烹饪圣典》是吠陀烹饪的科学，由帕冉玛希瓦本人亲自传达给这个世界的。在定义食谱时，最谨慎的是要确保为健康的身体、思想和意识提供最多的营养。这本书清楚地将食品分类为悦性、刺激性和惰性，阐明了当我们食用这些特定食物时对我们身心的影响。

Accordingly, The Supreme Pontiff of Hinduism Jagatguru Mahasannidhanam His Divine Holiness Bhagavan Nithyananda Paramashivam strongly promotes sattvic diet, as this is most conducive to taking individuals to higher

states of consciousness and well being. Therefore, users of the recipes described herein need to use their discretion for dishes that mention non-satvik ingredients such as green chillies, onion, garlic, asafoetida, etc. Kailasa recommends using alternatives or avoiding those specific ingredients.

因此，印度（兴都）教最高教皇，普世灵性导师 圣尊尼希亚南达·帕冉玛希瓦上师强烈提倡悦性饮食，因为这最有利于将人带入更高的意识和幸福状态。因此，使用这里讲述的食谱的人需要自己斟酌决定所提及的非悦性成分的材料，比如：青辣椒、洋葱、大蒜、细辛等。凯拉萨建议使用替代品或避免这些特定成分的材料。

Further, Pakasastra promotes vedic age cooking, such as use of earthen hearths & ovens, firewood, dry grass & coal for burning, hand grinding, earthenware & non-oxidising metal utensils such as bronze, copper and bronze for cooking and serving. Each of these are not ancient primitive practices alone but are the most advanced techniques to ensure best health of the body, mind and consciousness. Once again, users need to use their discretion on how this can be accomplished in their kitchens. Though alternatives are available today (such as gas stove, usage of cooker, electric mixer grinders etc) the SPH strongly recommends to take all possible efforts to align to the methodologies in Pakasastra.

此外，《烹饪圣典》提倡的是吠陀时代的烹饪方法，如使用土灶炉，木柴、干草和炭火制热，手工磨制，使用陶器和非氧化金属如青铜、黄铜器具来烹调和盛菜。不仅每一种都是古老的原始做法，而且是确保身体、思想和意识最佳健康的最先进技术。再说一次，使用此圣典者需要自行决定怎么在自己的厨房里做到这些。尽管今天有例如：使用燃气灶、炊具、电动搅拌机，研磨机等的替代品，但印度教最高教皇强烈建议，做菜时，要尽可能的，保持和《烹饪圣典》中的方法一致。

Pakasastra being a vedic age science of cooking only promotes organically grown products as ingredients. Use of dairy

products such as pure ghee, milk, curds and buttermilk are mentioned in many recipes. At Kailaasa only ahimsa milk (milk obtained only through non-violent treatment of the cow/animal) is encouraged. In absence of ahimsa milk or if one is vegan, users need to use their discretion in finding alternate ingredients for such recipes, and ones that are in tune with sattvic diet. Ultimately, Pakasastra aims to take you to the highest state of consciousness and healthful living. We humbly urge you to make an effort to try a few principles or recipes as per Pakasastra and experience the immense benefits for yourself at the physical, psychological and conscious level.

　　《烹饪圣典》是一门吠陀时代的烹饪科学，它只把有机种植的产品作为推广材料。许多食谱中都提到使用乳制品，比如纯酥油、牛奶、凝乳和酪乳。在凯拉萨，只鼓励使用非暴力对待的牛奶。在没有非暴力对待的牛奶或是纯素食者的情况下，用户需要自行决定为此类食谱寻找替代材料，和与悦性饮食相适应的材料。最终，《烹饪圣典》旨在带你进入意识和健康生活的最高状态。我们谦卑地劝告你们努力按照《烹饪圣典》，尝试一些理论或食谱，去体验一下对自己的身体、心理和意识层面带来的巨大好处。

As a person on the spiritual path of enlightenment, you need to dovetail the wisdom in the Pakasastra with the several nuggets of knowledge shared by the SPH on diet, exercise, aushada, meditation etc., all designed to achieve enlightenment.

　　作为一个走在灵性开悟道路上的人，你需要将《烹饪圣典》中的智慧与大师在饮食、运动、非暴力、冥想等几个方面分享的知识相结合。所有这些都旨在成道开悟！

Thank You.
谢谢你们！

hindu pakaśastra
印度教《烹饪圣典》

1. Nourishment (Poshanai) 营养

The protection of the body containing the Jeevatma (individual consciousness) from all diseases through anna-paanam (food and drinks) is called Nourishment. As per the saying (shareera maathyangalu dharmasaadhanam), the first duty among all deeds that we humans do to fulfill our needs during our lifetime is Nourishment.

所谓营养，就是含有个体意识（Jeevatma）的身体通过 anna-paanam（食物和饮料）获得免于所有疾病的保护。正如谚语（shareera maathyangalu dharmasaadhanam）所说，我们人类一生中为满足自己需求所做的一切事情中，首要责任就是营养。

The foundation for nourishment is anna-paanam (food and drinks); when the measurement of the taste of the ingredients (in food or drinks) is inappropriate, the bodily principles which takes in this nourishment is disturbed

from its original state, causing the bodily principles to over or under function creating suffering in the body. Hence, we should ourselves eat and feed others, the food prepared by using all the good ingredients created on this earth, which are suitable to the bodily principles; accordingly we should drink the required amount of water and make others do the same. It is also our responsibility to ensure that no harm is caused to our body due to wind, rain, snow, etc.

营养的基础是食物和饮料（*anna-paanam*）；当（食物或饮料的）各种成分的味道测量不适当时，摄入这种营养的身体法则的原始状态就会被打乱，导致身体法则功能过强或过弱，进而造成身体痛苦。因此，在我们自己进食或喂养他人时，应该使用地球上生长的、适于身体法则的所有好材料来制作食物；因此，我们应该饮用足量的水，并让其他人也这样做。我们也有责任确保不因风、雨、雪等原因对自己身体造成伤害。

2 . Bodily Principles - their status, food, actions etc.
身体法则 —— 它们的状态、食物和行动等

Among all creatures created by the divine, we humans who have intelligence (6th sense) live as long as He (divine) has determined, as per His orders, in this lifetime and life beyond. In order to perform our duties, enjoy the fruits of our deeds, and live happily, we should consume appropriate food such that the foundation of our body- the bodily principles are as follows:

在所有神创造的生灵中，我们人类拥有智慧（第六感），按照祂（神）的命令，在今生和来生，活得同神所决定的一样久。为了履行我们的职责，享受我们行为的成果，并幸福地生活，我们应该吃适当的食物，并遵循如下身体运作的基础——身体法则：

- *Jataragni – should not be too intense or too dull; but should be balanced;*
- *Rakta maamsaadi Dhathu (tissues like blood, muscles etc.) to be pure and strong;*

- *Tridoshas — Vatta, Pitta, Kapha/Sleshmam to be balanced and in their original states;*
- *Panchabhootas — 5 elements - Vaayu (air), Tejas (fire), Appu (water), Prithvi (earth), Aakaaya (space) should be blissful;*
- *Triguna — Saatvika, Raajasa, Taamasa - where sattva is more and rajas and tamas are lesser.*

- 胃火（Jataragni）：避免过于强烈或沉闷；保持平衡；
- 身体组织（Rakta maamsaadi Dhathu，如血液、肌肉等）：保持纯净和强壮；
- 三种属性（Tridoshas）：风型（Vata）、火型（Pitta）、水型（Kapha/Sleshmam），平衡并保持其原始状态；
- 五大元素（Panchabhootas）：气（Vaayu）、火（Tejas）、水（Appu）、土（Prithvi）和空间（Aakaaya）保持在喜乐的状态；
- 三种特质（Triguna）：增加悦性（sattva）并减少动性（rajas）和惰性（tamas）。

The food for the body having 5 constituents namely Sattu (nutrients), Sakkai (fibre), Suvai (taste), Gunam(quality), Dosham(defect) should be such that each constituent of food feeds each one of the 5 foundational bodily principles namely Agni (fire), Dhathu (body tissues), Bhootam (5 elements), Dosham, Gunam for the body that carries the atma (consciousness).

为身体准备的食物，应当具备五种成分，即营养（Sattu）、纤维（Sakkai）、味道（Suvai）、特质（Gunam）和属性（Dosham）。为了这个携带意识（atma）的身体，每种食物成分分别滋养了五项基础性的身体法则，即胃火（Agni）、身体组织（Dhathu）、五大元素（Bhootam）、属性（Dosham）和特质（Gunam）。

If it is not so, the defects of the food constituents cause damage to the bodily principles and in turn they fail to perform their appropriate functions causing ill health to the body. Among the 5 bodily principles, except body tissues, the rest can be understood only through our actions or emotions.

若非如此，食物成分残缺会破坏身体法则，使之无法发挥应有功能，导致身体不健康。在五项身体法则中，除了身体组织，其余的只能通过我们的行为或情绪来理解。

JATHARAGNI:

This digests the food we intake and throws out one component of food - fibre in the form of excreta and gives the other constituents - Sattu, Suvai, Dosham, Gunam to the other bodily principles - Dhathu, Bhootam, Dosha, Gunam. Also, the Vayu Bhoota (air element) segregates the embryo in the womb into various tissues and Jataragni gives form to each of them. These are the functions of Jatharagni. Hence, the food that we consume should contain both sakkai and sattu. The existence of Jatharagni can be experienced surely believed by the burning sensation in the stomach and heat produced when the 2 palms are rubbed against each other.

胃火（JATHARGNI）：

这项身体法则指，消化我们摄入的食物，以排泄物的形式排出食物纤维，并将食物的营养（Sattu）、味道（Suvai）、属性（Dosham）和特质（Gunam）给予其他身体法则 —— 身体组织（Dhathu）、五大元素（Bhootam）、属性（Dosha）和特质（Gunam）。气元素（Vayu Bhoota）将子宫中的胚胎分离成不同组织，而胃火为每个组织赋予形式。这是胃火的作用。因此，我们的食物应该同时包含纤维和营养。胃火的存在可以通过胃部的灼热感以及两只手掌相互摩擦时产生的热量来体验。

SAPTA-DHAATHUKKAL (7 body tissues) :

Just as stone, mud, wood, water are foundational materials to building a house to live, in the same way the body tissues - plasma(rasam) , blood (raktam) , flesh (maamisam), bone (asthi) , bone marrow (majjai) , reproductive tissues (shukla) and adipose (medas) are instrumental to create the body carrying the jeevatma (consciousness) . These take the

nutrients along with the essence (rasam) in the pulp as their food and give the rest of the food constituents - taste, dosham, gunam to the bodily principles - bhootham, dosham, gunam. These are the functions of our body tissues. Hence, the food that we consume should contain fluid (pasai) of liquid nature in order to wet the tissues. The essence of the food (nutrients) soaks and stays in the plasma tissue on the 1st day. On the 2nd day, the anna rasam, soaks into the plasma tissue, and the previously soaking essence-rasam flows into the blood tissue. Similarly it flows into the flesh on the 3rd day, into the adipose tissue on the 4th day, into the bone on the 5th day, into the bone marrow on the 6th day, into the reproductive tissue on the 7th day; nourishes them and provides undimini-shing strength to the body on the 8th day. As these 7 dhatus can be seen by the eyes directly, we cannot doubt their existence.

七种身体组织（SAPTA-DHAATHUKKAL）：

正如石头、泥土、木头、水是建造房屋的基础材料一样，身体组织——血浆（*rasam*）、血（*raktam*）、肉（*maamisam*）、骨（*asthi*）、骨髓（*majjai*）、生殖组织（*shukla*）和脂肪（*medas*）有助于创造携带意识（*jeevatma*）的身体。这些组织摄取食物浆中的营养精华，并将食物其余的组成部分——味道、平衡能量和好的意识留给其他的身体法则——五元素、生物元素和特质。这就是我们身体组织的功能。因此，我们所吃的食物应该包含液体的流动性质（*pasai*）以湿润身体组织。第1天，食物的精华（营养物质）浸透并停留在血浆组织中。第2天，*anna rasam* 渗入血浆组织，之前浸出的 *essence-rasam* 流入血液组织。同样，第3天它流入肌肉组织，第4天进入脂肪组织，第5天进入骨骼，第6天进入骨髓，第7天进入生殖组织；食物的净化滋养所有这些组织，在第8天仍然为身体不断提供力量。由于这7个身体组织（*dhatus*）可以肉眼直接看到，我们无法怀疑它们的存在。

TRIDOSHA:
Among these, the Vata dosha takes the Vaata component

in the food we intake, and enables the body to bend, to turn to the left and right, to stand, to run, to speak and additionally it also helps the intelligence, senses and mind to function in their appropriate states. These are the functions of Vaata. Pitta takes the Pitta dosha component in the food we intake, and provides various benefits to the body like radiance, health, taste to the tongue, right heat to the Jatharagni, and love for food. It also helps Jatharagni to digest the food. These are the functions of Pitta. Sleshmam / Kapham takes the Kapha component in the food we intake and makes the body shine, provides courage, strength and also helps limbs like hands and legs to move as they want. These are the functions of Sleshmam.

三种属性（TRIDOSHA）：

在这个过程中，风型属性（Vata dosha）摄取我们食物中的风型成分，让身体可以弯曲、左右转动、站立、跑步和说话，此外它还帮助智力、感官、心智在适当的状态下发挥作用。这些都是风型属性的作用。火型属性（Pitta dosha）从我们的食物中摄入火型成分，并为身体提供各种好处，比如容光、健康、舌头味觉、胃火的正确热度，以及对食物的热爱。这些都是火型属性的功能。水型属性（Sleshmam/Kapham）摄入我们食物中的水型成分，让我们的身体闪闪发光，提供勇气和力量，并且帮助四肢（如手和腿）按照意愿移动。这些是水型属性的功能。

The above mentioned 3 doshas takes the 3 doshas in the food we intake as their food; and gives the other food components namely taste and guna to the 2 bodily principles, bhoota and guna respectively. Thus, the food that we intake should consist of ingredients with balanced doshas which in turn balance the Vaataadi doshas in the body. Vomiting due to giddiness, fainting are the indication of Pitta dosha, pricking sensation(kutthal pudaittal) are the indication of Vaata dosha; Sleshma dosham can be identified from conditions like cold/phlegm and cough due to excess cold. How-

ever, only if they are more than their balanced states, these indications can be seen.

上述3种属性从我们的食物中汲取不同的生物能量；并将剩下的食物成分，也即味道和特质留给了剩下来的2项身体法则，分别是五大元素和特质。因此，我们摄入的食物中应当包含风、火和水三种属性相互平衡的成分，这反过来可以平衡我们身体中的三种属性。头晕呕吐，昏厥是火型属性的指征；刺痛感（kutthal pudaittal）是风型属性的指征；水型属性可以从诸如感冒／痰以及因着凉而咳嗽等情况中识别出来。但是，只有在三种属性的平衡状态被打破时，这些指征才会显现出来。

PANCHA BHOOTA (5 elements) :

Among these, the air element (Vaayu) , takes the astringent taste in the food nutrients as its food, and divides the shapeless embryo in the womb into various body tissues and doshas. Tejas or fire, takes the pungent taste in the food nutrients as its food, and gives form to the tissues and doshas which were divided by Vaayu (air element) . Appu (water) , takes the sweet taste in the food nutrients as its food, and protects the foetus with its wet nature, from any damage that can be caused due to the jwala (flames) produced from the combining of vaayu and tejas. Prithvi (earth) , takes the sour and salty taste in the food nutrients as its food, and protects the tissues and doshas protected by Appu, from any defects that can be caused due to too much wetness. Aakasham (space) , takes the bitter taste in the food nutrients as its food, and causes the forms created and protected by vaayu, jwaalam, appu, prithvi to thrive. These are the functions of the Pancha bhootas.

五大元素（PANCHA BHOOTA）：

在上述过程中，气元素（Vaayu）吸收食物营养中的涩味，并将子宫中尚未成形的胚胎分裂成各种身体组织和属性。火元素（Tejas）吸收食物营养中的辣味，为气元素所分裂的组织和属性给予形状。水元素

（Appu）吸收食物营养中的甜味，以其湿润的特性保护胎儿，使其免于受气元素和火元素结合产生的火焰（jwala）造成任何伤害。土元素（Prithvi）吸收食物营养中的酸味和咸味，保护那些受到水元素保护的组织和属性，使之避免由于过于湿润而导致缺陷。空间元素（Aakasham）吸收食物营养中的苦味，让那些由气元素、火元素、水元素、土元素创造和保护的组织形式得以茁壮成长。这就是五大元素的功能。

Hence, the food we intake should contain all 6 tastes which are the food for the pancha bhootas which perform important functions in our body. In addition to the above mentioned functions of the pancha bhootas, each of them takes the support of the others and performs some more important functions as said below.

因此，我们摄入的食物应该包含所有6种味道，它们是在我们身体中发挥重要作用的五大元素的食物。除了上述功能外，五大元素中的每一个都需要其他元素支持，并执行一些更重要的功能，如下所述：

1. *VAAYU BHOOTAM — air element creates*
   - *Samaana with the help of Aakasha (space)*
   - *Vyaana by itself*
   - *Udaana with the help of Tejas (fire)*
   - *Apaanana with the help of Appu (water)*
   - *Praana with the help of Prithvi (earth)*

1. 气元素（VAAYU BHOOTAM）—— 由气元素创造
   - 借助空间元素（Aakasha）达到中和（Samaana）
   - 借助气元素自身达到"气和"（Vyaana）
   - 借助火元素（Tejas）达到"火和"（Udaana）
   - 借助水元素（Appu）达到"水和"（Apaanana）
   - 借助土元素（Prithvi）达到"土和"（Praana）

2. *TEJAS BHOOTAM - fire element creates*
   - *Dhatus (tissues) with the help of Aakasha (space)*
   - *Skin with the help of Vaayu (air)*

- *Eyes by itself*
- *Tongue with the help of Appu (water)*
- *Nose with the help of Prithvi (earth)*

2. 火元素（TEJAS BHOOTAM）—— 由火元素创造
   - 借助空间元素（Aakasha）产生身体组织（Dhatus）
   - 借助气元素（Vaayu）产生皮肤
   - 借助火元素自身产生眼睛
   - 借助水元素（Appu）产生舌头
   - 借助土元素（Prithvi）产生鼻子

3. APPU BHOOTAM - *water element creates*
   - *Sound with the help of Aakasha (space)*
   - *Emotions with the help of Baayu (air)*
   - *Form with the help of Tejas (fire)*
   - *Taste by itself*
   - *Smell with the help of Prithvi (earth)*

3. 水元素（APPU BHOOTAM）—— 由水元素创造
   - 借助空间元素（Aakasha）发出声音
   - 借助气元素（Vaayu）产生感情
   - 借助火元素（Tejas）产生形体
   - 借助水元素自身产生味觉
   - 借助土元素（Prithvi）产生嗅觉

4. PRITHVI BHOOTAM - *earth element creates*
   - *Gas with the help of Aakasha (space)*
   - *Hands with the help of vaayu (air)*
   - *Feet with the help of Tejas (fire)*
   - *urethra with the help of Appu (water)*
   - *Anus by itself*

4. 土元素（PRITHVI BHOOTAM）—— 由土元素创造
   - 借助空间元素（Aakasha）产生气息
   - 借助气元素（Vaayu）产生双手
   - 借助火元素（Tejas）产生双脚
   - 借助水元素（Appu）产生尿道
   - 借助土元素自身产生肛门

5. AAKAASHA BHOOTAM - space element creates
   - Aakasha by itself
   - Mind with the help of vaayu (air)
   - Buddhi (intelligence) with the help of Tejas (fire)
   - Chitta - with the help of Appu (water)
   - Ego with the help of Prithvi (earth)

5. 空间元素（AAKAASHA BHOOTAM）—— 由空间元素创造
   - 借助空间元素（Aakasha）自身形成空间
   - 借助气元素（Vaayu）形成思维
   - 借助火元素（Tejas）形成智慧（Buddhi）
   - 借助水元素（Appu）形成觉知（Chitta）
   - 借助土元素（Prithvi）形成自我意识（Ego）

If we are to believe the existence of Pancha-bhootas as one of our bodily principles, we can understand it by the small following example. When we forcefully blow air onto our palm and we feel the air hit the palm, we can understand the existence of vaayu bhoota (air element). And from the heat generated from it, we can understand the existence of Tejas (fire element). And from the moisture it generates, we can understand the existence of Appu (water element). And from the place from where the breath starts, we can understand the existence of Prithvi (earth element). And because there exists a path between the place from where the breath starts and where it hits the palm, we can understand the existence of Akasha bhoota (space element) .

　　如果我们想要相信五大元素作为我们身体法制之一而存在，我们可以通过下面的小例子进行理解。当我们用力向手掌吹气，我们感觉到空气打在手掌上，如此我们可以理解气元素（Vaayu bhoota）的存在。感受由此产生的热量，我们可以理解火元素（Tejas）的存在。通过这一过程产生的潮湿感，我们可以理解水元素（Appu）的存在。从呼吸开始之处，我们可以理解土元素（Prithvi）的存在。而由于呼吸开始之处与其击打手掌之处两者之间存在一条路径，我们可以理解空间元素（Akasha bhoota）的存在。

TRIGUNAS:

The functions performed by the body along with the consciousness, with the help of the doshas, are made more efficient by the trigunas. Among the 3 gunas, The Sattva guna takes in the sattva guna in the food we intake as its food, and makes our actions filled with truth, purity, wisdom and gives us happiness, delight, strength, fame, enlightenment, peace, compassion, self-fulfillment, devotion to the divine, profit, right strategy, efforts to perform good deeds. The Rajo guna takes in the rajasic nature in the food we intake as its food, and makes us lusty, angry, greedy, arrogant, jealous, and cunning in our strategy. One who has more of this guna, in order to fulfill his desires, performs many daring and harmful actions and as its result, experiences cheap benefit and cheap pleasures, deep suffering, huge loss, unending worry, excessive lust, confusion etc. and lives without happiness always. The Tamo guna takes in the 3rd component namely tamasa guna in the food we intake as its food, and makes our actions ignorant, useless and creates more bad effects. One who has more of this guna, always loses a stable mind, strategy, thinking, ability to work with self-drive, without others' force, discipline and lives life like that of an animal.

三种特质（TRIGUNAS）：

身体跟随意识执行的各种功能，在各种属性的帮助下得以实现，而在三种特质的帮助下变得更加有效率。在三种特质中，悦性特质（Sattva guna）从我们所吃的食物中吸收悦性（Sattva guna），并使我们的行动充满真理、纯洁、智慧，同时给予我们幸福、喜悦、力量、声誉、觉悟、和平、慈悲、自我实现、对神的奉献、收益、正确的策略，以及努力实施善行。动性特质（Rajo guna）从我们所吃的食物中吸收其中的刺激性，并让我们在自己的生活策略中变得亢奋、愤怒、贪婪、傲慢、嫉妒和狡猾。一个带有更多这种特质的人，会为了满足其欲望而做出许多大胆而有害的行为，其结果是会经历廉价的利益、廉价的快乐、深重的痛苦、巨大的损失、无尽的忧虑、过度的欲和

困惑等，生活总是没有幸福感。惰性特质（Tamo guna）吸收我们食物中的第三种成分，即惰性(Tamasa guna)，它使我们的行为变得无明、无用，并产生更多不良影响。如果一个人有较多这种特质，就会失去稳定的头脑、策略、思维和自主工作能力，离开了他人的强制和纪律约束，就会活得像动物一样。

Hence, the food that we intake should contain the gunas (food-components) which are the food for the Trigunas (bodily principles) of the body. However, it is the nature of the world to like the uttama (best) guna. Hence, it is good to intake food predominant in sattva guna. As said above, details on Sattvic, Rajasik and Tamasic creatures and objects and how they are created are given in the following section which explains Trigunas - one of the food components.

因此，我们摄入的食物应该包含为身体法则中的特质（Trigunas）所吸收的食物成分（Gunas）。然而，喜欢最好的品性（Uttama guna）是这个世界的本性。因此，最好食用以悦性特质为主的食物。如上所述，悦性、动性和惰性的生物和物体，以及它们是如何被创造的，将在下文解释三种特质——食物成分之一的章节中进行详细阐释。

3. Hunger and Food 饥饿与食物

Hunger: When creatures don't intake food which is the cause of their survival, their Jatharagni (digestive fire) begins to eat its own muscles and suck blood. The suffering or illness created then is called hunger. At that time, intaking good food and drinks as said before is the duty of each creature. If not, because of the hunger, beauty, strength, joy, desire, food and speech decreases and many defects are created in the body. The above truth was explained by the Tamil women saint Avvaiyar as a poem, which is given below.

饥饿：当生物不食用其赖以生存的食物时，它们的胃火（Jatharagni）就开始吞噬自己的肌肉和血液。

由此产生痛苦或疾病，而这就是所谓的饥饿。此时，按照前述规则食用好的食物和饮料是每个生物的职责。若非如此，由于饥饿，美貌、力量、快乐、欲望和话语会减少，身体会产生许多缺陷。

Aahaaram (food) : The food and drinks consumed by creatures in order to survive, for the foundational body principles - Agni, Dhatu, Bhootam etc. to flourish and to stay happy is called Aahaaram (food) . This food is not uniform to all creatures but varies according to the created beings. It is explained as follows:

食物（Aahaaram）：生物为了生存而消耗食物和饮料，从而能够维持基本的身体法则——胃火、身体组织、属性等蓬勃发展并保持快乐，即称为食物（Aahaaram）。这种食物并不是对所有生物都一样，而是因生物种类不同而不同。其解释如下：

Trivial insects and worms which crawl on the floor feed on creatures more minute than them that live in air, water, and dirt; large and small birds that fly in the sky feed on tender shoots, flowers, vegetables and fruits, meat etc; different species of animals that live in jungles and on mountains feed on grass, plants and herbs in general, leaves and meat; we humans, with rational thinking, and a tongue that can identify taste, choose food objects created on this earth which comprise of the 5 food components – sakkai (fibre), sattu (nutrient), suvai (taste), dosham and gunam, that provide us with health, strength, taste to tongue and intelligence; we make them suitable and then consume, or consume them as is.

小昆虫和地上爬行的蠕虫，以生活在空气中、水中和泥土中那些比它们更微小的生物为食；天上飞的大小鸟类以嫩芽、花朵、蔬果、肉类等为食；生活在山林的各类动物则通常以草、草本植株、树叶或肉类为食；我们人类，具理性思维，还具有能辨别味道的舌，选择在地球上五类成份兼备的食用对象

—— 纤维（Sakkai）、营养（Sattu）、味道（Suvai）、属性（Dosham）和特质（Gunam），它们为我们提供健康、力量、口感与智慧；我们加工食物使其适于食用再吃，或直接取用。

Even our food is not uniform and varies according to the land, products from the land, varieties of food and dharma (nature) of the body (Shareera dharmam) . This is explained as follows:

甚至我们的食物也并不统一，根据土地品种、土地产出、食物种类和身体之道（Shareera dharmam）的不同而不同。解释如下：

people who live in places of Hindustan like Kashi (Varanasi) , Kolkata, Delhi, Lucknow, consume the major cereals that grow in these regions namely wheat and paddy, and dishes like rice (bath) or flat-bread (roti) made from these cereals, along with suitable vegetable side dishes; people residing in Maharashtra in places like Mumbai, Pune, Nasik, Solapur, consume cereals that mainly grow in these regions like wheat, maize, pearl millet, finger millet and dishes like flatbread (rotti) or pancakes (pagar) made from these cereals along with suitable vegetable side dishes; those residing in Karnataka, in places like Mysore, Bengaluru, Kodagu, consume the major cereals that grow in these regions like paddy, maize, pearl millet, foxtail millet, finger millet, little millet and dishes rice, kali (pudding/sangadi) or pancake (pakari) prepared from them along with suitable vegetable side dishes; Telugu people residing in Andhra-Pradesh in places like Ganjam, Godavari, Krishna, Kurnool and Tamil people residing in Dravidian places like Northern-Arcot (Aarkaadu) , Coimbatore, Salem, Tiruchirappalli, Thanjavur, Madurai and Tirunelveli consume the major cereals that grow in these regions namely paddy, maize, pearl millet, finger millet, foxtail millet, and dishes like rice and pudding made from these cereals, along

with vegetables, rasam (thin spicy soup) and kuzhambu (broth) ; Malayali people residing in Kerala consume the major cereal that grow in this region namely paddy, prepared as rice or kanji (porridge) , along with suitable side dishes like Kalan, Olan, Avial.

居住在印度斯坦地区如迦什（瓦拉纳西）、加尔各答、德里、勒克瑙等地的人们，以生长在本地的主要谷物即小麦、稻谷为食，将其加工成米饼（Bath）或面饼（Roti）并配以合适的蔬菜制作餐食；居住在印度马哈拉施特拉邦，如孟买、浦那、纳西克、索拉普尔等地的人们，以主要生长在本地的谷物为食，比如将小麦、玉米、珍珠粟、小米制成烙饼（Roti）或薄煎饼（Pagar）并配以合适的蔬菜制作餐食；生活在印度卡纳塔克邦地区如迈索尔、班加罗尔、科达古等地的居民，主要以谷物如稻谷、玉米、珍珠粟、粟米、穇子、小米为食，将其加工成饭菜、布丁（Kali/Sangadi）或煎饼（Pakari）并配以相应的蔬菜制作餐食；居住在印度安得拉邦地区如甘贾姆、戈达瓦里、克里希纳、库尔努尔等地的泰卢固人，以及居住在印度达罗毗荼地区如北阿尔科特（阿尔卡杜）、哥印拜陀、塞勒姆、蒂鲁吉拉伯利、坦贾武尔、马杜赖和蒂鲁内尔维利的泰米尔人，以本地的主要谷物为食，即稻谷、玉米、珍珠粟、穇子、粟米，将其制成谷饭和布丁等，并配以蔬菜、辣汤（Rasam）和酸辣汤（Kuzhambu）；居住在印度喀拉拉邦的马来亚人，以生长本地的主要农作物即稻谷为食，将其加工成米饭或粥（kanji），并佐以诸如蔬菜酸乳咖喱（Kalan）、椰奶葫芦瓜（Olan）、蔬菜椰奶咖哩（Avial）等相应的配菜。

However today, after the establishment of railways by the British, which has spread across all regions of our kingdom, paddy is exported to regions where there is no paddy, wheat is exported to regions where there is no wheat; and after the export of cereals from regions where they are cultivated began, these cereals have become the

major cereals in the consumption of the rich, civilized people in all the regions given above.

然而今天，在英国人修建了遍布我们国家所有地区的铁路后，稻谷出口到了不产稻谷的地区，小麦出口到了不产小麦的地区；自从各个谷物原产地开始出口各种谷物后，这些谷物已经成为上述所有地区富裕、文明的人们的主食。

4. Features of Food Constituents 食物成分的特性

The five constituents of food, namely Fiber, Nutrient, Taste, Dosham* (vital energy) , Gunam(quality of food) have been spoken about earlier. Of these, besides Fiber and Nutrient, the other three which are Taste, Dosham and Gunam cannot be seen by eyes or felt by touch, but can only be known through taste, resulting body distortions, and the good and bad effects of our actions.

食物的五种成分，即纤维、营养、味道、属性（生命能）、特质（食物性质），上文已详述。其中除了纤维和营养外，剩下的三种成分——味道、属性和特质，无法用肉眼看到，只能通过味觉、食用后的身体变化及其对我们行为好或坏的影响来了解。

Fiber (Sakkai) : When creatures chew and swallow their food, the portion that's not ingested but spit out, and also the portion that's not absorbed with the blood or flesh but gets thrown out as excreta is known as Fiber.

纤维（*Sakkai*）：当生物咀嚼和吞咽食物时，那些未被消化而要吐掉的部分，以及那些未被血液或肌肉吸收而是作为排泄物排除体外的部分，称为纤维。

Nutrient (Saatu) : When creatures chew and swallow the food, the portion that's not spit out but digested, and portions which in turn are absorbed by the bloodstream or flesh in turn giving strength to the body, and not excreted out is known as Nutrient.

营养（Saatu）：当生物咀嚼和吞咽食物时，食物中没有吐出来而是消化了的部分，以及被血液或肌肉吸收、给身体带来力量而没有排泄出来的部分，称为营养。

Taste (Suvai) : Anything that's created on earth, when placed on the tongue, gives the tongue a kind of knowledge or feeling. That which makes you experience this feeling is known as Taste or Essence. These tastes are not only for the enjoyment of the tongue, but are also made to be as fuels for the Five Elements (Pancha bhoota*) which is one aspect of the many bodily principles. Though some of these tastes don't please the tongue nor bring happiness to the mind, since they fuel their respective Elements of the body, we mix them with other tastes that are pleasing to the tongue and consume them. If we don't consume in this manner, the Elements that relate to their respective tastes are deprived of their fuel, don't perform their intended functions, causing many ill effects to us. These tastes are mixed into the many objects of this world, and cannot be seen distinctively through the eyes. Hence, they can only be known through the tongue, and not be seen by eyes nor known to the touch. These tastes are Bitter, Sweet, Sour, Salty, Astringent, Pungent/ spice, and thus known as the Six Tastes. These tastes are not just uniquely present but are also present in (food) objects as an integrated mix of two or more tastes. But whichever taste is predominant, is ascribed to that type of food object.

味道（Suvai）：大地产出的东西，置于舌头上，都会给舌头一种感知或感觉。使你体验这种感觉的东西称为味道或精华。这些味道不仅是为了舌头的享受，它们也是诸项身体法则之一——五大元素的燃料。尽管一些味道无法取悦舌头，也无法给头脑带来愉悦感，由于它们能点燃身体中与之对应的元素，我们将其与其他能取悦舌头的味道混合，然后

食用它们。如果我们不以这种方式进食，那些与相关味道对应的元素就会缺乏燃料，无法发挥应有的功能，并给我们造成许多病痛影响。这些味道与这个世界上的许多物质混合，无法通过肉眼清晰看到。因此，它们只能通过舌头进行感知，无法用眼看，也无法用手摸。这些味道是苦、甜、酸、咸、涩、辣，因此称为六味。六味不仅可以单独存在，也可以两味或多味组合的方式存在于食物体中。但无论哪种味占主导地位，都取决于食物的类型。

Bitter (kaippu) : Any food object, the instant it is placed on the tongue, spreads to all of the regions of the tongue, obliterates the tastes of other food items present, and removes all the dirt in the mouth, its taste is known as Bitter. Those that predominantly exhibit bitter taste are Bitter Gourd (pagarkai) , Bitterberry (sundakkai) , etc.

This taste has the power to enable speedy digestion, Arosikaharam. Taken in limited quantities, this can cure fever, fainting/breathlessness, infection, leprosy. This reduces the burning sensation in the body. It can purify milk. This can detoxify poison and phlegm. If consumed in excess, it will cause ill-effects.

苦味（kaippu）：任何食物，只要一将它放在舌头上，就会扩散到舌头所有区域，抹去其他食物的味道，并清除口腔中所有污垢，这种食物的味道就称为苦。以苦味为主的食物有苦瓜（Pagarkai）、苦莓（Sundakkai）等。

苦味具有促进消化的力量（Arosikaharam）。 少量食用，可以治疗发烧、昏厥／呼吸困难、感染和麻风病。这能减少身体的烧灼感。它可以净化牛奶，也能解毒化痰。如果过量食用，会产生不良影响。

Sweet (thithippu) : Any food object that has ants and flies buzzing around it and that, when placed in the mouth causes a sense of enjoyment in the mind, its taste is known as Sweet. Those that predominantly exhibit a sweet taste are jaggery, sugar, rock candy, etc.

This taste has the quality of cold, and slow digestion. When consumed in limited quantities, it can have the qualities of curing urinary tract diseases, clearing Pitta and Vayu, destroying poison, comforting the throat region, and increasing milk production. When consumed in excess, it can cause fever, respiratory disorders, lymphatic swelling of throat region etc. and also fatten the stomach and make you obese.

甜味（*thithippu*）：任何有蚂蚁围绕或苍蝇在周围嗡嗡作响的食物，当它被放进嘴里，会在头脑中产生一种享受的感觉，其味道就称为甜味。以甜味为主的食物是粗糖（*Jaggery*）、白糖、冰糖等。

甜味性寒，消化缓慢。少量食用，可以治疗泌尿系统疾病、清洁火型和风型属性，消灭毒素，舒缓咽喉区域，并增加牛奶产量。如果过量食用，会引起发烧、呼吸系统紊乱、咽喉部淋巴肿胀等，还会使胃部堆积脂肪，并导致肥胖。

Sour (pulippu) : The kind of food object, when placed in the mouth, can remove all dirt, gives goosebumps, causes dizziness, causes teeth to feel hypersensitive, the taste of that food item is known to be Sour. Those that predominantly exhibit sour taste are tamarind fruit, lemon, tomato, etc.

This taste enables digestion. In limited quantities, it is tasty and controls Vayu. In excess, it can exacerbate Pitta and Kapha and cause itching, burning sensation, and lead to contamination of the blood.

酸味（*pulippu*）：这类食物放入口中，可以清除所有污垢，让人起鸡皮疙瘩，引起头晕、牙齿过敏，其味道就是酸味。以酸味为主的食物是罗望子果、柠檬、番茄等。

酸味有助于消化。少量食用，味道可口，可以控制气型属性。过量食用，则会刺激风型和水型属性，导致刺痛、灼烧感，并导致血液污染。

Salty (uvarppu) : The kind of food object, when placed in the mouth, causes more saliva secretion, irritation and burning sensation in the throat, the taste is known as Salty. Those that predominantly exhibit salt taste are salt, rock salt (induppu) and crystal sea salt (pottil uppu) .

This taste has the quality of heat. Enables digestion, and in limited quantities, it is tasty, cleans excretory organs, mitigates Vayu, softens the body, expels contaminated fluids as sweat. In excess, it causes Vatha related blood diseases, leprosy, etc. Hair will prematurely gray, body becomes weak, and it leads to eye disorders.

咸味（*uvarppu*）：这类食物放入口中会引起更多的唾液分泌，以及喉咙的刺激和烧灼感，这种味道称为咸味。以咸味为主的食物是食盐、岩盐（*Induppu*）和海盐（*Pottil uppu*）。

咸味性热，有助于消化。少量食用，是美味的，可以清洁排泄器官，调和风型属性，软化身体，排出如汗水等受污染的体液。食用过量，它会导致与风型属相相关的血液病、麻风病等，让头发早白，身体虚弱，还会导致各种眼疾。

Astringent (thuvarppu) : The kind of food object, when placed in the mouth, causes a sensation of immobility, makes the tongue lifeless like wood, and blocks the throat, the taste is known as astringent. Those that predominantly exhibit astringent taste are wood apple, areca nut, haritaki, coconut pod, etc.

This taste has the quality of cold. It gets digested slowly, purifies the blood, removes Pitha and softens the skin. When taken in excess, it causes thickening of the tongue, increases Gas (Vayu) and causes acidity (Aamakattu) .

涩味（*thuvarppu*）：这类食物放入口中会产生一种无法动弹的感觉，让舌头像块木头一样麻木并堵塞喉咙，这种味道称为涩。以涩味为主的食物有木苹果、槟榔果、诃子、椰子壳等。

涩味性寒。它消化缓慢，能净化血液，祛除火型属性，软化皮肤。如果食用过量，会增厚舌头，增加体内气体（风型属性），和身体酸度（*Aamakattu*）。

Pungent(kaarppu) : The kind of food objects, when placed in the mouth, sharply creates burning sensation in the tongue, causes discomfort on the tip of the tongue, creates burning sensation on the inner walls of the cheeks, makes the eyes, nose, and mouth watery, its taste is known as Pungent. Those that predominantly exhibit a pungent taste are chilly, pepper, mustard, etc.

This taste has the quality of heat. It enables digestion. When consumed in limited quantities, it removes phlegm, heals injuries and throat related diseases. In excess, it can cause heat and leads to many other diseases.

辣味（*kaarppu*）：这类食物放入口中，会在舌头上造成剧烈的灼热感，在舌尖造成不适，口腔内壁产生灼烧感，让人流眼泪、鼻涕和口水，这就是辣味。以辣味为主的食物有辣椒、胡椒、芥末等。

辣味性热，促进消化。少量食用，可以祛痰，治疗伤口和咽喉相关疾病。过量食用会导致发热，并引发许多其他疾病。

Doshas – Vital Energies (doshangal) : These also, like Taste, are not distinguishable by being visible to the eyes, but are mixed in with worldly objects. These defects manifest at the time of digesting the food objects in which they are predominant, or otherwise be known when the distortions created by them manifest. Though these are called doshas (that which can cause defect) , when present in moderation, they feed the naturally present three doshas (thus aiding the many actions commanded by the limbs, mind, intellect and senses) . But only when present in excess, or at very low levels, they can create many ill effects. Hence, instead of shunning them as objects of defect,

they should be used by mixing with other food objects which have the capability to mitigate such defects. If this is not done, the three inherent doshas in our body will be starved and cause many harmful consequences. The three Doshas are Vaatam*, Pittam*, and Sleshmam/Kapham*. These three doshas, besides being uniquely present as the single dosha in food objects, are also present as a mix of two or even all three in food objects. However, the dosha that is most predominantly present is ascribed to that food object.

属性（Doshas）——生命能（Doshangal）：它们和味道一样，无法肉眼分辨，它与世界上各种物质混杂在一起。其缺点在生物消化那些它们占主导地位的食物时表现出来，或者在它们造成身体扭曲时被感知。虽然它们被称为属性（因为它们能造成身体缺陷），但是当它们均衡存在时，可以滋养自然存在的三种属性（从而帮助实现四肢、头脑、智力和感官所控制的多种活动）。但是当它们过量或处于极低水平时，它们会造成许多疾病影响。因此，与其将它们作为有缺陷的物体而加以回避，还不如将它们与其他有能力中和这些缺陷的食物混合食用。如果不这样做，我们体内固有的三种属性就会挨饿，并造成许多有害后果。三种属性分别是风型属性（Vaatam）、火型属性（Pittam）和水型属性（Sleshmam/Kapham）。三种属性，不仅可以单独存在于食物中，也可以两种甚至三种全部存在于食物中。然而，哪种属性占主导地位取决于食物类型。

Vaatam: Whichever food object produces a pricking pain sensation, gnawing pain, or burps, the dosha of that object is called Vaata dosha. Food objects that predominantly exhibit Vata dosha in nature are Corn, Little Millet (Samai) , Mochai (seeds of broad beans) , jackfruit -raw or ripe, raw mango, groundnut, tapioca etc.

风型属性（Vaatam）：任何会产生刺痛感、咬痛或打嗝的食物，其属性就是风型（Vaata dosha）。

以风型属性为主的食物有玉米、小米（Samai）、蚕豆种子（Mochai）、生的或熟的菠萝蜜、生芒果、花生、木薯等。

Pittam: Whichever food object that produces dizziness, stomach churning, vomiting, or unsteady mind, either during digestion or afterwards, the dosha of that object is called Pitta dosha.. Food objects that predominantly exhibit Pitha dosha in nature are Cannabis (Marijuana) , Opium, tobacco, cluster beans (Kothavaraikai) , Custard apple (Seethaphal) , Ridge Gourd (peerkankai) , green gram/petite yellow lentil, sesame, groundnut, etc.

火型属性（Pittam）：任何在消化中或消化后会引起头晕、反胃、呕吐或心智不稳定的食物，其属性就是火型（Pitta dosha）。以火型属性为主的食物有大麻（Marijuana）、鸦片、烟草、簇豆（Kothavaraikai）、番荔枝（Seethaphal）、岭葫芦（Peerkankai）、绿豆／小黄豆、芝麻、花生等。

Sleshmam/Kapham: Whichever food object produces internal shivering, sore throat, heavy headedness, or cold infection, either during digestion or afterwards; the dosha of that object is called Kapha dosha. Food objects that predominantly exhibit Sleshmam dosha in nature are cucumber, Kozhumichai (citrous fruit like l emon), Pearl Millet (Kambu), Okra (Ladies Finger/Vendaikai , white pumpkin, etc.

水型属性（Sleshmam/Kapham）：任何在消化中或消化后会引起内部寒战、喉咙痛、昏沉或感冒的食物，其属性为水型（Kapha dosha）。以水型属性为主的食物有黄瓜、青柠（Kozhumichai）、珍珠稷（Kambu）、秋葵（Okra）、白南瓜等。

Triguna (three qualities) : Just as how the previously described Taste and Dosha cannot be perceived by sight or touch, but can only be perceived by sensations of the tongue or after-effects inside the body, in the same man-

ner these qualities can only be perceived by the good and bad effects of our actions, and the happy or sad states caused in the body. These Qualities (Gunas) are of three kinds, namely Sattva, Rajas, and Thamas.

三种特质（Triguna）：正如前文所属的味道和属性无法通过视觉或触觉感知，只能通过舌头味觉或身体内产生的事后影响来感知，同样地，这些特质也只能通过食物对我们行为好或坏的影响以及给我们身体带来的快乐或悲伤状态来感知。这些特质（Gunas）有三种，即悦性（Sattva）、动性（Rajas）和惰性（Thamas）。

Sattva Guna (Sattvam) : The kind of food object whose nutrients when regularly consumed contains foundational body constituents of tissues, cleanliness, health, and balanced strength, causes the mind, intellect, and senses to be not distorted, but be clear, peaceful, compassionate, devotional, fulfilled, and blissful and cause us to live joyful lives by always performing good deeds, the nature/quality of such a food object is known to be Sattva Guna (Sattvic) .

悦性特质（Sattvam）：这类食物的营养素中包含基础性身体成分，包括组织、清洁系统、健康和均衡的力量，如果经常食用，可以使头脑、智力和感官不会变得紊乱，而是变得清晰、平静、慈悲、虔诚、满足和幸福，并能通过让我们常行善事而过上快乐的生活，这类食物的的特质为悦性（Sattvic）。

Rajo Guna (Rajas): The kind of food objects whose nutrients when regularly consumed, contains foundational body constituents of tissues, intoxication and excessive strength, causes the mind and intellect to be subject to vacillation, anger, ego, excessive lust, desires, courage, causes one to commit many bad deeds due to the vacillation and excessive lust, and causes one to perform many courageous actions, yet live without joy;

the nature of such food object is known to be Rajo Guna (Rajasic).

动性特质（Rajas）：这类食物的营养素中包含基础性身体成分包括身体组织、中毒和过度力量，如果经常食用会导致头脑和智力受制于动摇、愤怒、自我、过度性欲、欲望、勇气，使人因游移不定和过度性欲而做出许多恶行，并让人做出许多勇敢的行为，而无法快乐的生活；这类食物的特质即称为动性（Rajasic）。

Thamo Guna (Thamas) : The kind of food objects whose nutrients when regularly consumed, contains foundational body constituents of tissues, intoxication and excessive strength, causes the mind and intellect to be subject to vacillation, foolishness, anger, dullness, excessive lust, lack of joy, deception, revenge, and sleep, the nature/quality of such food object is known to be Thamo Guna (Thamasic) .

惰性特质（Thamas）：这类食物的营养素中包含基础性身体成分，包括身体组织、中毒和过度力量，如果经常食用，会导致精神和智力受制于犹豫、愚蠢、愤怒、迟钝、过度性欲、缺乏快乐、欺骗、报复和困倦，这类食物的特质称为惰性特质（Thamasic）。

INNER DIVISIONS OF THE THREE GUNAS, AND THEIR MANIFESTED CREATIONS

三种特质的内部分化及其显化

Amongst the integral to bodily principles and food constituents, these three gunas are known to be most superior. One should strive to increase the Uttama(best) qualities (gunas) , while reducing the mediocre and lower qualities. Of these, the noble quality of Sattva created Fourfaced Brahma and other Devathas, the mediocre Rajo Guna gave rise to human beings, and all kinds of creatures including ants and insects, and the lower Thamas

is the source for inanimates such stone, sand, tree, water. These three gunas are further divided into three each, and these divisions merge into one another and expresses as the following:

　　在完整的身体法则和食物成分中，这三种特质被认为是最重要的。一个人应该努力提高最优的特质（Uttama gunas），而减少中等的和较低等的特质。在这些特质中，高贵的悦性特质创造了四面梵天（Fourfaced Brahma）和其他的天神（Devathas），中等特质造就了人类以及包括蚂蚁和昆虫在内的所有生命形式。而低等特质是诸如石头、沙子、树木、水等非动物（Inanimates）的源头。这三个特质每一个又进一步分化成三种特质，而这些分支又彼此结合，其表达如下：

SATTVAM 悦性	RAJAS 动性	THAMAS 惰性
Sattva Sattvam 1. 悦性悦性	Rajas Sattvam 4. 动性悦性	Thamas Sattvam 7. 惰性悦性
Sattva Rajas 2. 悦性动性	Rajo Rajas 5. 动性动性	Thamo Rajas 8. 惰性动性
Sattva Thamas 3. 悦性惰性	Rajo Thamas 6. 动性惰性	Thamo Thamas 9. 惰性惰性

These nine gunas in turn combine with each of the three primary gunas to form the following:

　　这九种特质转而又与三种主要特质组合，形成以下组合形式：

SATTVAM 悦性	RAJAS 动性	THAMAS 惰性
Sattva Sattva Sattva 1. 悦性悦性悦性	Rajas Sattva Sattvam 10. 动性悦性悦性	Thamas Sattva Sattvam 19. 惰性悦性悦性
Sattva Sattva Rajas 2. 悦性悦性动性	Rajas Sattva Rajas 11. 动性悦性动性	Thamas Sattva Rajas 20. 惰性悦性动性
Sattva Sattva Thamas 3. 悦性悦性惰性	Rajas Sattva Thamas 12. 动性悦性惰性	Thamas Sattva Thamas 21. 惰性悦性惰性
Sattva Rajas Sattvam 4. 悦性动性悦性	Rajo Rajas Sattvam 13. 动性动性悦性	Thamo Rajo Sattvam 22. 惰性动性悦性
Sattva Rajo Rajas 5. 悦性动性动性	Rajo Rajo Sattvam 14. 动性动性动性	Thamo Rajo Rajas 23. 惰性动性动性
Sattva Rajo Thamas 6. 悦性动性惰性	Rajo Rajo Thamas 15. 动性动性惰性	Thamo Rajo Thamas 24. 惰性动性惰性
Sattva Thamas Sattvam 7. 悦性惰性悦性	Rajo Thamas Sattvam 16. 动性惰性悦性	Thamo Thamas Sattvam 25. 惰性惰性悦性
Sattva Thamo Rajas 8. 悦性惰性动性	Rajo Thamo Rajas 17. 动性惰性动性	Thamas Thamo Rajas 26. 惰性惰性动性
Sattva Thamo Thamas 9. 悦性惰性惰性	Rajo Thamo Thamas 18. 动性惰性惰性	Thamas Thamas Thamas 27. 惰性惰性惰性

These 27 gunas manifest as superior or inferior nature of the above mentioned Devatas, humans and animals, and inanimate objects. Of these, us human beings in the nature of Rajasic beings having Sattvic qualities, should strive to develop all Sattvic qualities. For this purpose, it is quite essential for us to know the advantages and disadvantages of the Sattvic related Thamasic food objects that

are grains and plants/herbs(gandha mooladi thavarangal) which constitute our food.

　　这27个特质表现为上文提到的天神（*Devatas*）、人类和动物，以及非生物物质的高等或低等性质。其中，我们人类归属于动性生物本质并同时拥有悦性特质，应当努力发展所有的悦性特质。为了这个目的，我们很有必要了解与悦性相关的惰性食物的优缺点，包括谷物和植物／草药(*Gandha Mooladi Thavarangal*)，它们构成了我们的食物。

rice
pudding
pancakes
indian bread

米饭
布丁
煎饼
印度面包

cooking small rice by draining starch (kanji vadittu seium siru arisi saadam)

制作碎米饭
——沥除淀粉

ingredients		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, 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 water 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.
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。

Then cover the mouth of the pot with a damp 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.
将锅用蒸屉布盖住，完全沥除米水中的淀粉，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: ¾th 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：¾熟是指：米饭的触感柔软，并且同时锅口冒白色蒸汽。

cooking small rice without draining starch (kanji vadikkaamal seium siru arisi saadam)

制作碎米饭
——免沥淀粉

ingredients		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 water capacity pot and heat it.
When the water starts to boil, add the drained rice. Stir the
rice well with the boiling water.
在容水量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。

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 ¾th cooked just as in the previous rice recipe. Then remove
from the firewood stove and mix it well.
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米是否已煮至¾分熟，
然后从柴火炉上取下，拌匀。

Now place the rice again on live coal (from burnt firewood)
for 5 minutes and remove it from the stove.
此时将米饭置于（燃木而成的）活炭上焖5分钟，再从
灶上移开。

cooking big rice by draining starch (kanji vaditthu seium peru arisi saadam)

制作长粒米饭
——沥除淀粉

ingredients		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 water capacity pot and heat it. When the water starts to boil, add the drained rice and cook it as it is described in the 1st Rice recipe.
在容水量为5 padi 的锅内倒入3 padi 净水并加热。一旦水开始沸腾，放入沥干的米，依照第1道食谱的方法烹煮米饭。

cooking big rice without distilling starch (kanji vadikkaamal seium peru arisi saadam)

制作长粒米饭
——免沥淀粉

ingredients		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 water 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.
在容水量为4 padi的容器内放入2 padi的净水并加热。一旦水开始沸腾，放入沥干的米，依照第2道食谱的方法烹煮米饭。

cooking mixed rice
(kalapparisi saadam)
制作杂米饭

ingredients		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 padi 净水
Take 3 padi of clean water in a 5 padi water 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 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。

cooking new rice
(pudu arisi saadam)
制作新米饭

ingredients		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 water 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.
在容水量为5 *padi* 的容器内放入3 *padi* 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 (water 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 ⅜ spoon of ghee before putting the rice into boiling water. By doing so, the rice does not get overcooked.
新米易过熟而呈布丁状。为防糊饭，先将米在（水蒸汽刚开始升起的）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⅜匙酥油。依以上方法可使新米饭不会煮得过于熟糊。

wheat grits rice
(gothumai noi saadam)
麦碎饭

ingredients		原料
Wheat Grit	½ padi	麦碎
Water	1 padi	净水
Ghee	1½ palam	酥油

This rice is of 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 suffering from 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 water capacity pot and heat it. When the water starts to boil, Add 1½ palam ghee in the boiling water . Add ½ 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 ¾th 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1½ palam 酥油。再加入 ½ padi 麦碎并搅拌均匀，盖上锅盖。数分钟后，再次搅拌。饭煮至¾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）活性炭上，盖着盖子焖5分钟。随后即可盛用。

foxtail & little millet rice (thinai, saamai, ivaigalin saadam)

粟米或小米饭

ingredients		原料	
Foxtail, Little or Kodo Millet	½ padi	粟米/小米/鸭姆草	
Water	1¼ padi	净水	

Foxtail, Little or Kodo Millet (any one of these) - ½ padi
粟米／小米／鸭姆草(任选一样)
Clean the millet by pounding and winnowing.
舂捣筛扬小米。

Water - 1¼ padi 净水
Take a 2 padi water capacity vessel and boil 1¼ 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 ¾th cooked; then remove from the firewood stove and mix it well.
用一个能装 2 *padi* 的容器盛1¼ *padi* 水，煮沸。加入干净小米，搅拌。盖上锅盖。当米¾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）活性炭上焖5分钟。随后即可盛用。

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
(chola saadam allathu kali)
玉米饭 / 玉米布丁

ingredients		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 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 ¹⁄₁₆ padi water and repeat the process till there is no whole corn left. Now separate the grits and the flour.*
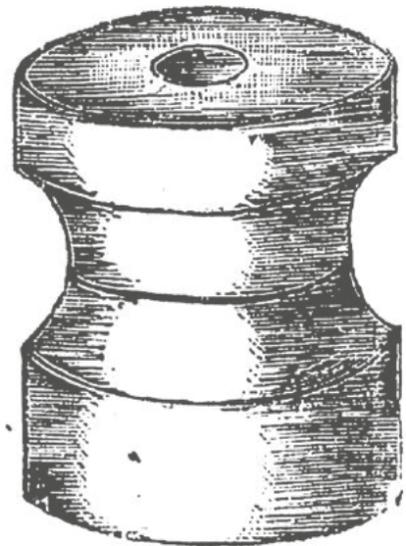
Ural 捣谷臼

春捣筛扬玉米粒。将其连同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 water capacity vessel and boil it. Add the corn grits when the water starts to boil, mix well and cover the pot.

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

After a few minutes, When the grits are ¾th 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 ¾ 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。
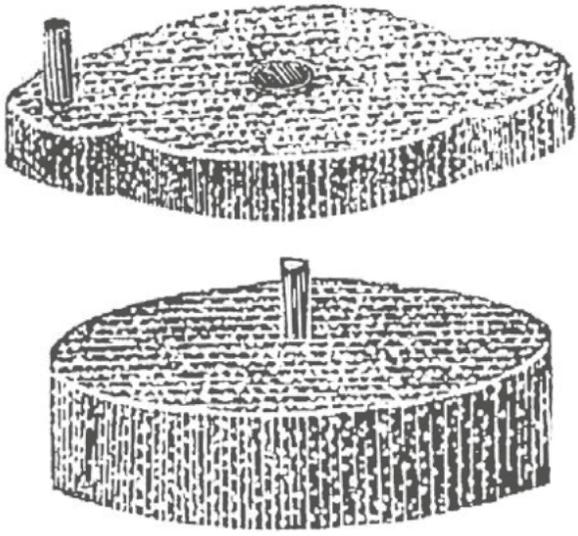
There is also the practice of grinding the corn in a hand stone grinder into grits and flour, and then cooking it.

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。

hand stone grinder 手磨石盘

pearl millet rice/pudding (kambu saadam alladu kali)

珍珠粟饭 / 珍珠粟布丁

ingredients		原料
Pearl Millet Flour	**1 padi**	珍珠粟粉
Water	**2 padi**	净水

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 water capacity vessel and boil it.
取2 padi 净水，倒入一个3 padi 容量的容器中，沸煮。

Mix grits and flour together without lumps and add this to the boiling water. Continuously stir until the grits are ¾th cooked. Then remove the vessel from the fire from the firewood stove and place on the live coal (from burnt firewood) for about one hour. Stir again, remove from the stove and consume.
粟粉与粟碎混合拌至无结块后，加入沸水中。持续搅拌粟碎至 ¾ 分熟。将容器从灶火上移开，置于（燃木而成的）活炭上约1个小时。再次搅拌，从灶上取下并食用。

finger millet pudding
(raagi kali alladu sangadi)
穆子布丁

ingredients		原料
Finger Millet	**1 padi**	穆子
Water	**2 padi**	净水

Kali thuduppu 木铲

Finger Millet - 1 Padi 穆子
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.

春捣穆子，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 water 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 - refer glossary) in its center. Keep dipping this in and out repeatedly every 2 minutes.*

取 2 *padi* 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。将磨好的穆子粉倒入水中，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 - refer glossary) 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 minutes, 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 minutes.*

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* （丫型杈）的分支架住锅颈并用一只脚抵住锅底。双手紧握 *Kali kavai kol* （丫型杈），连续搅拌5分钟，刮锅沿内壁，不让穄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 minutes. To check if the flour is cooked, wet your palm with water, take a small quantity of the pudding and make a ball. If it does not stick to your palm, remove the pot from the firewood 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。察看穄子面是否煮熟，可用水沾湿手掌，从锅中取出一点稠面搓成球。如果面球不黏手，将锅从柴火炉上移开。

களிக் கலைவக்கோல்.
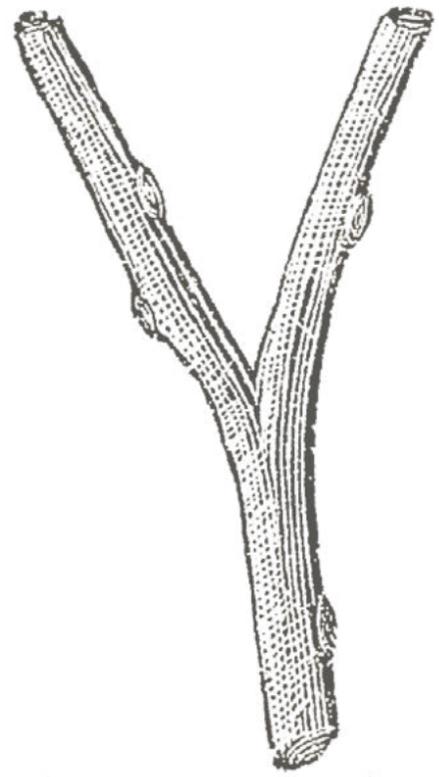
Kali Kali Kavai Kol 丫形杈

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, ¼ 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.

在稠粥布丁里添入粗蔗糖可制成甜布丁。该做法是将5 palam 粗蔗糖磨粉后加入沸水中。糖溶化后，倒入穄子粉。若需亦可添加 ¼ Ru.wt 豆蔻粉。煮好后，为防布丁凝成坚石状，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，还有一些塞勒姆区的乡镇，如霍苏尔和腾甘尼可泰，会制作这种穄子布丁。

corn, pearl millet, finger millet pancake (cholam, kambu, ragi ivaigalin adai)
玉米饼／珍珠粟饼／穆子饼

ingredients		原料
Corn / Pearl Millet / Finger Millet Flour	½ padi	玉米面粉／珍珠粟粉／穆子粉
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／穆子粉
Take ½ padi of any one of the grains mentioned above, thrash and winnow the grains to remove husk, 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.**

அப்பளப்பலகை குழவி.
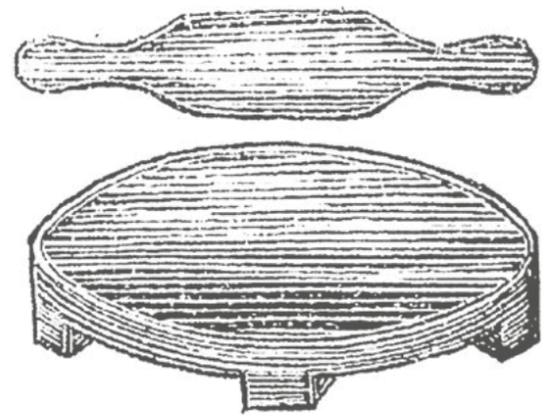
Appala-palagai 擀面板
Appala-kuzhavi 擀面杖

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.*

架好柴火炉上的 *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。
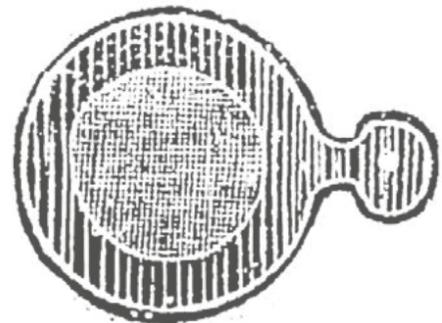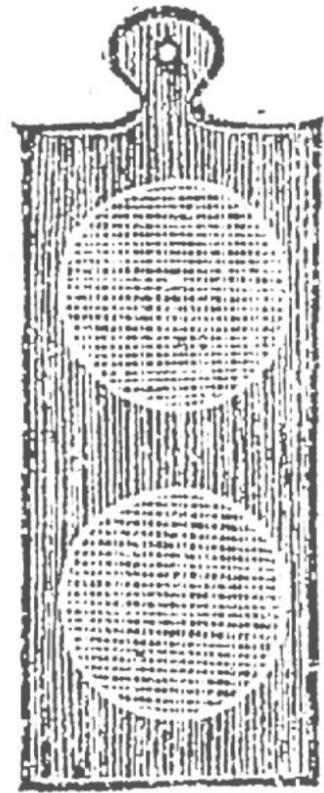
Repeat the same process for all the balls. If needed, adding jaggery in the pancakes is also in practice. While doing so, 3 palam 105 gm jaggery should be dissolved in the boiling water and then used to knead the dough. These pancakes can be made into pieces and eaten along with kootu (Vegetable and 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。

தோசைக்கல்

Dosai kal 多萨锅／烤饼屉

* *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 grits normal pancake or roti (gothumai maavu alladu noiyin saadaa adai alladu roti)

烤麦饼

ingredients		原料
Fine Wheat Grits (Semolina) or Flour	½ *padi*	麦碎或小麦粉
Salt	⅜ *palam*	盐
Ghee	1½ *palam*	粗蔗糖

Fine Wheat Grits (Semolina) or Flour
- ½ padi 细小麦碎或小麦粉
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 Roti (bread) on the pan. Once the Roti slightly puffs/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 Rotis.

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。一旦饼轻微鼓起／膨胀，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。依法泡制其余面团。

These Rotis can also be made by flattening the balls with the palm. In practice, Rotis 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 Rotis as soon as it is cooked and then stacked one upon the other. By doing so, the Rotis 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。

Rotis 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，或者与甜味食品如糖、芒果或香蕉等一起食用。

preparation of khameer (sour) for roti (rotikku khameer [pulippu] tayaar seithal)
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。这种酵母有一两种备制方法：

Variety 1 方法一

*Take 2 **pudhu kalayam**(new bowls) which can hold ½ 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 Split 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.

取 2 个可盛 ½ 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 鹰嘴豆瓣，然后用另一个碗盖住碗口，让两个碗的口相互贴合，盖紧。将碗置于柴火炉的炭灰上 5 jaamam。5 jaamam 后，可以觉察到发酵气泡和酸味。

Mix this water with ½ padi wheat flour. Wash the soaked Split Bengal Gram once using water and add this water also to the wheat flour and knead well. Wash the soaked Split Bengal Gram once and then add it to the wheat flour and knead well. Let this dough rest for 3-4naazhigai. 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.

将这酸水与 ½ *padi* 小麦粉混合。用水清洗浸泡的鹰嘴豆瓣后，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*。

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 Split Bengal Gram (as mentioned earlier) and mix with the dough.

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，用鹰嘴豆瓣（如前所述）准备发酵液并与面团混合。

Variety 2 方法二

Do as mentioned in the previous Khameer recipe, additionally add 3 palams of sugar or naattu chakkarai(brown sugar) when adding the Split 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，在水中加入鹰嘴豆瓣时，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。

Variety 3 方法三

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

使用鹰嘴豆瓣，依照此食谱中的方法一，制备发酵混合物；加入 1¾ Ru.wt 酸凝乳、15 Ru.wt 小麦粉／麦碎、茴香籽，混合均匀，放入布上，然后松松系好并挂起来。

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

每天察看面团是否膨胀，一点一点地加入面粉。使用这种酵母可依照前一种方法所述。但不可过度发酵，应保持在适恰的发酵阶段。

khameer roti
火烧饼

Wheat Flour / Fine Wheat Grits (Semolina) - ½ padi

小麦粉／细麦碎

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 (70gms) each using the entire dough. Roll out Rotis 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 Rotis on a pan made up of either stone/mud/iron and poke the Roti in its center in 3-4 places here and there with the end of a ladle. When the Roti begins to puff as mentioned before, turn it over and cook it and then remove it from the stove. In prac-tice, while turning the Roti, sour buttermilk is also sprinkled on it . This Roti can also be made on **Pon-aduppu** (fire-wood pot stove-like **Tandoori** stove) and **Koon-du-aduppu**.
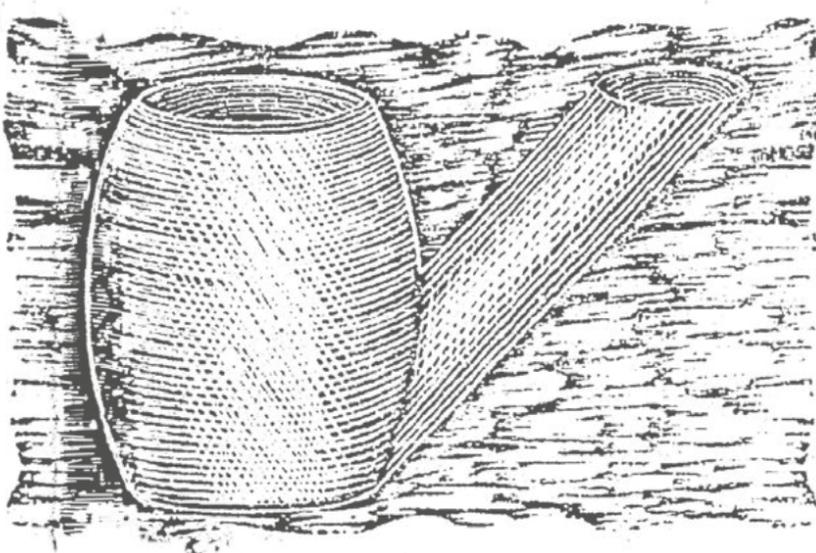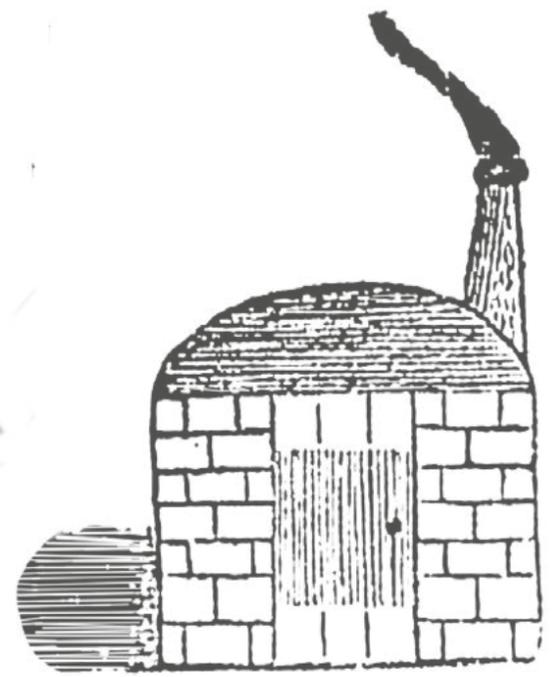
Konndu-aduppu 砖窑灶

Pon-aduppu 饼坑炉

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，揉好后将面团分成几个重量为2 *palam*（70克）的面球。像之前饼谱所述，擀出1稻穗宽的面饼，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，在翻面饼的同时要洒上酸酪乳。此面饼也可以在 *Pon-aduppu*（饼坑炉，如 *Tandoori* 瓦烤炉）或 *Koondu-aduppu*（砖窑灶）内烤制。

1.　　In order to make Rotis 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 Roti with a finger.

Pat the Roti 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 Rotis. When the Rotis cook and turn reddish, press the Roti using a **long hooked handle** and with another **Roti-ladle** release the edges of the Roti and move the Roti around inside the **Pon-aduppu** exposing the roti to the heat of the burning coal. Then remove the Roti from the stove and keep aside. 4 or more Rotis 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4-5折并制成圆形馕枕（Naandle），将面团放在枕托上用手掌压平，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，在饼上洒一些酸酪乳。饼烤熟而泛红时，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。炉壁可同时烤4个或更多面饼。
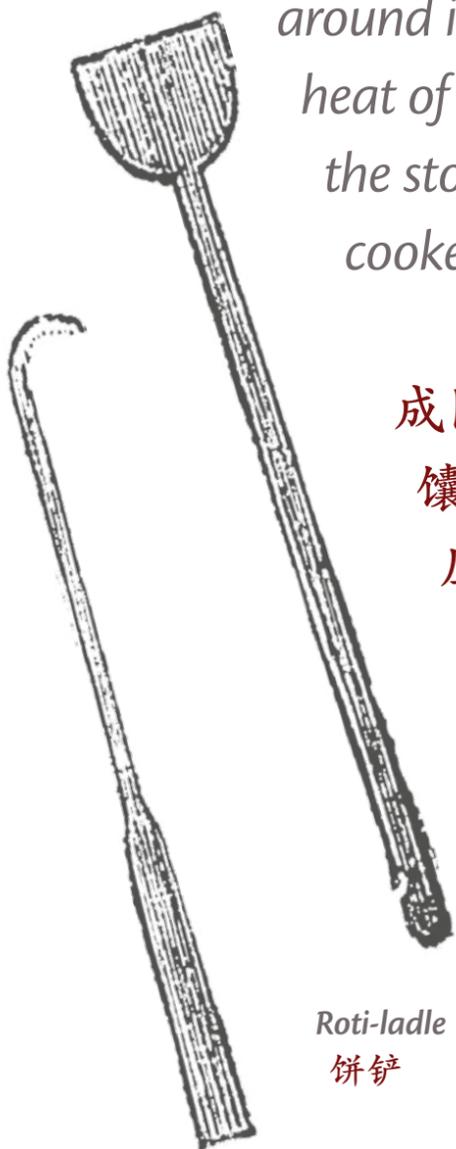
Roti-ladle
饼铲

Long hoocked handle
长柄钩

*2.	To make Rotis on **Koondu-aduppu** which is brick-like in shape – long, square and tall; each ball made from the prepared dough should be put in **Roti-kinnam***(Roti-mould) and placed on the top surface of the Koondu-aduppu along with the mould. When the Rotis 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 minutes and check if the Rotis 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 *Roti-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 Rotis that are cooked in Pon Aduppu can also be cooked in Koondu-aduppu. The long or square Rotis 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 Rotis 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。

sirmaari roti
奶香火烤饼

ingredients		原料
Milk	⁹⁄₁₆ *padi*	牛奶
Khameer	1¼ *palam*	酵母
Clotted Cream from Milk	5 *palam*	浓缩奶油
Fine Wheat Grits (Semolina)	½ *padi*	细小麦碎（粗粒小麦粉）
Salt	¼ *palam*	盐
Curd	¹⁄₁₆ *padi*	凝乳
some Sour Buttermilk		些许酸酪乳

Milk - ½ padi 牛奶
Khameer- 1¼ 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) - ½ padi 细小麦碎(粗粒小麦粉)
Salt - ¼ 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 ½ paddy width Rotis.
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 - veesam ¹⁄₁₆ padi 凝乳
Milk - veesam 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 Rotis, and place the Rotis on a damp cloth as mentioned

before, and cover with another damp cloth. Keep this closed for 1½ Naazhigai (36 minutes). When the Roti puffs up, make 2-3 holes in the center of the Roti just as in the previous Roti 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（36分钟）。 面膨胀起来后，在饼的中心戳 2、3个洞后烘烤。

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

轻拍 **Pon-aduppu**（饼坑炉） 内壁上的面饼至熟并色泽微红，不时地洒上一些酸酪乳。当面饼膨胀发红，将饼的边缘在活炭上炙烤，随后从炉火中取出并用之。

vegetable and tuber mixed pancake (kaai kizhangugal serntha adai)
菜薯饼

ingredients		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 Rotis. Cook these on the Dosa-pan just as the other Roti recipes and use it.

将木薯放在（燃柴所留的）热灰上煨至熟透。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。

kushka (aromatic dishes)
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. It should be like sundal such that therice grains dont 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。烹饪时注意谷粒应不结块不结糊，粒粒分明不粘手。

sameli kushka

茉莉饭

ingredients		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 (cylindrical wide mouthed vessel, not too deep). 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.*
½ padi 净水倒入一容器内加热。将一薄纱平敷于**Bogini**（直筒宽口甀，不可过深）的器沿。将一包茉莉花放在薄纱上。浇2满勺热水在花上，同时不断转动，使水滚落入花包各处。4包花皆依法浇制。然后将这份芳香花水单独盖好。

Small Rice - ½ padi 短粒米
Wash and clean the small rice with water. Drain the water completely.
用水淘清短粒米。沥尽水份。
Water - ½ padi 净水
Take the water in a 2-padi water 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器口，使蒸气不会逸出。2或3分钟后，将饭器从燃柴灶移置到无烟活炭上，焖一段时间。此时即可盛用。

smaamooli kushka

酥油凝乳饭

ingredients		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 - ⅛ 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 - ⅛ 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。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）活性炭上热数分钟。米饭此时可用。

keelaani kushka

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 minutes, 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 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，置于柴火炉上。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 ¹⁄₁₆ padi 牛奶
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，当米饭煮透并柔软如花时，取出并用之。

mohasam kaani kushka
奶油甜米饭

ingredients		原料
Rice	½ *padi*	大米
Water	¾ *padi*	净水
Ghee	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 - ½ 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。沥干水份后让米浸润一段时间。

Ghee - 3 veesam 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。倒入浸润过的米，翻炒至泛红。

Water - ¾ padi 净水
*Pour this in a 2 padi water 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).*
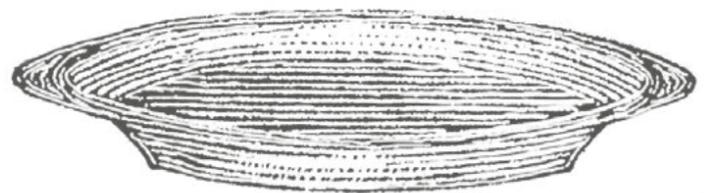
Kalaya Tambaalam 涂铅盘

将¾ *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。

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。

sojji and pancake or breads (sojjigalum avaipondra adai alladu rotigalum)

娑季饭和薄饼或煎饼

Sojji rice is prepared among Brahminutes who are unable to fast on days like Ekadasi instead of rice. This is frequently used by Madwars 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**。烹制娑季饭和**pachadi**（蔬菜拌酸奶）、**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。

seasoning
调味料制法

வாணலி.

Vannali 煎锅

Ghee / Sesame Oil 酥油／芝麻油
*Heat this in either a **Vaanali** (frying pan), **Irambu karandi** (iron ladle), mud pot or a non-oxidising vessel, until the 'Sora Sora' sound stops.*
在 **Vaanali**（煎锅）、**Irambu karandi**（铁勺）、泥锅或耐氧化的容器中加热，直到"*Sora Sora*"的溅射声停息。

காரண்டி.

Karandi 大勺

Red Chilies 干红辣椒
Remove the stalk of the chillies and cut the chillies into small pieces and put it in the heated ghee or oil. After it is half cooked,
干红辣椒去茎，切成小片，投入热酥油或芝麻油中。烹至半熟。

Split Black Gram/Urad Dal* and Mustard Seeds
印度黑豆瓣*和芥菜籽
put these along with the half cooked chillies and mix them and keep on the stove until the 'Sada Pada'(sputtering sound) sound stops. Then remove it from the stove and add it to the respective dish and mix it well.
将上述原料和半熟的辣椒放在一起搅拌，然后放在炉子上，直到"*Sada Pada*"的溅射声停息。然后将其从灶上移开，添入相应的菜肴中并搅拌均匀。

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, Split 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、印度黑豆瓣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 Split Black Gram/Urad Dal is added. For some vegetable dishes, Split Bengal Gram is also added along with Split 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，普通调味料仅添加印度黑豆瓣。而一些蔬菜菜肴，除了印度黑豆瓣还添鹰嘴豆瓣来调味。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。

normal sojji (saada sojji)
普通娑季饭

ingredients		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.
这道饭也叫炒米煮的饭，是给那些在节日期间由于生病而无法斋戒的人食用的，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 water 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。

seasoned sojji
(taalida sojji)
调味娑季饭

ingredients		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
Split Black Gram/Urad Dal	**½ palam**	印度黑豆瓣
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，煻炒至米呈沙色。

Ghee - 3 palam 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
Split Black Gram/Urad Dal - ½ palam 印度黑豆瓣
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 - ⅛ 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 ¾ 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 ¾ 分熟。

Powdered Salt - ½ palam 盐末
Add this 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
Heat it in an iron ladle or pan and after it is fully heated,
在铁勺或锅中热酥油，油热烫后，

Pepper - ⅛ palam 胡椒
Cumin Seeds - ⅛ palam 孜然
add these to the heated ghee and deep fry it.
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）活炭上热 5 分钟。将其从火上移开并食用。

---

* Note: 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，并为娑季饭创造出美妙风味。

green moong dal sojji
孟恩豆娑季饭

ingredients		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
Split Black Gram/Urad Dal	½ palam	印度黑豆瓣
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。

coconut milk sojji
(thengai paal sertha sojji)
椰奶娑季饭

ingredients		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
Split Black Gram/Urad Dal	½ palam	印度黑豆瓣
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 fibre and extract 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 water 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
Split Black Gram/Urad Dal - ½ palam 印度黑豆瓣
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。进一步的做法与所需食材与第24道食谱中的相同。

maharashtra sojji
马哈拉施特拉邦娑季饭

ingredients		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5padi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. 此过程所使用的锅勺都应是耐氧化金属所制。

masala sojji
马萨拉娑季饭

ingredients		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	¹⁄₁₆ palam	阿魏胶
Red Chilli	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.

此娑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 - ⅛ palam 胡椒
Cinnamon - ⅛ palam 肉桂
Cannon Ball Flower - ⅛ palam 炮弹树花
*Cardamom - ⅛ palam*豆蔻
Asafoetida - veesam palam 阿魏胶
Red Chilli - ⅝ palam 干红辣椒
Turmeric - ⅛ 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。阿魏胶置于活炭上，令其爆烘。然后，将葛缕子与阿魏胶混合，磨成粉末。

Small Rice - ½ 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 2½ palam ghee in a non-oxidising pot and in which you can cook half padi (750gms) rice. Once the ghee is heated, put the rice which was mixed with masala in it. Stir well continuously for 5 minutes.
在一个耐氧化容量可煮 ½ *padi*（750克）米饭的锅中，加热 2½ *palam* 酥油。油一热，倒入混合了马萨拉调味粉的米。持续翻炒5分钟。

Water - 1 padi 净水
Salt - ¾ palam 盐
Pour water into the roasted rice and stir it well. Once the rice is half cooked add powdered salt ¾ palam and stir it. Once the sojji is cooked ¾ th,
加净水入炒米中，搅拌均匀。至米半熟，加 ¾ *palam*盐末，搅拌。一旦米 ¾ 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.

添入 2½ *palam* 的酥油，拌匀， 将其在（燃木而成的）活热炭上静置几分钟后用之。

plain upma
(saada uppuma)
普通米糕

ingredients		原料
Ghee or Sesame Oil	1½ palam	酥油或芝麻油
Red Chilli	¼ palam	干红辣椒
Mustard Seeds	¼ palam	芥菜籽
Split Black Gram/Urad Dal	½ palam	印度黑豆瓣
Curry Leaves	¼ palam	咖喱叶
Water	⅜ padi	净水
Old Rice Flour*	¼ padi	旧粘米粉／陈米粉*
Grated Coconut	5 palam	椰丝
Asafoetida	⅟₁₆ Ru.wt	阿魏胶

Ghee or Sesame Oil - 1½ palam 酥油或芝麻油
Red Chilli - ¼ palam 干红辣椒
Mustard Seeds - ¼ palam 芥菜籽
Split Black Gram/Urad Dal - ½ palam 印度黑豆瓣
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 - ⅜ 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 burt 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 $\frac{1}{16}$ **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 Toor Dal/Split pigeon pea along with the rice. ＊注：此处所用陈旧大米粉不应像 **Kumkum**（朱砂粉）一般细腻，而应研磨成细砂粒度。在实践中，也有人将木豆与米一起研磨。

broken wheat/wheat grits upma (gothumai noi [ravai] uppuma)

麦碎糕

ingredients		原料
Ghee	2½ *palam*	酥油
Red Chilli	¹⁄₁₆ *palam*	干红辣椒
Mustard Seeds	³⁄₁₆ *palam*	芥菜籽
Split Black Gram/Urad Dal	¼ *palam*	印度黑豆瓣
Cumin Seeds	¹⁄₁₆ *palam*	孜然
Asafoetida	4 *ku.wt*	阿魏胶
Curry Leaves	¹⁄₁₆ *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	⅜ *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 Chilli - veesam ($\frac{1}{16}$) palam 干红辣椒
Mustard - 3 veesam ($\frac{3}{16}$) palam 芥菜籽
Split Black Gram/Urad Dal - ¼ palam 印度黑豆瓣
Cumin Seeds - veesam ($\frac{1}{16}$) palam 孜然
Asafoetida - 4 ku.wt 阿魏胶
Curry Leaves - veesam ($\frac{1}{16}$) 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 - ⅜ padi 酸酪乳
Add this to the seasoning, stir it. When the broken wheat becomes aromatic and roasts to a sandy color. Sprinkle powdered salt ¼ palam on the roasted fine wheat grits (semolina) and mix together. Pour ⅜ 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。

normal frying-pan upma (saada vaanali uppuma)
煎锅米糕

ingredients		原料
Rice Grits Flour	¼ **padi**	米碎粉
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	3⁄16 **palam**	芥菜籽
Split Black Gram /Urad Dal	¼ **palam**	印度黑豆瓣
Curry Leaves	⅛ **palam**	咖喱叶
Asafoetida	1⁄16 **Ru.wt**	阿魏胶

Rice Grits Flour - ¼ padi 米碎粉
Put this in a non-oxidising vessel,
将其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 (3⁄16) palam 芥菜籽
Split Black Gram/ Urad Dal - ¼ palam 印度黑豆瓣
Curry Leaves - ⅛ palam 咖喱叶
Asafoetida - veesam (1⁄16) 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 rice grits flour. Immediately, Using a ladle or **Thuduppu** (large*

Thuduppu 铲

wooden spatula like) mix continuously so that the upma does not burn at the bottom of the pan. When the flour cooks and comes to a flower-like texture (soft like flower), remove it from the firewood stove.

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*（大木铲）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. 用于和入米碎粉的酪乳应有酸味且不能太稀。若此菜趁热食用，会非常美味。如需可在酸酪乳与米碎混合时添入 2 *palam* 椰丝。

broken wheat frying-pan upma (gothumai noi vaanali uppuma)
煎锅麦碎糕

ingredients		原料
Ghee	½ *padi*	酥油
Broken Wheat/Wheat Grits (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 Chilli	⅛ *palam*	干红辣椒
Mustard	¼ *palam*	芥菜籽
Split Black Gram/Urad Dal	¼ *palam*	印度黑豆瓣
Cumin Seeds	⅟₁₆ *palam*	孜然
Curry Leaves	⅛ *palam*	咖喱叶
Asafoetida	⅟₁₆ *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，

சுருகுச்சட்டி.

Frying pan 煎锅

Broken Wheat/Wheat Grits (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 broken wheat. 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。
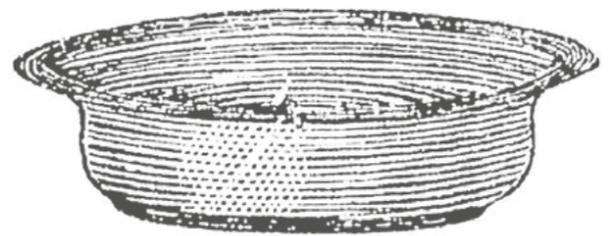
Sour Butter Milk - ⅜ padi 酸酪乳
Take this in a lead coated vessel. Put the roasted broken wheat in this and mix.
酸酪乳盛入一个包铅铜器中，和入炒好的麦碎。

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。 然后在煎锅中倒入2 *palam* 酥油。

Red Chilli - ⅛ palam 红辣椒干
Mustard Seeds - ¼ palam 芥菜籽
Split Black Gram/Urad Dal - ¼ palam 印度黑豆瓣
Cumin Seeds - veesam $\frac{1}{16}$ *palam* 孜然
Curry Leaves - ⅛ palam 咖喱叶
Asafoetida - veesam $\frac{1}{16}$ *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。

seasoned flattened rice/poha (taalida aval)
调味扁米饭

ingredients		原料
Flattened Rice / Poha	½ padi	压扁成片状的米
Water	¾ padi	净水
Ghee	¹⁄₁₆ padi	酥油
Split Black Gram/Urad Dal	½ palam	印度黑豆瓣
Red Chilli	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 ($\frac{1}{16}$) padi 酥油

Heat this in a non-oxidising vessel.

在一个耐氧化的容器中热油。

Split Black Gram/Urad Dal - ½ palam 印度黑豆瓣

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。调味料备好后，倒入浸泡过的扁米。

Powdered Salt - ¾ palam 盐末
Grated Coconut - 3 palam 椰丝
Add both these 2 to the flattened rice. Mix well. After 10 minutes, remove from the firewood stove and use it.
将上述二者添入扁米中。拌匀。10分钟后，从柴火炉上移开并用之。

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。

seasoned curd flattened rice (taalida thayir aval)

凝乳调味扁米饭

ingredients		原料
Flattened Rice / Poha	½ padi	扁米
Sour Butter Milk	¾ padi	酸酪乳
Powdered Salt	1 palam	盐末
Ghee	¹⁄₁₆ padi	酥油
Split Black Gram / Urad Dal	½ palam	印度黑豆瓣
Red Chilli	1 Ru.wt	干红辣椒
Mustard Seeds	½ palam	芥菜籽
Curry Leaves	¼ Ru.wt	咖喱叶

Flattened rice/Poha - ½ padi 扁米
Sour butter milk (Thick porridge like consistency) - ¾ 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
Split Black Gram/Urad Dal - ½ palam 印度黑豆瓣
Red Chilli - 1 Ru.wt 干红辣椒
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. Once the Flattened rice grains separate well 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。

seasoned tamarind flattened rice (taalida puli aval)

罗望子调味扁米饭

ingredients		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	¹⁄₁₆ Ru.wt	姜黄粉
Jaggery	½ palam	粗蔗糖
Red Chilli	½ palam	干红辣椒
Fenugreek Seeds	¼ palam	胡芦巴籽
Asafoetida	¹⁄₁₆ Ru.wt	阿魏胶
Split Bengal Gram/Chana Dal	¹⁄₁₆ padi	鹰嘴豆瓣
Sesame Oil	¹⁄₁₆ padi	芝麻油
Split Black Gram/Urad Dal	½ palam	印度黑豆瓣
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**（捣谷臼）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 - veesam (¹⁄₁₆) 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 Chilli - ¼ palam 干红辣椒
Fenugreek Seeds - ¼ palam 胡芦巴
Asafoetida - veesam ($\frac{1}{16}$) 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。

Split Bengal Gram/Chana Dal - $\frac{1}{16}$ padi 鹰嘴豆瓣
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,
鹰嘴豆瓣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 - ¼₆ padi 芝麻油
Red Chilli - ¼ palam 干红辣椒
Split Black Gram/ Urad Dal - ½ palam 印度黑豆瓣
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，从柴火炉上取下并用之。

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. 若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。

flattened rice with lemon juice (elumichi pazhaarasa puli aval)

柠檬汁扁米饭

ingredients		原料
Flattened Rice/Poha	½ padi	扁米
Lemon Extract	¹⁄₁₆ padi	柠檬汁
Salt	1 palam	盐
Turmeric Power	¹⁄₁₆ Ru.wt	姜黄粉
Red Chilli	½ palam	干红辣椒
Fenugreek Seeds	¼ palam	胡芦巴籽
Asafoetida	¹⁄₁₆ Ru.wt	阿魏胶
Split Bengal Gram/Chana Dal	¹⁄₁₆ padi	鹰嘴豆瓣
Ghee	¹⁄₁₆ padi	酥油
Split Black Gram/Urad Dal	½ palam	印度黑豆瓣
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.*
依照前一道食谱 *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 ¹⁄₁₆ padi 柠檬汁
Turmeric Powder - veesam ¹⁄₁₆ Ru.wt 姜黄粉
Powdered salt - 1 palam 盐末
Red Chilli - ¼ palam 干红辣椒
Fenugreek Seeds - ¼ palam 胡芦巴
Asafoetida - veesam (¹⁄₁₆) 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。

Split Bengal Gram/Chana Dal - veesam (¹⁄₁₆) padi 鹰嘴豆瓣
Soak this in water for some time. Drain the water. Then let it dry in shade for a while. Then, roast it in ghee and mix with the flattened rice.

将鹰嘴豆瓣浸泡在水中一段时间，沥干水。然后于荫处晾一阵子。用酥油将其煸炒，与扁米碎饭混合。

Ghee - veesam ¹⁄₁₆ padi 酥油
Red Chilli - ¼ palam 干红辣椒
Split Black Gram / Urad Dal - ½ palam 印度黑豆瓣
Mustard Seeds - ½ palam 芥菜籽
Curry Leaves - ¼ 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中的步骤烹制调味料。调味料制好后，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. 整片的扁米也可以未经捣碎直接使用。

pancakes (thavalai adai)
油煎饼

ingredients		原料
Rice	¼ padi	大米
Split Bengal Gram/Chana Dal	¹⁄₁₆ padi	鹰嘴豆瓣
Moong Dal/Petite Yellow Lentils	¹⁄₁₆ padi	孟恩豆／小黄扁豆
Split pigeon pea/Toor Dal	¹⁄₁₆ padi	木豆瓣
Water	³⁄₁₆ padi	净水
Grated Coconut	3 palam	椰丝
Cumin Seeds	¼ Ru.wt	孜然
Asafoetida	4 ku.wt	阿魏胶
Powdered Salt	½ Ru.wt.	盐末
Ghee	2½ palam	酥油
Mustard Seeds	¼ palam	芥菜籽
Red Chilli (killu milagai)	¼ Ru.wt	干红辣椒（捏碎）
Split Black Gram/Urad Dal	¼ palam	印度黑豆瓣

Rice - ¼ padi 大米

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

Moong Dal/Petite Yellow Lentils - veesam ($\frac{1}{16}$) padi

孟恩豆／小黄扁豆

Split pigeon pea/Toor Dal - veesam ($\frac{1}{16}$) padi 木豆瓣

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 - ¼ Ru.wt 孜然

Asafoetida - 4 ku.wt 阿魏胶

Powdered Salt - ½ 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，盛入一个*Taambaalam*（盘）中。

Ghee - 1¼ palam 酥油
Mustard - ¼ palam 芥菜籽
Red Chilli (killu milagai) - ¼ Ru.wt. 干红辣椒
Split Black Gram/Urad Dal - ¼ palam 印度黑豆瓣
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道食谱中提到的方法，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.*

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。锅再次放置于柴火炉的小火上。

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
(mattroru vitha thavalai adai)
油煎饼（另一版本）

ingredients		原料
Rice Flour	⅛ padi	米粉/粘米粉
Water	⅛ padi	净水
Grated Coconut	1 palam	椰丝
Soaked Split Bengal Gram/Chana Dal	¼ palam	浸泡过的鹰嘴豆瓣
Soaked Moong dal/Petite Yellow Lentils	¼ palam	浸泡过的孟恩豆/小黄扁豆
Powdered Salt	¼ Ru.wt	盐末
Ghee	¼ palam	酥油
Mustard Seeds	½ Ru.wt	芥菜籽
Red Chilli	½ Ru.wt	干红辣椒
Split Black Gram/Urad Dal	¼ palam	印度黑豆瓣
Sesame Oil	4 ladles 勺	芝麻油

Rice Flour - ⅛ 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 - ⅛ 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 Split Bengal Gram/Chana Dal - ¼ palam
浸泡过的鹰嘴豆瓣
Soaked Moong dal/Petite Yellow Lentils - ¼ palam
浸泡过的孟恩豆/小黄扁豆
Powdered Salt - ¼ 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 Chilli - ¼ Ru.wt 干红辣椒
Mustard Seeds - ½ Ru.wt 芥菜籽
Split Black Gram/ Urad Dal - ¼ palam 印度黑豆瓣

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道食谱所述的方法，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）架在柴火炉上加热。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/roti called dasami (dasami ennum roti)
达萨密饼

ingredients		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 Fine Wheat Grits (Semolina) - ½ padi
小麦粉或细麦碎（粗磨小麦粉）
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 Rotis of half paddy width. Cook them as mentioned in Recipe 13 on a Dosa pan, and use it.
将二者混合并悉心揉匀。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 ; pancakes or rotis/ breads (pongalgalum avaipondra adai alladu rotigalum)

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*。

temple pongal (kovil pongal)
寺庙米粥

ingredients		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4padi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 - ⅛ 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。

moong dal / petite yellow lentil pongal (payattramparappu pongal)

孟恩豆米粥

ingredients		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	$\frac{1}{16}$ 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	$\frac{1}{16}$ 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 $\frac{1}{16}$ 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 ¾ 分熟，

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
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。从柴火炉中取出并置于（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 2.
也可以用 5 palam 腰果代替椰丝，如注释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。

another variety of moong dal/petite yellow lentil pongal (matroruvitha payattramparuppu pongal)

孟恩豆米粥（另一版本）

ingredients		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	$\frac{1}{16}$ **palam**	姜黄粉
Butter	10½ **palam**	牛油
Water	1½ **padi**	盐末
Pepper	¼ **palam**	胡椒
Cumin Seeds	¼ **palam**	孜然
Clove	$\frac{1}{16}$ **palam**	丁香（去芽）
Poedered Nutmeg	$\frac{1}{16}$ **palam**	肉豆蔻粉
Finely Chopped Ginger	1 **Ru.wt**	姜末
Powdered Salt	½ **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。

split pigeon pea /toor dal pongal (tuvaramparappu pongal)
木豆米粥

ingredients		原料
Water	1¾ padi	净水
Split pigeon pea/Toor Dal	¼ padi	木豆瓣
Ghee	4¼ palam	酥油
Turmeric Powder	³⁄₁₆ 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	¹⁄₁₆ Ru.wt	阿魏胶
Water	2 Ru.wt	净水
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，

Split pigeon pea/ Toor Dal - ¼ padi 木豆瓣
Ghee - ½ palam 酥油
Turmeric Powder - 3 veesam ³⁄₁₆ 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 - ¼ palam 胡椒
Cumin Seeds - ⅛ palam 孜然
Powdered Salt - ½ palam 盐末
Finely Chopped Ginger - ½ 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 - 3¾ palam 酥油
*add this to the pongal and keep the pan on the heat of the live
coal (from burnt firewood).*
添油入粥并将锅置于（燃木而成的）热活炭上。

Asafoetida - veesam (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

ingredients		原料
Small Rice	½ padi	碎米/短粒米
Moong Dal / Petite Yellow Lentil	¼ padi	孟恩豆／小黄扁豆
Water	1½ padi	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 - 1½ 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4 padi 容水量的 **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（混合香料粉）
Prepare this podi as mentioned in Sojji Recipe Number 28. Add it to the pongal, stir and after 5 minutes,
依照娑季饭第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 - ⅛ Ru.wt 阿魏胶
Mustard Seeds - ¾ 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 - 3¼ 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 below.

将此添入粥中并将容器置于活炭上热 5 分钟。然后从热炭上移开并用之。也可使用 5 *palam* 腰果代替椰丝，如以下注释所述。

....

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。

wheat grits/broken wheat pongal (gothumai mainoi pongal)
碎麦豆粥

ingredients		原料
Moong Dal / Petite Yellow Lentil	¼ padi	孟恩豆／小黄扁豆
Water	2 padi	水
Ghee	15 palam	酥油
Wheat Grits (Bansi Rava)	½ padi	麦碎（粗磨麦粉）
Turmeric powder	¹⁄₁₆ palam	姜黄粉
Cumin Seeds	¼ palam	孜然
White Pepper*	½ palam	白胡椒*
Powdered Salt	½ palam	盐末
Grated Coconut	8 palam	椰丝

Moong Dal/petite yellow lentil - ¼ 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.
在柴火炉另一侧的 3 padi 容量的**Thavalai**（广口釜形锅）中加热酥油。

Wheat Grits (Bansi Rava) - ½ 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 ¾th 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¾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 - ¼ 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*- ½ palam 白胡椒*
Break these into half pods and add to the pongal. Then,
将白胡椒莢对半分开并添入粥中。然后，

Powdered Salt - ½ 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 below.

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。

....

* 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。

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。

maharashtra pongal

马哈拉施特拉邦米粥

ingredients		原料
Good Quality Rice	½ padi	优质大米
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	¹⁄₁₆ Ru.wt	阿魏胶
Water	1½ palam	净水
Saffron	⅛ palam	藏红花
Water	1 Ru.wt	净水
Salt	1 palam	盐
Pepper	½ palam	胡椒
Cardamom	½ palam	豆蔻
Clove	½ palam	丁香
Grated Dry Coconut	5 palam	干椰丝
Almonds	5 palam	杏仁
Grated Coconut	3¼ palam	椰丝

Good Quality Rice - ½ padi 优质大米
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，将酥油和入米和孟恩豆中。

Ghee - 5 palam 酥油
Heat this in a 4 padi water capacity **Thavalai** (wide mouthed pan). Once it is heated,
在4 padi 容水量的**Thavalai**（广口釜形锅）中热油。油一热，

Mustard Seeds - ½ palam 芥菜籽
Asafoetida - ½ 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.
分别用酥油炒制后磨成粉。

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 ¾th 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¾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 - 3¼ 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

ingredients		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	⅛ 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 - ¼ padi 大米
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 ¾th 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¾分熟时，

Ginger - ⅞ palam 姜
Salt - ⅞ 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）活炭上热。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。

himathkaani pongal (kichadi)
小扁豆米粥

ingredients		原料
De-skinned Petite Yellow Lentil/Yellow Moong Dal	¼ padi	去皮小黄扁豆／黄孟恩豆
Rice	¼ padi	大米
Cloves	¼ Ru.wt	丁香
Cardamom	¼ Ru.wt	豆蔻
Pepper	¼ Ru.wt	胡椒
Cinnamon	¼ Ru.wt	肉桂
Salt	⅞ palam	盐
Ghee	15 palam	酥油
Milk	1 padi	奶

De-skinned Petite Yellow Lentil / Yellow Moong Dal - ¼ padi
去皮小黄扁豆／黄孟恩豆
Rice - ¼ padi 大米
Wash these two and drain the water.
淘洗二者并沥干水份。

Cloves - ¼ Ru.wt 丁香
Cardamom - ¼ Ru.wt 豆蔻
Pepper - ¼ Ru.wt 胡椒
Cinnamon - ¼ Ru.wt 肉桂
Salt - ⅞ palam 盐
Powder the salt separately. Roast the other ingredients in ghee. Mix all of this in the mixed rice and dal.
盐单独磨成粉。在酥油中煸烤其他香料。一并混入米和
豆中。

Ghee - 7½ 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。加入混合了马萨拉（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，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.

若需，当米和豆在牛奶中煮熟后，可加入 5 *palam* 腰果或杏仁。

pongal with greens (keerai pongal)
蔬菜豆米粥

ingredients		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	大米
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	酥油
Onions	5 palam	洋葱

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。不时察看烹煮状态。

Rice - ⅛ padi 大米
*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。将其和入煮熟的豆中，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。从柴火炉上取下锅子，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

ingredients		原料
Water	2¾ *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	¹⁄₁₆ *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 ½ 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.
淘净米，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中。悉心拌匀后用之。

seasoned onion rice
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	煮沸的牛奶

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3padi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提及的方法备制杏仁与干葡萄后，添入沸水中，将净米倒入水中拌匀。米开始沸腾时，持续搅拌以防噗溢。一旦米煮至¾分熟且已收干水份，

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.
将煮过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。从柴火炉中取一些燃炭块，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。

rice flour & green gram flour mixed bread (arasimaavum payattrammaavum kalanda roti)
绿豆米粉饼

ingredients		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 - ¼ 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。

split bengal gram flour bread (besam roti)

鹰嘴豆瓣面饼

ingredients		原料
Split Bengal Gram Flour	½ padi	鹰嘴豆瓣粉
Wheat Flour	¼ padi	小麦粉
Salt	¼ palam	盐
Ghee	1 palam	酥油

Split Bengal Gram Flour - ½ padi 鹰嘴豆瓣粉

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 Rotis 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 split bengal gram roti (matroru vitha besan roti)

鹰嘴豆瓣面饼（另一版本）

ingredients		原料
Split Bengal Gram Flour/Besan	½ padi	鹰嘴豆瓣粉
Wheat Flour	⅜ 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

Split Bengal Gram flour/Besan - ½ padi 鹰嘴豆瓣粉
Wheat Flour - ⅜ 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，揉匀。

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,
将此三者盛入一个耐氧化的盘子里，并持续转搅
4 naazhigai。然后，

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 Roti Recipe 54 and use it.

牛奶加入油面团、姜汁凝乳混合中，捣成糊状。搓成柠檬大小的面球，然后依之前第54道食谱 *Besan Roti*（鹰嘴豆瓣面饼）的方法，将其制成煎饼并用之。

sweet pongal, sweet rice & indian breads (sarkkarai pongalgalum sarkkaraannangalum avaipondra rotigalum)

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 feats 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 pre-pared 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。

sugar syrup preparation procedure (sarkkarai paagu seiyum vitham)

糖浆制法

Ilampaagu 中浓度糖浆

ingredients		原料
Water	1¼ padi	净水
Sugar	1 veesai	糖
Milk	⅛ padi	牛奶
Saffron	¼ palam	藏红花
Milk	1 Ru.wt	牛奶

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,

Jalli Karandi 漏勺

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，
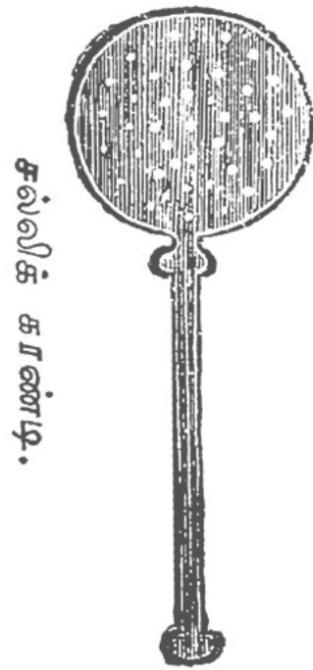
Milk - ⅛ padi 牛奶
Water - ⅛ padi 净水
*Mix these two together. Sprinkle little milk on the boiling sugar solution. Then immediately, the dirt of the sugar will turn black and float up like froth. Move this to the side using a **Jalli karandi** (perforated ladle) and remove the dirt. Again sprinkle some 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，

Saffron - ¼ 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 to follow.*

[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 *Angulam*（约 1 英寸）长的不断糖丝。有这种黏稠度便可知是 *Ilampaagu*（中浓度糖浆）。这种 *Ilampaagu* 用于备制之后的 *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 to follow.*

[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饭和之后的 *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。

milk pongal
(paal pongal)
牛奶米粥

ingredients		原料
Good Quality Rice	½ padi	优质大米
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 优质大米
*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
padi 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，将
米翻炒至微红。

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 ½ 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。

split bengal gram & yellow moong dal sweet pongal (kadaliparuppum payattramparuppum kalanda sarkkarai pongal)

杂豆米粥

ingredients		原料
Water	**1¾ padi**	净水
Ghee	**6½ palam**	酥油
Split Bengal Gram / Chana Dal	**⅛ padi**	鹰嘴豆瓣
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 - 1¾ 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，

Split Bengal Gram / Chana Dal - ⅛ padi 鹰嘴豆瓣
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 Split Bengal Gram and stir. After 5 minutes,

混合搅拌 ⅛ *padi*孟恩豆与半熟的鹰嘴豆瓣。5分钟后，

Good Quality Rice - ½ 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 ¾ th cooked,

淘净米，沥干水。倒入沸煮的豆中。搅拌并盖上容器。米到 ¾ 分熟时，

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
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，在些许酥油里煸烤后添入米粥。

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。将其从柴火炉上取下，置于活炭上 热5 分钟，随后用之。

yellow moong dal sweet pongal (payattramparuppu sarkkarai pongal)

小黄扁豆米粥

ingredients		原料
Good Quality Rice	½ padi	优质大米
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 优质大米
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 - ¼ 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.

将两者添入米粥中，混合并置于（燃木而成的）活炭上热5分钟，随后用之。

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

添入的腰果应在酥油中煸炒过。

another variety of yellow moong dal sweet pongal (mattroruvitha payattram paruppu sarkkarai pongal)

小黄扁豆米粥（另一版本）

ingredients		原料
Small Rice	½ padi	碎米／短粒米
Roasted Yellow Moong Dal/Petite Yellow Lentil	⅛ padi	煨焙过的黄孟恩豆／小黄扁豆
Saffron	⅛ Ru.wt	藏红花
Milk	3 Ru.wt	牛奶
Water	1¼ padi	净水
Butter	2 palam	牛油／黄油
Powdered Rock Sugar or Sugar	15 palam	冰糖粉或白砂糖
Ghee	12 palam	酥油
Cloves	¼ palam	丁香
Ginger	1 Ru.wt	姜
Cardamom powder	¼ palam	豆蔻粉
Raw Edible Camphor	⅛ Ru.wt	生食樟脑

Small Rice - ½ padi 碎米／短粒米

Roasted Yellow Moong Dal / Petite Yellow Lentil - 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。混合米与豆。淘净，沥干。

Saffron - ⅛ 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。

sweet rice
(sarkkaraisaadam / saakarbath)
甜米饭

ingredients		原料
Water	1½ padi	净水
Ghee*	13¾ 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 容水量的器皿中煮沸。

Ghee - 1¾ palam* 酥油*
Pour this in the boiling water. Once this comes to a boil,
将其倒入沸水中。一旦油沸，

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.
将米洗净，沥干水，加入沸水中。随后，依第1道米饭食
谱所述，沥除淀粉。当饭煮熟并如花般（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，然后静置于热活炭上。藏红花溶泡于水后，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1和注2中所述的杏仁和葡萄干，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.
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"katha katha"声，几分钟后声响停息，将容器静置于热活炭上 10 分钟。

Ghee - 5 palam 酥油
Then 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.* ＊＊若需，可以增加糖量，也可以制成糖浆使用。若此，添加 ¼ 份现有糖量，依照第 56 道食谱中所述制作 **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 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。

coconut sweet rice (thengai sarkkarai saadam/naaraleebath)

椰丝甜米饭

ingredients		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
Milk	1 Ru.wt	牛奶
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中所述的杏仁和葡萄干，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）活炭上热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。撒在米饭上。拌开后用之。

- -

*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.* **若需，可以增加糖量，也可以制成糖浆使用。若此，添加 ¼ 份现有糖量，依照第 56 道食谱中所述制作 **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 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。

another variety of coconut sweet rice (mattroruvitha thengai sarkkarai saadam/naaraleebath)

椰丝甜米饭（另一版本）

ingredients		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。饭熟后，将其摊在涂铅的 *Thaambalam*（盘）中，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。将其浇在米饭上，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，添入糖浆米饭中，搅拌均匀。

Cardamom Powder - 1 Ru.wt 豆蔻粉
Add this also in the rice and mix well.
将此也添入饭中拌匀。

Ghee - 10 palam 酥油
Heat this in a non-oxidising vessel.
在耐氧化的容器中加热。

Cloves - 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。

** 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** 的意指 —— 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 **Angulam**（约 1 英寸）长的不断糖丝。这种黏稠度便可知是 **Ilampaagu**（中浓度糖浆）。

mango extract rice (maambazharasa saadam)
芒果汁米饭

| ingredients		原料
Good Quality Rice	½ padi	优质大米
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	去皮杏仁
Dry Grapes	5 palam	葡萄干
Good Quality Ghee	2 palam	优质酥油
Rock Sugar	5 palam	冰糖

Good Quality Rice - ½ padi 优质大米
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。
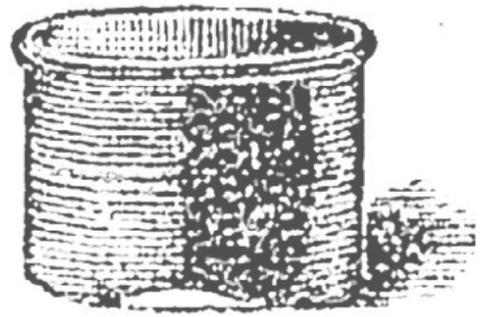
Mango Juice Extract- 2 padi 芒果汁*
Choose sweet and very juicy mangoes .
Gently squeeze it and filter the juice in a lead coated vessel. Measure the extracted juice as per the above given quantity. Heat this in a 3 padi water capacity vessel. When this juice starts boiling, add the roasted rice in it and stir with a lead

Pithalai Bogini
黄铜大直筒甑

coated ladle, and cover the vessel. Then, check whether the rice has cooked ¾ 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¾分熟，

Sugar** - 25 palam 糖**
Add this to the rice and mix.
将糖加入米饭中搅拌。

Cardamom Powder - ½ palam 豆蔻粉
De-skinned Almonds - 5 palam 去皮杏仁
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，置于（燃木而成的）活热炭上，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，然后用之。

....

* 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，可以增加糖量，也可以制成糖浆使用。若此，添加 ¼ 份现有糖量，依照第 56 道食谱中所述制作 **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 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。

saanja

传统早餐

ingredients		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. Daliya - 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.
麦碎倾入热油中，翻炒至沙色。盛入盘中，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.
倒水入容器后加热。水沸时，加入炒麦碎，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).
依注释所述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。一旦水份收干，且麦碎如米饭状时，置于（燃木而成的）活性炭上热一段时间。

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 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。

chira

麦碎／扁米

ingredients 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
CardamomPowder	**¼ palam**	豆蔻粉
Saffron	**4 Ru.wt**	藏红花
Milk	**1 Ru.wt**	牛奶
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*** （炸饼）这类无甜质菜品。

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

Wheat Grits i.e. 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，然后依注1和注2所述的方法备制杏仁和葡萄干。将其添入饭中。

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.

花溶于 1 Ru.wt 牛奶并添入饭中。拌匀后从炉中移开。

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,
将油浇在饭中，将容器置于（燃木而成的）活炭上热 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.
冰糖磨成胡椒大小的颗粒。撒在饭上，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 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, re-move 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 (thirivaathiraikkali)
湿婆神节日布丁

ingredients		原料
Rice	**1 padi**	大米
Water	**2½ padi**	净水
Roasted Petite Yellow Lentil / Yellow Moong Dal	**¹⁄₁₆ padi**	煨焙过的小黄扁豆/黄孟恩豆
Split Bengal Gram/Chana Dal	**¹⁄₃₂ padi**	鹰嘴豆瓣
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 brahminutes 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 大米
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。磨成米粉。

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 (¹⁄₁₆) padi 煨焙过的小黄扁豆／黄孟恩豆
Split Bengal Gram / Chana Dal - half veesam (¹⁄₃₂) padi
鹰嘴豆瓣
Prepare the petite yellow lentil as mentioned in the note and
add to the boiling water. Add the Split 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
被烤的鹰嘴豆瓣加入相同的沸水中。半熟后，

Grated Coconut - 5 palam 椰丝
Jaggery - ½ 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 - ½ Ru.wt 豆蔻粉
Ghee - ⅛ 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。从柴火炉上取下
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 pow-
dering. If this kali (pudding) should be non-sticky like upma, the quanti-
ty 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

ingredients		原料
Good Quality Rice	**1 padi**	优质大米
Split Bengal Gram/Chana Dal	**⅛ padi**	鹰嘴豆瓣
Water	**¾ padi**	净水
Coconut Pieces	**5 palam**	椰肉块
Jaggery	**½ veesai**	粗蔗糖
Cardamom Powder	**½ Ru.wt**	豆蔻粉

Good Quality Rice - 1 padi 优质大米
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，制成米粉。在煎锅里煨炒，直至米粉泛红。

Split Bengal Gram/ Chana Dal - ⅛ 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 - ¾ 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 椰肉块
Jaggery - ½ veesai 粗蔗糖
Cardamom Powder - ½ Ru.wt 豆蔻粉
among these, first add the jaggery to the boiling water. After it has melted completely, add the roasted rice, Split 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、炒鹰嘴豆瓣、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.*

将水倒入一个广口釜锅或 *Bogini*（甀）内。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，可知已熟。如法蒸制其余面饼。

In practice, along with Split Bengal Gram, black-eyed peas, green moong and almonds are also added. 在实践中，除了鹰嘴豆瓣之外，也会添些黑眼豆、绿孟恩豆和杏仁。

wheat grits / semolina & almond mixed bread (gothumainoiyum vaathumaiparuppum sernda roti)

麦碎杏仁饼

ingredients		原料
Wheat Grits i.e. Semolina	½ padi	麦碎／粗磨小麦粉
Ghee	¼ padi	酥油
Almonds	7½ palam	杏仁
Pistachio	7½ palam	开心果
Rock Candy	½ veesai	冰糖
Kasturi (Musk)	4 ku.wt	野生姜黄
Saffron	8 ku.wt	藏红花
Rose Water	¹⁄₁₆ padi	玫瑰水

Wheat Grits i.e. Semolina - ½ padi 麦碎／粗磨小麦粉

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 (Musk) - 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 *Vadas*（小圆饼）并放在耐氧化的盘子上。用另一个盘子盖住。将一些活炭块置于底盘下方和盖盘上方，直至饼熟透散发出香气。随后取出用之。

---

*This plate can be kept in **Koondu-aduppu** (refer glossary – 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，并依照之前的饼谱所述烘烤面饼。

variety rice (chitraannam)

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。

tamarind rice
(puliorai/puliyanchadam)
罗望子饭

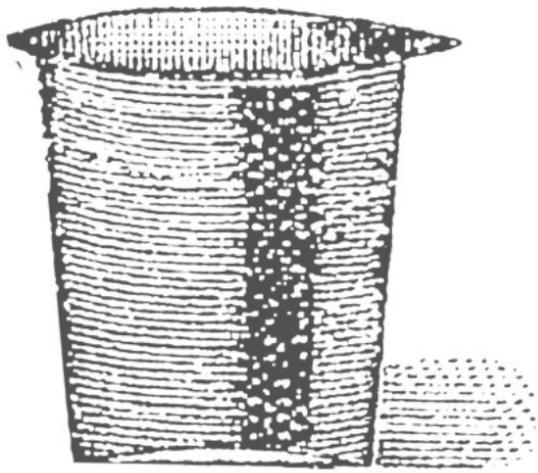| ingredients		原料
Rice	½ padi	大米
Water	2 padi	净水
Gingelly Oil	9 palam	印度冷榨醇芝麻油
Tamarind	6 palam	罗望子
Salt	1½ palam	盐
Red Chilli	2 palam	干红辣椒
Mustard Seeds	¼ palam	芥菜籽
Fenugreek Seeds	½ Ru.wt	胡芦巴籽
Asafoetida	⅛ Ru.wt	阿魏胶
Turmeric Powder	¼ Ru.wt	姜黄粉
Curry Leaves	1 Ru.wt	咖喱叶

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1道米饭食谱中的方法，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，

கறிசட்டிப .

Karchattikal 软石甑

Gingelly Oil - 3 palam 印度冷榨醇芝麻油
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 印度冷榨醇芝麻油
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.*

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）的稠度。把酱膏添入盘内的米饭中，悉心拌匀。

If this paste is tied in an areca leaf and stored, it will remain good and not spoil for upto 10 to 15 days. 若将此浓酱以槟榔叶包裹储存，能保其品质，且 10 到 15 天内不会变质。

sesame - powder variety rice (ellupodi chitraannam)

香粉芝麻荟饭

ingredients		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	11 palam	印度冷榨醇芝麻油
Pepper	¼ palam	胡椒
Cumin Seeds	⅛ palam	孜然
Fenugreek Seeds	¹⁄₁₆ palam	胡芦巴籽
Coriander Seeds	¼ palam	香菜籽
Red Chilli	1¼ palam	干红辣椒
Split Black Gram/Urad Dal	1½ palam	印度黑豆瓣
Powdered Crystal Salt	½ palam	晶盐粉
Tamarind	3¼ palam	罗望子
Powdered Salt	½ palam	盐末
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炭上，

Gingelly Oil - 3 palam 印度冷榨醇芝麻油
*pour this on the rice placed on the live coal. Mix such that the oil spreads throughout the rice. Cover the vessel and keep the vessel on live coal for 3 minutes. The transfer the rice onto **Karpalagai** (granit slab), spread the rice, mix well and let it cool.*
麻油浇在活炭上的饭中，拌开使油润遍饭粒。盖上盖子并将饭器置于活炭上3分钟。将米饭转盛到 *Karpalagai*（花岗岩板）上，均匀铺开，令其冷却。

Pepper - ¼ palam 胡椒
Cumin Seeds - ⅛ palam 孜然
Fenugreek Seeds - veesam ($\frac{1}{16}$) palam 胡芦巴籽
Coriander Seeds - ¼ palam 香菜籽
Red Chilli - ¼ palam 红辣椒
Split Balck Gram/Urad Dal - 1½ palam 印度黑豆瓣
*Pour the required amount of gingelly oil little by little , roast each of the above ingredients separately and powder them. Then, mix them together. Add the powder to the rice on the **Karpalagai** (granite slab) and mix well.*
一点一点地倒入适量麻油，将上述每种材料分别煸炒后磨成粉。然后，将其混合在一起。将香料粉添入 *Karpalagai*（花岗岩板）上的米饭中，拌匀。

Powdered Crystal Salt - ½ palam 晶盐粉
Sprinkle this on the rice.
将其撒在饭上。

Gingelly Oil - 2 palam 印度冷榨醇芝麻油
pour this on the rice placed on the live coal. Mix 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 - 3¼ palam 罗望子
Put these in a lead coated vessel, extract the pulp and remove the Seeds and remnants.
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.
盐末添入罗望子提取汁中。

Gingelly Oil - 6 palam 印度冷榨醇芝麻油
Heat this in a frying pan. As soon as it has heated up,
在煎锅中热麻油。油一热熟，

Red Chilli - 1 palam 干红辣椒
Pinch them into small pieces, add them to the heated oil. Once they are half fried.
辣椒捻成小片，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"*sada pada*"溅射声响起，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。

sesame powder rice (ellupodi saadam)
芝麻粉饭

ingredients		原料
Rice	½ padi	米
Water	1½ padi	净水
Heated Ghee	1½ palam	热酥油
Deskined 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
Split Black Gram/ Urad Dal	½ palam	印度黑豆瓣
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。将饭转盛到 *karpalagai*（花岗岩板）或耐氧化的 *Taambaalam*（盘）上，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。

Deskined 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*（大研磨钵）中捣碎。将其洒在准备好的酥油拌饭上，再用手指和一遍。然后，

Ghee - 6 palam 酥油
Red Chilli - ¼ palam 干红辣椒
Split Black Gram/ Urad Dal - ½ palam 印度黑豆瓣
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。

mustard and coconut variety rice (kadagu thengai chitraannam)

芥末椰饭

ingredients		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
Split Black Gram/Urad Dal	½ palam	印度黑豆瓣
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 limited quantity. Pregnant women particularly should avoid consuming this rice.

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用之为最佳。其他人应少量而有度地食用。孕妇尤应避免食用此饭。

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**Karpalagai**（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
Split Black Gram/ Urad Dal - ½ palam 印度黑豆瓣
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 - ⅛ Ru.wt 阿魏胶
Smash this and add to the seasoning.

将其捣碎，添入调味料。

Curry Leaves - ¼ 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。

coconut rice
(thengai saadam)
椰浆饭

ingredients		原料
Rice	½ padi	大米
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
Split Black Gram/Urad Dal	½ palam	印度黑豆瓣
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 大米
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
Split Black Gram/ Urad Dal - ½ palam 印度黑豆瓣
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 - ½ 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。

split black gram powder rice (ulatthampodi saadam)
印度黑豆粉饭

ingredients		原料
Rice	½ padi	米
Water	1½ padi	净水
Ghee	7½ palam	酥油
Split Black Gram/Urad Dal	⅝ padi	印度黑豆瓣
Split Bengal Gram/Chana Dal	¹⁄₁₆ padi	鹰嘴豆瓣
Petite Yellow Lentil	¹⁄₁₆ 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 大米
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。

Split Black Gram/Urad Dal - ⅛ padi 印度黑豆瓣
Split Bengal Gram/Chana Dal - veesam (¹⁄₁₆) padi 鹰嘴豆瓣
Petite Yellow Lentil - veesam (¹⁄₁₆) 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
Split Black Gram - ½ palam 印度黑豆瓣
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。

lemon extract variety rice (elummichaipazha rasa chitraannam)

柠檬汁饭

ingredients 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
Split Black Gram/Urad Dal	¼ palam	印度黑豆瓣
Split Bengal Gram/Chana Dal	½ palam	鹰嘴豆瓣
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2*padi*容水量的广口铅涂层容器中。拌松，令其冷却。

Powdered Salt - ¾ palam 盐末
Put this is 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
Split Black Gram / Urad Dal - ¼ palam 印度黑豆瓣
Split Bengal Gram / Chana Dal - ½ palam 鹰嘴豆瓣
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。将锅器置于活炭上热5分钟。随后盛出。

citron fruit variety rice (narthampazha rasa chitraanam)
橙汁饭

ingredients		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
Split Black Gram/Urad Dal	¼ palam	印度黑豆瓣
Split Bengal Gram/Chana Dal	½ palam	鹰嘴豆瓣
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。

komatti pomegranate extract variety rice (komatti maadulampazha rasa chitraannam)

石榴汁饭

ingredients		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
Split Black Gram/Urad Dal	¼ palam	印度黑豆瓣
Split Bengal Gram/Chana Dal	½ palam	鹰嘴豆瓣
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。

sour pomegranate fruit extract variety rice (pulippu maadulampazha rasa chitraannam)

酸石榴汁饭

ingredients		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
Split Black Gram / Urad Dal	**¼ palam**	印度黑豆瓣
Split Bengal Gram / Chana Dal	**½ palam**	鹰嘴豆瓣
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 (maangai rasa chitraannam)

芒果汁饭

ingredients		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
Split Black Gram/Urad Dal	¼ palam	印度黑豆瓣
Split Bengal Gram/Chana Dal	½ palam	鹰嘴豆瓣
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 2½ 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**（大研捣钵）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 mango variety rice (maangai chitrannam)
生芒果饭

ingredients		原料
Rice	½ padi	大米
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	酥油或印度冷榨醇芝麻油
Split Bengal Gram/Chana Dal	½ palam	鹰嘴豆瓣
Split Black Gram/Urad Dal	½ palam	印度黑豆瓣
Asafoetida	⅛ Ru.wt	阿魏胶

Rice - ½ padi 大米
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 容水量的广口涂铅容器中。翻拌使米饭
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 - ¼ Ru.wt 姜黄粉
Powdered Crystal Salt
- ¾ palam 晶盐粉
Put all of these five ingre-
dients 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.
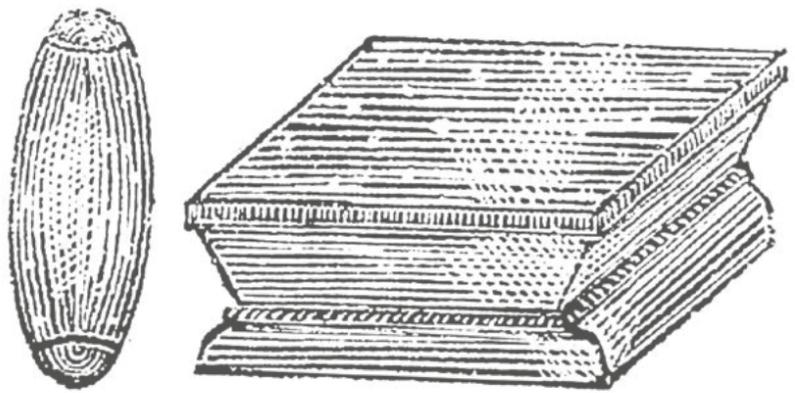
அம்மி குழவி.

Ammi Kuzhavi 平磨盘与碾石

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 酥油或印度冷榨醇芝麻油
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 - ¼ palam 干红辣椒
Mustard Seeds - ⅜ palam 芥菜籽

Split Black Gram/Urad Dal - 1½ palam 印度黑豆瓣
Split Bengal Gram/Chana Dal - ½ palam 鹰嘴豆瓣
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调味料。

Asafoetida - ⅛ 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。拌匀后将容器放在热活炭上静置 5 分钟。然后盛出并用之。

baby brinjal rice (katthirippinji saadam/vangibath)

小茄子饭

ingredients		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	¹⁄₁₆ palam	孜然
Nutmeg	⅛ palam	肉豆蔻
Mace	⅛ palam	肉豆蔻皮
Clove	¹⁄₁₆ palam	丁香
Split Black Gram/Urad Dal	2 palam	印度黑豆瓣
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
Split Black Gram/Urad Dal	½ palam	印度黑豆瓣
Split Bengal Gram/Chana Dal	½ palam	鹰嘴豆瓣
Small Rice	½ padi	碎米／短粒米
Water	1 padi	净水
Turmeric Powder	¹⁄₁₆ palam	姜黄粉
Lemon	2 nos 个	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 ¹⁄₁₆ palam 孜然籽

Nutmeg - ⅛ palam 肉豆蔻

Mace - ⅛ palam 肉豆蔻皮

Clove - veesam ¹⁄₁₆ palam 丁香

Split Black Gram/Urad Dal - 2 palam 印度黑豆瓣

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，将茄子切成不分离的 4 瓣。茄瓣间填塞罗望子马萨拉酱料，收拢茄瓣。

Ghee - 4 palam 酥油
Pour this is 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
Split Black Gram/ Urad Dal - ½ palam 印度黑豆瓣
Split Bengal Gram/ Chana Dal - ½ palam 鹰嘴豆瓣

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 ¾ 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¾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 ¾ 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¾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 个柠檬
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 (mattroruvitha katthirippinji saadam)

小茄子饭（另一版本）

ingredients		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 2½ 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 容水量的容器内，加入短粒米。依照第1道食谱的方法煮饭。将米饭转盛到另一有铅涂层的容器中，将其铺开拌松。依上一（第82）道小茄子饭谱的方法，烹制马萨拉香料。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，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，再次拌匀。将其置于（燃木而成的）活炭上热 4 分钟。然后盛出用之。

maharashtra baby brinjal rice (maharashtra katthirippinji saadam)

马哈拉施特拉邦小茄子饭

ingredients		原料
Coriander Seeds	2½ palam	香菜籽
Grated Dry Coconut	5 palam	干椰丝
Clove	⅛ palam	丁香
Cumin Seeds	¹⁄₁₆ 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	大米
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 - ¼ palam 丁香
Cumin Seeds - ¼ 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，将填塞了马萨拉的茄子放入油中。在茄子上洒些水，煎烤。

Rice - ½ padi 大米
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 *4 padi* 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（燃木而成的）热活炭上 10 分钟。然后，盛用前几分钟，

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。

methi/fenugreek greens rice (venthayakkeerai saadam / sabjaabath)
胡芦巴叶饭

ingredients		原料
Small Rice	½ padi	碎米／短粒米
Turmeric Powder	¹⁄₁₆ palam	黄姜粉
Water	2¼ padi	净水
Fenugreek Leaves / Tender Methi	24 palam	嫩胡芦巴叶
Salt	¼ palam	盐
Ghee	6 palam	酥油
Red Chilli	¼ palam	干红辣椒
Mustard Seeds	¼ palam	芥菜籽
Split Black Gram / Urad Dal	½ palam	印度黑豆瓣
Split Bengal Gram / Chana Dal	½ palam	鹰嘴豆瓣

Small Rice - ½ padi 碎米／短粒米
Water - 1½ padi 净水
Turmeric Powder - veesam ($\frac{1}{16}$) 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）。

Fenugreek Leaves / Tender Methi - 24 palam 嫩胡芦巴叶
Cut off the roots and chop it finely.
去根，切碎。

Water - ¾ padi 净水
Pour this in a 1 ½ padi water capacity vessel, add the chopped greens in it and heat it.
将其倒入 1½ padi 容量容器中，放切好的叶子，烹煮。

Salt - ¼ 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.
添盐入正在烹煮的胡芦巴叶中，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 - ¼ palam 干红辣椒
Mustard Seeds - ¼ palam 芥菜籽
Split Black Gram/ Urad Dal - ½ palam 印度黑豆瓣
Split Bengal Gram/ Chana Dal - ½ palam 鹰嘴豆瓣
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，加入罗望子马萨拉胡芦巴叶。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 rice (paruppukozhambu saadam)

豆汤饭

ingredients		原料
Water	2¼ padi	净水
Split pigeon pea/ Toor Dal	¼ padi	木豆瓣
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	胡芦巴籽
Split Black Gram/ Urad Dal	1 palam	印度黑豆瓣
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	酥油或印度冷榨醇芝麻油
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
Split Black Gram/Urad Dal	½ palam	印度黑豆瓣
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 in a limited amount.
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,*
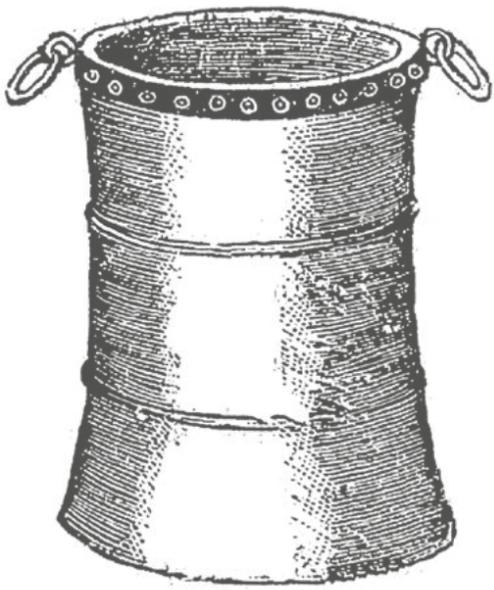
将水倒入 4 *padi* 容量的涂铅 *Soadu-thavalai*（带钮长筒甄）中并加热。水一开始沸腾，

Split pigeon pea - ¼ padi 木豆瓣
Ghee or Gingelly Oil - ½ palam
酥油或印度冷榨醇芝麻油
Turmeric Powder - ⅛ 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，盖上甄器。

Soadu-thavalai 带钮长筒甄

 Rice - ½ padi 大米
Soak this for 1 naazhigai. Then wash it well and drain the water. Then,
将其浸泡 1 *naazhigai*。然后淘净，沥干。之后，

Red Chilli - ½palam 干红辣椒
Coriander Seeds - ½ palam 香菜籽
Pepper - ¼ palam 胡椒
Cumin Seeds - ⅛ palam 孜然籽
Fenugreek Seeds - veesam (¹⁄₁₆) palam 胡芦巴籽
Split Black Gram/ Urad Dal - 1 palam 印度黑豆瓣
Nutmeg - ⅛ palam 肉豆蔻
Mace - ⅛ palam 肉豆蔻皮
Clove - ⅛ palam 丁香
Cinnamon - ⅛ 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 split 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 *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 酥油或印度冷榨醇芝麻油
*Add these to the extracted tamarind pulp. Heat it while continuously stirring until it condenses to a thick past(**legiyam**). Check if the rice (cooking along with the split 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，直至凝成 **Legiyam**（浓酱）。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⅛ *padi* 净水，在 **Ural**（大研捣钵）中研磨二者。将其添入炉灶上的米饭中，拌匀，重新盖上容器。

Ghee or Gingelly Oil - 3 palam 酥油或印度冷榨醇芝麻油
Red Chilli - ⅛ palam 干红辣椒
Mustard Seeds - ¼ palam 芥菜籽
Split Black Gram/Urad Dal - ½ palam 印度黑豆瓣
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。从灶上移开调味料时，

Asafoetida - veesam (¹⁄₁₆) Ru.wt 阿魏胶
Curry Leaves - ¼ 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。

curd rice (thayir saadam/ thathiyodhanam)

凝乳饭

ingredients		原料
Rice	½ padi	大米
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
Split Black Gram/Urad Dal	¼ palam	印度黑豆瓣
Split Bengal Gram/Chana Dal	¼ palam	鹰嘴豆瓣
Curry Leaves	⅛ palam	咖喱叶
Pepper	⅛ palam	胡椒
Ginger	¼ palam	姜
Asafoetida	¹⁄₁₆ Ru.wt	阿魏胶
Water	1 Ru.wt	净水

Rice - ½ padi 大米
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
Split Black Gram / Urad Dal - ½ palam 印度黑豆瓣
Split Bengal Gram - ¼ palam 鹰嘴豆瓣
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"的溅射声停
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 ($\frac{1}{16}$) 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。

....
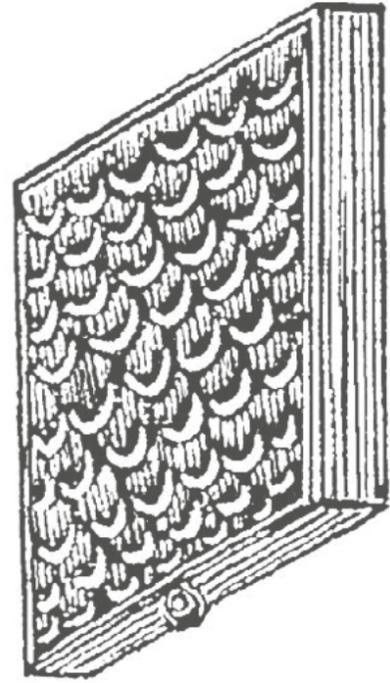
In practice, grated coconut is also added. The
grated coconut should be 5 palam. Instead of
ginger, dry ginger also can be powdered and
used. 在实践中，可以添些椰丝。椰丝的
量为 5 palam。干姜也可以代替生姜磨粉
使用。

Thruruvu Palagai
Grater
擦丝板

another type of curd rice mattroruvitha tayirsaadam / bakaalabath)

凝乳饭（另一版本）

ingredients		原料
Rice	½ **padi**	大米
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
Split Black Gram / Urad Dal	¼ **palam**	印度黑豆瓣
Split Bengal Gram / Chana Dal	¼ **palam**	鹰嘴豆瓣
Finely Chopped Green Chilli	½ **palam**	切成末的青辣椒
Curry Leaves	⅛ **palam**	咖喱叶

Rice - ½ padi 大米
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4 padi 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牛奶）
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
Split Black Gram/ Urad Dal - ¼ palam
印度黑豆瓣
Split Bengal Gram/ Chana Dal - ¼ palam
鹰嘴豆瓣
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，将调味料添入拌松的米饭中。也有人会添 ¼ *palam* 豆蔻粉。

饭

ரிㅊㅌ
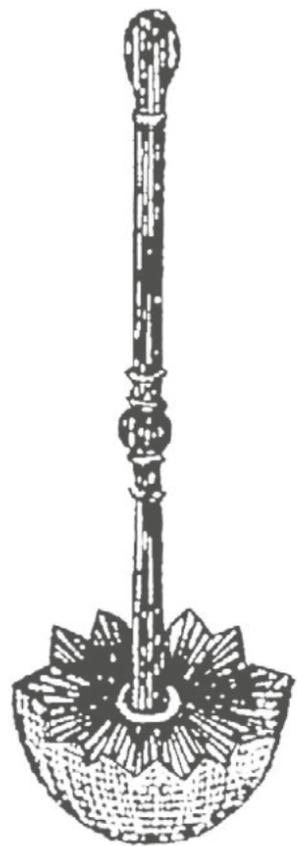
Curd Churner

凝乳搅拌器

curd porridge (thayir koozh)
凝乳粥

ingredients		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
Split Black Gram/ Urad Dal	1 Ru.wt	印度黑豆瓣

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4padi容水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,
将水添入容器内的凝乳中，快速搅打。倒入米碎，拌匀。将容器架在柴火炉上炖煮。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
Split Black Gram/ Urad Dal - 1 Ru.wt 印度黑豆瓣
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。

lentils (paruppugal)

豆类

*This dish is first among accompaniments for main dishes like rice, Roti(bread) and adai(pancakes). It is very delicious and gives strength to the body. This is mostly prepared using Split pigeon pea/toor dal. But in practice, Petite yellow lentils/yellow moong dal or Split 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 '**kanjikku kaanankondaattam**' came into existence.*

这类菜是米饭、**Roti**（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／黄孟恩豆或印度黑豆瓣。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 *kanjikku kaanankondaattam*"应运而生。

plain dal
普通豆汤

ingredients		原料
Water	**1 padi**	净水
Split pigeon pea/Toor Dal	**¼ padi**	木豆瓣
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。

Split Pigeon Pea / Toor Dal - ¼ padi 木豆瓣
Turmeric Powder - veesam ($\frac{1}{16}$) Ru.wt 姜黄粉
Ghee - ½ palam 酥油
Add these to the boiling water and keep the vessel closed. Once the split 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。

lemon extract lentil/dal (elumichaippazharasa paruppu)
柠檬豆汤

ingredients		原料
Water	1 padi	净水
Split Pigeon Pea / Toor Dal*	¼ padi	木豆瓣*
Ghee	1 palam	酥油
Turmeric Powder	¹⁄₁₆ Ru.wt	姜黄粉
Salt	½ palam	盐
Lemon	2	柠檬
Red Chilli	⅛ palam	干红辣椒
Split Black Gram / Urad Dal	¼ palam	印度黑豆瓣
Mustard Seeds	⅛ palam	芥菜籽
Curry Leaves	⅛ palam	咖喱叶
Green Chilli	¼ palam	青辣椒

Water - 1 padi 净水

Split pigeon pea/ Toor Dal* - ¼ padi 木豆瓣*

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 - ⅛ palam 干红辣椒

Split Black Gram/ Urad Dal - ¼ palam 印度黑豆瓣

Mustard Seeds - ⅛ 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 - ⅛ palam 咖喱叶
Green Chilli - ¼ 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, Split Black Gram/Urad Dal, Whole Green Gram or Split Bengal Gram/Chana Dal can be used. Petite Yellow Lentil/Yellow Moong Dal alone should be used by either roasting or without roasting. All the other lentils should be used only after roasting. ＊可用印度黑豆瓣、整颗绿豆或鹰嘴豆瓣代替木豆。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

ingredients		原料
Water	**1 padi**	净水
Split Pigeon Pea/Toor Dal	**¼ padi**	木豆瓣
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
Split Pigeon Pea/ Toor Dal - ¼ padi 木豆瓣
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.
酥油添入沥干的豆中。

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,
水倒入容器中加热。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。从柴火炉上移开。用木杵或黄铜勺头将豆捣糊后盛用。

maharashtrian spicy dal (maharashtra kaaraparuppu)
马哈拉施特拉邦辣扁豆汤

ingredients		原料
Water	1 padi	净水
Split 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	¹⁄₁₆ 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
Split 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 - ¼ Ru.wt 孜然籽
Red Chilli - ½ 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 (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，接着将清汁浇入豆中。

Ghee - 1 palam 酥油
Chilli - ¼ Ru.wt 辣椒
Mustard Seeds - ½ 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。

split pigeon pea sour dal/ lentil (tuvaram paruppu puli paruppu)
罗望子豆汤

ingredients		原料
Water	1⅛ padi	净水
Split Pigeon Pea/Toor Dal	¼ padi	木豆
Ghee	½ palam	酥油
Turmeric Powder	¹⁄₁₆ Ru.wt	姜黄粉
Chilli	½ palam	辣椒
Pepper	⅛ palam	胡椒
Coriander Seeds	⅜ palam	香菜籽
Cumin Seeds	¼ Ru.wt	孜然
Cinnamon	⅛ Ru.wt	肉桂
Grated Dry Coconut	2 palam	干椰丝
Ghee	1 palam	酥油
Tamarind	1½ palam	罗望子
Salt	¾ palam	盐
Water	¹⁄₁₆ padi	净水
Raw Rice Flour	1 Ru.wt	生粘米粉
Ghee	1½ palam	酥油
Red Chilli	⅛ palam	干红辣椒
Mustard Seeds	⅛ 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。

Split 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 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.
分别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⅛ *padi* 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 - 1½ 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。用包铅的黄铜勺头捣糊豆子。5分钟后，取一勺木豆，从 1 jaan（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 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 imme-
diately. 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 - 1½ palam 酥油
Red Chilli - ⅛ palam 干红辣椒
Mustard Seeds - ⅛ 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道食谱所述的方法，备制调味料。

Asafoetida - 2 Ru.wt 阿魏胶
Dissolve this in ½ palam water and add the clear solution to the
lentil/dal. Mix it and then use it.
将其溶于 ½ palam 水中，并将清汁添入豆中。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。

ridge gourd sour dal
(peerkangaai puliparuppu)
丝瓜柠檬木豆汤

ingredients		原料
Water	1¼ padi	净水
Split Pigeon Pea/ Toor Dal	¼ padi	木豆
Ghee	½ palam	酥油
Turmeric Powder	¹⁄₁₆ 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
Split Black Gram/ Urad Dal	¼ palam	印度黑豆瓣
Asafoetida	¹⁄₁₆ 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，架在柴火炉上热煮。

Split Pigeon Pea/ Toor Dal - ¼ padi 木豆
Ghee - ½ palam 酥油
Turmeric Powder - veesam (¹⁄₁₆) 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 - ¾ 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 - ½ 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。然后从柴火炉上把锅取下。

Ghee - 1 palam 酥油
Red Chilli - ¼ palam 干红辣椒
Split Black Gram/ Urad Dal - ¼ palam 印度黑豆瓣
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，并将清汁添入豆中。

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 sour dal (mattroruvitha peerkaangai puliparuppu)
丝瓜罗望子木豆汤

ingredients		原料
Water	1¼ padi	净水
Split Pigeon Pea/ Toor Dal	¼ padi	木豆
Turmeric Powder	¹⁄₁₆ Ru.wt	姜黄粉
Ridge Gourd	18 palam	丝瓜
Chilli	⅝ palam	辣椒
Pepper	⅛ palam	胡椒
Coriander Seeds	½ Ru.wt	香菜籽
Cumin Seeds	³⁄₁₆ palam	孜然
Fenugreek Seeds	¹⁄₁₆ Ru.wt	胡芦巴籽
Cinnamon	⅛ Ru.wt	肉桂
Grated Dry Coconut	3 palam	干椰丝
Ghee	½ palam	酥油
Water	¹⁄₁₆ padi	净水
Tamarind	1½ palam	罗望子
Salt	⅞ 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。

Split Pigeon Pea / Toor Dal - ¼ padi 木豆
Ghee - ½ palam 酥油
Turmeric Powder - veesam (¹⁄₁₆) 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 - ⅝ palam 辣椒
Pepper - ⅛ palam 胡椒
Coriander Seeds - ½ palam 香菜籽
Cumin Seeds - 3 veesam (³⁄₁₆) palam 孜然籽
Fenugreek Seeds - veesam (¹⁄₁₆) Ru.wt 胡芦巴籽
Cinnamon - ⅛ Ru.wt 肉桂
Grated Dry Coconut - ½ palam 干椰丝
Ghee - 3 palam 酥油
Roast each of these separately in ghee and the 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.

在酥油中分别煸炒上述食材，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 (¹⁄₁₆) padi 净水
Tamarind - 1½ 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 - ⅞ 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 ¼ 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¼ *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。

ridge gourd dal without tamarind (peerkaangai puliyillaaparuppu)
丝瓜木豆汤

ingredients		原料
Water	1¼ padi	净水
Split 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
Split Black Gram/ Urad Dal	1¼ palam	印度黑豆瓣
Grated Dry Coconut	2½ palam	干椰丝
Fenugreek Seeds	³⁄₁₆ palam	胡芦巴籽
Water	⅛ padi	净水
Salt	¾ palam	盐
Chilli	¼ palam	辣椒
Mustard Seeds	⅛ palam	芥菜籽
Asafoetida	2 ku.wt	阿魏胶
Water	1 Ru.wt	净水

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，

Split 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,
将其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
Split Black Gram/Urad Dal- 1 palam 印度黑豆瓣
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 Split 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.
将椰丝掺入胡椒与印度黑豆瓣中。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
Split Black Gram/Urad Dal - ¼ palam 印度黑豆瓣
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.wt 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。

vegetables like cucumber, snake gourd & brinjal mixed lentil/ dal (vellarikkai, pudalangaai, katthirikkai mudaliya kaaigal serndu paruppu)

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道食谱所述的方法，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/dal (vengaayam sernda paruppukkal)

洋葱烩豆

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.

若想在浓豆汤中添加洋葱，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。也可在蔬菜杂豆浓汤中添加洋葱。若此，应将洋葱与蔬菜一起放入豆中。

pachadis
(pachadigal)
帕刹笛

This dish is an accompaniment to our prominent dish rice, just like dal.

这是一道著名的配饭菜，像豆类菜品一样。

curd pachadi of bitter-less and spice-less vegetable & tuber (kaippu kaarppu rasangalattra kai kizhangugalin thayirpachadi)

无苦无辣的蔬菜凝乳帕刹笛

ingredients 原料		
Vegetable/Tuber*	12 palam	蔬菜／块茎*
Curd	¼ padi	凝乳
Salt	¼ palam	盐
Green Chilli	½ palam	青辣椒
Ghee	½ palam	酥油
Red Chilli	⅛ palam	干红辣椒
Mustard Seeds	⅛ palam	芥菜籽
Split Black Gram/Urad Dal	¼ palam	印度黑豆瓣
Split Bengal Gram/Chana Dal	¼ palam	鹰嘴豆瓣

Any variety of Vegetable/Tuber - 12 palam*
任何品种的蔬菜／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 Chilli - 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 Chilli - ⅛ palam 干红辣椒
Split Black Gram / Urad Dal - ¼ palam 印度黑豆瓣
Mustard Seeds - ⅛ palam 芥菜籽
Split Bengal Gram / Chana Dal - ¼ palam 鹰嘴豆瓣
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、生芒果、生香蕉、黄瓜、秋葵等，以及块茎如
土豆、番薯、德国茎蓝、甜菜根。

---

*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. *制作帕刹笛不宜用粗纤或带
籽的菜。若使用，应去除粗纤维或种子后再用。

milk pachadi of bitter-less and spice-less vegetable & tuber (kaippu kaarppu rasangalattra kai kizhangugalin paalpachadi)

无苦无辣的蔬菜牛奶帕刹笛

ingredients		原料
Vegetable/Tuber*	12 palam	蔬菜／块茎*
Milk	¼ padi	凝乳
Salt	⅛ palam	盐
Grated Coconut	1 palam	椰丝
Ghee	½ palam	酥油
Mustard Seeds	⅛ palam	芥菜籽
Split Black Gram/Urad Dal	⅛ palam	印度黑豆瓣
Split Bengal Gram/Chana Dal	¼ palam	鹰嘴豆瓣

Any variety of Vegetable/Tuber - 12 palam*
任何品种的蔬菜／块茎*
Roast directly on live coal or boil it. Then take it and cool it.
直接放置于活热煤上烤或煮熟。然后将其冷却。

Milk - ¼ padi 牛奶
Pour this in a lead coated vessel and boil it.
将其倒入一个涂铅容器中，然后煮沸。

Grated Coconut - 1 palam 椰丝
Salt - ⅛ palam 盐
Put these two in the lead coated vessel with milk. Then, add the roasted or boiled vegetable to the milk and smash it.
将二者放入涂铅容器，并加入牛奶。然后，在奶中加入烤或煮熟的蔬菜，并将其捣碎。

Ghee - ½ palam 酥油
Mustard Seed - ⅛ palam 芥末籽

Split Black Gram/Urad Dal - ¼ palam 印度黑豆瓣
Split Bengal Gram/Chana Dal - ¼ palam 孟加拉豆瓣
Prepare the seasoning as per recipe 22 using the above mentioned ingredients and add it in the pachadi.
依第22道食谱所述的方法，用上述材料备制调味料，并将其加入到帕刹笛中。

Vegetables/Tuber referred to above are bitterless vegetables like Brinjal, Indian Gooseberry, Raw Banana, yellow Pumpkin and spice-less tubers like Potato, Sweet Potato, German Turnip/Kohlrabi, Beetroot.
上述的蔬菜／块茎是无苦味的蔬菜，如茄子、印度醋栗、生香蕉、黄南瓜和无辣味的块茎，如土豆、番薯、德国茎蓝、甜菜根。

*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. *制作帕刹笛不宜用粗纤或带籽的菜。若使用，应去除粗纤维或种子后再用。

tamarind pachadi with vegetable/tuber (kai kizhangugalin pulipachadi)

罗望子蔬菜帕刹笛

ingredients		原料
Vegetable/Tuber*	**12 palam**	蔬菜／块茎*
Water	**⅛ padi**	净水
Tamarind	**¾ palam**	罗望子
Salt	**⅜ palam**	盐
Green Chilli	**½ palam**	青辣椒
Ghee	**½ palam**	酥油
Red Chilli	**¼ palam**	干红辣椒
Mustard Seeds	**⅛ palam**	芥菜籽
Split Black Gram/Urad Dal	**¼ palam**	印度黑豆瓣
Split Bengal Gram/Chana Dal	**¼ palam**	鹰嘴豆瓣

Any variety of Vegetable/Tuber - 12 palam*
任何品种的蔬菜／块茎*
Roast directly on live coal or boil it just as in recipe number 100. Then take it and cool it.
依照第100道食谱中提到的方法，直接放置于活热煤上烤或煮熟。然后将其冷却。

Water - ⅛ padi 净水
Tamarind - ¾ palam 罗望子
Put these two in a lead coated vessel, extract the tamarind pulp and remove any seeds or remnants.
将二者放在一个涂铅容器中，提取罗望子的果肉，去籽除渣。

Salt - ⅜ palam 盐
Add this to the extracted tamarind pulp. Then add the roasted or boiled vegetable to this tamarind extract.
添盐入提取的罗望子果肉中。然后将烤或煮熟的蔬菜加入其中。

Green Chilli - ½ palam 绿辣椒
Put this in a ladle, add 2-3 drops of ghee and roast it. Then add this to the vegetable/tuber.
将其放在勺子里，加入2-3滴酥油，煸烤一下。然后将其加入到蔬菜／块茎中。

Ghee - ½ palam 酥油
Red Chilli - ¼ palam 干红辣椒
Split Black Gram/Urad Dal - ¼ palam 印度黑豆瓣
Split Bengal Gram/Chana Dal - ¼ palam 鹰嘴豆瓣
Mustard Seeds - ⅛ palam 芥菜籽
Prepare the seasoning as per recipe number 22 using the above ingredients. Put it in the pachadi and then use it.
依第22道食谱所述的方法，用上述材料备制调味料，并将其加入到帕剎笛中用之。

Vegetable/Tuber referred to above are - vegetables like yellow pumpkin, snake gourd, Indian gooseberry, Raw mango, Raw banana, Cucumber, Ladies-finger and tubers like potato, sweet potato, Colocasia/Taro root, Yam , German Turnip/Kohlrabi and Beetroot.
上述的蔬菜／块茎是指 —— 蔬菜，如黄南瓜、蛇瓜、印度醋栗、生芒果、生香蕉、黄瓜、秋葵等，块茎如土豆、番薯、芋头／芋根、山药、德国苤蓝、甜菜根。

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. *制作帕剎笛不宜用粗纤或带籽的菜。若用，应去除粗纤维或种子后再用。

curd raita/pachadi of bitter-less and spice-less vegetable & tubern (kaippu kaarppu rasangalattra kai kizhangugalin thayir-raayitham/pachadi)

无苦无辣的蔬菜凝乳菜塔／帕刹笛

ingredients		原料
Vegetable/Tuber*	9 palam	蔬菜／块茎*
Water	¼ padi	水
Salt	³⁄₁₆ Ru.wt	盐
Curd	¼ padi	凝乳
Red Chilli	⅛ palam	干红辣椒
Fenugreek Seeds	⅛ palam	胡芦巴籽
Cumin Seeds	¹⁄₁₆ palam	孜然
Mustard Seeds	¹⁄₁₆ palam	芥菜籽
Grated Coconut	2 palam	椰丝
Powdered Salt	¼ palam	盐末
Ghee	½ Palam	酥油
Red Chilli	⅛ palam	干红辣椒
Mustard Seeds	⅛ palam	芥菜籽
Split Black Gram/Urad Dal	¼ palam	印度黑豆瓣

Any variety of Vegetable/Tuber* - 12 palam
任何品种的蔬菜／块茎*
Choose good vegetables, cut them into slices and keep them.
选择品质好的蔬菜，将其切成片状并保存。

Water - ¼ padi 净水
Tamarind - ¾ palam 罗望子
Pour this in a vessel, place it on the firewood stove and boil.
将其倒入一个容器中，放在柴火炉上煮沸。

Salt - ³⁄₁₆ Ru.wt 盐
Add this to the boiling water which is on the stove. Then add the sliced vegetables/tuber to this and cook them. Once the

vegetables are boiled, drain the water and let the vegetables cool.

将这些加入炉子上的沸水中。然后将切好的蔬菜／块茎加入其中并煮熟。菜熟后，沥干水，令其冷却。

Curd - ¼ padi 凝乳
Put this in a lead coated vessel and keep it aside. Then,

将其放入一个涂铅容器中，放置一边。随后，

Red Chilli - ⅛ palam 干红辣椒
Fenugreek seeds - ⅛ palam 胡芦巴籽
Cumin Seeds - veesam ($^1/_{16}$) palam 孜然
Mustard Seeds - veesam ($^1/_{16}$) palam 芥菜籽
Roast each of the above ingredients separately in little ghee. Then mix them together, sprinkle some water and grind. While grinding,

用少量酥油中分别煸烤上述每种原料。然后将其混合在一起，洒一些水并研磨。研磨时，

Grated Coconut - 2 palam 椰丝
add this also with the spice and grind into a butter - like paste. Then, mix this with the curd which is in the lead coated vessel. Add the prepared vegetable/tuber in the spice mixed curd and mix it well.

将其加入香料中，并研磨成黄油般的糊状。然后，将其与铅涂容器中的凝乳混合。在香料混合的凝乳中加入准备好的蔬菜／块茎，并搅拌均匀。

Powdered salt - ¼ palam 盐末
Add this also to the curd pachadi.

将其也加入到凝乳帕刹笛中。

Ghee - ½ palam 酥油
Red Chilli - ⅛ palam 红辣椒
Mustard Seed - ⅛ palam 芥末籽
Split Black Gram/Urad Dal - ¼ palam 印度黑豆瓣

Prepare the seasoning as per recipe number 22. Add it to the pachadi, Mix and then use.

依第22道食谱所述的方法，用上述材料烹制调味料，并将其加入到帕刹笛中，用之。

Vegetable/Tuber referred to above are - vegetables like yellow pumpkin, snake gourd, Indian gooseberry, Raw mango, Raw banana, Cucumber, Ladies-finger and tubers like potato, sweet potato, Colocasia/Taro root, Yam , German Turnip/Kohlrabi and Beetroot.

上述的蔬菜／块茎是指 —— 蔬菜，如黄南瓜、蛇瓜、印度醋栗、生芒果、生香蕉、黄瓜、秋葵等，块茎如土豆、番薯、德国茎蓝、甜菜根。

*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. *制作帕刹笛不宜用粗纤或带籽的菜。若用，应去除粗纤维或种子后再用。

another variety of curd raita/ pachadi of bitter-less and spice-less vegetable & tuber (mattroruvitha kaippu kaarppu rasangalattra kai kizhangugalin thayir raayitham/pachadi)

无苦无辣的蔬菜凝乳菜塔 / 帕刹笛（另一版本）

ingredients		原料
Vegetable/Tuber*	12 palam	蔬菜／块茎*
Water	¼ padi	水
Salt	³⁄₁₆ Ru.wt	盐
Curd	¼ padi	凝乳
Red Chilli	⅛ palam	干红辣椒
Turmeric Powder	⅛ palam	姜黄粉
Mustard Seeds	¹⁄₁₆ palam	芥菜籽
Grated Coconut	1½ palam	椰丝
Ghee	½ Palam	酥油
Red Chilli	⅛ palam	干红辣椒
Mustard Seeds	⅛ palam	芥菜籽
Split Black Gram/Urad Dal	¼ palam	印度黑豆瓣
Powdered Salt	¼ palam	盐末

Grated coconut ground with spices is the key ingredient this recipe, which is mixed with curds and any variety of cooked vegetable.

与香料一同磨碎的椰丝是这个食谱的关键食材，它可与凝乳和任何种类的熟蔬菜搭配。

Any variety of Vegetable/Tuber - 12 palam*
任何品种的蔬菜／块茎*
Choose good vegetables, cut them into slices and keep them.
选择品质好的蔬菜，将其切成片状并保存。

Water - ¼ padi 净水
Salt - ³⁄₁₆ Ru.wt 盐
Add this to the boiling water which is on the stove. Then add the sliced vegetables/tuber to this and cook them. Once the vegetables are boiled, drain the water and let the vegetables cool.
将水倒入容器并煮沸。盐添入炉子上的沸水中。然后将切片的蔬菜／块茎加入其中并煮熟。菜熟后，将水沥干，令其冷却。

Curd - ¼ padi 凝乳
Put this in a lead coated vessel and keep it aside. Then,
将其放在一个涂铅容器中，放置一边。然后，

Mustard Seeds - ⅛ palam 芥菜籽
Red Chillis - ⅛ palam 红辣椒
Turmeric Powder - veesam (¹⁄₁₆) palam 姜黄粉
Grated Coconut - 1½ palam 椰丝
Put these on an **Ammikal** (flat grinding slab) and grind it to a butter-like paste. Then, mix this with the curd in the lead coated vessel. Stir well.
将上述食材放在**Ammikal**（平磨石板）上，研磨成黄油般的糊状。然后，将其与涂铅容器中的凝乳混合。搅拌均匀。

Powdered Salt - ¼ palam 盐末
Add this also to the spice mixed curd. Then add the cooked or roasted vegetables and smash them well. Then, prepare the seasoning as prepared in Recipe number 103, add it to the pachadi and use it.
添盐入混合了香料的凝乳中。然后加入煮或烤熟的蔬菜，并将其捣碎。然后，依照第103道食谱中提到的方法烹制调味料。并将调味料加入到帕刹笛中，用之。

Vegetable/Tuber referred to above are - vegetables like yellow pumpkin, snake gourd, Indian gooseberry, Raw mango, Raw

banana, Cucumber, Ladies-finger and tubers like potato, sweet potato, Colocasia/Taro root, Yam , German Turnip/ Kohlrabi and Beetroot.
上述的蔬菜／块茎是指 —— 蔬菜，如黄南瓜、蛇瓜、印度醋栗、生芒果、生香蕉、黄瓜、秋葵等，块茎如土豆、番薯、德国苤蓝、甜菜根。

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. *制作帕刹笛不宜用粗纤或带籽的菜。若用，应去除粗纤维或种子后再用。

another variety of tamarind raita with vegetable/tuber (kaikkizhangugalin mattroruvitha puliraayitham)
蔬菜罗望子菜塔（另一版本）

ingredients		原料
Vegetable/Tuber*	12 palam	蔬菜／块茎*
Water	1 padi	水
Salt	⅝ palam	盐
Water	⅜ padi	净水
Tamarind	⅝ palam	罗望子
Mustard Seeds	¼ palam	芥菜籽
Red Chilli	¼ palam	干红辣椒
Sesame Seeds	¼ palam	芝麻
Turmeric Powder	⅛ Ru.wt	姜黄粉
Grated Coconut	2 palam	椰丝
Ghee	½ Palam	酥油
Red Chilli	⅛ palam	干红辣椒
Mustard Seeds	⅛ palam	芥菜籽
Split Black Gram/Urad Dal	¼ palam	印度黑豆瓣
Asafoetida	2 ku.wt	阿魏胶
Water	1 Ru.wt	净水

Any variety of Vegetable/Tuber* - 12 palam
任何品种的蔬菜／块茎*
Water - 1 padi 净水
Boil the water on the firewood stove. Cut the vegetable/tuber into small pieces and add it to the water. Once the vegetables have cooked ¾ th,
在柴火炉上烧开水。将蔬菜／块茎切成小块并加入水中。一旦菜煮至¾熟，

Salt - ⅛ palam 盐
Add this to the boiling vegetable/tuber. Once the vegetable/tuber is cooked, remove the vessel from the stove and drain the water.

将其加入到煮沸的蔬菜/块茎中。一旦蔬菜/块茎煮熟，将
容器从炉子上移开，并沥干水。

Water - ⅜ padi 净水
Tamarind - ⅝ palam 罗望子
*Put these two in a lead coated vessel and extract the tamarind
pulp and remove the seeds and remnants. Heat the tamarind
pulp and once it boils well, add the boiled vegetable/tuber in
this. Then,*
将二者放在一个涂铅容器中，取罗望子的果肉，去籽除
渣。加热罗望子果肉，一旦它完全沸腾，将煮熟的蔬菜／
块茎加入其中。随后，

Mustard Seeds - ¼ palam 芥菜籽
Red Chilli - ¼ palam 干红辣椒
Sesame Seeds - ¼ palam 芝麻
Grated Coconut - 2 palam 椰丝
Turmeric Powder - ⅛ Ru.wt 姜黄粉
*grind these ingredients into a butter-like paste using little
water. Mix this paste in a padi water and pour this into the
boiling pachadi. Then,*
用少量的水将上述原料研磨成黄油般的糊状。将其在
1 padi 的净水中搅开，并倒入沸腾的帕刹笛中。然后，

Salt - ¼ palam 盐
*Add this also to the pachadi and stir it well. After 10 minutes,
remove the vessel from the firewood stove. Prepare the
seasoning like in the previous pachadi recipes and add it.
Then,*
加盐到帕刹笛中并搅拌均匀。10分钟后，将容器从柴火炉
中取出。依照之前的帕刹笛食谱的方法烹制调料并加入。
然后，

Asafoetida - 2 ku.wt 阿魏胶
*Dissolve this in 1 Ru.wt water, then mix it with the pachadi
and use it.*

将其溶于 *1 Ru.wt* 的水中，然后与帕刹笛混合并用之。

Vegetable/Tuber referred to above are- vegetables like Yellow pumpkin, snake gourd, Indian gooseberry, Raw mango, Raw banana, Cucumber, Ladies-finger and tubers like potato, sweet potato, Colocasia/Taro root, Yam , German Turnip/Kohlrabi and Beetroot.

上述的蔬菜／块茎是指 —— 蔬菜，如黄南瓜、蛇瓜、印度醋栗、生芒果、生香蕉、黄瓜、秋葵等，块茎如土豆、番薯、德国茎蓝、甜菜根。

*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. *制作帕刹笛不宜用粗纤或带籽的菜。若用，应去除粗纤维或种子后再用。

methkootma puli pachadi
五香杂豆粉帕刹笛

ingredients		原料
Split Black Gram/Urad Dal	12 palam	印度黑豆瓣
Split Bengal Gram/Chana Dal	11½ palam	鹰嘴豆瓣
Petite Yellow Lentil/Yellow Moong Dal	12¾ palam	小黄扁豆/黄孟恩豆
Split Pigeon Pea	10½ palam	木豆瓣
Wheat	11 palam	小麦
Cumin Seeds	½ palam	孜然
Fenugreek Seeds	¼ palam	胡芦巴籽
Mustard Seeds	½ palam	芥菜籽
Turmeric	¼ palam	姜黄
Coriander Seeds	1 palam	香菜籽
Curry Leaves	¼ palam	咖喱叶
Asafoetida	⅛ palam	阿魏胶
Water	¼ padi	净水
Tamarind	1½ palam	罗望子
Powdered Salt	¾ palam	盐末
Green Chilli	½ palam	青辣椒
Ghee	½ palam	酥油
Red Chilli	⅛ palam	干红辣椒
Mustard	⅛ palam	芥末
Split Black Gram/Urad Dal	¼ palam	印度黑豆瓣
Split Bengal Gram/Chana Dal	¼ palam	鹰嘴豆瓣

Before making this pachadi, preparing this Methkootma is essential. It should be prepared as per the following method.
制作这道帕刹笛之前，准备五香杂豆粉是必不可少的。它应按以下方式备制。

Ingredients of Methkootma - to be roasted, ground to a powder and stored in airtight container. This powder can be mixed into any cooked vegetable for pachadi as described in the recipe.
五香杂豆粉的原料——将被烘烤，研磨成粉末，并储存在密封的容器中。此粉末可以混合到任何煮熟的蔬菜中，作为泮刹笛，如食谱中所述。

Methkootma Preparation 五香杂豆粉的制备：

Split Black Gram/Urad Dal - 12 palam 印度黑豆瓣
Split Bengal Gram/Chana Dal - 11½ palam 鹰嘴豆瓣
Petite Yellow Lentil/Yellow Moong Dal - 12 ¾ palam
小黄扁豆／黄孟恩豆
Split Pigeon Pea - 10½ palam 木豆瓣
Wheat - 11 palam 小麦
Cumin Seeds - ½ palam 孜然
Fenugreek Seeds - ¼ palam 胡芦巴籽
Mustard Seeds - ½ palam 芥菜籽
Turmeric - ¼ palam 姜黄
Coriander Seeds - 1 palam 香菜籽
Curry Leaves - ¼ palam 咖喱叶
Asafoetida - ⅛ palam 阿魏胶
Except asafoetida, roast each of the above ingredients separately and properly. Asafoetida alone should be placed on the live coal so that it puffs. Then, add this to the other roasted ingredients and grind them all into a fine powder like kumkum (vermillion) using a grinding machine. Whenever necessary, the required quantity (of this) can be used.
除阿魏胶外，分开适当焙炒上述每一种食材。阿魏胶放在
活热煤上，使其膨胀，然后加入其他烤好的食材中，用研
磨机将其全部研磨成像*kumkum*（朱砂）一样的细粉。必
要时，可以取用所需量。

Water - ¼ padi 净水
Tamarind - 1½ palam 罗望子
Put these two in a lead coated vessel and extract the tamarind pulp and remove the seeds and remnants.
将二者放在一个涂铅容器中，提取罗望子的果肉，去籽
除渣。

Powdered Salt - ¾ palam 盐末
Add this to the tamarind extract. Then,
将其加入罗望子浓汁中。随后，

Green Chilli - ½ palam 青辣椒
Finely chop and roast with little ghee. Add it to the tamarind extract and smash it gently.
切碎并与少量酥油一起煸炒。将其加入罗望子浓汁中，并轻轻捣碎。

Methkootma - 1½ palam 五香杂豆粉
Add this also to the tamarind extract and mix well. Then,
将此也加入罗望子提取物中，并搅拌均匀。随后，

Ghee - ½ palam 酥油
Red Chilli - ⅛ palam 红辣椒
Mustard - ⅛ palam 芥末
Split Black Gram/Urad Dal - ¼ palam 印度黑豆瓣
Split Bengal Gram/Chana Dal - ¼ palam 鹰嘴豆瓣
Use an iron ladle and prepare the seasoning as per recipe number 22; add to the pachadi and serve.
用一个铁勺子，依照第22道食谱的方法，用上述食材烹制调味料。并将其加入到帕刹笛中混合，盛用。

The above given pachadi can also be prepared using the same ingredients, but by adding ¼ padi churned curd inplace of water and tamarind. This is called methkootma thayir pachadi. For this, salt alone should be reduced by ¼ palam.
上述帕刹笛也可以使用同样（如之前帕刹笛菜谱）的食材制作，但要以¼ padi 搅碎的凝乳来代替水和罗望子。这被称为五香杂豆粉凝乳泮刹笛。为此，仅盐就应减量
¼ palam。

This (methkootma) powder can also be mixed with ghee, rice and salt and consumed. This powder is useful for travel and emergency cooking.
这种五香杂豆粉也可以与酥油、大米和盐混合后食用。
杂豆粉对旅行和紧急烹饪很有用。

daangarmath thayir pachadi
黑豆粉凝乳帕刹笛

ingredients		原料
Daangarmath	**1 palam**	去壳黑豆粉
Curd	**1 padi**	凝乳
Powdered Salt	**⅜ palam**	盐末
Green Chilli	**½ palam**	青辣椒
Lemon	**1**	柠檬
Ghee	**½ Palam**	酥油
Red Chilli	**⅛ palam**	干红辣椒
Mustard Seeds	**⅛ palam**	芥菜籽
Split Black Gram / Urad Dal	**¼ palam**	印度黑豆瓣
Split Bengal Gram / Chana Dal	**¼ palam**	鹰嘴豆瓣

Before making this pachadi, preparing Dangarmath flour is essential. It should be prepared as per the following method.
制作这个帕刹笛之前，准备黑豆粉是必不可少的。它应按以下方式备制。

Dry Split Black Gram- Beat, pound and remove the husk by winnowing. Clean it well like a conch and then grind it into a fine powder like kumkum (vermillion) in a grinding machine. Even though this is just Split Black Gram flour, since it is used to prepare pachadi, it is called daangarmath.
干裂的黑豆瓣——捶打，捣碎，扬去外壳。像洗海螺一样清洗干净，然后用研磨机把它磨成像kumkum（朱砂）一样的细粉。尽管这只是黑豆粉，但由于它是用来准备泮刹笛的，所以它被称为daangarmath。

Curd - ¼ padi 凝乳
Put this in a lead coated vessel and churn well.
将其放入一个涂铅容器中，搅拌均匀。

Powdered Salt - ⅜ palam 盐末
Add this to the churned curd in the lead coated vessel.
将其加入涂铅容器中搅拌好的凝乳中。

Green Chilli - ½ palam 青辣椒
Finely chop, roast in ghee and add to the curd.
切碎，在酥油中煸炒并加入凝乳中。

Lemon - 1 个柠檬
Choose a big lemon. Press and roll it with the palm, then cut it and remove the seeds. Squeeze the juice onto the curd.
选择一个大柠檬。用手掌按压滚动，随后切开去籽。将汁液挤在凝乳上。

Daangarmath - 1 palam 黑豆粉
Add this to the curd and mix well. It should not have lumps and should be like butter. After mixing,
将其加入到凝乳中并搅拌均匀。它不应该有结块，应像黄油一样。搅拌后，

Ghee - ½ palam 酥油
Red Chilli - ⅛ palam 干红辣椒
Mustard Seed - ⅛ palam 芥菜籽
Split Black Gram/Urad Dal - ¼ palam 印度黑豆瓣
Split Bengal Gram/Chana Dal - ¼ palam 鹰嘴豆瓣
Prepare seasoning using the above ingredients as per recipe number 22 and add it to the pachadi.
依照第22道食谱的方法，用上述食材烹制调味料。

This pachadi can also be prepared using 4 padi water and ¾ palam tamarind. The usage of this pachadi is also the same as methkootma pachadi.
这道帕刹笛也可以用4 padi净水加¾ palam罗望子制作。这道帕刹笛的用法也与五香杂豆粉帕刹笛相同。

curd pachadi called pumpkin doriya (poosanikkaai doriya ennum thayirpachadi)

南瓜多利亚 —— 凝乳帕刹笛

ingredients		原料
Sour Curd	½ padi	酸凝乳
Pumpkin	12 palam	南瓜
Powdered Salt	¾ palam	盐末
Coriander Leaves	¼ palam	香菜叶
Ginger	¼ palam	姜
Ghee	¾ palam	酥油
Red Chilli	⅛ palam	干红辣椒
Mustard Seeds	⅛ palam	芥菜籽
Split Black Gram / Urad Dal	¼ palam	印度黑豆瓣
Split Bengal Gram / Chana Dal	¼ palam	鹰嘴豆瓣

Sour Curd - ½ padi 酸凝乳
Put this in a lead coated vessel.
将其放入一个涂铅容器中。

Pumpkin - 12 palam 南瓜
Peel the outer skin, cut into big pieces, remove the seeds, grate using a grater and add it to the curd.
削去外皮，切成大块，去掉种子，用刨丝器刨丝，加入到凝乳中。

Powdered Salt - ¾ palam 盐末
Add this to the curd and then keep it closed one full day. On the next day,
将其加入到凝乳中，然后保持密封一整日。第二天，

Green Chilli - ½ palam 绿辣椒
Coriander Leaves - ¼ palam 香菜叶

Chop both of these finely and add it to the pumpkin mixed curd.
将二者切成细末，加入到南瓜凝乳混合中。

Ginger - ¼ palam 姜
Deskin this, grate it and mix it with the pachadi.
将其去皮，刨丝并与帕刹笛混合。

Ghee - ¾ palam 酥油
Red Chilli - ⅛ palam 红辣椒
Mustard Seeds - ⅛ palam 芥末籽
Split Black Gram / Urad Dal - ¼ palam 黑豆瓣
Split Bengal Gram / Chana Dal - ¼ palam 鹰嘴豆瓣
Prepare the seasoning using the above ingredients as per recipe number 22. Add it to the pachadi and use it.
依照第22道食谱的方法，用上述食材烹制调味料。并将其加入到帕刹笛中，用之。

Vegetables like yellow Pumpkin, Bottle Gourd, Cucumber, Kohlrabi/German Turnip, Beetroot, Radish, etc can also be used to prepare Doriya Pachadi.
蔬菜如黄南瓜、葫芦、黄瓜、德国茎蓝、甜菜根、萝卜等也可用于备制多利亚帕刹笛。

green chilli, coriander curd pachadi (pachchai millagaaium kotthummalliyum sernda thayir pachadi/ denza)

青辣椒香菜凝乳帕刹笛

ingredients		原料
Curd	¼ padi	凝乳
Powdered Salt	⅜ palam	盐末
Green Chilli	2 palam	青辣椒
Coriander Leaves	¼ palam	香菜叶
Lemon	1	柠檬
Ghee	1 palam	酥油
Red Chilli	⅛ palam	干红辣椒
Mustard Seeds	⅛ palam	芥菜籽
Split Black Gram / Urad Dal	¼ palam	印度黑豆瓣
Split Bengal Gram / Chana Dal	¼ palam	鹰嘴豆瓣
Asafoetida	2 Ru.wt	阿魏胶

Curd - ¼ padi 凝乳
Churn this well and put it in a lead coated vessel.
搅匀后放入涂铅容器中。

Powdered Salt - ⅜ palam 盐末
Add this to the churned curd in the lead coated vessel.
将其加入涂铅容器中搅拌好的凝乳中。

Green Chilli - 2 palam 青辣椒
Coriander Leaves - 1 palam 香菜叶
Grind these two on an Ammikal (flat grinding slab) and mix it with the curd.
在Ammikal（平磨石板）上研磨两样食材并与凝乳混合。

Lemon - 1 个柠檬
Choose a big lemon. Press and roll it with the palm, then cut it and remove the seeds. Squeeze the juice into the pachadi.

选择一个大柠檬。用手掌按压滚动，随后切开去籽。将汁液挤入帕刹笛。

Ghee - 1 palam 酥油
Red Chilli - ⅛ palam 红辣椒
Split Black Gram / Urad Dal - ¼ palam 印度黑豆瓣
Split Bengal Gram / Chana Dal - ¼ palam 鹰嘴豆瓣
Mustard Seed - ⅛ palam 芥菜籽
Prepare seasoning using the above ingredients as per recipe number 22 and add it to the pachadi.
依照第22道食谱的方法，用上述食材烹制调味料。并将其加入到帕刹笛中。

Asafoetida - 2 Ru.wt 阿魏胶
Dissolve this in a little water, then add it to the pachadi and use.
将其溶于少量水中，然后添入帕刹笛并用之。

split bengal gram flour pachadi (kadalaimaavu pachadi / jhunka)
鹰嘴豆粉帕刹笛

ingredients		原料
Gingelly Oil	½ palam	印度冷榨醇芝麻油
Red Chilli	¹⁄₁₆ palam	干红辣椒
Mustard Seeds	⅛ palam	芥菜籽
Split Black Gram / Urad Dal	¹⁄₁₆ palam	印度黑豆瓣
Asafoetida	3 ku.wt	阿魏胶
Turmeric Powder	⅛ Ru.wt	姜黄粉
Water	1⅛ padi	净水
Powdered Salt	⅝ palam	盐末
Roasted Red Chilli Powder	⅛ palam	烤红辣椒粉
Cumin Seeds Powder	¼ palam	孜然粉
Grated Dry Coconut	¼ palam	干椰丝
Coriander Leaves	¼ palam	香菜叶
Split Bengal Gram Flour / Besan	¼ padi	鹰嘴豆粉

This dish is eaten along with rottis and pancakes, which is a prime food of Northern Maharashtrians.
这道菜与面饼和煎饼一起吃，是北部马哈拉施特拉邦人的主食。

Gingelly Oil - ½ palam 印度冷榨醇芝麻油
Pour this in a 2 ½ padi water capacity non-oxidising vessel and then heat it.
将其倒入一个 2½ padi 水容量的耐氧化容器中加热。

Red Chilli - veesam (¹⁄₁₆) palam 干红辣椒
Split Black Gram / Urad Dal - veesam (¹⁄₁₆) palam 印度黑豆瓣
Mustard Seeds - ⅛ palam 芥菜籽
Asafoetida - 3 ku.wt 阿魏胶
Prepare the seasoning using the above ingredients in the heated oil, as per recipe number 22. Once the seasoning is ready,
用上述食材在热油中备制调味料，依照第22道食谱所述的方法。一旦调料准备好了，

Turmeric Powder - ⅛ Ru.wt 姜黄粉
add this to the seasoning and mix.
将其添加到调味料中并混合。

Water - 1 ⅛ padi 净水
Add this to the turmeric powder mixed seasoning and heat it.
Once it starts boiling,
将其加入到姜黄粉混合调料中，然后加热。一旦水沸腾，

Powdered Salt - ⅝ palam 盐末
Roasted Red Chilli Powder - ¼ palam 烤红辣椒粉
Cumin Seeds Powder - ¼ Ru.wt 孜然籽粉
Grated Dry Coconut - 1 palam 干椰丝
Add these to the boiling water。
将其加入到沸腾的水中。

Coriander Leaves - ¼ palam 香菜叶
Cut off the roots, chop the leaves finely and add to the boiling
water.
切掉根部，把叶子切得很细，加入沸水中。

Split Bengal Gram Flour/Besan - ¼ padi 鹰嘴豆粉
Sprinkle this little by little on the boiling water and
continuously stir to ensure that no lumps are formed. Once it
starts boiling and becomes like a pudding, remove it from the
stove and place it on live coal for 5 minutes. Then, use it.
将豆粉一点一点地撒入沸水，并不断搅拌，以确保没有结
块。一旦开始沸腾，呈布丁状，将其从炉上移开，置于活
热煤上5分钟。随后，用之。

To prepare this recipe like a porridge consistency, add 1 ½
padi water instead.
若要把这道菜备制出粥的稠度，可以添入1½ *padi* 水。

While serving 2 lemons can be squeezed and then served.
食用时，可以榨浇2个柠檬的汁液，然后盛用。

adding onions in the pachadi (pachadiyil vengaayathai serthal)

在帕刹笛中添加洋葱

If onions are to be added in the 100 -110 pachadi recipes, then, 5 palam onions should be roasted(on direct live coal) or in ghee/oil and added along with the boiled or roasted vegetables and smashed. Then add seasoning and use it.

若要在第100至110道泮刹笛食谱中添加洋葱，那么，应将5个*palam*洋葱（用活热煤）烤熟或用酥油／油煸炒，并与煮或烤熟的蔬菜一起添加，捣碎。然后加调味料并用之。

conversion table

换 算 表

1 padi = 120 ru.wt	= 1600 g 克	= 1600 ml 毫升
1 palam = 3 ku.e	= 35 g 克
1 ru.wt (rupee weight)	= 12 g 克
1 ku.wt (kunrumani weight) =	0.13 g 克
1 varaagan edai	= 4.5 g 克
1 nel edai	= 8.233 mg 毫克
1 naazhigai	= 24 minutes 分钟
1 muzham	= 1 3/8 feet 英尺
1 veesai	= 1.4 kg 公斤
veesam = 1/16	veesam padi	= 100 g 克
	veesam palam	= 2.187 g 克
	veesam ru.wt	= 0.75 g 克

commonly used measurements in this book

本 书 中 常 用 的 单 位

padi = g 克		palam = g 克	
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

glossary

图 录

Kuthani Ulakkai
Mortar and Pestle
杵臼
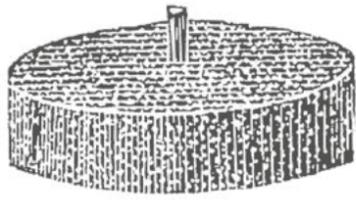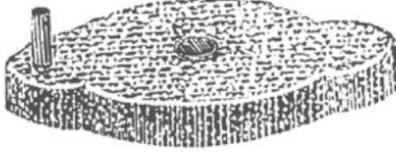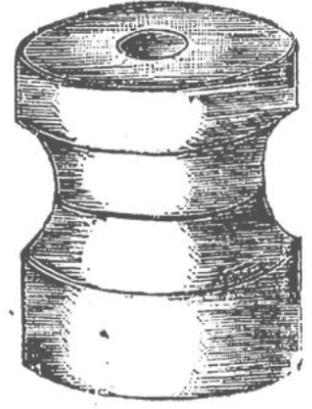
Ural
Grinding Stone
捣谷臼

Hand Stone Grinder
手磨石盘
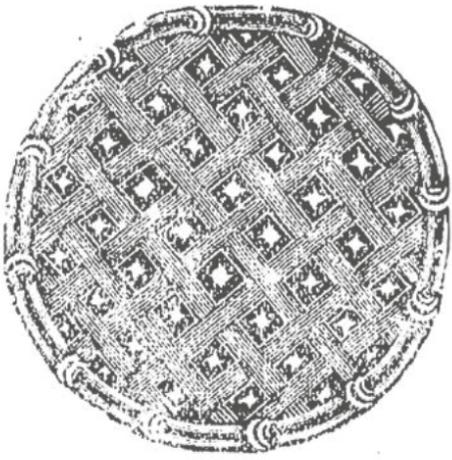
Salladai
Winnowing / Treshing Basket
扬谷／脱粒用的竹簸

Sulagu
Winnowing Fan
扬去杂粒尘灰用的簸箕
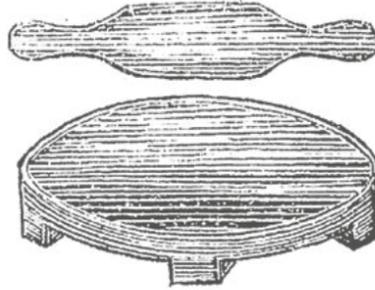
Appala-kuzhavi
Rolling Pin
擀面杖

Appala-palagai
Rolling Board
擀面板

Sulagu
Winnowing Fan
搬运／风扬谷物用的平口簸

Semolina Salladai
Semolina Sieve
麦粉筛
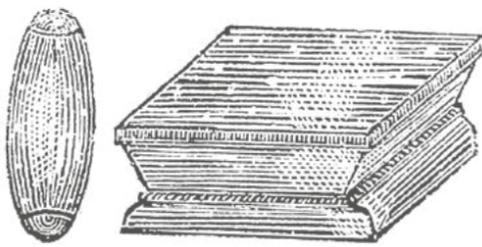
Ammi Kuzhavi
Base Stone and Cylindrical Grinding Stone
平磨盘与碾石
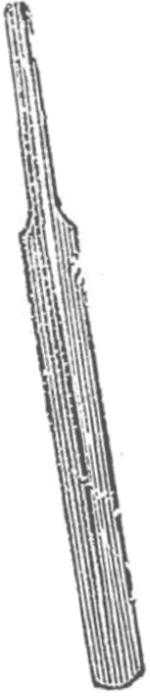
Kali thuduppu
Large Wooden Spatula
大木铲
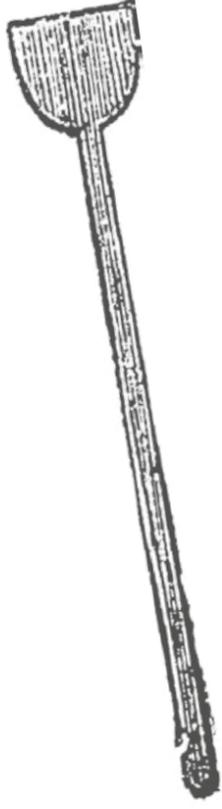
Long Hooked Handle
火炉用长柄铲

Roti-ladle
长柄钩

களித் துடுப்பு

Jala Kettil
Kettle
煮水壶

ஜல கேட்டில்.

Paal Kettil
Milk pan
牛奶锅

பால் கேட்டில்

Kali Kali Kavai Kol
Y Shaped Wooden Stick
丫形杈

களிக் கவைக்கோல்.

Kalaya Tambaalam
Lead-coated plate
涂铅盘
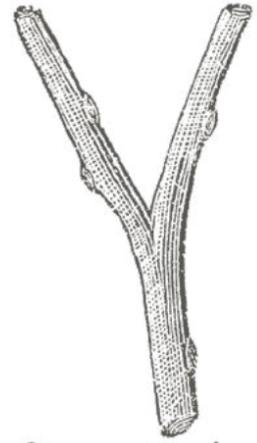
தாம்பாளம்.
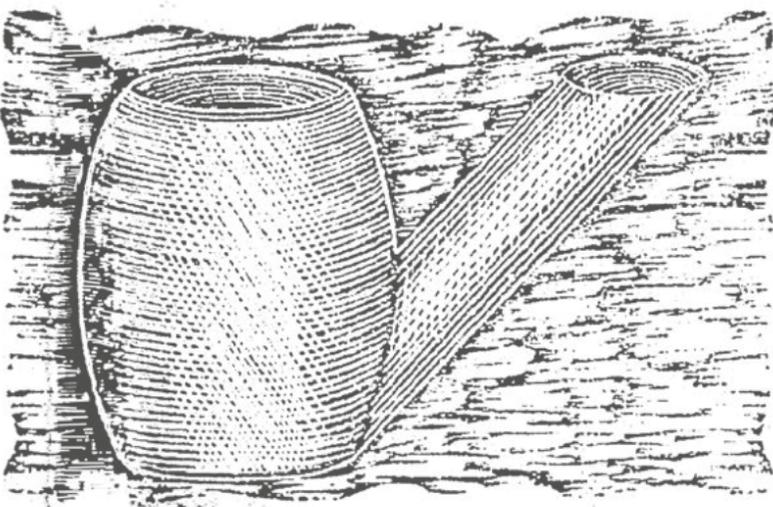
Pon-aduppu
firewood pot stove
饼坑炉
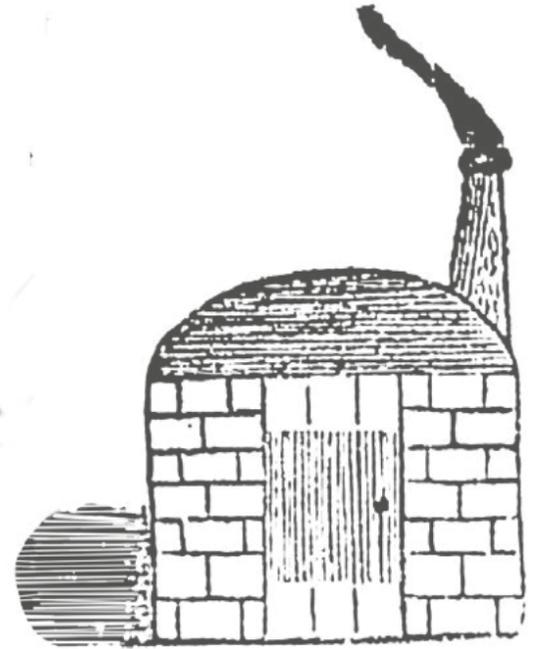
பொன் அடுப்பு.

Konndu-aduppu
firewood stove
砖窑灶

கூண்ட அடுப்பு.
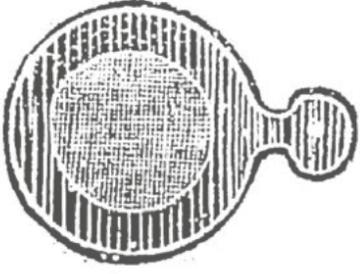
தோசைக்கல்

Dosai kal
Dosa Pan
多萨锅
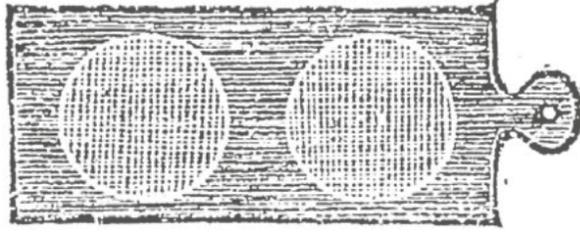
கற்சட்டி.

Karchattikal
Soft-Stone Pot
软石瓿

வாணலி.

Vannali
Frying pan
煎锅

சருகுச்சட்டி.

Frying pan
平底煎锅

ஜோடுதவலை.

Soadu-thavalai
Long Cylindrical Vessel With Rim
带钮长筒瓿

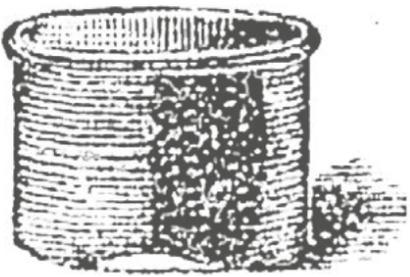**வெண்கலப் பானை.**

Vengala panai
Bronze Pot
铜瓿

பித்தளாக் குண்டுபோகிணி.

Bogini
Vessel
直口瓿

பித்தளாப் போகிணி.

Pithalai Bogini
Big Brass Vessel
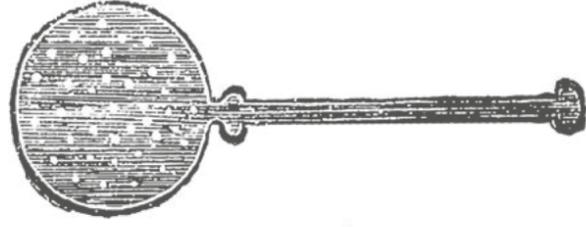黄铜大直筒瓿

Andaa
container (for Storing Water)
罐（多用于贮水）

Panai
Pot
甕
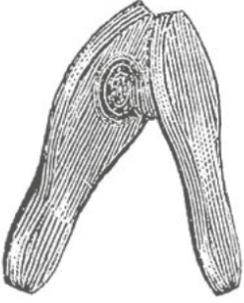
Jalli Karandi
perforated ladle
漏勺

Ezhumicham pazham pizhiyum aayutham
Lemon Squeezer
柠檬榨汁器
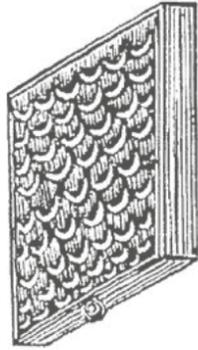
Thruruvu Palagai
Grater
擦丝板

Thuduppu
Wooden Spatula
木铲

Churner for Yoghurt
凝乳搅拌器

Karandi
Ladle
长柄勺

* All the illustrations in this book are from the tamil version of "Pakaśastra" which discovered in Nithyananda Dhyanapeetam 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《Pakaśastra》。

Dosham

In sanskrit it means "that which can cause defects or that which can go out of balance" . The 3 vital energies/doshas are Vata, Pitta and Kapha/Sleshma.

在梵语中的意思是 "能导致缺陷或失去平衡的东西"。三种重要的生命能量／Doshas是指Vata、Pitta 和 Kapha/ Sleshma。

Gunam

The three gunas Satva, Rajas and Tamasare the three essential components or energies.

三种属性，Satva（悦性）、Rajas（动性）和Tamas（惰性），是世间万物存有的三个基本组成部分或能量。

Panchbhoota

It refers to the 5 elements namely prithvi (earth) , appu (water) , agni (fire) , vayu (air) , aakasha (space) . Panchabhootas are one of the bodily principles and also one of the food components.

指5种元素：prithvi（土）、appu（水）、agni（火）、vayu（空气）、aakasha（空间）。Panchabhootas是身体的原则之一，也是食物的组成部分之一。

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。

Tridosha

It refers to the 3 biological vital energies in the body namely Vaata, Pitta, Kapha. Tridoshas are also one of the components of food, which act as food for the bodily Trisodhas. The central concept in Hindu medicine science is that health exists when there is a balance between three bodily doshas called vaata , pitta and kapha/sleshmam {together called Tridosha}.

指的是体内的三种生命能量，即Vaata、Pitta、Kapha。Tridoshas也是食物的组成部分之一，是身体三道夏的食物。印度医学科学的核心概念是，当身体中的三种能量（Vaata、Pitta和Kapha/sleshmam）达到平衡时，身体就会健康。

Sakkai

In Tamil it means "fibre" – one of the food components.

泰米尔语中意为 "纤维"，是食物的成分之一。

Sattu

In Tamil it means 'nutrition' - one of the food components.

泰米尔语中意为"营养"，是食物成分之一。

"yogis have developed a unique eating style which is tasty and healthy - that is what is the agamic food. i wanted that food described in the bhaga shastra to become the lifestyle, the food which is very healthy and tasty. i wanted bhaga shastra to become a lifestyle - chain of restaurants: eat as much as you want, donate as much as you want."

"瑜伽行者们开发了一套独特的饮食方法，既美味又健康 —— 那就是纯粹性食物。我希望《烹饪圣典》中描述的非常健康和美味的食物能够成为一种生活方式。我希望《烹饪圣典》成为像连锁餐厅一样普及的生活方式：择你所需而食，依你丰盛而捐。"

the supreme pontiff of hinduism
jagatguru, mahasannidhanam
hdh 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

about the sph jgm hdh bhagavan nithyananda paramashivam

关于印度（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

The Supreme Pontiff of Hinduism, Jagadguru Maha-sannidhanam His Divine Holiness Bhagavan Nithyananda Paramashivam is the reviver of KAILASA – the ancient enlightened civilization, the great cosmic borderless Hindu nation. HDH is an Avatar from, and is a Supreme Pontiff of Hinduism. HDH has made the science of power manifestation, Yoga and temple based universities for humanity.

印度（兴都）教最高教皇，普世灵性导师 圣尊尼希亚南达·帕冉玛希瓦上师是"凯拉萨"古老觉醒文明，这个伟大的浩瀚宇宙的印度教（兴都教）之邦的复兴者，转世化身，印度教（兴都教）最高教皇。圣尊为人类带来了灵性能力显化的科学、瑜伽和基于寺庙的大学。

The SOVEREIGN ORDER OF KAILASA led by HDH and NITHYANANDA ORDER of monks, nuns and Hindu diaspora

are working for global peace and to give a superconscious breakthrough to humanity.

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。

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 like Ayurveda, music, dance, sculpting, astrology, Vastu.

（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 the 293rd Guru MahaSannidanam of Shyamalapeeta Sarvajnapeetham (ancient apex body) & 203rd Emperor of Suryavamsa Surangi Samrajyam (Kingdom). HDH has survived the worst persecution of multiple assassination attempts on person and 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 Sarvajnapeetham）第293任大教主以及第203届苏里亚瓦姆萨·苏兰吉·桑拉贾姆（Suryavamsa Surangi Samrajyam）皇帝。圣尊从反印度教（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。

The United Nations recognized the persecution on The SPH Nithyananda & KAILASA:

联合国承认对印度（兴都）教最高教皇尼希亚南达和凯拉萨经受的迫害：

www.ohchr.org/Documents/HRBodies/CEDAW/DGD24June2021/51.docx

his mission

祂 的 使 命

The Supreme Pontiff of Hinduism, Jagadguru Maha-sannidhanam His Divine Holiness Bhagavan Nithyananda Paramashivam is giving superconscious breakthrough to humanity, which is physically demonstrable through various power manifestations, scientifically measurable and stands the scrutiny of rational logic in hundreds and thousands of human beings around the globe. His Divine Holiness, as per Hinduism, is the Incarnation (Avatar) of Paramashiva – the all-pervading superconscious energy, the source and the original author of "VedaAgamas", which are the Pure Science and Applied Science of Oneness (Advaita), Yoga, Enlightenment and Enlightened lifestyle. As the Vision documents for humanity, the VedaAgamas scientifically and systematically reveal all knowledge currents, ritual methodologies, lifestyle systems and Yogic sciences.

印度教最高教皇，普世灵性导师圣尊尼希亚南达·帕冉玛希瓦上师正在为人类带来超意识的突破，这可以通过在身体上显化的各种超能力得到证明，可以得到科学测量，并经得起全球成百上千人的理性逻辑的审查。根据印度教，祂是帕拉玛希瓦的化身 —— 即无所不在的超意识能量，是《吠陀阿戈玛经》的来源和原作者。《吠陀阿戈玛经》是纯科学以及"合一"，瑜伽，开悟和开悟的生活方式的应用科学。作为人类的愿景档案，《吠陀阿戈玛经》科学、系统地揭示了所有知识流、仪式方法、生活方式系统和瑜伽科学。

To revive and re-establish the VedaAgamas as a living Applied Science, giving the superconscious breakthrough that humanity is long waiting for in its evolutionary path.

复兴并重建《吠陀阿戈玛经》作为一门活的应用科学，实现人类在进化道路上期待已久的超意识突破。

To pioneer a divine evolution, awakening human beings to their extraordinary powers (shaktis) and powerful cognitions (from higher states of Consciousness) , building the next level frequency of human body, mind, internal organs and intra organs (such as Third Eye) .

开创神性进化，唤醒人类非凡的力量（shaktis）和强大的认知（来自更高的意识状态），构建人体、心灵、内脏和内部器官（如第三只眼）的更高一级的频率。

To empower humanity to manifest Superconscious powers at individual, societal and global levels.

让人类能够在个人、社会和全球层面展现超意识的力量。

To re-create a Conscious world where the global issues at the climatic, economic, social, health and 2 humanitarian levels, cease to exist from their very root; turning the problems of poverty, hunger, violence, discrimination into powerful living through the experience of Oneness.

重建一个有意识的世界，让气候、经济、社会、健康和人道主义两个层面的全球问题从根本上得到解决；通过合一的体验，将贫困、饥饿、暴力、歧视等问题转化为强有力的生活。

As an Incarnation, He wields Cosmic Intelligence in His global responsibilities as a spiritual leader, inner and outer world scientist, reviver of the superconscious civilization, and above all, a Visionary for humanity. In just 16 years of public life, He has showered His contributions on humanity in the areas of science, technology, meditation, healing, health and wellness, yoga, medicine, education & lifestyle. More than 20 million people in 347 cities in 196 countries over 6 continents revere and follow His Holiness.

作为转世化身，祂在全球运用宇宙智慧负起责任，成为灵性领袖、内外世界的科学家、超意识文明的复兴者，最重要的是，祂是人类的先知者。在短短 16 年

的公众生活中，祂在科学、技术、冥想、疗愈、健康和保健、瑜伽、医学、教育和生活方式等领域为人类做出了贡献，受到 6 大洲 196 个国家 347 个城市超过 2000 万人的崇拜和追随。

about kailasa

关于凯拉萨

KAILASA is the Revival of the Ancient Enlightened Hindu Civilizational Nation which is being revived by displaced Hindus from around the world, created with the determination to not just preserve and protect Sanatana Hindu Dharma and share it with the entire world, but also to share the story of persecution that is yet unknown to the world. Towards this goal, KAILASA is dedicated to the preservation, restoration and revival of an enlightened culture and civilization based on authentic Hinduism.

　　凯拉萨是由世界各地流离失所的印度教徒们复兴的古老开悟的印度教文明国家，创建它的决心不仅仅是为了留存和保护萨那塔纳印度教道法（永恒之道），并与整个世界分享，而且也为了要分享尚未被世界所知的迫害故事。为了这个目标，凯拉萨致力于保护、恢复和复兴基于真实印度教的开悟文化和文明。

kailasa's
nithyananda annalaya

凯拉萨的尼希亚南达度众厨房

---

revival by sph nithyananda paramashivam

由印度教最高教皇尼希亚南达 🔥 帕冉玛希瓦复兴

One of the fundamental pillars of Kailasa, which existed from time immemorial, is Annalaya- the temple for the free service of food. As the embodiment of the core principles of Sanatana Hindu Dharma and the living Incarnation of Paramashiva, the superconsciousness, SPH has made the establishment of Annalaya, the temple for free service of food, as a core pillar in the revival of KAILASA from the time that He was coronated as the 1008th Incarnation of Paramashiva at the age of 16.

凯拉萨的基本支柱之一是自古以来就存在的寺庙里免费提供食物的度众厨房。印度教最高教皇作为萨那塔纳印度教道法核心原则的体现者和帕冉玛希瓦的在世化身，从16岁被加冕为帕冉玛希瓦的第1008个化身开始，就把寺庙里免费提供食物的度众厨房作为复兴凯拉萨的一个核心支柱。

Kailasa's Nithyananda Annalaya is working to eradicate hunger and give humanity a superconscious breakthrough through food.

凯拉萨的尼希亚南达度众厨房着手在消除饥饿，通过食物给人类超意识的突破。

With over 1 billion meals served, the Nithyananda Annalaya continues its ever-burning stove under the guidance and vision of The Supreme Pontiff of Hinduism. Amongst

various other initiatives to revive the Hindu science of food and nutrition, Nithyananda Annalaya is also working to revive Pakasastra, as a lifestyle by documenting and presenting it in a practical user friendly way.

在印度教最高教皇的指导和愿景下，尼希亚南达度众厨房持续不灭的炉火供应了超过10亿份的膳食。在复兴印度教食物和营养科学的其它各种举措中，度众厨房也在努力复兴《烹饪圣典》，并通过一种实用方便的方式记录和展示这本圣典，把它变成一种生活方式。

Thane hurricane relief, 2012
2012年塔那飓风救援
170,000 meals were served each day
凯拉萨的尼希亚南达度众厨房每天供应17万份食物

THANE HURRICANE RELIEF, 2012
2012年塔那飓风救援

Thane Hurricane Relief, 2012
2012年塔那飓风救援

kumbha melas 大壶节
– prayag, nasik, ujjain 布勒亚格、那西克、乌贾因
1,00,000 meals were served per day in ujjain
凯拉萨的尼希亚南达度众厨房在乌贾因每天供应10万份食物
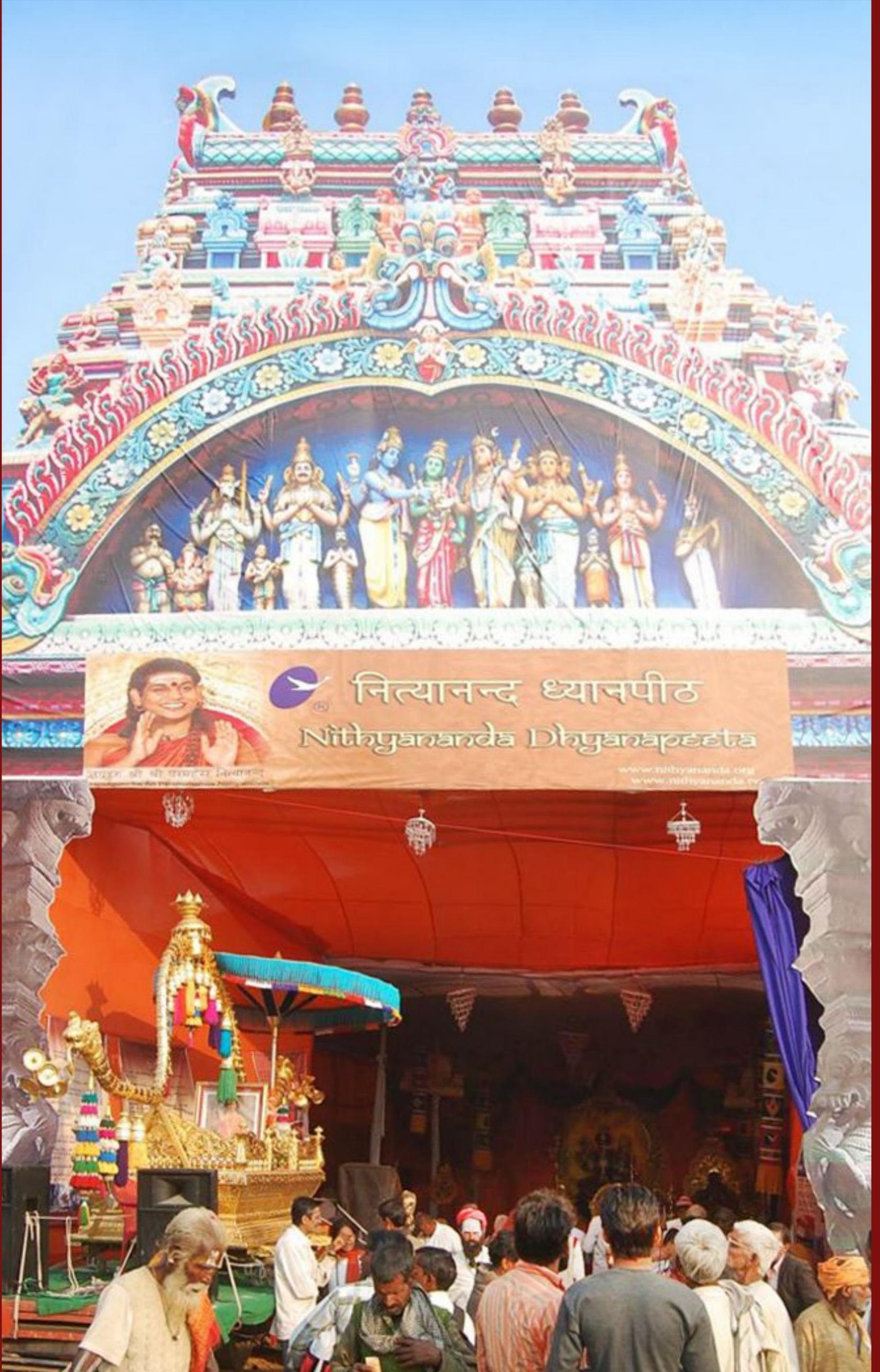
kumbha melas 大壶节
— prayag, nasik, ujjain 布勒亚格、那西克、乌贾因

kumbha melas 大壶节
– prayag, nasik, ujjain 布勒亚格、那西克、乌贾因

mahashivaratri 2021 希瓦节
— food bank initiative 粮食银行倡议

Mahashivaratri 2021 希瓦节
– Food Bank Initiative 粮食银行倡议

kalaisa's nithyananda analaya

凯拉萨的度众厨房

FOR MORE INFORMATION

更多信息

VISIT | 凯拉萨的度众厨房网页

health.gov.kailasa.sk/nithyananda-annalaya

kailasapedia.org/wiki/Category: Nithyananda_Annalaya

EMAIL | 电子邮件

nithyananda.annamandir@nithyanandauniversity.org

WEBSITE & SOCIALMEDIA | 官网 & 社交网页

www.kailaasa.org

www.nithyananda.tv

www.nithyananda.org

www.innerawakening.org

www.nithyanandapedia.org

twitter.com/SriNithyananda

www.facebook.com/ParamahamsaNithyananda

www.facebook.com/ParamahamsaNithyanandaChinese（中文）