



# hīndū pakāśāstra 印度教烹飪聖典

THE HINDU COOK BOOK — VOLUME I

印度教食譜 —— 第一冊



SCIENCE OF HINDU COOKING AS REVEALED BY BHAGAVAN PARAMASHIVA,  
REVIVED BY PARAMASHIVA'S 1008TH INCARNATION

THE SPH JGM HDH BHAGAVAN NITHYANANDA PARAMASHIVAM

由帕冉瑪希瓦的第1008次神聖化身，印度（興都）教最高教皇，  
普世靈性導師 聖尊尼希亞南達•帕冉瑪希瓦上師  
揭示和復興的印度教烹飪科學





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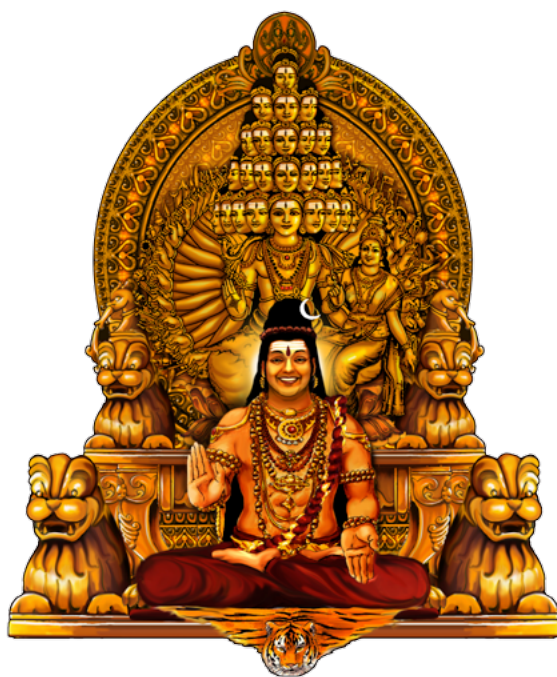
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KAILASA'S NITHYANANDA ANALAYA PRESENTS

凱拉薩的尼希亞南達度眾廚房呈獻



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# table of contents

目 錄

the sph speaks on pakasastna

印度（興都）教最高教皇談《烹飪聖典》

important note

重要提示

hīndū pakasastna

印度教烹飪聖典

recipes

菜譜

conversion table

換算表

glossary

圖錄

about the sph jgm hōh bhāgavan

nīthyananda paramashivam

關於印度（興都）教最高教皇，普世靈性導師

聖尊尼希亞南達・帕冉瑪希瓦上師

his mission

祂的使命

about kailasa

關於凱拉薩

kailasa's nīthyananda annalaya

凱拉薩的尼希亞南達度眾廚房



# recipes

## 菜譜

### 1 製作碎米飯

#### ——瀝除澱粉

તરતરોંગ્ગ ઇલચી રોટ્ઠ બુ વોઈતીલિંગ્ગ ઇતાર્ત્તે  
(kanji vaditthu इद्युल इरु वरुइ इववदल)

### 2 製作碎米飯

#### ——免瀝澱粉

તરતરોંગ્ગ ઇલચી રોટ્ઠ વોથરુટ વોઈતીલિંગ્ગ ઇતાર્ત્તે  
(kanji vadikkavalai इद्युल इरુ वरुइ इववदल)

### 3 製作長粒米飯

#### ——瀝除澱粉

તરતરોંગ્ગ ભોગ્ગ રોટ્ઠ બુ વોઈતીલિંગ્ગ ઇતાર્ત્તે  
(kanji vaditthu इद्युल परु वरुइ इववदल)

### 4 製作長粒米飯

#### ——免瀝澱粉

તરતરોંગ્ગ ભોગ્ગ રોટ્ઠ વોથરુટ વોઈતીલિંગ્ગ ઇતાર્ત્તે  
(kanji vadikkavalai इद्युल परु वरुइ इववदल)

### 5 製作雜米飯

તરતરોંગ્ગ લોચ્છવે રોટ્ઠ  
(kalapparuइ इववदल)

### 6 製作新米飯

તરતરોંગ્ગ નેવુ રોટ્ઠ  
(pudu वरुइ इववदल)

### 7 麥碎飯

વોદ્દાટ ઘુરોઈ રોટ્ઠ  
(ghothulai નો इववदल)

### 8 粟米和小米飯

રોચ્છાઈ હ લિત્તે લોઈદ રોટ્ઠ  
(thinai, इववलai, iruagalin इववदल)



**9** 玉米飯 / 玉米布丁  
corn rice or pudding  
(ଚେରା ଇଆଦାଲ ଗାାଥୁ କାାି)

**10** 珍珠粟飯 / 珍珠粟布丁  
pearl laaet rice/pudding  
(କାଲେୁ ଇଆଦାଲ ଗାାଦେୁ କାାି)

**11** 穆子布丁  
finger laaet pudding  
(ରାଗ୍ଗି କାାି ଗାାଦେୁ ଇାଗ୍ଗାଦି)

**12** 玉米餅 / 珍珠粟餅 / 穆子餅  
corn, pearl laaet, finger laaet pancake  
(ଚେରାଲ, କାଲେୁ, ରାଗ୍ଗି ରିବାଗ୍ଗାାିନ ଗାାି)

**13** 烤麥餅  
wheat flour or groted norla pancake or rotti  
(ହୋଥୁଲାାି ଲାାାୁ ଗାାଦେୁ ନାାାିନ ଇାାାା  
ଗାାି ଗାାଦେୁ rotti)

**14** 酵母製法  
(發酵麵/酸麵糰)  
preparation of khalder(sour) for rotti  
(rottiାେୁ khalder [pulippu] taayaar ଇାାିଥାାି)

**15** 火燒餅  
khalder rotti

**16** 奶香火烤餅  
airlaari rotti

**17** 菜薯餅  
vegetable and tuber mixed pancake  
(କାାାିାହାଗ୍ଗାାି ଇାାାିଥାାି)

**18** 茉莉飯  
dalai ruahka

**19** 酥油凝乳飯  
laalalai ruahka

## 20 格拉妮酥油飯

## 21 奶油甜米飯

## 22 調味料製法

23 普通娑季飯  
noralā iṭjji  
(ḍaada iṭjji)

24 調味娑季飯  
इटाइठनदे इठज्जि  
(तावावेदा इठज्जि)

## 25 孟恩豆娑季飯

## 26 椰奶娑季飯

**27 馬哈拉施特拉邦娑季飯**  
maharashtra इच्छे

## 28 馬薩拉娑季飯

## 29 普通米糕

**30** 麥碎糕  
broken wheat/wheat grits upma  
(guthulai noi [ravai] uppuma)

### 31 煎鍋米糕



**32** 煎鍋麥碎糕  
broken wheat frying-pan upla  
(ಛೊಥುಲಾಿ ನೊ ರಾಾನಾಿ ಫಫುಲಾ)

**33** 調味扁米飯  
इहाइठेदे flattened rice/poha  
(ತಾಾಿವಾ ಖಾಾ)

**34** 凝乳調味扁米飯  
इहाइठेदे curd flattened rice  
(ತಾಾಿವಾ ತಾಫುಿ ಖಾಾ)

**35** 羅望子調味扁米飯  
इहाइठेदे tamarind flattened rice  
(ತಾಾಿವಾ ಫುಿ ಖಾಾ)

**36** 檸檬汁扁米飯  
flattened rice with lemon juice  
(ಲಿುಲಿಾಿ ಪಾಝಾಾಝಾ ಫುಿ ಖಾಾ)

**37** 牛奶扁米飯  
लौक flattened rice

**38** 油煎餅  
pancake  
(ತಾಾಾಾಿ ಅದಾಿ)

**39** 油煎餅（另一版本）  
another variety of pancake  
(ಲಾತ್ರಾರು ರಿಾ ತಾಾಾಾಿ ಅದಾಿ)

**40** 達薩密餅  
bread/rotti ತಾಿವೆ ವಾಝಾಿ  
(ವಾಝಾಿ ಢುುಲ ರುತಿ)

**41** 寺廟米粥  
temple pongal  
(ಕುಾಿ ಫುಂಗಾ)

**42** 孟恩豆米粥  
ಲುಂಗ ವಾ/ಪತಿವೆ ಫುಲಿು ಟೆತಿ ಫುಂಗಾ  
(ಪಾಫಾತ್ರಾಲ್ಪಾರಾಫು ಡಾ)

**43** 孟恩豆米粥 (另一版本)  
another variety of loong dai/petite  
yellow lentil pongal (matroruvitha  
payattralparuppu pongal)

**44** 木豆米粥  
pigdon pea /toor dai pongal  
(tivaralparappu pongal)

**45** 馬薩拉米粥  
lasala pongal

**46** 碎麥豆粥  
wheat groat/broken wheat pongal  
(guthulai laindi pongal)

**47** 馬哈拉施特拉邦米粥  
maharashtra pongal

**48** 古吉拉特邦米粥  
gujarati pongal

**49** 小扁豆米粥  
himalthakaan pongal  
(richadi)

**50** 蔬菜米粥  
pongai with green  
(kedarai pongal)

**51** 洋蔥米粥  
onion pongal  
(vengaya pongal)

**52** 調味洋蔥飯  
seasoned onion rice

**53** 孟恩豆米餅  
rice flour & green gram flour mixed bread  
(arasilavarul payattralavarul kalandu  
rotti)



**54** 鷹嘴豆麵餅  
bengal gram flour bread  
(bedhal rotti)

**55** 鷹嘴豆麵餅（另一版本）  
another variety of bengal gram roti  
(latroru witha bedhan rotti)

**56** 糖漿製法  
sugar syrup preparation procedure  
(sharkkarai paagu idupul withal)

**57** 牛奶米粥  
milk pongal  
(paal pongal)

**58** 雜豆米粥  
bengal gram & puffed lentil dal idli  
pongal (kadali-paruppu payattral-  
paruppu kalanda sharkkarai pongal)

**59** 小黃扁豆米粥  
puffed lentil dal idli pongal  
(payattral-paruppu sharkkarai pongal)

**60** 小黃扁豆米粥（另一版本）  
another variety of puffed lentil dal idli  
pongal (latroru witha payattral-paruppu  
sharkkarai pongal)

**61** 甜米飯  
idli rice  
(sharkkarai-idaadal / shakar bath)

**62** 椰絲甜米飯  
coconut idli rice  
(thengai sharkkarai idaadal/  
naaral bath)

**63** 椰絲甜米飯（另一版本）  
another variety of coconut idli rice  
(latroru witha thengai sharkkarai idaadal/  
naaral bath)

**64** 芒果汁米飯  
mango extract rice  
(laalbazharada daadala)

**65** 傳統早餐  
daanja

**66** 麥碎/扁米  
chira

**67** 濕婆神節日布丁  
pudding  
(thirivaathirakkali)

**68** 香餅  
spicy pancake  
(kadai)

**69** 麥碎杏仁餅  
wheat grout & almond mixed bread  
(chuthulaiparupul vaathulaiparupul  
inda roti)

**70** 羅望子飯  
tamarind rice  
(pulihachadi/puthachadi)

**71** 香粉芝麻薈飯  
herb powder variety rice  
(pulihachadi chutney)

**72** 芝麻粉飯  
herb powder rice  
(pulihachadi daadala)

**73** 芥末椰飯  
mustard and coconut variety rice  
(kadai thengai chutney)

**74** 椰漿飯  
coconut rice  
(thengai daadala)



## 75 黑豆粉飯

black gram powder rice  
(ulathalapodi saadala)

## 76 檸檬汁飯

lemon extract variety rice  
(elullaitaipazha rasu chitrannala)

## 77 橙汁飯

orange fruit variety rice  
(narthalapazha rasu chitrannala)

## 78 石榴汁飯

rohati polagranate extract variety rice  
(rohati laadulalapazha rasu chitrannala)

## 79 酸石榴汁飯

sour polagranate fruit extract variety rice  
(pulippu laadulalapazha rasu chitrannala)

## 80 芒果汁飯

raw mango extract variety rice  
(laanga rasu chitrannala)

## 81 生芒果飯

raw mango variety rice  
(laanga chitrannala)

## 82 小茄子飯

baby brinjal rice  
(kathirippinji saadala / vangibath)

## 83 小茄子飯（另一版本）

another type of baby brinjal rice  
(kattruvitha kathirippinji saadala)

## 84 馬哈拉施特拉邦小茄子飯

lentil broth rice  
(parupporozhalu saadala)

## 85 胡蘆巴葉飯

methi / fenugreek greens rice  
(renthayakkerai saadala / sabjabath)

## 86 豆湯飯

lentil- broth rice

(paruppu kozhambu idadalu)

## 87 凝乳飯

curry rice

(thayir idadalu/ thathiyodhanalu)

## 88 凝乳飯（另一版本）

another type of curry rice

(lattroruviha thayir idadalu /bakkalabath)

## 89 凝乳粥

curry porridge

(thayir koozh)

## 90 普通豆湯

plain dal

## 91 檸檬豆湯

lemon extract lentil/dal

(elulichaippazharasa paruppu)

## 92 馬哈拉施特拉邦扁豆湯

maharashtra plain dal/lentil

(maharashtra idada paruppu)

## 93 馬哈拉施特拉邦辣扁豆湯

maharashtrian spicy dal

(maharashtra kaaraparuppu)

## 94 羅望子豆湯

pigdon pea soup dal/lentil

(turaralu paruppu puli paruppu)

## 95 絲瓜檸檬木豆湯

ridge gourd soup dal

(peerkangai puliparuppu)

## 96 絲瓜羅望子木豆湯

another type of ridge gourd soup dal

(lattroruviha peerkangai puliparuppu)





**105** 蔬菜羅望子菜塔（另一版本）  
another variety of tamarind raita with  
vegetable/tuber  
(kairkizhangugalin mattoruviṭha puli-  
raayithal)

**106** 五香雜豆粉帕刹笛  
lathkootla puli pachadi

**107** 黑豆粉凝乳帕刹笛  
daangarath thayir pachadi

**108** 南瓜多利亞——凝乳帕刹笛  
turd pachadi chiled pulspkin doriyā  
(porānāikēkaai doriyā annul thayirpachadi)

**109** 青辣椒香菜凝乳帕刹笛  
green chilli, coriander turd pachadi  
(pachchai lailaggaaiul kotthulalaliyul  
ērnda thayir pachadi/denza)

**110** 鷹嘴豆粉帕刹笛  
split bengal gram flour pachadi  
(kadalaimearu pachadi/jhunka)

**111** 在帕刹笛中添加洋蔥  
adding onion in the pachadi  
(pachadiyil venggaayathai ēerthal)

# the sph speaks on pakāśāstra

印度（興都）教最高教皇

談《烹飪聖典》

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“mahādeva 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飪的藝術和科學會讓你穩立於祂的空間並顯化超能力。」

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the sph jgm hōh nithyananda paramashivam

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聖尊尼希亞南達 • 帕冉瑪希瓦上師





*the supreme pontiff of hinduism*

*jagatguru, mahasannidhanam*

*hoh bhagavan nithyananda paramashivam*

印度教（興都教）最高教皇，普世靈性導師

聖尊尼希亞南達・帕冉瑪希瓦上師



*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”.*

什麼是我們所理解的食物？

- 為生存所需的。
- 可以給你帶來味蕾享受的。
- 可以給你的身體帶來成長和營養的。

現代對食物的理解僅限於這些很少的陳述。然而，眾所周知，在薩那塔納印度教道法（永恒之道）中，食物在我們的生活中扮演著重要的角色，它會支持我們有意識地突破並體驗開悟，而這才是我們生活的目的。食物對我們的生活有多重影響。正確的食物本身就可以作為藥物，可以在你的心中產生正確的思維，引導你走向開悟。為了讓我們做出正確的食物選擇，我們需要了解印度（興都）教最高教皇，普世靈性導師，聖尊尼希亞南達·帕冉瑪希瓦上師所揭示的關於對食物的基本理解：「你會成為你所吃的東西。」

*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談論了大量關於食物、食物的重要性以及食物對我們的身體、思想和意識的影響。

*Tattriya Upanishad reveals*

taṣṭladvā etaṣṭladatmana akāṣaḥ īalabhutah, akāṣadvayuh, vāyoraṅṅnīh, aṅṅnerapah, adbhyaḥ prithivī, prithivya ṭṭadḥayah, ṭṭadḥībhyaḥ, annaḥ, annatpuruṣah, īa va ḍḍa puruṣṭ, annanaraṣatmayah, taṣṭyedaṇṇva īrah (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.”

《鷓鴣氏奧義書》（第二章，第二節，第一段經文）揭示：taṣṭladvā etaṣṭladatmana akāṣaḥ īalabhutah, akāṣadvayuh, vāyoraṅṅnīh, aṅṅnerapah, adbhyaḥ prithivī, prithivya ṭṭadḥayah, ṭṭadḥībhyaḥ, annaḥ, annatpuruṣah, īa va ḍḍa puruṣṭ, annanaraṣatmayah, taṣṭyedaṇṇva īrah

「從那個（道法）自我顯化的空間，從空間到空氣，從空氣到火，從火到水，從水到大地，從大地到植物，從植物到食物，從食物到生靈，這證明了生靈是由食物組成的，這，確實是他的頭。」

*It boldly declares,*  
annaḥ brahṇeti  
*Food is Brahman.*  
它大膽地宣布，  
annaḥ brahṇeti  
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.*

千年前的薩那塔納印度教道法已經知道了這個真理，並創造了一個非常科學的烹飪和飲食系統，它不僅確保最佳的健康，而且確保最佳的思維來體驗你內在的純粹意識。

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\* 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.”*

「食物會在你的系統中產生某些思維。你可以看到，食物在你的頭腦中起到了很大的作用，這就是為什麼你喝咖啡前和喝咖啡後的感受是不同的。聽著，無論你吃什麼食物，都會產生一定的思維。因此，我們可以專門地規劃食物，並將所有最好的東西和思維發送到你的身體系統中。」

*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，雖然我們能看到抑鬱症、自殺率、犯罪率、離婚率、不孕症、癌症和糖尿病患者的激增，但卻不知道問題和解決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.”*

「現代營銷技術危及了一致性。一切觸感、外觀、氣味都是為營銷目的『設計』，並損害你的健康的，它到達了陰謀犯罪的程度，所以製藥業就可以從我們的生計上賺錢。」

*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（通過殺死動物獲得的食品）和化學食品（用殺蟲劑、化肥、防腐劑、轉基因食品或通過有毒製備方法毒化的食品）；兩者都同樣對身體系統造成傷害。

*"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，有機素食不是在開玩笑，它甚至不僅僅是為了健康。要理解，它是給你一個內在空間、身體系統和生理流動得以發展到最高的心理。請明白，要培養最高的心理，不僅是你的身體系統，甚至你的生理流程等都需要配合。你的各個組成部分，需要整合才能體驗到薩達希瓦（Sadashiva）的狀態。」

*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.*

薩那塔納印度教道法（永恒之道）宣稱每個人都有機會和權利體驗終極的開悟空間，並過上喜樂、無衝突的生活。帕冉瑪希瓦（印度教中的原始神靈）親自揭示了關於食物的最深刻的真理和原則，並在名為《烹飪聖典》的經書中傳授了400多個食譜。

*"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."*

「帕冉瑪希瓦對食物的介紹是非同尋常的。祂正在根據口味以及口味的排列組合來管理你的健康！我自然很驚訝！我嘗試用現代物品的口味的排列組合來重現味道，看看它如何影響健康。我敢肯定，沒有帕冉瑪希瓦在《烹飪聖典》中配的品目，你永遠都無法嘗到相同的味道。用其它甜味劑你永遠無法獲得與加入蜂蜜 (Madhu) 同樣的味道。」

*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.*

當凱拉薩的尼希亞南達圖書館 (Nithyananda Jnanalaya) 執行一項收集和保存所有關於印度教的經文和文本的任務時，在鐵路站臺上的一家書店裏發現了《烹飪聖典》的泰米爾語翻譯，印度 (興都) 教最高教皇立即意識到這是世界的無價之寶，根據《烹飪聖典》，印度 (興都) 教最高教皇在世界各地的所有凱拉薩中復興了烹飪和飲食科學。

*"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."*

「我想讓你們理解：通過你的舌頭去享受你的整個腸道會享受的東西，你就會成為『瑜伽行者』。不要強迫你的

整個腸道去忍受你的舌頭所喜歡的東西，否則你只會是個『rogi (病人)』。瑜伽行者們開發了一種獨特的飲食方法，既美味又健康——那就是純粹性食物\*。我希望《烹飪聖典》中描述的非常健康而美味的食物可以成為一種生活方式。我希望《烹飪聖典》成為像連鎖餐廳一樣普及的生活方式：擇你所需而食，依你豐盛而捐\*\*。」

*“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.”*

「如果我們對帕冉瑪希瓦在《烹飪聖典》中的描述進行試驗和研究，你們就會了解非凡的原則。我應該說，如果我們對這些飲食進行試驗和研究，整個世界都會意識到「健康飲食」的真相，你們就能通過食物來獲得健康！」

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

這本最初用梵文寫成的經文已被翻譯成泰米爾語，現在被翻譯成了英文、中文。

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\*純粹性食物：意指超越了活躍性 (Rajas)，平和性 (Sattva) 和惰性 (Thamas) 的食物。

\*\*擇你所需而食，依你豐盛而捐：由身體自動的智慧選擇食物；因豐盛感而布施，而不是對神有所求。



# 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《烹飪聖典》是吠陀烹飪的科學，由帕冉瑪希瓦本人親自傳達給這個世界的。在定義食譜時，最謹慎的是要確保為健康的身體、思想和意識提供最多的營養。這本書清楚地將食品分類為悅性、刺激性和惰性，闡明了當我們食用這些特定食物時對我們身心的影響。

*Accordingly, The Supreme Pontiff of Hinduism Jagat-guru 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（興都）教最高教皇，普世靈性導師 聖尊尼希亞南達·帕冉瑪希瓦上師強烈提倡悅性飲食，因為這最有利於將人帶入更高的意識和幸福狀態。因此，使用這裏講述的食譜的人需要自己斟酌決定所提及的非悅性成分的材料，比如：青辣椒、洋蔥、大蒜、阿魏膠等。凱拉薩建議使用替代品或避免這些特定成分的材料。

*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，《烹飪聖典》提倡的是吠陀時代的烹飪方法，如使用土灶爐，木柴、乾草和炭火製熱，手工磨製，使用陶器和非氧化金屬如青銅、黃銅器具來烹調和盛菜。不僅每一種都是古老的原始做法，而且是確保身體、思想和意識最佳健康的最先進技術。再說一次，使用此聖典者需要自行決定怎麼在自己的廚房裏做到這些。儘管今天有例如：使用燃氣灶、炊具、電動攪拌機，研磨機等的替代品，但印度教最高教皇強烈建議，做菜時，要盡可能的，保持和《烹飪聖典》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.*

《烹飪聖典》是一門吠陀時代的烹飪科學，它只把有機種植的產品作為推廣材料。許多食譜中都提到使用乳製品，比如純酥油、牛奶、凝乳和酪乳。在凱拉薩，只鼓勵使用非暴力對待的牛奶。在沒有非暴力對待的牛奶或是純素食者的情況下，用戶需要自行決定為此類食譜尋找替代材料，和與悅性飲食相適應的材料。最終，《烹飪聖典》旨在帶你進入意識和健康生活的最高狀態。我們謙卑地勸告你們努力按照《烹飪聖典》，嘗試一些理論或食譜，去體驗一下對自己的身體、心理和意識層面帶來的巨大好處。

*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.*

作為一個走在靈性開悟道路上的人，你需要將《烹飪聖典》中的智慧與大師在飲食、運動、非暴力、冥想等幾個方面分享的知識相結合。所有這些都旨在成道開悟！

Thank You.

謝謝你們！

# hīndū pakāśāstra

## 印度教《烹飪聖典》



### 1 . Nourishment (Poshanai) 營養

*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.*

所謂營養，就是含有個體意識 (Jeevatma) 的身體通過anna-paanam (食物和飲料) 獲得免於所有疾病的保護。正如諺語 (shareera maathyangalu dharmasaadhanam) 所說，我們人類一生中為滿足自己需求所做的一切事情中，首要責任就是營養。

*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.*

營養的基礎是食物和飲料 (*anna-paanam*)；當（食物或飲料的）各種成分的味道測量不適當時，攝入這種營養的身體法則的原始狀態就會被打亂，導致身體法則功能過強或過弱，進而造成身體痛苦。因此，在我們自己進食或餵養他人時，應該使用地球上生長的、適於身體法則的所有好材料來製作食物；因此，我們應該飲用足量的水，並讓其他人也這樣做。我們也有責任確保不因風、雨、雪等原因對自己身體造成傷害。

## ***2 . Bodily Principles - their status, food, actions etc.***

### **身體法則——它們的狀態、食物和行動等**

*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:*

在所有神創造的生靈中，我們人類擁有智慧（第六感），按照祂（神）的命令，在今生和來生，活得同神所決定的一樣久。為了履行我們的職責，享受我們行為的成果，並幸福地生活，我們應該吃適當的食物，並遵循如下身體運作的基礎——身體法則：

- *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)：避免過於強烈或沈悶；保持平衡；
- 身體組織 (Rakta maamsaadi Dhathu，如血液、肌肉等)：保持純淨和強壯；
- 三種屬性 (Tridoshas)：風型 (Vata)、火型 (Pitta)、水型 (Kapha/Sleshmam)，平衡並保持其原始狀態；
- 五大元素 (Panchabhootas)：氣 (Vaayu)、火 (Tejas)、水 (Appu)、土 (Prithvi) 和空間 (Aakaaya) 保持在喜樂的狀態；
- 三種特質 (Triguna)：增加悅性 (sattva) 並減少動性 (rajas) 和惰性 (tamas) 。

The food for the body having 5 constituents namely Sattu (nutrients), Sakakai (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).

為身體準備的食物，應當具備五種成分，即營養 (Sattu)、纖維 (Sakakai)、味道 (Suvai)、特質 (Gunam) 和屬性 (Dosham)。為了這個攜帶意識 (atma) 的身體，每種食物成分分別滋養了五項基礎性的身體法則，即胃火 (Agni)、身體組織 (Dhathu)、五大元素 (Bhootam)、屬性 (Dosham) 和特質 (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，食物成分殘缺會破壞身體法則，使之無法發揮應有功能，導致身體不健康。在五項身體法則中，除了身體組織，其餘的只能通過我們的行為或情緒來理解。

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) :

這項身體法則指，消化我們攝入的食物，以排泄物的形式排出食物纖維，並將食物的營養 (Sattu)、味道 (Suvai)、屬性 (Dosham) 和特質 (Gunam) 給予其他身體法則——身體組織 (Dhathu)、五大元素 (Bhootam)、屬性 (Dosha) 和特質 (Gunam)。氣元素 (Vayu Bhoota) 將子宮中的胚胎分離成不同組織，而胃火為每個組織賦予形式。這是胃火的作用。因此，我們的食物應該同時包含纖維和營養。胃火的存在可以通過胃部的灼熱感以及兩只手掌相互摩擦時產生的熱量來體驗。

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 undiminishing strength to the body on the 8th day. As these 7 dhatus can be seen by the eyes directly, we cannot doubt their existence.*

七種身體組織 (SAPTA-DHAATHUKKAL)：

正如石頭、泥土、木頭、水是建造房屋的基礎材料一樣，身體組織——血漿 (rasam)、血 (raktam)、肉 (maamisam)、骨 (asthi)、骨髓 (majjai)、生殖組織 (shukla) 和脂肪 (medas) 有助於創造攜帶意識 (jeevatma) 的身體。這些組織攝取食物漿中的營養精華，並將食物其餘的組成部分——味道、平衡能量和好的意識留給其他的身體法則——五元素、生物元素和特質。這就是我們身體組織的功能。因此，我們所吃的食物應該包含液體的流動性質 (pasai) 以濕潤身體組織。第1天，食物的精華（營養物質）浸透並停留在血漿組織中。第2天，anna rasam 滲入血漿組織，之前浸出的 essence-rasam 流入血液組織。同樣，第3天它流入肌肉組織，第4天進入脂肪組織，第5天進入骨骼，第6天進入骨髓，第7天進入生殖組織；食物的淨化滋養所有這些組織，在第8天仍然為身體不斷提供力量。由於這7個身體組織 (dhatus) 可以肉眼直接看到，我們無法懷疑它們的存在。

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.*

三種屬性 (TRIDOSHA) :

在這個過程中，風型屬性 (Vata dosha) 攝取我們食物中的風型成分，讓身體可以彎曲、左右轉動、站立、跑步和說話，此外它還幫助智力、感官、心智在適當的狀態下發揮作用。這些都是風型屬性的作用。火型屬性 (Pitta dosha) 從我們的食物中攝入火型成分，並為身體提供各種好處，比如容光、健康、舌頭味覺、胃火的正確熱度，以及對食物的熱愛。這些都是火型屬性的功能。水型屬性 (Sleshmam / Kapham) 攝入我們食物中的水型成分，讓我們的身體閃閃發光，提供勇氣和力量，並且幫助四肢（如手和腿）按照意願移動。這些是水型屬性的功能。

*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種屬性從我們的食物中汲取不同的生物能量；並將剩下的食物成分，亦即味道和特質留給了剩下來的2項身體法則，分別是五大元素和特質。因此，我們攝入的食物中應當包含風、火和水三種屬性相互平衡的成分，這反過來可以平衡我們身體中的三種屬性。頭暈嘔吐，昏厥是火型屬性的指徵；刺痛感 (*kutthal pudaittal*) 是風型屬性的指徵；水型屬性可以從諸如感冒／痰以及因著涼而咳嗽等情況中識別出來。但是，只有在三種屬性的平衡狀態被打破時，這些指徵才會顯現出來。

*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)：**

在上述過程中，氣元素 (Vaayu) 吸收食物營養中的澀味，並將子宮中尚未成形的胚胎分裂成各種身體組織和屬性。火元素 (Tejas) 吸收食物營養中的辣味，為氣元素所分裂的組織和屬性給予形狀。水元素



(Appu) 吸收食物營養中的甜味，以其濕潤的特性保護胎兒，使其免於受氣元素和火元素結合產生的火焰 (jwala) 造成任何傷害。土元素 (Prithvi) 吸收食物營養中的酸味和鹹味，保護那些受到水元素保護的組織和屬性，使之避免由於過於濕潤而導致缺陷。空間元素 (Aakasham) 吸收食物營養中的苦味，讓那些由氣元素、火元素、水元素、土元素創造和保護的組織形式得以茁壯成長。這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，我們攝入的食物應該包含所有6種味道，它們是在我們身體中發揮重要作用的五大元素的食物。除了上述功能外，五大元素中的每一個都需要其他元素支持，並執行一些更重要的功能，如下所述：

#### 1. VAAYU BHOOTAM – air element creates

- Samaana with the help of Aakasham (space)
- Vyaana by itself
- Udaana with the help of Tejas (fire)
- Apaana with the help of Appu (water)
- Praana with the help of Prithvi (earth)

#### 1. 氣元素 (VAAYU BHOOTAM) —— 由氣元素創造

- 借助空間元素 (Aakasham) 達到中和 (Samaana)
- 借助氣元素自身達到「氣和」(Vyaana)
- 借助火元素 (Tejas) 達到「火和」(Udaana)
- 借助水元素 (Appu) 達到「水和」(Apaana)
- 借助土元素 (Prithvi) 達到「土和」(Praana)

#### 2. TEJAS BHOOTAM - fire element creates

- Dhatus (tissues) with the help of Aakasham (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) —— 由火元素創造

- 借助空間元素 (Aakash) 產生身體組織 (Dhatus)
- 借助氣元素 (Vaayu) 產生皮膚
- 借助火元素自身產生眼睛
- 借助水元素 (Appu) 產生舌頭
- 借助土元素 (Prithvi) 產生鼻子

## 3. APPU BHOOTAM - water element creates

- Sound with the help of Aakash (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) —— 由水元素創造

- 借助空間元素 (Aakash) 發出聲音
- 借助氣元素 (Vaayu) 產生感情
- 借助火元素 (Tejas) 產生形體
- 借助水元素自身產生味覺
- 借助土元素 (Prithvi) 產生嗅覺

## 4. PRITHVI BHOOTAM - earth element creates

- Gas with the help of Aakash (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) —— 由土元素創造

- 借助空間元素 (Aakash) 產生氣息
- 借助氣元素 (Vaayu) 產生雙手
- 借助火元素 (Tejas) 產生雙腳
- 借助水元素 (Appu) 產生尿道
- 借助土元素自身產生肛門

## 5. AAKAASHA BHOOTAM - space element creates

- Aakash 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. 空間元素 (AAKAASHA BHOOTAM) —— 由空間元素創造

- 借助空間元素 (Aakash) 自身形成空間
- 借助氣元素 (Vaayu) 形成思維
- 借助火元素 (Tejas) 形成智慧 (Buddhi)
- 借助水元素 (Appu) 形成覺知 (Chitta)
- 借助土元素 (Prithvi) 形成自我意識 (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).*

如果我們想要相信五大元素作為我們身體法制之一而存在，我們可以通過下面的小例子進行理解。當我們用力向手掌吹氣，我們感覺到空氣打在手掌上，如此我們可以理解氣元素 (Vaayu bhoota) 的存在。感受由此產生的熱量，我們可以理解火元素 (Tejas) 的存在。通過這一過程產生的潮濕感，我們可以理解水元素 (Appu) 的存在。從呼吸開始之處，我們可以理解土元素 (Prithvi) 的存在。而由於呼吸開始之處與其擊打手掌之處兩者之間存在一條路徑，我們可以理解空間元素 (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.

## 三種特質（TRIGUNAS）：

身體跟隨意識執行的各種功能，在各種屬性的幫助下得以實現，而在三種特質的幫助下變得更加有效率。在三種特質中，悅性特質（Sattva guna）從我們所吃的食物中吸收悅性（Sattva guna），並使我們的行動充滿真理、純潔、智慧，同時給予我們幸福、喜悅、力量、聲譽、覺悟、和平、慈悲、自我實現、對神的奉獻、收益、正確的策略，以及努力實施善行。動性特質（Rajo guna）從我們所吃的食物中吸收其中的刺激性，並讓我們在自己的生活策略中變得亢奮、憤怒、貪婪、傲慢、嫉妒和狡猾。一個帶有更多這種特質的人，會為了滿足其欲望而做出許多大膽而有害的行為，其結果是會經歷廉價的利益、廉價的快樂、深重的痛苦、巨大的損失、無盡的憂慮、過度的

欲和困惑等，生活總是沒有幸福感。惰性特質 (Tamo guna) 吸收我們食物中的第三種成分，即惰性 (Tamasa guna)，它使我們的行為變得無明、無用，並產生更多不良影響。如果一個人有較多這種特質，就會失去穩定的頭腦、策略、思維和自主工作能力，離開了他人的強制和紀律約束，就會活得像動物一樣。

*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，我們攝入的食物應該包含為身體法則中的特質 (Trigunas) 所吸收的食物成分 (Gunas)。然而，喜歡最好的品性 (Uttama guna) 是這個世界的本性。因此，最好食用以悅性特質為主的食物。如上所述，悅性、動性和惰性的生物和物體，以及它們是如何被創造的，將在下文解釋三種特質——食物成分之一的章節中進行詳細闡釋。

### 3. Hunger and Food 饑餓與食物

*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.*

饑餓：當生物不食用其賴以生存的食物時，它們的胃火 (Jatharagni) 就開始吞噬自己的肌肉和血液。

由此產生痛苦或疾病，而這就是所謂的饑餓。此時，按照前述規則食用好的食物和飲料是每個生物的職責。若非如此，由於饑餓，美貌、力量、快樂、欲望和話語會減少，身體會產生許多缺陷。上述真理由泰米尔女圣人 Avvaiyar 用下面这首诗做了解释：

மானங் குலங்கல்வி வண்மை அறிவுடைமை  
தானந் தவமுயற்சி தாளாண்மை-தேனி  
கசிவந்த சொல்லயாமேற் தாமுறுதல் பத்தும்  
பசிவத் திடப்பறந்து போம்

*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）：生物為了生存而消耗食物和飲料，從而能夠維持基本的身體法則——胃火、身體組織、屬性等蓬勃發展並保持快樂，即稱為食物（Aahaaram）。這種食物並不是對所有生物都一樣，而是因生物種類不同而不同。其解釋如下：

*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.*



小昆蟲和地上爬行的蠕蟲，以生活在空氣中、水中和泥土中那些比它們更微小的生物為食；天上飛的大小鳥類以嫩芽、花朵、蔬果、肉類等為食；生活在山林的各類動物則通常以草、草本植株、樹葉或肉類為食；我們人類，具理性思維，還具有能辨別味道的舌，選擇在地球上五類成份兼備的食用對象——纖維 (Sakkai)、營養 (Sattu)、味道 (Suvai)、屬性 (Dosham) 和特質 (Gunam)，它們為我們提供健康、力量、口感與智慧；我們加工食物使其適於食用再吃，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:*

甚至我們的食物也並不統一，根據土地品種、土地產出、食物種類和身體之道 (Shareera dharmam) 的不同而不同。解釋如下：

*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.*

居住在印度斯坦地區如迦什（瓦拉納西）、加爾各答、德里、勒克瑙等地的人們，以生長在本地的主要穀物即小麥、稻穀為食，將其加工成米餅（Bath）或麵餅（Roti）並配以合適的蔬菜製作餐食；居住在印度馬哈拉施特拉邦，如孟買、浦那、納西克、索拉普爾等地的人們，以主要生長在本地的穀物為食，比如將小麥、玉米、珍珠粟、小米製成烙餅（Roti）或薄煎餅（Pagar）並配以合適的蔬菜製作餐食；生活在印度卡納塔克邦地區如邁索爾、班加羅爾、科達古等地的居民，主要以穀物如稻穀、玉米、珍珠粟、粟米、穆子、小米為食，將其加工成飯菜、布丁（Kali/Sangadi）或煎餅（Pakari）並配以相應的蔬菜製作餐食；居住在印度安得拉邦地區如甘賈姆、戈達瓦里、克里希納、庫爾努爾等地的泰盧固人，以及居住在印度達羅毗荼地區如北阿爾科特（阿爾卡杜）、哥印拜陀、塞勒姆、蒂魯吉拉伯利、坦賈武爾、馬杜賴和蒂魯內爾維利的泰米爾人，以本地的主要穀物為食，即稻穀、玉米、珍珠粟、穆子、粟米，將其製成穀飯和布丁等，並配以蔬菜、辣湯（Rasam）和酸辣湯（Kuzhambu）；居住在印度喀拉拉邦的馬來亞人，以生長本地的主要農作物即稻穀為主食，將其加工成米飯或粥（kanji），並佐以諸如蔬菜酸乳咖哩（Kalan）、椰奶葫蘆瓜（Olan）、蔬菜椰奶咖哩（Avial）等相應的配菜。

*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，在英國人修建了遍佈我們國家所有地區的鐵路後，稻穀出口到了不產稻穀的地區，小麥出口到了不產小麥的地區；自從各個穀物原產地開始出口各種穀物後，這些穀物已經成為上述所有地區富裕、文明的人們的主食。

#### 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.*

食物的五種成分，即纖維、營養、味道、屬性（生命能）、特質（食物性質），上文已詳述。其中除了纖維和營養外，剩下的三種成分——味道、屬性和特質，無法用肉眼看到，只能通過味覺、食用後的身體變化及其對我們行為好或壞的影響來了解。

*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.*

纖維 (Sakkai)：當生物咀嚼和吞咽食物時，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為排泄物排除體外的部分，稱為纖維。



*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 blood-stream or flesh in turn giving strength to the body, and not excreted out is known as Nutrient.*

營養 (Saatu)：當生物咀嚼和吞咽食物時，食物中沒有吐出來而是消化了的部分，以及被血液或肌肉吸收、給身體帶來力量而沒有排泄出來的部分，稱為營養。

*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)：大地產出的東西，置於舌頭上，都會給舌頭一種感知或感覺。使你體驗這種感覺的

東西稱為味道或精華。這些味道不僅是為了舌頭的享受，它們也是諸項身體法則之一——五大元素的燃料。儘管一些味道無法取悅舌頭，也無法給頭腦帶來愉悅感，由於它們能點燃身體中與之對應的元素，我們將其與其他能取悅舌頭的味道混合，然後食用它們。如果我們不以這種方式進食，那些與相關味道對應的元素就會缺乏燃料，無法發揮應有的功能，並給我們造成許多病痛影響。這些味道與這個世界上的許多物質混合，無法通過肉眼清晰看到。因此，它們只能通過舌頭進行感知，無法用眼看，也無法用手摸。這些味道是苦、甜、酸、鹹、澀、辣，因此稱為六味。六味不僅可以單獨存在，也可以兩味或多味組合的方式存在於食物體中。但無論哪種味占主導地位，都取決於食物的類型。

*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，只要一將它放在舌頭上，就會擴散到舌頭所有區域，抹去其他食物的味道，並清除口腔中所有污垢，這種食物的味道就稱為苦。以苦味為主的食物有苦瓜 (Pagarkai)、苦莓 (Sundakkai) 等。

苦味俱有促進消化的力量 (Arosikaharam)。少量食用，可以治療發燒、昏厥／呼吸困難、感染和麻風病。這能減少身體的燒灼感。它可以淨化牛奶，也能解毒化痰。如果過量食用，會產生不良影響。

*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)：任何有螞蟻圍繞或蒼蠅在周圍嗡嗡作響的食物，當它被放進嘴裡，會在頭腦中產生一種享受的感覺，其味道就稱為甜味。以甜味為主的食物是粗糖 (Jaggery)、白糖、冰糖等。

甜味性寒，消化緩慢。少量食用，可以治療泌尿系統疾病、清潔火型和風型屬性，消滅毒素，舒緩咽喉區域，並增加牛奶產量。如果過量食用，會引起發燒、呼吸系統紊亂、咽喉部淋巴腫脹等，還會使胃部堆積脂肪，並導致肥胖。

*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)：這類食物放入口中，可以清除所有污垢，讓人起雞皮疙瘩，引起頭暈、牙齒過敏，其味道就是酸味。以酸味為主的食物是羅望子果、檸檬、番茄等。



酸味有助於消化。少量食用，味道可口，可以控制氣型屬性。過量食用，則會刺激風型和水型屬性，導致刺痛、灼燒感，並導致血液污染。

*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.*

鹹味 (uvarppu)：這類食物放入口中會引起更多的唾液分泌，以及喉嚨的刺激和燒灼感，這種味道稱為鹹味。以鹹味為主的食物是食鹽、岩鹽 (Induppu) 和海鹽 (Pottil uppu)。

鹹味性熱，有助於消化。少量食用，是美味的，可以清潔排泄器官，調和風型屬性，軟化身體，排出如汗水等受污染的體液。食用過量，它會導致與風型屬性相關的血液病、麻風病等，讓頭髮早白，身體虛弱，還會導致各種眼疾。

*Astringent (thubarppu) : 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).*

澀味 (*thubarppu*)：這類食物放入口中會產生一種無法動彈的感覺，讓舌頭像塊木頭一樣麻木並堵塞喉嚨，這種味道稱為澀。以澀味為主的食物有木蘋果、檳榔果、訶子、椰子殼等。

澀味性寒。它消化緩慢，能淨化血液，祛除火型屬性，軟化皮膚。如果食用過量，會增厚舌頭，增加體內氣體（風型屬性 *Vayu*），和身體酸度（*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*)：這類食物放入口中，會在舌頭上造成劇烈的灼熱感，在舌尖造成不適，口腔內壁產生灼燒感，讓人流眼淚、鼻涕和口水，這就是辣味。以辣味為主的食物有辣椒、胡椒、芥末等。

辣味性熱，促進消化。少量食用，可以祛痰，治療傷口和咽喉相關疾病。過量食用會導致發熱，並引發許多其他疾病。

*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.

屬性 (Doshas) —— 生命能 (Doshangal)：它們和味道一樣，無法肉眼分辨，它與世界上各種物質混雜在一起。其缺點在生物消化那些它們占主導地位的食物時表現出來，或者在它們造成身體扭曲時被感知。雖然它們被稱為屬性（因為它們能造成身體缺陷），但是當它們均衡存在時，可以滋養自然存在的三種屬性（從而幫助實現四肢、頭腦、智力和感官所控制的多種活動）。但是當它們過量或處於極低水平時，它們會造成許多疾病影響。因此，與其將它們作為有缺陷的物體而加以迴避，還不如將它們與其他有能力中和這些缺陷的食物混合食用。如果不這樣做，我們體內固有的三種屬性就會挨餓，並造成許多有害後果。三種屬性分別是風型屬性 (Vaatam)、火型屬性 (Pittam) 和水型屬性 (Sleshmam/Kapham)。三種屬性，不僅可以單獨存在於食物中，也可以兩種甚至三種全部存在於食物中。然而，哪種屬性占主導地位取決於食物類型。

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.

風型屬性 (Vaataam)：任何會產生刺痛感、咬痛或打嗝的食物，其屬性就是風型 (Vaata dosha)。以風型屬性為主的食物有玉米、小米 (Samai)、蠶豆種子 (Mochai)、生的或熟的菠蘿蜜、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.*

火型屬性 (Pittam)：任何在消化中或消化後會引起頭暈、反胃、嘔吐或心智不穩定的食物，其屬性就是火型 (Pitta dosha)。以火型屬性為主的食物有大麻 (Marijuana)、鴉片、煙草、簇豆 (Kothavaraikai)、番荔枝 (Seethaphal)、角瓜 (Peerkankai)、綠豆／小黃豆、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 lemon), Pearl Millet (Kambu), Okra (Ladies Finger/Vendaikai), white pumpkin, etc.*

水型屬性 (Sleshmam/Kapham)：任何在消化中或消化後會引起內部寒顫、喉嚨痛、昏沈或感冒的食物，其屬性為水型 (Kapha dosha)。以水型屬性為主的食物有黃瓜、青檸 (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 manner 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.*

三種特質（Triguna）：正如前文所屬的味道和屬性無法通過視覺或觸覺感知，只能通過舌頭味覺或身體內產生的事後影響來感知，同樣地，這些特質也只能通過食物對我們行為好或壞的影響以及給我們身體帶來的快樂或悲傷狀態來感知。這些特質（Gunas）有三種，即悅性（Sattva）、動性（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).*

悅性特質（Sattvam）：這類食物的營養素中包含基礎性身體成分，包括組織、清潔系統、健康和均衡的力量，如果經常食用，可以使頭腦、智力和感官不會變得紊亂，而是變得清晰、平靜、慈悲、虔誠、滿足和幸福，並能通過讓我們常行善事而過上快樂的生活，這類食物的特質為悅性（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).*

動性特質 (Rajas)：這類食物的營養素中包含基礎性身體成分包括身體組織、中毒和過度力量，如果經常食用會導致頭腦和智力受制於動搖、憤怒、自我、過度性欲、欲望、勇氣，使人因游移不定和過度性欲而做出許多惡行，並讓人做出許多勇敢的行為，而無法快樂的生活；這類食物的特質即稱為動性 (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).*

惰性特質 (Thamas)：這類食物的營養素中包含基礎性身體成分，包括身體組織、中毒和過度力量，如果經常食用，會導致精神和智力受制於猶豫、愚蠢、憤怒、遲鈍、過度性欲、缺乏快樂、欺騙、報復和困倦，這類食物的特質稱為惰性特質 (Thamasic)。

## INNER DIVISIONS OF THE THREE GUNAS, AND THEIR MANIFESTED CREATIONS

### 三種特質的內部分化及其顯化

*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 low-*



er 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:

在完整的身體法則和食物成分中，這三種特質被認為是最重要的。一個人應該努力提高最優的特質（Uttama gunas），而減少中等的和較低等的特質。在這些特質中，高貴的悅性特質創造了四面梵天（Fourfaced Brahma）和其他的天神（Devathas），中等特質造就了人類以及包括螞蟻和昆蟲在內的所有生命形式。而低等特質是諸如石頭、沙子、樹木、水等非動物（Inanimates）的源頭。這三個特質每一個又進一步分化成三種特質，而這些分支又彼此結合，其表達如下：

SATTVAM 悅性	RAJAS 動性	THAMAS 惰性
Sattva Sattvam 1. 悅性悅性	Rajas Sattvam 4. 動性悅性	Thamas Sattvam 7. 惰性悅性
Sattva Rajas 2. 悅性動性	Rajo Rajas 5. 動性動性	Thamo Rajas 8. 惰性動性
Sattva Thamas 3. 悅性惰性	Rajo Thamas 6. 動性惰性	Thamo Thamas 9. 惰性惰性

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

這九種特質轉而又與三種主要特質組合，形成以下組合形式：

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

這 27 個特質表現為上文提到的天神 (Devatas)、人類和動物，以及非生物物質的高等或低等性質。其中，我們人類歸屬於動性生物本質並同時擁有悅性特質，應當努力發展所有的悅性特質。為了這個目的，我們很有必要了解與悅性相關的惰性食物的優缺點，包括穀物和植物／草藥 (Gandha Mooladi Thavarangal)，它們構成了我們的食物。



rice

pudding

pancakes

indian bread

米飯

布丁

煎餅

印度麵包

તરબોંગાં ઇલણી નોંદ બુ વેચોનોંગાં  
ઇતાર્તે (kanji chavittu ઇદોપલ  
શોપુ ઘોંડો ફાવવેલ)

## 製作碎米飯 ——瀝除澱粉



### ingredient

Small Rice or Broken Rice  
Water

**1 padi**

**3 padi**

### 原料

碎米/短粒米

淨水

*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.*

將碎米在水中浸泡24分鐘，洗淨，瀝乾水份。

*Water - 3 padi* 淨水

*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.*

在容量至少為5 padi 的鍋中，加入3 padi 淨水後加熱。當水開始沸騰，加入瀝乾的米。將沸水與米攪勻。蓋上鍋蓋。

*Few minutes later, when the rice and water are boiling together,*

*stir it. Once the rice is  $\frac{3}{4}$ th cooked\*, mix well again.*

幾分鐘後，當米與水一起沸騰時，攪拌。當米飯 $\frac{3}{4}$ 分熟時，再次悉心攪拌。

*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.*

將鍋用蒸屨布蓋住，完全瀝除米水中的澱粉，將米飯拌勻。其後將飯置於（燃木而成的）活熱炭上燜5分鐘，然後從灶上移開。

---

*\*Note:  $\frac{3}{4}$ th 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： $\frac{3}{4}$ 熟是指：米飯的觸感柔軟，並且同時鍋口冒白色蒸氣。



તરોંગે ઇલાઈ નોંદ વીથોઉટ  
વેરાઈનંગે ઇટાર્કે (કાંજી વાડીકેલાલો  
ઈદોપલ ઇરુ વાગેઈ ઇલાલ)

## 製作碎米飯 ——免瀝澱粉



### ingredient

### 原料

Small Rice or Broken Rice

**1 padi**

碎米/短粒米

Water

**2 padi**

淨水

*This rice is suitable for those who eat only once a day.  
For others it will cause indigestion.*

適宜那些一日一餐的人。於其他人此飯易引起積食。

*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.*

將碎米在水中浸泡約1 Naazhigai，洗淨，瀝乾水份。

*Water - 2 padi* 淨水

*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的淨水並加熱。當水開始沸騰，加入瀝乾的米。將沸水與米攪勻。

*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.*

蓋上鍋蓋。數分鐘後，當米與水開始沸騰，再次攪勻，蓋上鍋蓋。依前一譜的方法來察看米是否已煮至¾分熟，然後從柴火爐上取下，拌勻。

*Now place the rice again on live coal (from burnt firewood) for 5 minutes and remove it from the stove.*

此時將米飯置於（燃木而成的）活炭上燜5分鐘，再從灶上移開。

தத்க்ரிங் big ரிட்டை by த்ரஹிங்  
இதர்க் (kanji vadittu இதில்  
பெரு அரிசி இவ்வருவல்)

## 製作長粒米飯 —— 瀝除澱粉

ingredient		原料
Big Rice	1 padi	長粒米
Water	3 padi	淨水

Big Rice - 1 padi 長粒米

Soak the big rice in water for 10 minutes, wash well and drain the water.

將長粒米在水中浸泡10分鐘，瀝乾水份。

Water - 3 padi 淨水

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.

在容水量為5 padi 的鍋內倒入3padi 淨水並加熱。一旦水開始沸騰，放入瀝乾的米，依照第1道食譜的方法烹煮米飯。





*This rice is of the same nature as of the second rice recipe.*  
這種米飯的性質與第2道食譜中的一樣。

*Big Rice - 1 padi* 長粒米

*Soak the rice in water for 10 Minutes, wash well and drain the water.*

將長粒米浸泡10分鐘，洗好，瀝乾水份。

*Water - 2 padi* 淨水

*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.*

在容水量為4padi的容器內放入2padi的淨水並加熱。一旦水開始沸騰，放入瀝乾的米，依照第2道食譜的方法烹煮米飯。



તરોરોંગ લોરેલે નોંંટ  
(kalappariશો ફાવેલ)

## 製作雜米飯



### ingredient

### 原料

Mixed Rice\*

1 padi

雜米\*

Water

3 padi

淨水



Mixed Rice\* - 1 padi 混合米／雜米\*

Soak the rice in water for 30 Minutes, wash well and drain the water.

將雜米在水中浸泡 30 分鐘，洗淨並瀝乾水份。

Water - 3 padi 淨水

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.

在容量為 5 padi 的容器內，加入 3 padi 淨水並加熱。當水開始沸騰，放入瀝乾的米，依照第1道食譜的方法煮米飯。

.....

\* Mixed rice means: The rice collected from begging, which will consist of big, small and various qualities of rice. \* 注：混合米／雜米指乞討來的米，包括長粒米、碎米和不同種類的米。

# ତରକିଙ୍ଗ ନେଓ ନିଟିହ (pudu ariṅṅo haadaval)

## 製作新米飯

ingredient		原料
New Rice	<b>1 padi</b>	新米
Water	<b>3 padi</b>	淨水

New Rice - 1 padi 新米

Wash the rice well and drain the water.

淘淨米，瀝乾水份。

Water - 3 padi 淨水

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.

在容水量為5 padi的容器內放入3 padi 淨水並加熱。當水開始沸騰，放入瀝乾的米，然後依照第1道食譜的方法烹煮米飯。

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  $\frac{3}{8}$  spoon of ghee before putting the rice into boiling water. By doing so, the rice does not get overcooked.

新米易過熟而呈布丁狀。為防糊飯，先將米在（水蒸氣剛開始升起的）溫水中浸泡15分鐘。瀝乾水份再加入沸水裡煮。也有人浸米，而用普通水淘米，瀝乾，在加入沸水前，和入 $\frac{3}{8}$ 匙酥油。依以上方法可使新米飯不會煮得過於熟糊。

# વોદાત ગ્રોડ નોંદ (ઘોથપુલા નોંદે ઇવાદાલ)

## 麥碎飯

ingredient		原料
Wheat Grit	<b>½ padi</b>	麥碎
Water	<b>1 padi</b>	淨水
Ghee	<b>1½ palam</b>	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.*

此飯性有慢消化的性質。可以消耗體內多餘氣體。每日適量食用可為身體提供力量。於糖尿病患者與過胖者頗有助益。

Water - 1 padi 淨水

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.

在容量為2 padi 的容器內放入1 padi 水。當水開始沸騰，在沸水中加入1½ palam 酥油。再加入 ½ padi 麥碎並攪拌均勻，蓋上鍋蓋。數分鐘後，再次攪拌。飯煮至¾分熟後，從爐灶上移開，拌勻。

Now keep the rice covered on live coal (from burnt firewood) for 5 minutes. It can then be served.

此時將飯置於（燃木而成的）活性炭上，蓋著蓋子燜5分鐘。隨後即可盛用。



ઠોંટઘોં દ લીટીદ લોીદ નોંદ  
(thinao, dhaalao, ravaoghalin dhaadalo)

粟米或小米飯



#### ingredient

Foxtail, Little or Kodo Millet  
Water

$\frac{1}{2}$  **padi**

**1 $\frac{1}{4}$  padi**

#### 原料

粟米/小米/鴨嘴草

淨水

Foxtail, Little or Kodo Millet (any one of these) - ½ padi

粟米／小米／鴨乸草 (任選一樣)

Clean the millet by pounding and winnowing.

舂搗篩揚小米。

Water - 1¼ padi 淨水

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.

用一個能裝 2 padi 的容器盛 1¼ padi 水，煮沸。加入乾淨小米，攪拌。蓋上鍋蓋。當米 ¾ 分熟時，從爐灶上取下並攪拌均勻。

Now keep the millet covered on live coal (from burnt firewood) for 5 minutes. It can then be served.

把蓋上蓋的小米飯在（燃木而成的）活性炭上燜5分鐘。隨後即可盛用。

Amongst these, whole unhusked little millet can also be boiled, then made into rice and cooked, just as rice prepared from boiled paddy.

粟米類中，未脫殼的小米，也可以煮後製成半熟米再行烹製，就像可以用煮稻穀的方式製蒸穀米一樣。



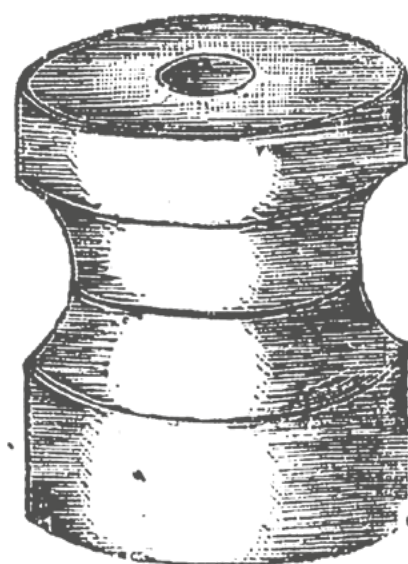
# corn rice or pudveng (cheola isadaval aliathu kali)

## 玉米飯 / 玉米布丁

ingredient	原料
Corn	1 padi 玉米
Water	3 padi 淨水

Corn - 1 padi 玉米

Clean the corn by pounding and winnowing. Remove and place it in the **Ural** (large pounding mortar). Then sprinkle  $\frac{1}{16}$  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  $\frac{1}{16}$  padi water and repeat the process till there is no whole corn left. Now separate the grits and the flour.



உரல்.

Ural 搗穀臼

舂搗篩揚玉米粒。將其連同  $\frac{1}{16}$  padi 水倒入 **Ural**（搗穀臼）中搥細，用篩子篩分顆粒和穀粉。若有完整顆粒，將其分揀，再次和入  $\frac{1}{16}$  padi 水，重複以上步驟，直至穀粒全碎。再將玉米粉與粗碎玉米麵分開。

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.

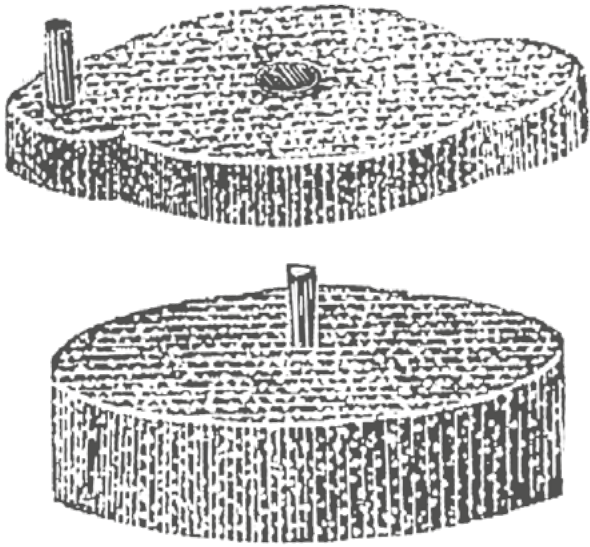
取 2 padi 淨水盛入一個能裝 3 padi 的容器中。當水開始沸騰，加入玉米碎，攪拌，蓋上蓋子。

After a few minutes, When the grits are  $\frac{3}{4}$ th 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.

幾分鐘後，當玉米碎  $\frac{3}{4}$  分熟時，加入玉米粉並攪拌。悉心拌，避免結塊。每2分鐘攪2到3次。將做好的穀飯或玉米布丁置於（燃木而成的）活熱炭上半個小時。再次攪拌，從爐灶上移開，盛用。



துவரையுடைக்கும்  
இயந்திரம்

hand stone grinder 手磨石盤

There is also the practice of grinding the corn in a hand stone grinder into grits and flour, and then cooking it.

實踐中另一種做法是用手磨石盤把玉米磨成粗粒與細粉，然後再行烹飪。

પદારો લોીદત રોદદ/pudding  
(કાલોબુ ડાદાદાલ ઓાદુ કાલો)

珍珠粟飯/珍珠粟布丁

ingredient	原料	
Pearl Millet Flour	1 padi	珍珠粟粉
Water	2 padi	淨水

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. 舂搗珍珠粟直至外殼剝落，揚穀去殼。像製玉米麵一樣，灑水搥粟，直至搥成粗和細粟粉。

Take 2 padi of water in a 3 padi water capacity vessel and boil it. 取2 padi 淨水，倒入一個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. 粟粉與粟碎混合拌至鬆散無結塊後，加入沸水中。持續攪拌粟碎至 ¾ 分熟。將容器從灶火上移開，置於（燃木而成的）活炭上約1個小時。再次攪拌，從灶上取下並食用。

# finger millet pudding (raagi kali aliadu sangadi)

## 穆子布丁

### ingredient

### 原料

Finger Millet

1 padi

穆子

Water

2 padi

淨水



களித் துடுப்பு

Kali thuduppu 木鏟

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.

舂搗穆子，去殼揚穀。磨成細粉，稱取上述份量並放置一旁。

Water - 2 padi 淨水

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 淨水，倒入一個至少3 padi 容量的鍋中並加熱。當水開始沸騰，將½ padi 水倒入另一鍋中。將磨好的穆子粉倒入水中，不要攪拌；將2 muzham（約3尺長的）**Kali thuduppu**（木鏟）放入鍋中。每兩分鐘重複性地蘸進蘸出。

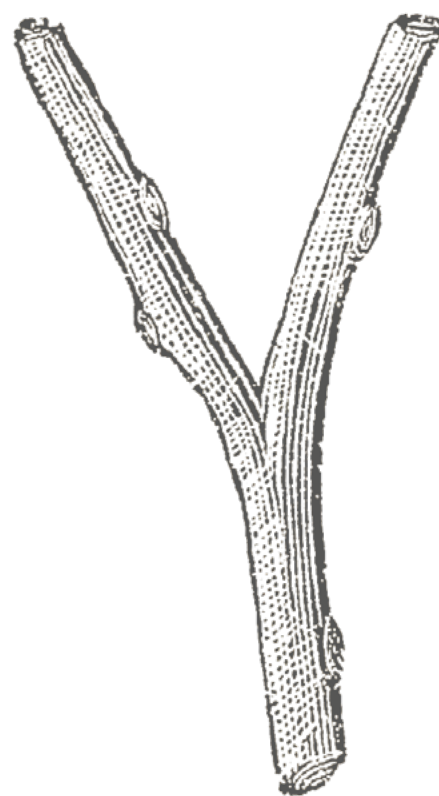
When the water dripping from the **Kali thuduppu** begins to thicken, to avoid shaking of the pot, Clamp the branched limbs of the **Kali kavai kol** (Y shaped wooden stick - refer glossary) to the neck of the pot and clutch its bottom end with one foot. Clutch the **Kali thuduppu** with both hands tightly 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.



當從 *kali thuduppu* (木鏟) 滴下來的水開始變稠時，為防止鍋搖晃，將 *Kali kavai kol* (Y型杈) 的分支架住鍋頸並用一隻腳抵住鍋底。雙手緊握 *Kali kavai kol* (Y型杈)，連續攪拌5分鐘，刮鍋沿內壁，不讓糝子麵在任何一處結塊。倒些放在一旁的淨水並攪拌，令其煮3-4分鐘。

*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.*

當粥開始濃稠凝膏，倒入剩餘的水，再次攪拌後放置4-5分鐘。察看糝子麵是否煮熟，可用水沾濕手掌，從鍋中取出一點稠麵搓成球。如果麵球不黏手，將鍋從柴火爐上移開。



ಕಲಿಕ್ ಕವಾಯ್‌ಕೋಲ್.

Kali Kavai Kol Y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.*

在稠粥布丁裡添入粗蔗糖可製成甜布丁。該做法是將5 palam粗蔗糖磨粉後加入沸水中。糖溶化後，倒入糝子粉。若需亦可添加 ¼ Ru.wt 豆蔻粉。煮好後，為防布丁凝成堅石狀，將其揉成芒果大小的球並放入水中保存。

*This pudding is mostly prepared as a special recipe in Kudagu, Mysuru, Bengaluru and in some taluks of Salem district like Hosur and Tenganikotai.*

通常在班加羅爾、邁索爾、庫格，還有一些塞勒姆區的鄉鎮，如霍蘇爾和騰甘尼可泰，會製作這種糝子布丁。

corn, pɛhari lōīet, fīngɛr lōīet  
pancake (cholaḷ, kaḷbu, raḡḡi  
iṛaigalin adai)

玉米餅 / 珍珠粟餅 / 穆子餅

ingredients	原料
Corn / Pearl Millet / Finger Millet Flour	½ padi 玉米麵粉 / 珍珠粟粉 / 穆子粉
salt	⅛ palam 鹽
Jaggery	3 palam 粗蔗糖

Corn/Pearl Millet/Finger Millet Flour - ½ padi

玉米麵粉 / 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.

取上述任何一種穀 ½ padi，去殼，碾磨成粉，放在一邊。

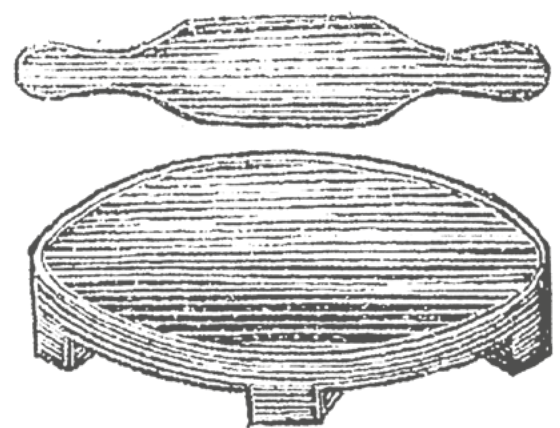
Powder ⅛ palam salt and add to the flour.

在穀粉中加入 ⅛ palam鹽。

Knead the flour with boiling water and keep the dough aside for 1 hour.

將穀粉與沸水揉合均勻，靜置1小時。

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 擀麵板

Appala-kuzhavi 擀麵杖

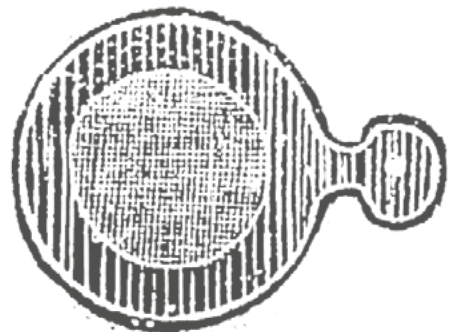
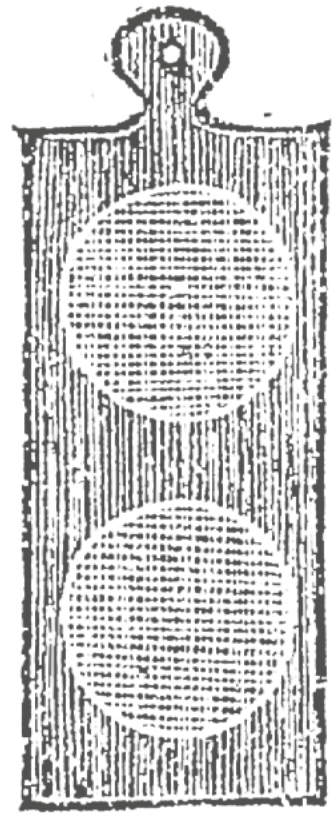
再次揉麵，分成幾個芒果般大小的麵糰，用手掌按壓 **Appala-palagai** (擀麵板) 上或盤裡的麵糰，將其壓成一稻穗寬的薄圓餅；或用 **Appala-kuzhavi** (擀麵杖) 將麵擀開\*。

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.

架好柴火爐上的 **Dosai kal** (多薩鍋) 或 **Tagattai-aduppu** (炭灸爐)，鍋一熱，就將薄餅放上鍋，令其烙烤。當餅色泛紅，翻個面。烙好後取出，在熱炭上灸烤麵餅外沿。

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.

重複以上步驟烙烤全部麵餅。也可在餅中加入粗蔗糖。這樣做時，將3 palam 粗蔗糖溶於沸水，和麵時加入麵中揉勻。此餅可配 **Kootu** (燉蔬菜 and 扁豆)、**Kuzhambu** (酸辣湯) 或凝乳同食。



தோசைக்கல்

Dosai kal 多薩鍋／烤餅屨

\* To prevent the pancake from sticking on the board, sprinkle some dry flour on the rolling board while rolling the pancakes. \*注：為避免麵餅黏在板上，可以在擀餅時在麵板上撒些乾麵粉。



ਘੋਏਫਤ ਫੀਠੁਰ ਠਰ ਗ੍ਰੀਟੇਡ  
 ਨੌਰਲਾਈ ਪਾਨਟਾਕੇਟ ਠਰ ਰੋਟੀ  
 (ਗ੍ਰੀਠਪੁਲਾਈ ਲਾਫਾਪੁ ਬੀਥਾਦੇਪੁ ਨਗੋਪੁਯੇਨ  
 ਝਾਥਾਦਾਥਾ ਥਾਦਾਈ ਬੀਥਾਦੇਪੁ ਰੋਟੀ)

烤麥餅



ingredientੜ

原料

Fine Wheat Grits (Semolina) or Flour	½ <b>padi</b>	麥碎或小麥粉
Salt	¾ <b>palam</b>	鹽
Ghee	1½ <b>palam</b>	粗蔗糖

Fine Wheat Grits (Semolina) or Flour

- ½ padi 細小麥碎或小麥粉

Salt - ⅜ palam 鹽

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.

混合均勻上述原料，加入適量的水，揉成均勻的麵糰。然後將麵糰靜置1小時。之後，再次均勻揉麵，搓成一長條光滑的麵棒，再分成幾個檸檬大小的麵糰。在**Appala-palagai** (擀麵板) 和 **Appala-kuzhavi** (擀麵杖) 上撒上乾麵粉。取一麵球，在麵板上將其擀成半稻穗寬的薄圓餅。

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.

將陶泥、石製或者鐵製的多薩餅鍋架在燃著小火的柴灶上，擀好的麵餅放入鍋中。一旦餅輕微鼓起／膨脹，翻面。烙烤至餅麵微微泛紅而無焦糊，便從鍋中取出。在熱炭上炙烤麵餅外沿後放置一旁。依法炮製其餘麵糰。

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.

也可以用手掌把麵糰壓平的方式做這些麵餅。日常中，麵餅是與少量酥油一起食用的；2 *palam* 或 4 *palam* 的酥油與等量淨水一起燒煮，餅一熟就塗上油，然後一層一層地疊在一起。這樣，吃的時候餅會保持軟嫩。

*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.*

此餅可與鹹辣味菜餚如 *Kootu*（燉蔬菜和扁豆）、*Kuzhambu*（酸辣湯）、小扁豆，或者與甜味食品如糖、芒果或香蕉等一起食用。



# preparation of rihaleha (इठार) for roti (roti ke rihaleha [pulippu] tayaar इठिहा)

## 酵母製法 (發酵麵／酸麵糰)

*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.*

印度斯坦族人製作他們的主食——軟若海綿的麵包，會添加一種稱之為khameer的酸味發酵料。這種酵母有一兩種備製方法：

### 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個可盛 ½ padi 水 **Pudhu kalayam** (新碗)。將其中一個悉心洗淨。在其底座塗上 1 Ru.wt 蓖麻油，將碗盛滿水並加熱。當水開始沸騰時，倒掉，然後再裝滿水，然後如同以上的方法加熱。煮沸後，將其從爐中取出。當此水到達適於洗澡的熱度時，加入 2 Ru.wt 鷹嘴豆辦，然後用另一個碗蓋住碗口，讓兩個碗的口相互貼合，蓋緊。將碗置於柴火爐的炭灰上 5 jaamam (即15個小時)。5 jaamam 後，可以覺察到發酵氣泡和酸味。

Mix this water with  $\frac{1}{2}$  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.

將這酸水與  $\frac{1}{2}$  padi 小麥粉混合。用水清洗浸泡的鷹嘴豆瓣後，加入小麥粉中揉勻。讓揉好的麵糰靜置 3-4 naazhigai。這樣，麵糰就會發酵為 **khameer** (酵母) 了。用這種方式做麵糰時，若麥粉的量為 40 Re.wt，那麼發酵混合麵應為 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，應以同量的普通麵粉添入剩餘的酵母中並置放一處。這樣，通過每天以普通麵粉更替用過的酵母麵，就可以隨時備用酵母。在這個酵母開始變乾的階段，用鷹嘴豆瓣（如前所述）準備發酵液並與麵糰混合。

## 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.

依照第一種酵母製作法中提到的方式，在水中加入鷹嘴豆瓣時，另加 3 palam 糖或 **Naattu chakkarai** (粗蔗糖)。其餘步驟依照之前的酵母配方進行操作。

### 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.*

使用鷹嘴豆瓣，依照此食譜中的方法一，製備發酵混合物；加入 1¾ Ru.wt 酸凝乳、15 Ru.wt 小麥粉／麥碎、甜茴香籽，混合均勻，放入布上，然後鬆鬆繫好並掛起來。

*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.*

每天察看麵糰是否膨脹，一點一點地加入麵粉。使用這種酵母可依照前一種方法所述。但不可過度發酵，應保持在適恰的發酵階段。



# khameer roti

## 火燒餅

roti

roti

### ingredient

### 原料

Wheat Grits or Flour	½ padi	小麥碎或小麥粉
Khameer	½ palam	酵母
Powdered Salt	¼ palam	鹽末

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

小麥粉／細麥碎

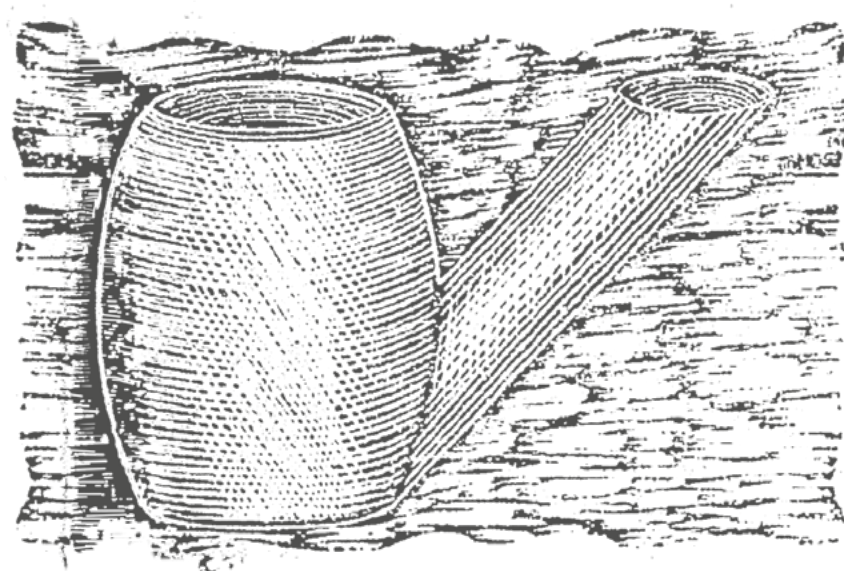
Khameer - ½ palam 酵母

Powdered Salt - ¼ palam 鹽末

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.

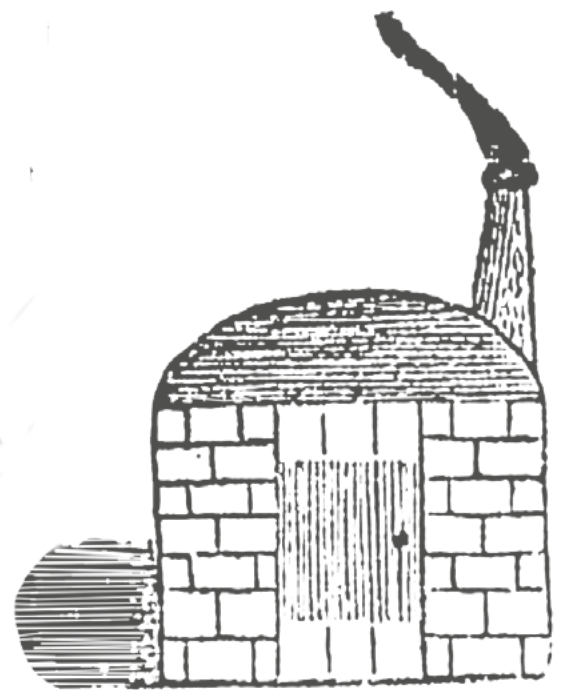
Once Again, knead well and make balls  
of the weight of 2 palam (70gms) each  
using the entire dough. Roll out Rotis of  
1 paddy width like mentioned before,

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 practice,



போன் அடுப்பு.

Pon-aduppu 餅坑爐



கூண்டடுப்பு.

Konndu-aduppu 磚窯灶

while turning the Roti,  
sour buttermilk is also  
sprinkled on it . This Roti  
can also be made on  
**Pon-aduppu** (firewood  
pot stove-like **Tandoori**  
stove) and **Koondu-**  
**aduppu**.

將上述原料和水混合，揉成麵糰。將麵糰放置在溫暖的環境中2小時，令其發酵膨脹後繼續揉，揉好後將麵糰分成幾個重量為2 *palam* (70克)的麵球。像之前餅譜所述，擀出1稻穗寬的麵餅，然後將其置於濕布上，再用另一塊濕布蓋住，放置半小時。如前所述，將麵餅放在石／陶／鐵製的平底鍋上烤，用勺的末端在餅中心戳3-4下。當麵餅開始如前所描述的那樣鼓脹起來時，翻個面。餅烤熟後，從爐中取出。實際操作中，在翻麵餅的同時要灑上酸酪乳。此麵餅也可以在 *Pon-aduppu* (餅坑爐，如 *Tandoori* 瓦烤爐) 或 *Koondu-aduppu* (磚窯灶) 內烤製。

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* 餅坑爐烤餅，不應把麵糰揉成圓形，而是將濕布折疊成4-5折並製成圓形饅枕 (*Naandle*)，將麵糰放在枕托上用手掌壓平，再用手指在麵餅中間戳3至4個孔。就像在 *Pon-aduppu* 餅坑爐的內壁上輕拍牛糞餅一樣輕拍麵餅。幾分鐘後，在餅上灑一些酸酪乳。餅烤熟而泛紅時，用長柄鉤按住，再用一個餅鏟掀開餅的邊緣，在爐內挪移烘烤，以吸收燃炭熱量，然後將餅從爐中取出，放置一邊。爐壁可同時烤4個或更多麵餅。



Roti-ladle  
餅鏟

Long hooked handle  
長柄鉤



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 Koon-du-aduppu, several moulds can be placed simultaneously. To know more about the usage of these stoves, Refer to the **glossary**.

在長、方和高外型像塊巨磚的 **Koondu-aduppu**（磚窯灶）內烤製麵餅：將備好的麵糰製成的球狀麵糰，放入 **Roti-kinnam**（餅模）\* 中，並與模具一起放入 **Koondu-aduppu** 內。當餅受熱膨脹時，使用餅鏟將之全部放入爐底，確保餅麵相互不黏連。用鐵板關上爐門。15至20分鐘後打開爐門，察看餅色是否泛微紅。若如此，便可從爐火中取出用之。依 **Koondu-aduppu** 內部可用空間，可同時放置多個模具。（欲了解更多爐灶廚具信息，請參閱書後圖錄。）

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**（柴木餅坑爐）內的圓形麵餅也可以在 **Koondu-aduppu**（磚窯灶）內烤製。反之，**Koondu-aduppu** 內的長條或方形餅也可以在 **Pon-aduppu** 中烘烤。

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\*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：想要備製特定形狀的餅或餅乾，可用錫紙製作相應形狀的模杯。實踐中也使用字母或不同形象來塑造餅模內壁。



इरलावारी roti  
奶香火烤餅

ingredient		原料
Milk	<b>¼ padi</b>	牛奶
Khameer	<b>1¼ palam</b>	酵母
Clotted Cream from Milk	<b>5 palam</b>	濃縮奶油
Fine Wheat Grits (Semolina)	<b>½ padi</b>	細小麥碎（粗粒小麥粉）
Salt	<b>¼ palam</b>	鹽
Curd	<b>¼ padi</b>	凝乳
some Sour Buttermilk		些許酸酪乳

Milk - ½ padi 牛奶  
Khameer- 1¼ palam 酵母  
Mix both of these together nicely.  
將二者輕柔混合。

Clotted Cream from Milk - 5 palam 濃縮奶油  
Fine Wheat Grits (Semolina) - ½ padi 細小麥碎(粗粒小麥粉)  
Salt - ¼ palam 鹽  
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. 均勻混合濃縮奶油、小麥碎和鹽，與步驟1的牛奶酵母和在一起。揉拌成柔軟的麵糰。將麵糰靜置一段時間(麵發酵膨大後)，分別做成檸檬般大小的麵糰，然後擀成半稻穗寬的薄餅。

Curd - veesam ¼ padi 凝乳  
Milk - veesam ¼ padi 牛奶  
Some Sour Buttermilk 些許酸酪乳  
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.*

把牛奶與凝乳混合，均勻地塗抹在餅上。將所有的餅放在一塊濕布上，上面用另一塊濕布蓋住，靜置1½ Naazhigai (36分鐘)。麵膨脹起來後，在餅的中心戳2至3個洞後烘烤。

*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.*

輕拍 **Pon-aduppu**（餅坑爐）內壁上的麵餅至熟並色澤微紅，不時地灑上一些酸酪乳。當麵餅膨脹發紅，將餅的邊緣在活炭上炙烤，隨後從爐火中取出並用之。

# vegetable and tuber based pancake (khai kishangua danthada)

## 菜薯餅

ingredient	原料
Tapioca	½ <b>veesai</b> 木薯
Fine Wheat Grits (Semolina)	7 <b>palam</b> 細小麥碎 (粗粒小麥粉)
Powdered Salt	⅛ <b>palam</b> 鹽末

Tapioca - ½ **veesai** 木薯

Fine Wheat Grits (Semolina) - 7 **palam** 小麥碎

Powdered Salt - ⅛ **palam** 鹽末

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.

將木薯放在（燃柴所留的）熱灰上煨至熟透。冷卻後剝皮。與小麥碎和鹽混合，加入所需量的水，揉成麵糰。麵糰分成小麵球。將小麵球放在揉麵板上，擀成麵餅。像另些麵餅食譜一樣在多薩鍋上烤熟後用之。

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.

同樣，也可以用蔬菜和塊莖，如用具備 **Madhura rasa**（甜味）的南瓜、生香蕉和馬鈴薯，來烤製這種餅。重點是在製作烤餅前，要先蒸烤備好蔬菜，將其去皮，然後與 **Rava**（細小麥碎）混合。



kuṣhka (aromatic dished)

## 庫序卡（香飯）

*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 the rice grains don't stick to the fingers.*

以下庫序卡的製作非常有趣。這種飯與凝乳、牛奶和糖一起食用。像 *rasam*（辣湯）、*kootu*（燉蔬菜扁豆）或 *kuzhambu*（酸辣湯）這類鹹、酸、辣配菜，不適合與其一起食用。烹飪時注意穀粒應不結塊不結糊，粒粒分明不黏手。

ହାଣ୍ଡିକରା ହାଣ୍ଡିକରା

## 茉莉飯



## ingredient

## 原料

Jasmine Flower	$\frac{1}{4}$ padi	茉莉花
Water	1 padi	淨水
Small Rice	$\frac{1}{2}$ 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.

挑選優良品種的剛開的粉紅茉莉或冬茉莉，去掉綠色的莖。把花分成4份，分別用細棉紗紮好。

Water - ½ padi 淨水

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.

½padi淨水倒入一容器內加熱。將一薄紗平敷於 **Bogini**（直筒寬口甌，不可過深）的器沿。將一包茉莉花放在薄紗上。澆2滿勺熱水在花上，同時不斷轉動，使水滾落入花包各處。4包花皆依法澆製。然後將這份芳香花水單獨蓋好。

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。瀝盡水份。

Water - ½ padi 淨水

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淨水，當水開始沸騰，放入淨米，攪拌並蓋上蓋子。米飯半熟後，將芳香水倒在米飯上並攪拌。



*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.*

將一塊乾淨的白布緊緊繫在飯器口上。然後使用類似容器或盤子蓋住器口，使蒸氣不會逸出。2或3分鐘後，將飯器從燃柴灶移置到無煙活炭上，燜一段時間。此時即可盛用。

# இலகாராபுரி ருதுக்க

## 酥油凝乳飯

ingredient		原料
Good Quality Rice	½ <b>padi</b>	優質米
Water	1 <b>padi</b>	淨水
Thick Curd	1¼ <b>palam</b>	稠凝乳
Milk	¼ <b>padi</b>	牛奶
Powdered Salt	½ <b>palam</b>	鹽末
Ghee	2½ <b>palam</b>	酥油

Good Quality Rice - ½ **padi** 優質米

Wash and clean the rice with water. Drain the water completely.  
用水淘清米粒。瀝盡水份。

Thick Curd - 1¼ **palam** 濃稠的凝乳

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. 將 1¼ **palam** 凝乳倒入洗好的米中，攪拌均勻。再用水清洗米並瀝乾水。再一次將 1¼ **palam** 凝乳倒入米飯中，攪拌均勻，靜置 1 個半小時後，用淨水清洗米並瀝乾水。

Water - 1 **padi** 淨水

Milk - ¼ **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熱。當奶與水煮沸並蒸發了一半體量時，將淘好的米加入其中。

Powdered Salt - ½ **palam** 鹽末

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.*

悉心拌勻鹽末與米，蓋好飯器。米半熟後，將其鋪在乾淨的白布上，瀝乾水份。再一次，將另一個耐氧化的容器放在爐灶上，將半熟米倒入其中。

*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),*

將牛奶灑在米飯上，保持爐灶微火慢煮。一旦飯如花般（柔軟），

*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.*

驗察酥油是否香氣美好，將其澆入米飯，拌勻。將容器置於（燃木炭化而成的）活性炭上熱數分鐘。米飯此時可用。



keḍalaani ruḷheka

格拉妮酥油飯

ingredient		原料
Rice	½ padi	大米
Water	1½ padi	淨水
Salt	1¾ palam	鹽末
Thick Curd	2½ palam	稠凝乳
Milk	⅛ padi	牛奶
Good quality Ghee	1¾ palam	優質酥油
Big Lemon	1	大檸檬
New Mud Pot	1	新泥瓦鍋

Rice - ½ padi 大米

Wash and clean the rice with water. Drain the water completely.  
用水淘清米粒。充分瀝乾水份。

Water - 1½ padi 淨水

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,

倒淨水入耐氧化的容器中加熱。當水沸時，加入淨米並蓋上容器。當米半熟時，

Salt - 1¾ palam 鹽末

powder the salt and add it to the rice. When it comes to a boil, 磨鹽成粉，加入米中。至米沸騰時，

Thick Curd - 2½ palam 稠凝乳

Big Lemon - 1 顆大檸檬

Good Quality Ghee - 1¾ palam 優質酥油

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.

擠出檸檬汁，將汁加入米飯中，隨後將凝乳和酥油逐樣加入沸騰的米中，攪拌。幾分鐘後，當米飯熟透，將其攤在乾淨的布上，擠出所有水份，放置一邊。

*New Mud Pot - 1個新的泥瓦鍋*

*Milk - veesam  $\frac{1}{16}$  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.*

取一新泥瓦鍋，裡外都清洗乾淨，置於柴火爐上。將牛奶灑在鍋內四壁。當牛奶濃稠，加入一旁先前瀝乾的米飯。

*Milk - veesam  $\frac{1}{16}$  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.*

灑或澆牛奶在米飯上，拌勻。蓋好蓋子，以免蒸氣逸出。整個過程保持中小火。數分鐘後，當米飯煮透並柔軟如花時，取出並用之。

लोहाडाल काानी रुडुका

奶油甜米飯

ingredient		原料
Rice	½ padi	大米
Water	¾ padi	淨水
Ghee	¾ <sub>16</sub> padi	酥油
Clotted Cream from Milk	5 palam	濃奶油
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.

用水將米淘洗乾淨。瀝乾水份後讓米浸潤一段時間。

Ghee - 3 veesam padi 酥油

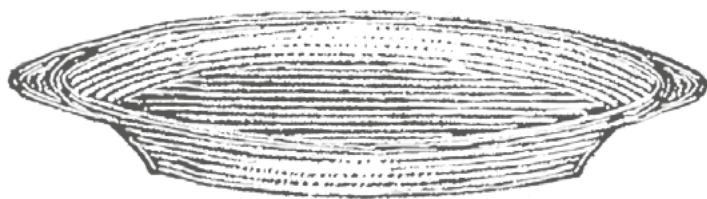
Pour this in a frying pan and heat it. When the ghee is heated, put the soaked rice in it and roast it until it turns slightly reddish.

將酥油放入煎鍋中加熱。倒入浸潤過的米，翻炒至泛紅。

Water - ¾ padi 淨水

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).



தாம்பாளம்.

Kalaya Tambaalam 塗鉛盤

將¾ padi水倒入2 padi 容量的容器中燒，煮開後加入炒好的米飯並攪拌。把爐子的火關小，察看稠度是否合適並從爐子上拿走。將容器置於（燃木而成的）活熱炭上5分鐘。將飯盛到 Kalaya Tambaalam（塗鉛盤）上。



Clotted Cream from Milk - 5 palam 濃奶油  
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.  
在盤內的香飯裡加入奶油和糖，拌勻，用之。

香飯

रिंदह

कुइनेरव

इज्जे ande pancake or breade  
(इज्जेगालुल araipondra adai  
bhaadu rotigalu)

## 娑季飯和薄餅或煎餅

*Sojji rice is prepared among Brahminutes who are unable to fast on days like Ekadasi instead of rice. This is frequently used by Madhwas 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.*

這種被稱為 **Sojji** 的飯點是在一些節日裡，比如 **Ekadasi** 齋戒日——為一些出於某些原因不能做斷食或齋戒的婆羅門（印度種姓制度中最高等級或僧侶階級）做的。這也被稱為 **Usali**。烹製娑季飯和 **Pachadi**（蔬菜拌酸奶）、**Rasam**（辣湯）、**Kuzhambu**（酸辣湯）和蔬菜（咖哩）等菜餚，需要調味。以下食譜說明調味料的製備方法。

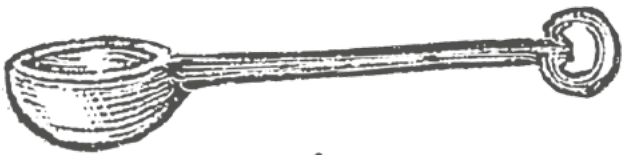
హైదరాబాద్  
調味料製法

ingredient	原料
Ghee / Sesame Oil	酥油／芝麻油
Red Chilies	乾紅辣椒
Split Black Gram/Urad Dal*	印度黑豆辦*
Mustard Seeds	芥菜籽



వాణలి.  
Vannali 煎鍋

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** (煎鍋)、**Irambu karandi** (鐵勺)、泥鍋或耐氧化的容器中加熱，直到「Sora Sora」的濺射聲停息。



కరణ్డి.  
Karandi 大勺

Red Chilies 乾紅辣椒  
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,  
乾紅辣椒去莖，切成小片，投入熱酥油或芝麻油中。烹至半熟。

Split Black Gram/Urad Dal\* and Mustard Seeds  
印度黑豆辦\* 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.  
將上述原料和半熟的辣椒放在一起攪拌，然後放在爐子上，直到「Sada Pada」的濺射聲停息。然後將其從灶上移開，添入相應的菜餚中並攪拌均勻。



*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，如果要在調味料中添加其他原料，亦無妨。有時，還會添加阿魏膠和咖哩葉。若是如此，應在芥菜籽的濺射聲停息後添加。

*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.*

在準備調味料時，我們中許多人將辣椒、印度黑豆辦和芥菜籽一起加入半熱的油中，甚至在「Sada-pada」濺射聲停息前就認為調味料已經完成而將其取出並添加到菜餚中。若這樣做，調料的半熟成分除了破壞菜餚的味道外，還會在我們身體裡引發各種疾病。因此，依上所述製備調味料很重要。

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*\* 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. \*在實踐中，普通調味料僅添加印度黑豆辦。而一些蔬菜菜餚，除了印度黑豆辦還添鷹嘴豆辦來調味。在給 Rasam (辣湯) 和 Kuzhambu (酸辣湯) 調味時，不需要這些小扁豆。芥菜籽和辣椒就足夠了。*

નરભા ફોજી (ફાફા ફોજી)  
普通娑季飯

ingredientફ	原料	
Small Rice	1 padi	碎米／短粒米
Water	3 padi	淨水

*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.*

這道飯也叫炒米煮的飯，是給那些在節日期間由於生病而無法齋戒的人食用的，用以控制胃炎、嘔吐、發燒和腹瀉。

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.*  
一點一點地倒入煎鍋中，焙炒至轉呈沙色。

Water - 3 padi 淨水  
*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.*  
將其倒入 5 padi 容量的容器中並加熱。水一旦沸騰，將炒好的米飯洗淨，瀝乾水份，即刻倒入沸水中。依照第 1 道食譜的方法烹製米飯。



ହହହହହହହ ହହହହ  
(taaliṁṁ ହହହହ)

調味娑季飯



ingredient		原料
Small Rice	1 padi	碎米/短粒米
Ghee	5 palam	酥油
Water	2 padi	淨水
Red Chilli	¼ palam	乾紅辣椒
Split Black Gram/Urad Dal	½ palam	印度黑豆辦
Mustard Seeds	¼ palam	芥菜籽
Curry leaves	⅛ palam	咖哩葉
Turmeric powder	⅛ Ru.wt	薑黃粉
Powdered salt	½ palam	鹽末
Pepper	⅛ palam	胡椒
Cumin Seeds	⅛ palam	孜然
Asafoetida	2 ku.wt	阿魏膠



Small Rice - 1 padi 碎米

Put little by little in a frying pan and roast until it turns sandy in color.

將其一點一點放入煎鍋中，煨炒至米呈沙色。

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 容量的耐氧化鍋中倒入酥油並加熱。

Red Chilli - ¼ palam 乾紅辣椒

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

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道食譜的烹製方法，以上述食材製成調味料。調味料一旦備好，

Curry Leaves - ⅛ palam 咖哩葉

Add this in the prepared seasoning and as soon as the “sada pada”(crackling) sound stops, pour 2 padi water to this.

將咖哩葉加入製好的調味料。當「sada pada」的飛濺聲停息時，倒入2 padi 水。

Turmeric Powder - ⅛ Ru.wt 薑黃粉

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.

將其加到水裡。過一會兒，當水開始沸騰時，把炒好的米飯洗淨，瀝乾水份。將其加入沸水中，攪拌並蓋上蓋子。幾分鐘後，察看米是否煮到¾分熟。

Powdered Salt - ½ palam 鹽末

Add this to the boiling sooji and stir it with a ladle. Place the vessel on the heat of live coal (from burnt firewood).

在沸騰的米中加入鹽末，用勺子攪拌。將容器置於（燃木而成的）活熱炭上。

Ghee - 2 palam 酥油

*Heat it in an iron ladle or pan and after it is fully heated,*

在鐵勺或鍋中熱酥油，油熱燙後，

Pepper - 1/8 palam 胡椒

Cumin Seeds - 1/8 palam 孜然

*add these to the heated ghee and deep fry it.*

將料加入油中炸。

Asafoetida - 2 ku.w t 阿魏膠

*Remove from the stove and immediately add asafoetida -*

*2 ku.wt to the pepper and cumin.*

從爐子上取下，立即在胡椒和孜然中加入阿魏膠。

*After the Asafoetida is deeply fried, remove the asafoetida and add the Pepper and Cumin Seeds alone, along with the ghee into the sooji\*. 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.*

取出炸過的阿魏膠，僅將胡椒、孜然連同酥油一起混入碎米飯\*。攪拌均勻。將容器放在（燃木炭化而成的）活炭上熱5分鐘。將其從火上移開並用之。

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*\* 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 sooji and creates a good flavour in the sooji. \* 注：在米飯拌料前，酥油、胡椒粉、孜然和阿魏膠也可以先摻入用薑黃調味的沸水中，這樣，俱胡椒、孜然和阿魏膠香味的酥油可與米飯完全混合，並為娑季飯創造出美妙風味。*

ମୁଣ୍ଡେନ ଲଠଠନ୍ତ ବୋ ହଞ୍ଜି

孟恩豆娑季飯

ingredient		原料
Small Rice	¾ padi	碎米／短粒米
Roasted Moong Dal/Roasted Petite Yellow lentils	¼ padi	煨焙過的孟恩豆／小黃扁豆
Ghee	5 palam	酥油
Water	2 padi	淨水
Red Chilli	¼ palam	乾紅辣椒
Split Black Gram/Urad Dal	½ palam	印度黑豆瓣
Mustard Seeds	¼ palam	芥菜籽
Curry leaves	⅛ palam	咖哩葉
Turmeric powder	⅛ Ru.wt	薑黃粉
Powdered salt	½ palam	鹽末
Pepper	⅛ palam	胡椒
Cumin Seeds	⅛ palam	孜然
Asafoetida	2 ku.wt	阿魏膠

Small Rice - ¾ padi 碎米

Put little by little in a frying pan and roast until it turns sandy in color.

將碎米一點一點放入煎鍋中，煨炒至米轉呈沙色。

Roasted Moong Dal / Roasted Petite Yellow lentils - ¼ padi

煨焙過的孟恩豆／煨焙過的小黃扁豆

Mix this with the roasted rice and do as said in Recipe number 24.

按第24道食譜所述的方式烹製豆子與炒過的碎米。

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：凡是食譜的原料中提到煨製過的孟恩豆／小黃扁豆，不要旺炒，而要恰當地煨炒整豆（直至泛微紅並散發出豆香），使其碎裂，製成孟恩豆以便待用。用這種方法製備的孟恩豆既美味又芳香。



ததணுத லுை இரண்டு  
(thenḡai paai iṇṇṇa இரண்டு)

椰奶娑季飯

ingredient	原料
Small Rice	<b>¾ padi</b> 碎米/短粒米
Moong dal / Petite Yellow Lentils	<b>¼ padi</b> 孟恩豆/ 小黃扁豆
Grated Coconut	<b>10 palam</b> 椰絲
Water	<b>2 padi</b> 淨水
Ghee	<b>7 palam</b> 酥油
Red Chilli	<b>¼ palam</b> 乾紅辣椒
Split Black Gram/Urad Dal	<b>½ palam</b> 印度黑豆瓣
Mustard Seeds	<b>¼ palam</b> 芥菜籽
Curry Leaves	<b>⅛ palam</b> 咖哩葉
Turmeric Powder	<b>⅛ Ru.wt</b> 薑黃粉
Powdered Salt	<b>½ palam</b> 鹽末
Pepper	<b>⅛ palam</b> 孜然
Cumin Seeds	<b>⅛ palam</b> 胡椒
Asafoetida	<b>2 ku.wt</b> 阿魏膠

Rice - **¾ padi** 大米  
Moong Dal/Petite Yellow Lentils - **¼ padi** 孟恩豆／小黃扁豆  
Roast these as in Recipe number 25, then mix them together and keep aside.  
如第25 道食譜煨烤米和豆，然後將其混合並放置一邊。

Grated Coconut - **10 palam** 椰絲  
Water - **2 padi** 淨水  
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.  
椰絲放入 **Ammikkal**（平磨石）中，灑些水，研磨出黃油般的質地。將其溶於 **2 padi** 水中，過濾，擠榨後，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.  
將酥油倒入 **5 padi** 容量的青銅甌或耐氧化的容器中加熱。

Red Chilli - ¼ palam 乾紅辣椒

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

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道食譜的方法準備調味料。調料準備好後，

Curry Leaves - ⅛ palam 咖哩葉

Add this in the prepared seasoning and as soon as the “sada pada”(crackling) sound stops, pour the prepared coconut milk into this.

在調味料中加入咖哩葉，當「sada pada」的飛濺聲停息時，加入上述準備的椰奶。

Turmeric Powder - ⅛ Ru.wt 薑黃粉

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.

將其加到椰奶裡。當椰奶開始沸騰時，將煸炒好的米和豆子洗淨，瀝乾水。將其加入煮沸的椰奶中，攪拌並蓋上蓋子。進一步的做法與所需食材與第24道食譜中的相同。

महाराष्ट्र हॉं

馬哈拉施特拉邦娑季飯

ingredient	原料
Rice	1 padi 大米
Ghee	11 palam 酥油
Cumin Seeds	¼ palam 孜然
Roasted Chilli Powder	¼ palam 烤磨過的乾紅辣椒粉
Powdered Salt	1 palam 鹽末
Turmeric Powder	⅛ Ru.wt 薑黃粉
Grated Dry Coconut	5 palam 乾椰絲
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,

在鐵煎鍋裡一點一點地將米煨炒成沙色。將其浸泡在溫水中。泡飽後，

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,

將其倒入 5 padi 容量的鍋中並加熱。當酥油充分熱燙，將泡過的炒米瀝盡水份，加入酥油中攪拌。隨即，

Cumin Seeds - ¼ palam 孜然

Roasted Chilli Powder - ¼ palam 烤磨過的乾紅辣椒粉

Powdered Salt- 1 palam 鹽末

Turmeric Powder- ⅛ Ru.wt 薑黃粉

add all of these to the rice which is roasting in ghee. Then immediately,

將上述食材添入酥油炒米中。隨即，



Grated Dry Coconut - 5 palam 乾椰絲

roast and powder this and add to the rice. Stir well.

烤脆椰絲後磨成粉末，添入米中。拌勻。

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.

將牛奶分成4份。取一份，撒在飯中，拌勻後蓋上蓋子。5分鐘後，重複此操作並蓋上蓋子。如此反複4回。這個過程無需大火，活炭的熱量足矣。然後從柴灶上移下。

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.

酥油添入飯中，攪拌均勻。小火慢煮。將容器放在（燃木炭化而成的）活熱炭上5分鐘。然後用之。

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The cooking vessel and the ladle should be made from non-oxidising metals. 此過程所使用的鍋勺都應是耐氧化金屬所製。

महारा इरुंजी  
馬薩拉娑季飯

ingredient	原料
Coriander Seeds	1¼ palam 香菜籽
Grated Dry Coconut	2½ palam 椰絲
Cloves	⅛ palam 丁香
Cumin Seeds	⅛ palam 孜然
Royal Cumin Seeds/ Caraway Seeds	⅛ palam 葛縷子
Pepper	⅛ palam 胡椒
Cinnamon	⅛ palam 肉桂
Cannon Ball Flower	⅛ palam 炮彈樹花
Cardamom	⅛ palam 豆蔻
Asafoetida	⅙ palam 阿魏膠
Red Chilli	⅝ palam 乾紅辣椒
Turmeric	⅛ palam 薑黃
Small Rice	½ Padi 碎米／短粒米
Water	1 Padi 淨水
Ghee	5 palam 酥油
Salt	¾ palam 鹽

*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.*

此娑季飯是居住在北方的Maharashrian人最喜歡的菜品。欽奈和泰米爾納德邦的一些人卻並不喜歡。在開始準備這道菜之前，備製馬薩拉（混合香料）非常重要。依照以下方法調製馬薩拉。

**Masala:** 混合香料：

Coriander Seeds - 1¼ palam 香菜籽

Grated Dry Coconut - 2½ palam 椰絲

Cloves - ⅛ palam 丁香

Cumin Seeds - ⅛ palam 孜然

Royal Cumin Seeds/ Caraway Seeds - ⅛ palam 葛縷子

Pepper - ⅛ palam 胡椒

Cinnamon - ⅛ palam 肉桂

Cannon Ball Flower - ⅛ palam 炮彈樹花

Cardamom - ⅛ palam 豆蔻

Asafoetida - veesam palam 阿魏膠

Red Chilli - ⅝ palam 乾紅辣椒

Turmeric - ⅛ palam 薑黃

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.

將上述食材（除葛縷子和阿魏膠以外）在少量酥油中分開煆炒。阿魏膠置於活炭上，令其烘爆。然後，將葛縷子與阿魏膠混合，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.

淘米並瀝盡水份。加入馬薩拉調味粉／混合香料粉，並充分混合。

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.

在一個耐氧化容量可煮 ½ padi (750克) 米飯的鍋中，加熱 2½ palam 酥油。油一熱，倒入混合了馬薩拉調味粉的米。持續翻炒5分鐘。

Water - 1 padi 淨水

Salt - ¾ palam 鹽

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,

加淨水入炒米中，攪拌均勻。至米半熟，加 ¾ palam 鹽末，攪拌。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，拌勻，將其在（燃木而成的）活熱炭上靜置幾分鐘後用之。

plain upplā  
(ṣaada uppuṭṭā)  
普通米糕

ingredient	原料
Ghee or Sesame Oil	1½ palam 酥油或芝麻油
Red Chilli	¼ palam 乾紅辣椒
Mustard Seeds	¼ palam 芥菜籽
Split Black Gram/Urad Dal	½ palam 印度黑豆瓣
Curry Leaves	¼ palam 咖哩葉
Water	¾ padi 淨水
Old Rice Flour*	¼ padi 舊黏米粉／陳米粉*
Grated Coconut	5 palam 椰絲
Asafoetida	⅓ Ru.wt 阿魏膠

Ghee or Sesame Oil - 1½ palam 酥油或芝麻油  
Red Chilli - ¼ palam 乾紅辣椒  
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, 在容量為2 padi 的鍋中加熱酥油或芝麻油。油熱後，依照第22 道食譜，以上述食材備製調味料。

Curry Leaves - ¼ palam 咖哩葉  
Shred the leaves, add it to the seasoning and stir it. 將葉子切碎，加入調味料中攪拌。

Water - ¾ padi 淨水  
Pour the water into the seasoning and let it boil, add ½ palam powdered salt into the boiling water. Then, 加入淨水，令其沸騰然後 加入 ½ palam鹽末。之後，

Old rice flour\* - ¼ padi 陳米粉／舊黏米粉（需粗磨）\*  
Grated coconut - 5 palam 椰絲

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.

混合米粉和椰絲，放入鍋內沸水中，持續攪拌，蓋上鍋蓋。幾分鐘後，再次攪拌並蓋上容器。不時攪拌，使米粉不會在鍋底焦糊。察看米粉熟度（觸感應如花朵一樣柔軟而無結塊）並從灶上移開。將容器置於（燃木炭化而成）無煙活熱炭上，並用之。

If Asafoetida is to be added, add veesam ( $\frac{1}{16}$  ) Ru.wt asafoetida once the seasoning is ready, before adding water. 若要添加阿魏膠，在調味料備製好後，添水之前加入  $\frac{1}{16}$  Ru.wt 阿魏膠。

\* 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：此處所用陳舊大米粉不應像 Kumkum（朱砂粉）一般細膩，而應研磨成細砂粒度。在實踐中，也有人將木豆與米一起研磨。



broken wheat/ wheat grits  
upala (guthulala noli [ravala]  
uppula)

麥碎糕



ingredient

原料

Ghee	2½ palam	酥油
Red Chilli	¼ palam	乾紅辣椒
Mustard Seeds	¾ palam	芥菜籽
Split Black Gram/Urad Dal	¼ palam	印度黑豆瓣
Cumin Seeds	¼ palam	孜然
Asafoetida	4 ku.wt	阿魏膠
Curry Leaves	¼ Ru.wt	咖哩葉
Fine Wheat Grits or Semolina i.e. Sooji Rava	¼ padi	細小麥碎（粗粒小麥粉）
Salt	¼ Palam	鹽
Sour Buttermilk	¾ 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.

在可容納 ½ padi 米並且耐氧化的容器內加熱酥油。

Red Chilli - veesam ( $\frac{1}{16}$ ) palam 乾紅辣椒

Mustard - 3 veesam ( $\frac{3}{16}$ ) palam 芥菜籽

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

Cumin Seeds - veesam ( $\frac{1}{16}$ ) palam 孜然

Asafoetida - 4 ku.wt 阿魏膠

Curry Leaves - veesam ( $\frac{1}{16}$ ) Ru.wt 咖哩葉

Prepare the seasoning as mentioned in recipe number 22. As soon as the seasoning is ready,

依照第22道食譜提及的方法，以上述食材烹製調味料。調味料製好後，

Fine Wheat grits or Semolina i.e. Sooji Rava - ¼ padi

細小麥碎（粗粒小麥粉）

Salt ¼ palam 鹽

Sour Buttermilk - ¾ 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 ¾ 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.

將麥碎加入調味料中並充分攪拌，炒至金黃色，待麥碎散發麥香後，撒入鹽末。左手取杯中的酸酪乳，一點一點倒入盤中，右手也不斷攪拌。倒入所有的酪乳後，放置於（燃木炭化而成的）活性炭上熱5分鐘。其後用之。

.....  
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. 這道濃粥也可用水代替酪乳。

但最好用酸酪乳。這裡的酪乳不能太水，要有中等稠度。









துடுப்பு.

Thuduppu 鏟

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、乾紅辣椒、芥菜籽、印度黑豆、咖哩葉和阿魏膠，依照第22道

食譜的方法烹製調味料。取出阿魏膠。將米碎倒入調味料中，用勺或 *Thuduppu*（大木鏟）不斷攪拌，以免米糊鍋底。煮至米碎軟糯如花，將其從柴爐中移開。

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. 用於和入米碎粉的酪乳應有酸味且不能太稀。若此菜趁熱食用，會非常美味。如需可在酸酪乳與米碎混合時添入 2 palam 椰絲。

broken wheat frying-  
pan upplā (gōthupplāi nō  
vāṇali uppuṭṭā)

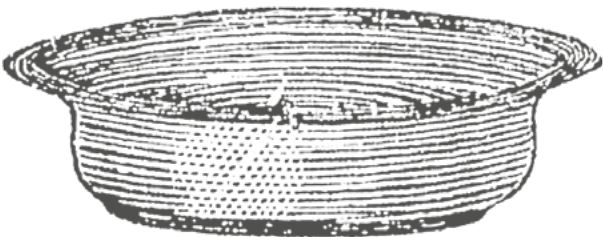
煎鍋麥碎糕

ingredient	原料
Ghee	½ padi 酥油
Broken Wheat/Wheat Grits (Bansi Rava)	¼ padi 碎麥／細麥碎（粗粒小麥粉）
Sour Butter Milk	⅜ padi 酸酪乳
Powdered Salt	½ palam 鹽末
Red Chilli	⅛ palam 乾紅辣椒
Mustard	¼ palam 芥菜籽
Split Black Gram/Urad Dal	¼ palam 印度黑豆瓣
Cumin Seeds	⅓ palam 孜然
Curry Leaves	⅛ palam 咖哩葉
Asafoetida	⅓ Ru.wt 阿魏膠
Ghee	2 palam 酥油

Ghee - ½ palam 酥油  
Heat this in a frying pan, after it  
heated up,  
在煎鍋中熱酥油，油熱後，

Broken Wheat/Wheat Grits  
(Bansi Rava) - ¼ padi  
碎麥／細麥碎（粗粒小麥粉）

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.  
碎麥倒入熱油中並沿鍋沿翻炒，焙至金黃砂色且散發出烤  
麥香。隨後將其轉盛到一個盤中，置於一旁。



சருகுச்சட்டி.

Frying pan 煎鍋

Sour Butter Milk - ¾ padi 酸酪乳  
Take this in a lead coated vessel. Put the roasted broken wheat in this and mix.

酸酪乳盛入一個包鉛銅器中，和入炒好的麥碎。

Powdered Salt - ¼ palam 鹽末  
Ghee - 2 palam 酥油  
Add this also to the grits mixed in buttermilk. Then add 2 palam ghee in a frying pan.

鹽末加入與酸乳酪混合的麥碎中。然後在煎鍋中倒入 2 palam 酥油。

Red Chilli - ⅛ palam 紅辣椒乾  
Mustard Seeds - ¼ palam 芥菜籽  
Split Black Gram/Urad Dal - ¼ palam 印度黑豆辦  
Cumin Seeds - veesam ⅙ palam 孜然  
Curry Leaves - ⅛ palam 咖哩葉  
Asafoetida - veesam ⅙ Ru.wt 阿魏膠  
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道食譜的方法烹製調味料。味料備好後，將麥碎混乳酪倒入其中，像第31道食譜—— **Saada vaanali uppuma**（煎鍋米糕）一樣翻拌後用之。

.....  
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. 這道菜趁熱品嚐，會十分美味。即便不熱，對身體健康也非常有益。麥碎不經焙炒也可以用，但炒過的最好。



ફેટ્ટેનડે રોટલ/poha  
(તાલીયા અણા)

調味扁米飯

ingredient	原料
Flattened Rice / Poha	½ padi 壓扁成片狀的米
Water	¾ padi 淨水
Ghee	⅓ padi 酥油
Split Black Gram/Urad Dal	½ palam 印度黑豆瓣
Red Chilli	1 Ru.wt 乾紅辣椒
Mustard Seeds	½ palam 芥菜籽
Cumin Seeds	⅓ Ru.wt 孜然
Curry Leaves	¼ Ru.wt 咖哩葉
Powdered Salt	¾ palam 鹽末
Grated Coconut	3 palam 椰絲

Flattened Rice / Poha - ½ padi 扁米  
Water - ¾ padi 淨水  
Soak this in ¾ padi water. Once it is completely soaked, drain the water and keep aside.  
扁米泡水。浸透後，瀝乾水份放置一邊。

Ghee - veesam (⅓) padi 酥油  
Heat this in a non-oxidising vessel.  
在一個耐氧化的容器中熱油。

Split Black Gram/Urad Dal - ½ palam 印度黑豆瓣  
Red Chillie - 1 Ru.wt 乾紅辣椒  
Mustard Seeds - ½ palam 芥菜籽  
Cumin Seeds - ⅓ Ru.wt 孜然  
Curry Leaves - ¼ Ru.wt 咖哩葉  
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道食譜方法，以上述食材烹製調味料。調味料備好後，倒入浸泡過的扁米。

Powdered Salt -  $\frac{3}{4}$  palam 鹽末

Grated Coconut - 3 palam 椰絲

Add both these 2 to the flattened rice. Mix well. After 10 minutes, remove from the firewood stove and use it.

將上述二者添入扁米中。拌勻。10分鐘後，從柴火爐上移開並用之。

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，添入飯中。

ફાટ્ટેનડે તુરે ફાટ્ટેનડે નોંદ  
(તાલિંદા થાયિર અવા)

## 凝乳調味扁米飯



### િંગ્રેડિયેન્ટ્ઝ

### 原料

Flattened Rice / Poha	$\frac{1}{2}$ <b>padi</b>	扁米
Sour Butter Milk	$\frac{3}{4}$ <b>padi</b>	酸酪乳
Powdered Salt	<b>1 palam</b>	鹽末
Ghee	$\frac{1}{16}$ <b>padi</b>	酥油
Split Black Gram/Urad Dal	$\frac{1}{2}$ <b>palam</b>	印度黑豆辦
Red Chilli	<b>1 Ru.wt</b>	乾紅辣椒
Mustard Seeds	$\frac{1}{2}$ <b>palam</b>	芥菜籽
Curry Leaves	$\frac{1}{4}$ <b>Ru.wt</b>	咖哩葉



Flattened rice/Poha - ½ padi 扁米

Sour butter milk (Thick porridge like consistency) - ¾ padi  
酸酪乳（濃粥般的稠度）

Powdered Salt - 1 palam 鹽末

Add the flattened rice and salt in the buttermilk. After it has soaked well,

將鹽末和扁米泡在酸酪乳中。浸透後，

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 乾紅辣椒

Mustard Seeds - ½ palam 芥菜籽

Curry Leaves - ¼ Ru.wt 咖哩葉

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道食譜的方法，用上述食材烹製調味料。味料製好後，和入泡好的扁米，均勻攪拌，一旦壓扁的米粒分離且不黏連，將飯器從柴灶上取下並用之。

ફાટાઈઝે તાલારિંદે ફાટ્ટેનૈદે  
નોંદ (તાલિંદે પુલિ ઢાળો)

羅望子調味扁米飯

ingredient		原料
Flattened Rice/Poha	½ padi	扁米
Water	¾ padi	淨水
Tamarid	2 palam	羅望子
Salt	1 palam	鹽
Turmeric power	⅙ Ru.wt	薑黃粉
Jaggery	½ palam	粗蔗糖
Red Chilli	½ palam	乾紅辣椒
Fenugreek Seeds	¼ palam	胡蘆巴籽
Asafoetida	⅙ Ru.wt	阿魏膠
Split Bengal Gram/Chana Dal	⅙ padi	鷹嘴豆辦
Sesame Oil	⅙ padi	芝麻油
Split Black Gram/Urad Dal	½ palam	印度黑豆辦
Mustard Seeds	½ palam	芥菜籽
Curry Leaves	¼ Ru.wt	咖哩葉

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**（搗穀白）中，搥成米碎。

Water - ¾ padi 淨水

Tamarind - 2 palam 羅望子

Mix the tamarind and water together, remove the Seeds and extract the juice.

混合羅望子與淨水，去核，並提取汁液。

Salt - 1 palam 鹽

Turmeric power - veesam (⅙) Ru.wt 薑黃粉

Jaggery - ½ palam 粗蔗糖

Add these to the extracted tamarind juice.

將其添入羅望子汁液中。

Red Chilli - ¼ palam 乾紅辣椒

Fenugreek Seeds - ¼ palam 胡蘆巴

Asafoetida - veesam (¼) Ru.wt 阿魏膠

Roast these properly in oil, powder them and add to the tamarind extract.

將其在油中適當煸炒，磨成粉末並添入羅望子汁中。

Split Bengal Gram/Chana Dal - ¼ padi 鷹嘴豆辦

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,

鷹嘴豆辦浸泡在水中一段時間。瀝乾。然後，在酥油中煸炒後拌入羅望子汁中。將扁米碎加到料汁中，攪拌浸漬。漬透後，

Sesame Oil - ¼ padi 芝麻油

Red Chilli - ¼ palam 乾紅辣椒

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

Mustard Seeds - ½ palam 芥菜籽

Curry Leaves - ¼ Ru.wt 咖喱葉

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道食譜中所述的方法烹製調味料。一旦調味料備好，倒入扁米碎，悉心拌勻。2至3分鐘後，從柴火爐上取下並用之。

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. 若需可以在調味料中加泡扁米的同時，加2或3 palam 椰絲。扁米也可以未經搗碎直接使用。



flattened rice with lemon juice  
(દોપલોંતોં પઝહારઢઢ પુલો ઢવજી)

檸檬汁扁米飯

નૈંદ્રઢોંદનૈં		原料
Flattened Rice/Poha	½ padi	扁米
Lemon Extract	⅓ padi	檸檬汁
Salt	1 palam	鹽
Turmeric Power	⅓ Ru.wt	薑黃粉
Red Chilli	½ palam	乾紅辣椒
Fenugreek Seeds	¼ palam	胡蘆巴籽
Asafoetida	⅓ Ru.wt	阿魏膠
Split Bengal Gram/Chana Dal	⅓ padi	鷹嘴豆辦
Ghee	⅓ padi	酥油
Split Black Gram/Urad Dal	½ palam	印度黑豆辦
Mustard Seeds	½ palam	芥菜籽
Curry Leaves	¼ Ru.wt	咖哩葉

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.  
依照前一道食譜 **Puli Aval** (扁米飯) 中提到的方法，搗碎扁米並在水中浸泡幾分鐘。

Lemon Extract - veesam ⅓ padi 檸檬汁  
Turmeric Powder - veesam ⅓ Ru.wt 薑黃粉  
Powdered salt - 1 palam 鹽末  
Red Chilli - ¼ palam 乾紅辣椒  
Fenugreek Seeds - ¼ palam 胡蘆巴籽  
Asafoetida - veesam (⅓) Ru.wt 阿魏膠

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.  
將乾紅辣椒、阿魏膠和胡蘆巴籽放入酥油烹炒後磨成粉末。將鹽末和薑黃粉添入料粉中。將其與檸檬汁混合。倒入浸泡的扁米，和勻後放置一旁。

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

將鷹嘴豆瓣浸泡在水中一段時間，瀝乾水。然後於蔭處晾一陣子。用酥油將其煸炒，與扁米碎飯混合。

*Ghee - veesam  $\frac{1}{16}$  padi* 酥油

*Red Chilli -  $\frac{1}{4}$  palam* 乾紅辣椒

*Split Black Gram / Urad Dal -  $\frac{1}{2}$  palam* 印度黑豆瓣

*Mustard Seeds -  $\frac{1}{2}$  palam* 芥菜籽

*Curry Leaves -  $\frac{1}{4}$  Ru.wt* 咖哩葉

*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.*

將上述食材放入煎鍋，依照食譜22中的步驟烹製調味料。調味料製好後，加入泡好的扁米，攪拌均勻。2或3分鐘後，從柴火爐上取下並用之。

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*Flattened rice can be used without powdering into grits as whole flattened rice also.* 整片的扁米也可以未經搗碎直接使用。

लौह flattened rice  
牛奶扁米飯

ingredient		原料
Flattened Rice/Poha	½ padi	扁米
Water	½ padi	淨水
Jaggery	10 palam	粗蔗糖
Milk	¼ padi	牛奶
Cardamom/Elaichi Powder	¼ Ru.wt	豆蔻粉
Roasted Cashew Nuts	3 palam	烤腰果

Flattened Rice / Poha - ½ padi 扁米

Pound flattened rice into grits.

將扁米搗成粗粒。

Water - ½ padi 淨水

Take this in a vessel and heat it. As soon as it begins to boil well,

淨水在容器中加熱，水一旦開始沸騰，

Jaggery - 10 palam 粗蔗糖

put this in the boiling water and let the jaggery dissolve in it. Add the pounded flattered rice in it, mix well and keep in closed for 2 or 3 minutes.

加入粗蔗糖令其溶化於沸水。倒入搗碎的扁米，拌勻後燜煮2到3分鐘。

Milk - ¼ padi 牛奶

Cardamom / Elaichi Powder - ¼ Ru.wt 豆蔻粉

Roasted Cashew Nuts - 3 palam 烤腰果

Among these, first pour the milk and then add the cardamom powder followed by cashew nuts. Mix it well again and keep it on the heat of live coal (from burnt fire wood) for few minutes. Take it and use.

上述食材中，先倒入牛奶，然後豆蔻粉，再加腰果。攪勻後置於（燃木而成的）活熱炭上幾分鐘。盛出並用之。

If needed, saffron ¼ Ru.wt can be mixed in milk. Sugar used should be white sugar. 若有需，可在奶中放¼ Ru.wt 藏紅花。糖便要用白砂糖。



pancake (thavalai adai)  
油煎餅

ingredient		原料
Rice	¼ padi	大米
Split Bengal Gram/Chana Dal	⅓ padi	鷹嘴豆辦
Moong Dal/Petite Yellow Lentils	⅓ padi	孟恩豆／小黃扁豆
Split pigeon pea/Toor Dal	⅓ padi	木豆辦
Water	⅓ padi	淨水
Grated Coconut	3 palam	椰絲
Cumin Seeds	¼ Ru.wt	孜然
Asafoetida	4 ku.wt	阿魏膠
Powdered Salt	½ Ru.wt.	鹽末
Ghee	2½ palam	酥油
Mustard Seeds	¼ palam	芥菜籽
Red Chilli (killu milagai)	¼ Ru.wt	乾紅辣椒（撚碎）
Split Black Gram/Urad Dal	¼ palam	印度黑豆辦

Rice - ¼ padi 大米  
Split Bengal Gram/Chana Dal - veesam (⅓) padi 鷹嘴豆辦  
Moong Dal/Petite Yellow Lentils - veesam (⅓) padi  
孟恩豆／小黃扁豆  
Split pigeon pea/Toor Dal - veesam (⅓) padi 木豆辦  
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，瀝乾水份。將其製乾，混合研磨成粗麵粉，置放一邊。

Water - 3 veesam (⅓) padi 淨水  
Grated Coconut - 3 palam 椰絲  
Cumin Seeds - ¼ Ru.wt 孜然  
Asafoetida - 4 ku.wt 阿魏膠  
Powdered Salt - ½ Ru.wt 鹽末  
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).

淨水倒入鍋中，煮沸。一一加入椰絲、孜然、阿魏膠、鹽末。加入研好的粗麵粉，一起揉勻，盛入一個Taambaalam（盤）中。

Ghee - 1¼ palam 酥油

Mustard - ¼ palam 芥菜籽

Red Chilli (killu milagai) - ¼ Ru.wt. 乾紅辣椒（撚碎）

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道食譜中提到的方法，用上述成分準備調味料，摻入準備好的麵糰中，揉勻。將麵糰分成檸檬大小的球，放置一邊。

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.



பித்தலைத்  
தவலை.

Thavalai 廣口釜形鍋

在 **Thavalai**（廣口釜形鍋）中加熱酥油，從柴爐灶上取下鍋，向各個方向轉動，使酥油潤滿鍋內側。拿起麵球，用手掌將麵壓製成半稻穗寬的圓餅。在餅中心戳幾個小孔，沿著內壁貼上鍋側。鍋再次放置於柴火爐的小火上。

*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.*

在另一個容器中盛上水並將其架在鍋上。候一會兒，當上麵的容器裡的水發燙時，取下容器，查看鍋內煎餅是否顏色微紅。餅色泛紅時，說明已熟，取出用之。



## 油煎餅（另一版本）

ingredient		原料
Rice Flour	$\frac{1}{8}$ padi	米粉/黏米粉
Water	$\frac{1}{8}$ padi	淨水
Grated Coconut	1 palam	椰絲
Soaked Split Bengal Gram/Chana Dal	$\frac{1}{4}$ palam	浸泡過的鷹嘴豆瓣
Soaked Moong dal/Petite Yellow Lentils	$\frac{1}{4}$ palam	浸泡過的孟恩豆/小黃扁豆
Powdered Salt	$\frac{1}{4}$ Ru.wt	鹽末
Ghee	$\frac{1}{4}$ palam	酥油
Mustard Seeds	$\frac{1}{2}$ Ru.wt	芥菜籽
Red Chilli	$\frac{1}{2}$ Ru.wt	乾紅辣椒
Split Black Gram/Urad Dal	$\frac{1}{4}$ palam	印度黑豆瓣
Sesame Oil	4 ladles 勺	芝麻油

悉心搗碎，篩分米粒。清洗乾淨，研成粗麵一般的顆粒度，放置一邊。

煮水至沸，並將米粉與沸水混合。揉成一個米麵糰。

將此所有混入米麵糰中並揉勻。

Ghee - ¼ palam 酥油

Red Chilli - ¼ Ru.wt 乾紅辣椒

Mustard Seeds - ½ Ru.wt 芥菜籽

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

*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道食譜所述的方法，用上述成分準備調味料。將此調味料加入麵糰中，再次揉勻。分搓成檸檬大小的麵球，隨後將其壓成一稻穗寬的圓形麵餅。在其中心戳孔。其他麵餅依法炮製。

*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.*

然後，將 **Thavalai**（廣口釜形鍋）架在柴火爐上加熱。鍋子升溫後，從爐火上取下，倒入3或4勺芝麻油。向各個方向旋轉鍋，使油散潤至鍋全內側。

*Cook the prepared pancakes as mentioned in Pancake Recipe Number 38 and use it.*

依照第38道食譜中的方法烹製麵餅後，用之。

brhad/roti talide vadalo  
(vadalo annul roti)

達薩密餅

ingredient	原料
Wheat Flour or Grits	½ padi 小麥粉或麥碎
Ghee	1½ palam 酥油
Milk (required quantity)	牛奶（適量）

*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.*

這主要是在馬哈拉施特拉邦（如孟買、浦那、納西克）在 Ekadashi 等禁食日和旅行期間作為點心準備的。

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

小麥粉或細麥碎（粗磨小麥粉）

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.

將二者混合並悉心揉勻。加入適量牛奶揉成一個緊密的麵糰。將麵糰分成檸檬大小的球，然後把麵球滾成半稻穀寬的麵餅。依照第13道食譜的方法，在多薩鍋上烙製麵餅，隨後用之。

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. 準備此餅的麵糰，也可以用水代替牛奶。但就不適合在禁食或在旅行期間當點心。這可以與甜品一起食用。



pongal ; pancake or roti/  
bread (pongalgalu araipondra  
ada aliadu rotigalu)

## 米粥，煎餅或麵包

*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** 月份準備，在毗濕奴寺廟、其他寺廟和家庭中作為**Neivedyam**（供品）。此外，在傳統的印度教家庭中，這也是在婚慶等吉祥場合為兒童準備的早餐和晚餐。這些米粥十分美味。**Pongal** 在泰固語中被稱為 **Pulakam**，在卡納達語中稱為 **Huggi**，在馬哈拉施特拉邦和印度斯坦稱為 **Khichidi**。

tɛlɪplɛ pɒŋɡəɪ (kɔɪɪ pɒŋɡəɪ)

寺廟米粥

ingredient		原料
Small Rice	½ padi	碎米／短粒米
Roasted Moong Dal / Petite Yellow Lentil	¼ padi	煨過的孟恩豆／小黃扁豆
Water	1 ½ padi	淨水
Pepper Pods	½ palam	胡椒莢
Deskinned and Grated Ginger	½ palam	去皮的薑末
Powdered Salt	⅝ palam	鹽末
Ghee	12 palam	酥油
Asafoetida	⅛ Ru.wt	阿魏膠
Water	2Ru.wt	淨水

Small Rice - ½ padi 碎米／短粒米

Roasted Moong Dal/Petite Yellow Lentil - ¼ padi

煨焙過的孟恩豆／小黃扁豆

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。洗淨碎米和孟恩豆，放置一邊。

Water - 1 ½ padi 淨水

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 4 padi 容量的 **Thavalai**（廣口釜形鍋）中燒水。當水開始沸騰時，加入淨碎米和孟恩豆。攪拌均勻，蓋上鍋蓋。米一到 ¾ 分熟時，

Pepper Pods - ½ palam 胡椒莢

deskinned And Grated Ginger – ½ palam 去皮的薑末

Powdered Salt - ⅝ palam 鹽末

Ghee - 12 palam 酥油

Add these one by one into the pongal.

將上述食材依次添入粥中。

Asafoetida - ⅛ Ru.wt. 阿魏膠

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.

將其浸泡於 2 Ru.wt 水中，然後將水單獨加入米粥中。再次攪拌並從爐子中取出。將容器放在在熱活炭（燃過的生火木）上 5 分鐘，其後用之。

If needed, 5 palam cashew nuts can be roasted and added as mentioned in Note 2.

應需可添加 5 palam 焙炒過的腰果，如下注釋 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：凡是食譜的原料中提到煨製過的孟恩豆／小黃扁豆，不應旺炒，而要恰當地煨炒整豆（直至泛微紅並散發出豆香），使其碎裂，製成孟恩豆以便待用。用這種方法製備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：凡是在食譜中使用杏仁的地方，將杏仁浸泡在熱水中，剝去褐色外皮，切成丁香狀小粒。杏仁碎丁可經煎炒，或未經焙炒使用，依相應食譜所述。若要用到腰果，去其紅皮，煨烤使用。



# ಲಠಠಗ್ಗ ವೆಡಾ/ಪೆಟಿಟೆ ಪುಲಿಠವಾ ಲೆಂತಿ pongal (payattrapparappu pongal)

## 孟恩豆米粥



### ingredients

### 原料

Small Rice	$\frac{1}{2}$ <b>padi</b>	碎米／短粒米
Moong Dal/Petite Yellow Lentil	$\frac{1}{4}$ <b>padi</b>	煨過的孟恩豆／小黃扁豆
Turmeric Powder	$\frac{1}{16}$ <b>palam</b>	薑黃粉
Butter	$1\frac{1}{2}$ <b>palam</b>	牛油
Water	$1\frac{1}{2}$ <b>padi</b>	鹽末
Pepper	$\frac{1}{4}$ <b>palam</b>	胡椒
Cumin Seeds	$\frac{1}{4}$ <b>palam</b>	孜然
Finely Chopped Ginger	1 <b>Ru.wt</b>	薑末
Powdered Salt	$\frac{1}{2}$ <b>palam</b>	鹽末
Ghee	6 <b>palam</b>	酥油
Asafoetida	$\frac{1}{16}$ <b>Ru.wt</b>	阿魏膠
Grated Coconut	4 <b>palam</b>	椰絲



Small Rice - ½ padi 碎米／短粒米

Roasted Moong Dal / Petite Yellow Lentil - ¼ padi

煨焙過的孟恩豆／小黃扁豆

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。洗淨米與豆，放置一邊。

Turmeric Powder - veesam ⅙ palam 薑黃粉

Butter - 1½ palam 牛油

Add these two in the drained rice and mix well.

將這兩樣加入瀝乾的米中，拌勻。

Water - 1½ padi 淨水

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**（廣口釜形鍋）中煮水。當水開始沸騰，加入與牛油和黃薑粉混合的碎米和去皮綠豆。攪拌均勻，蓋上鍋蓋。一旦米飯 ¾ 分熟，

Pepper - ¼ palam 胡椒

Cumin Seeds - ¼ palam 孜然

Finely chopped Ginger - 1 Ru.wt 薑末

Powdered Salt - ½ palam 鹽末

Add these in the pongal and mix. Then immediately,

將其加入米豆粥並混合。隨即，

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).

察看酥油質量並將其添入粥中，拌勻。從柴火爐中取出並置於（燃木而成的）活熱炭上。

Asafoetida - veesam  $\frac{1}{16}$  Ru.wt 阿魏膠

Soak this in 2 Ru.wt water and add the water alone in the pongal and stir.

將其泡在 2 Ru.wt 淨水中，然後只將水添入粥中並攪拌。

Grated coconut - 4 palam 椰絲

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.

椰絲添入粥中並將鍋器在熱活炭上靜置5分鐘。然後從火上移開並用之。

Instead of grated coconut, 5 palam cashew nuts can also be used as mentioned in Note 2.

也可以用 5 palam 腰果代替椰絲，如注釋2所述。

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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：凡是食譜的原料中提到煨製過的孟恩豆／小黃扁豆，不應旺炒，而要恰當地煨炒整豆（直至泛微紅並散發出豆香），使其碎裂，製成孟恩豆以便待用。用這種方法製備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：凡是在食譜中使用杏仁的地方，將杏仁浸泡在熱水中，剝去褐色外皮，切成丁香狀小粒。杏仁碎丁可經煎炒，或未經焙炒使用，依相應食譜所述。若要用到腰果，去其紅皮，煨烤使用。



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

ingredient	原料
Small Rice	½ padi 碎米／短粒米
Moong Dal / Petite Yellow Lentil	¼ padi 煨過的孟恩豆／小黃扁豆
Turmeric Powder	⅓ palam 薑黃粉
Butter	10½ palam 牛油
Water	1½ padi 鹽末
Pepper	¼ palam 胡椒
Cumin Seeds	¼ palam 孜然
Clove	⅓ palam 丁香（去芽）
Poedered Nutmeg	⅓ palam 肉豆蔻粉
Finely Chopped Ginger	1 Ru.wt 薑末
Powdered Salt	½ palam 鹽末
Ghee	6 palam 酥油
Asafoetida	⅓ Ru.wt 阿魏膠
Grated Coconut	4 palam 椰絲

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 (⅓) 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.

這道米粥也可像第42道食譜一樣烹製。除了第42道食譜第4段中提到的胡椒和孜然之外，外加（去芽）丁香和肉豆蔻粉，每種用量為veesam (⅓) palam。此外，用9 palam牛油代替第42道食譜第5段中提到的酥油。

split pigeon pea /toor dal pongal  
(turaramparappu pongal)

木豆米粥

ingredient	原料
Water	1¾ padi 淨水
Split pigeon pea/Toor Dal	¼ padi 木豆辦
Ghee	4¼ palam 酥油
Turmeric Powder	¾ Ru.wt 薑黃粉
Small Rice	½ padi 碎米／短粒米
Pepper	¼ palam 胡椒
Cumin Seeds	⅛ palam 孜然
Powdered Salt	½ palam 鹽末
Finely Chopped Ginger	½ palam 薑末
Asafoetida	⅓ Ru.wt 阿魏膠
Water	2 Ru.wt 淨水
Grated Coconut	4 palam 椰絲

Water - 1¾ padi 淨水  
Heat this in a 4 padi water capacity **Thavalai** (wide mouthed pan). When it is boiling,  
在 4 padi 容量的 **Thavalai** (廣口釜形鍋) 中煮水。沸騰時，

Split pigeon pea/ Toor Dal - ¼ padi 木豆辦  
Ghee - ½ palam 酥油  
Turmeric Powder - 3 veesam ¾ Ru.wt 薑黃粉  
Mix these three together and add them to the boiling water.  
Stir it well and close the pan with a lid.  
混合這三種食材並加入沸水中。攪拌均勻，蓋上鍋蓋。

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，洗淨，瀝乾。然後，察看木豆是否煮熟，再加入淨米。用勺子拌勻並蓋上蓋子。數分鐘後，察看米是否已¾分熟，然後，

Pepper - ¼ palam 胡椒

Cumin Seeds - ⅛ palam 孜然

Powdered Salt - ½ palam 鹽末

Finely Chopped Ginger - ½ palam 薑末

add these one after the other into the pongal and stir continuously. Then,

將這些依次加入米粥並不斷攪拌。接著，

Ghee - 3¾ palam 酥油

add this to the pongal and keep the pan on the heat of the live coal (from burnt firewood).

添油入粥並將鍋置於（燃木而成的）熱活炭上。

Asafoetida - veesam (⅓) Ru.wt 阿魏膠

Soak this in 2 Ru.wt water and add the water alone in the pongal and stir.

將其浸泡在 2 Ru.wt 水中，然後只將水加入米粥並攪拌。

Grated Coconut - 4 palam 椰絲

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.

椰絲添入粥中並將容器置於活熱炭上 5 分鐘。然後從炭上移開並用之。也可以用 5 palam 腰果代替椰絲，如注釋中所述。

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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：凡是在食譜中使用杏仁的地方，將杏仁浸泡在熱水中，剝去褐色外皮，切成丁香狀小粒。杏仁碎丁可經煎炒，或未經焙炒使用，依相應食譜所述。若要用到腰果，去其紅皮，煨烤使用。



masala pongal

馬薩拉米粥

ingredient		原料
Small Rice	½ padi	碎米／短粒米
Moong Dal / Petite Yellow Lentil	¼ padi	孟恩豆／小黃扁豆
Water	1½ padi	淨水
Salt	1 palam	鹽
Ghee	13 palam	酥油
Asafetida	⅛ Ru.wt	阿魏膠
Mustard Seeds	¾ palam	芥菜籽
Grated Coconut	3¼ palam	椰絲
Masala Podi		馬薩拉調味料

Small Rice - ½ padi 碎米／短粒米  
Moong Dal / Petite Yellow Lentil - ¼ padi 孟恩豆／小黃扁豆  
Mix these together and wash them well. Drain the water and keep aside.  
將米豆混合，仔細清洗。瀝乾水放置一邊。

Water - 1½ padi 淨水  
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4padi容水量的Thavalai（廣口釜形鍋）中加熱。煮沸後，加入米和豆。當其沸煮至半熟時，

Salt - 1 palam 鹽  
powder this and add to the pongal. Stir it and immediately  
磨鹽成粉添入粥中。攪拌並隨即，

Masala Podi 馬薩拉（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,  
依照娑季飯第28道食譜所述備製馬薩拉調味料。將其和入粥中，攪拌。5分鐘後，

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，攪拌後從柴爐中取出容器，置於（燃木而成的）活炭上熱著。

Ghee - 5 palam 酥油

Asafetida - 1/8 Ru.wt 阿魏膠

Mustard Seeds - 3/4 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道食譜的方法備製調味料並加入粥中。拌勻。用前，

Grated Coconut - 3 1/4 palam 椰絲

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.

將此添入粥中並將容器置於活炭上熱 5 分鐘。然後從熱炭上移開並用之。也可使用 5 palam 腰果代替椰絲，如以下注釋所述。

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：凡是在食譜中使用杏仁的地方，將杏仁浸泡在熱水中，剝去褐色外皮，切成丁香狀小粒。杏仁碎丁可經煎炒，或未經焙炒使用，依相應食譜所述。若要用到腰果，去其紅皮，煨烤使用。

wheat grits/broken wheat  
 pongal (guthulalai laingai pongal)

碎麥豆粥

ingredient	原料
Moong Dal / Petite Yellow Lentil	$\frac{1}{4}$ padi 孟恩豆／小黃扁豆
Water	2 padi 水
Ghee	15 palam 酥油
Wheat Grits (Bansi Rava)	$\frac{1}{2}$ padi 麥碎（粗磨麥粉）
Turmeric powder	$\frac{1}{16}$ palam 薑黃粉
Cumin Seeds	$\frac{1}{4}$ palam 孜然
White Pepper*	$\frac{1}{2}$ palam 白胡椒*
Powdered Salt	$\frac{1}{2}$ palam 鹽末
Grated Coconut	8 palam 椰絲

Moong Dal/petite yellow lentil -  $\frac{1}{4}$  padi 孟恩豆／小黃扁豆  
 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.

將其浸泡在水中 1 naazhigai。然後瀝乾水，將豆子鋪在乾淨的白布上晾乾。若豆子浸泡太久，便會呈細砂狀。

Water - 2 padi 淨水  
 Heat this in a Thavalai (wide mouth pan).  
 用一個Thavalai（廣口釜形鍋）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.  
 在柴火爐另一側的 3 padi 容量的Thavalai（廣口釜形鍋）中加熱酥油。

Wheat Grits (Bansi Rava) -  $\frac{1}{2}$  padi 麥碎／粗麥粉  
 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  $\frac{3}{4}$ th cooked.

麥碎加入熱酥油中，持續翻炒5分鐘。然後將鋪在布上的孟恩豆混入炒碎麥中。接著，將爐火另一端煮沸的水，一勺一勺地，澆在油炒的碎麥和孟恩豆上，每澆一勺都攪一遍麥豆。水不應一次全部倒入。一勺一勺地澆完水，用另一器皿蓋好米粥容器。察看麥豆是否已 $\frac{3}{4}$ 分熟。

Turmeric Powder - veesam ( $\frac{1}{16}$ ) palam 薑黃粉  
Sprinkle this on the pongal.

將薑黃粉灑在粥上。

Cumin Seeds -  $\frac{1}{4}$  palam 孜然

Crush these in between both your palms, add to the pongal and stir it well.

用雙手掌壓碎，加入粥並充分攪拌。

White Pepper\* -  $\frac{1}{2}$  palam 白胡椒\*

Break these into half pods and add to the pongal. Then, 將白胡椒莢對半分開並添入粥中。然後，

Powdered Salt -  $\frac{1}{2}$  palam 鹽末

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.

依次添加鹽和油，混合均勻。將鍋置於（燃木而成的）活性炭上熱5分鐘。

Grated Coconut - 8 palam 椰絲

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.

椰絲添入麥豆粥並隨後用之。也可用 5 palam 腰果代替椰絲，如注釋中所述。

\* 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。次日瀝乾水份，將胡椒放在麻布袋或棉布上相互摩擦。揉搓時，胡椒皮被去除，椒粒變白。這被稱為白胡椒。

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：凡是在食譜中使用杏仁的地方，將杏仁浸泡在熱水中，剝去褐色外皮，切成丁香狀小粒。杏仁碎丁可經煎炒，或未經焙炒使用，依相應食譜所述。若要用到腰果，去其紅皮，煨烤使用。

महाराष्ट्र पान्हा

馬哈拉施特拉邦米粥

ingredient		原料
Good Quality Rice	½ padi	優質大米
Moong Dal/Petite Yellow Lentil	¼ padi	孟恩豆／小黃扁豆
Ghee	10¼ palam	酥油
Mustard Seeds	½ palam	芥菜籽
Asafoetida	⅓ Ru.wt	阿魏膠
Water	1½ palam	淨水
Saffron	⅓ palam	藏紅花
Water	1 Ru.wt	淨水
Salt	1 palam	鹽
Pepper	½ palam	胡椒
Cardamom	½ palam	豆蔻
Clove	½ palam	丁香
Grated Dry Coconut	5 palam	乾椰絲
Almonds	5 palam	杏仁
Grated Coconut	3¼ palam	椰絲

Good Quality Rice - ½ padi 優質大米

Moong Dal/ Petite Yellow Lentil - ¼ padi 孟恩豆／小黃扁豆

Mix these two together, wash well and drain the water and keep aside.

混合二者，洗淨，瀝乾，放置一旁。

Ghee - ¼ palam 酥油

Mix this in the rice and dal, after the water has completely drained.

水瀝盡後，將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（廣口釜形鍋）中熱油。油一熱，



Mustard Seeds - ½ palam 芥菜籽

Asafoetida - ½ Ru.wt 阿魏膠

Prepare the seasoning using these ingredients as mentioned in Recipe Number 22.

依照第 22 道食譜的方法，備製調味料。

Water - 1½ palam 淨水

Add this to the seasoning and once the water starts boiling,

添水入調味料中，一旦水開始沸騰，

Saffron - ⅛ palam 藏紅花

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,

花溶泡於 1 Ru.wt 水裡，一併倒入沸水中。倒入瀝乾的米與豆，攪拌均勻並蓋上容器。查看米豆是否半熟。其後，

Salt - 1 palam 鹽

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,

鹽和豆蔻分別磨粉。依照第 46 道食譜中所述，去除胡椒黑皮並將椒莢對半分開。依次相繼添入粥中。然後，

Clove - ½ palam 丁香

Grated Dry Coconut - 5 palam 乾椰絲

roast each of these in ghee separately and powder them.

分別用酥油炒製後磨成粉。

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.

也將其磨粉，然後將其加入烤過的丁香椰絲粉中。一併添入粥中。

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  $\frac{3}{4}$ th cooked,

選不苦的杏仁並去皮。切成薄薄的長片，添入粥中拌開。  
米與豆  $\frac{3}{4}$ 分熟後，

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,

將酥油也添入粥中。和勻後從柴火爐上取下。將其置於  
(燃木而成的) 活熱炭上5分鐘。用前，

Grated Coconut -  $3\frac{1}{4}$  palam 椰絲

add this to the pongal . Instead of grated coconut, 5 palam cashew nuts can also be used as mentioned in Note.

在粥中灑入椰絲。也可用 5 palam 腰果代替椰絲，如注釋所述。

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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：凡是在食譜中使用杏仁的地方，將杏仁浸泡在熱水中，剝去褐色外皮，切成丁香狀小粒。杏仁碎丁可經煎炒，或未經焙炒使用，依相應食譜所述。若要用到腰果，去其紅皮，煨烤使用。

gujarati pongal

古吉拉特邦米粥

ingredient		原料
Ghee	¼ padi	酥油
De-skinned and Sliced Onions	5 palam	去皮切片的洋蔥
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	去皮的小黃扁豆／黃色孟恩豆
Rice	¼ padi	大米
Water	1 padi	淨水
Ginger	⅞ palam	薑
Salt	⅞ palam	鹽

Ghee - ¼ padi 酥油

Heat this in a frying pan. After it has heated up,  
在煎鍋中加熱酥油。加熱後，

De-skinned and Sliced Onions - 5 palam 去皮切片的洋蔥

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，所有調料都在加熱的酥油中單獨煎炸。  
然後加入孜然，一併無水磨製成粉。

De-skinned Yellow Petite Lentil/Yellow Moong Dal - ¼ padi

去皮的小黃扁豆／黃色孟恩豆



Roast or fry these in the ghee. Keep the remaining ghee aside in a pot.

在酥油中煎炒豆子。剩下的酥油留在鍋裡。

Rice - ¼ padi 大米

Wash this well and drain the water. Add the above prepared Dal masala to the rice and mix well.

洗淨米，瀝乾水。將之前備好的孟恩豆、馬薩拉添入米中並和勻。

Water - 1 padi 淨水

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的容器中並加熱。一旦水開始沸騰，加入與馬薩拉、孟恩豆混合的米，拌勻。當米豆¾分熟時，

Ginger - ⅞ palam 薑

Salt - ⅞ palam 鹽

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.

鹽磨成粉，薑去皮切碎，添入米豆粥中拌開。5分鐘後，將容器放在（燃木而成的）活炭上熱。添入先前放置一旁炒過豆子的酥油，拌勻並蓋上蓋燜幾分鐘。隨後即可用之。

hileathkaani pongal  
(richadi)

小扁豆米粥

	ingredient	原料
De-skinned Petite Yellow Lentil/Yellow Moong Dal	¼ padi	去皮小黃扁豆／黃孟恩豆
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	鹽
Ghee	15 palam	酥油
Milk	1 padi	奶

De-skinned Petite Yellow Lentil / Yellow Moong Dal - ¼ padi

去皮小黃扁豆／黃孟恩豆

Rice - ¼ padi 大米

Wash these two and drain the water.

淘洗二者並瀝乾水份。

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 鹽

Powder the salt separately. Roast the other ingredients in ghee.

Mix all of this in the mixed rice and dal.

鹽單獨磨成粉。在酥油中煨烤其他香料。一併混入米和豆中。

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.

倒油入煎鍋，加熱。加入混合了馬薩拉（香料）的米豆，不斷攪拌適當焙炒。

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並加熱。當牛奶開始沸騰，在牛奶中加入焙炒過的馬薩拉調味米、豆。攪拌一下，把柴火爐的火調小。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，拌勻。將粥置於（燃木而成的）活熱炭上一段時間後，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，當米和豆在牛奶中煮熟後，可加入 5 palam 腰果或杏仁。



pongal with green  
(kudraai pongal)

蔬菜豆米粥



ingredient		原料
Water	$\frac{3}{4}$ padi	淨水
De-skinned Petite Yellow Lentil/Yellow Moong Dal	$\frac{1}{4}$ padi	去皮小黃扁豆／黃孟恩豆
Rice	$\frac{1}{8}$ padi	大米
Salt	$\frac{1}{2}$ palam	鹽
Paruppu Keerai/ Purslane Greens	3 palam	馬齒莧
Cloves	$\frac{1}{4}$ Ru.wt	丁香
Cinnamon	$\frac{1}{4}$ Ru.wt	肉桂
Cardamom	$\frac{1}{4}$ Ru.wt	豆蔻
Pepper	$\frac{1}{4}$ Ru.wt	胡椒
Ghee	5 palam	酥油
Onions	5 palam	洋蔥

Water -  $\frac{3}{4}$  padi 淨水

Pour this in a vessel and heat it. As soon as it begins to boil, 將其倒入容器中並加熱。一旦水開始沸騰，

De-skinned Petite Yellow Lentil / Yellow Moong Dal -  $\frac{1}{4}$  padi

去皮小黃扁豆／黃孟恩豆

wash this well, drain the water and add this to the boiling water. Keep checking the cooking status.

淘洗豆子，瀝乾後加入沸水中。不時察看烹煮狀態。

Rice -  $\frac{1}{8}$  padi 大米

Wash this well and drain the water. Add this to the cooked dal and mix it well. After this cooks,

淘淨米，瀝水。將其和入煮熟的豆中，拌勻。米煮好後，

Salt -  $\frac{1}{2}$  palam 鹽

Purslane Greens / Paruppu Keerai - 3 palam 馬齒莧

Cloves -  $\frac{1}{4}$  Ru.wt 丁香

Cinnamon -  $\frac{1}{4}$  Ru.wt 肉桂

Cardamom -  $\frac{1}{4}$  Ru.wt 豆蔻

Pepper -  $\frac{1}{4}$  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,

鹽磨成末。切蔬菜。將其他幾味調料煨烤後磨成粉。將這幾樣食材都添入米粥中，和勻並蓋好鍋蓋。粥裡的食料煮熟後，

Ghee - 5 palam 酥油

Onions - 5 palam 洋蔥

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.

在煎鍋中加熱酥油。去除洋蔥的頂部、底部和外皮，切成碎丁。將洋蔥碎放入加熱的酥油中，慢煎至色澤泛紅。將其添入米粥並拌勻。從柴火爐上取下鍋子，置放於（燃木而成的）活熱炭上數分鐘，然後用之。



onion ponḡai  
(vengaya ponḡai)

洋蔥米粥

ingredient		原料
Water	2¾ padi	淨水
Onion	1 veesai	洋蔥
Turmeric Powder	¼ Ru.wt	薑黃粉
Petite Yellow Lentil/Yellow Moong Dal	¾ padi	小黃扁豆／黃孟恩豆
Rice	½ padi	米
Salt	2 palam	鹽
Ginger	2 palam	薑
Ghee	12 palam	酥油
Pepper	½ palam	胡椒
Cumin Seeds	½ palam	孜然
Asafoetida	⅓ Ru.wt	阿魏膠

Water - 2¾ padi 淨水  
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** (廣口釜形鍋) 中並加熱。水沸騰的時候，

Onion - 1 veesai 洋蔥  
Cut off the top and bottom, remove the skin and slice the onion. Add this to the boiling water. Once it is cooked,  
洋蔥去掉頂和底，剝皮，切碎。加入沸水中。煮熟後，

Turmeric Powder - ¼ Ru.wt 薑黃粉  
add this to the onion in boiling water.  
加此入沸水裡的洋蔥中。

Petite Yellow Lentil / Yellow Moong Dal - ¾ padi  
黃色小扁豆／黃色去皮綠豆  
Add this to the boiling water, and mix well. Once this is ½ cooked,  
加豆入沸水，攪拌均勻。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.

淘淨米，瀝乾水。將米倒入豆子洋蔥一起烹煮的沸水中。

Salt - 2 palam 鹽

Ginger - 2 palam 薑

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, 鹽磨成粉，薑去皮切碎。添入粥中拌開。察看米的生熟。煮熟後，再次攪拌豆米粥，並將鍋置於（燃木而成的）活熱炭上。隨即，

Ghee - 12 palam 酥油

Pepper - ½ palam 胡椒

Cumin Seeds - ½ palam 孜然

Asafoetida - veesam ( $\frac{1}{16}$ ) Ru.wt 阿魏膠

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.

在一容器中加熱酥油，煎上述3味調料。將料混入活炭上的豆米粥中。悉心拌勻後用之。

इहाइठनदे ठनीठन रीटह

調味洋蔥飯

ingredient		原料
Small Rice	1 padi	碎米／短粒米
Ghee	¼ padi	酥油
Onoin	1 palam	洋蔥
Cloves	¼ Ru.wt	丁香
Cardamom	¼ Ru.wt	豆蔻
Cinnamon	¼ Ru.wt	肉桂
Water	2 padi	淨水
Salt	1 palam	鹽
Dry Grapes	½ palam	葡萄乾
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，瀝乾水並放置一邊。

Ghee - ¼ padi 酥油

Pour this in a 3 padi water capacity vessel and heat it. Once it is heated up,

將其倒入容量3 padi 的容器中加熱。一旦升溫，

Onion - 1 palam 洋蔥

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.

切掉洋蔥的頂部和底部，去皮並切成椰絲狀，與上述香料一起放入熱酥油中，煎至色澤泛紅。



Water - 2 padi 淨水

Add the water into the seasoning.

將水加入調料中。

Salt - 1 palam 鹽

Add this to the water. As soon as the water heats up and boils,

加鹽入水。水熱至沸騰時，

Dry Grapes - ½ palam 葡萄乾

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與注2提及的方法備製杏仁與葡萄乾後，添入沸水中，將淨米倒入水中拌勻。米開始沸騰時，持續攪拌以防撲溢。一旦米煮至¾分熟且已收乾水份，

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.

將煮過的牛奶加入飯中攪拌。用一塊濕布蓋住容器的口，再在布上蓋一個盤子。從柴火爐中取一些燃炭塊，將容器放在這活炭上。將一些活炭塊放在器頂的盤上，鋪開。然後，當白色蒸氣從器口中冒出，便知飯已烹熟。候一陣後用之。

*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：凡是在食譜中使用杏仁的地方，將杏仁浸泡在熱水中，剝去褐色外皮，切成丁香狀小粒。杏仁碎丁可經煎炒，或未經焙炒使用，依相應食譜所述。若要用到腰果，去其紅皮，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：凡是在食譜中提到葡萄乾之處，清掉所有雜垢，去除莖及任何不需要的顆粒。用水輕輕清洗。用薄布壓乾，在酥油中焙烤，再添到各自的菜餚中。在某些情況下，也可以未經烘焙使用，但烘焙後用是最好的。

રોટલ ફીઠુર ઇ ગ્રાદદન ગ્રાલ ફીઠુર  
લોચદવે ભેદાદવે (કાચાફીલાકાચુલ  
પાચાત્રાલલાકાચુલ કાલાન્દા રોટી)

綠豆米粉餅

ingredient		原料
Rice Flour	¼ padi	米粉／黏米粉
Green Gram Flour	¼ padi	綠豆粉
Salt	¾ Ru.wt	鹽
Ghee	4 palam	酥油
Pepper	¼ palam	胡椒
Cumin Seeds	¼ palam	孜然
Asafoetida	¼ ku.wt	阿魏膠

Rice Flour - ¼ padi 米粉／黏米粉

Green Gram Flour - ¼ padi 綠豆粉

Salt - ¾ Ru.wt 鹽

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，加入適量淨水，揉捏成一個緊密的麵糰。分成8至10個麵球，拍成薄餅，放置一邊。

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，舀一整勺油倒入多薩餅鍋中間，攤開約如備好的薄餅大小。放餅上鍋。沿煎餅的一圈邊緣再澆一滿勺酥油。幾分鐘後，給餅翻個面。熟時餅色轉微紅，取出並用之。以同樣方法煎製所有備好的麵餅。



*Just as Seasoned sojji Recipe Number 24, aromatic ghee can be prepared.*

依照第24道調味碎米飯的食譜，備製醇香酥油。

*Pepper - ¼ palam* 胡椒

*Cumin Seeds - ¼ palam* 孜然

*Asafoetida - ¼ ku.wt* 阿魏膠

*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.*

在約為3 palam 的酥油中煎烤三味香料，將其與麵糰和酥油混合。揉勻，然後做成煎餅。此外，若有需要也可在麵糰裡揉入¼ palam 薑末。

# split bengal gram flour bread (ବେଙ୍ଗାଲ roti)

## 鷹嘴豆辦麵餅

ingredients		原料
Split Bengal Gram Flour	½ <b>padi</b>	鷹嘴豆辦粉
Wheat Flour	¼ <b>padi</b>	小麥粉
Salt	¼ <b>palam</b>	鹽
Ghee	1 <b>palam</b>	酥油

Split Bengal Gram Flour - ½ **padi** 鷹嘴豆辦粉

Wheat Flour - ¼ **padi** 小麥粉

Salt - ¼ **palam** 鹽

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，揉成一個緊密的麵糰。壓按揉捏使其鬆軟。分製成檸檬大小的麵球，然後在揉麵板上將其滾成半稻穀寬度的圓餅。依之前食譜所述，像製作普通麵餅的方式煎烤用之。也可添加第 53 道食譜提及的醇香酥油。

another variety of  
split bengal gram roti  
(লাতরু চিঠা বেঙ্গান রুটি)

鷹嘴豆瓣麵餅（另一版本）

ingredient	原料
Split Bengal Gram Flour/Besan	½ <b>padi</b> 鷹嘴豆瓣粉
Wheat Flour	¾ <b>padi</b> 小麥粉
Salt	¼ <b>palam</b> 鹽
Ghee	¼ <b>palam</b> 酥油
Extracted Ginger Essence	½ <b>Ru.wt</b> 薑汁
Powdered Cinnamon Sticks	¼ <b>Ru.wt</b> 肉桂粉
Thick Curd	⅛ <b>padi</b> 濃稠凝乳
Milk	½ <b>padi</b> 牛奶

Split Bengal Gram flour/ Besan - ½ **padi** 鷹嘴豆瓣粉

Wheat Flour - ¾ **padi** 小麥粉

Salt - ¼ **palam** 鹽

Ghee - ¼ **palam** 酥油

Mix these together and knead well.

混合上述食材，揉勻。

Extracted Ginger Essence - ½ **Ru.wt** 薑汁

Powdered Cinnamon Sticks - ¼ **Ru.wt** 肉桂粉

Thick Curd - ⅛ **padi** 濃稠凝乳

Put these three in a plate in which oxidation does not take place, and keep mixing with circular motion for 4 **naazhigai**. Then,

將此三者盛入一個耐氧化的盤子裡，並持續轉著攪和 4 **naazhigai**。然後，

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.



牛奶加入油麵糰、薑汁凝乳混合中，搗成糊狀。搓成檸檬大小的麵球，然後依之前第54道食譜 *Besan Roti*（鷹嘴豆辦麵餅）的方法，將其製成煎餅並用之。

इवढदत pongal, इवढदत रोटद द indian breadदेइ (इarkkarai pongलगुल इarkkaraannलगुल avaipondra rotiलगुल)

## 甜米粥 / 甜米飯和印度麵包

*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 feasts on special occasions.*

*Northern Maharashtrais specially celebrate this dish. This Sarkarranam (Sweet rice) is made using sugar or sugar syrup. If it needs to be prepared with sugar syrup, the sugar syrup needs to be prepared as following.*

這種甜米粥的用法與前面提到的米粥相同。此外，這些都是在 **Sankaranti (Pongal)** 豐收節日期間準備的。其中 **Sarkarranam** (甜米) 為特殊場合的壯舉而備。

北馬哈拉施特拉邦人尤其讚譽慶祝此菜品。這種 **Sarkarranam** (甜米) 是用糖或糖漿製成的。如菜餚需用到糖漿，糖漿需按如下方法配製。

इयुगार इयुरप प्रेपारेशन  
procedure (इवारेवारेवारे पागु  
इयोपुल रित्हाल)

糖漿製法



Ilampaagu 中濃度糖漿

ingredientइ		原料
Water	1¼ padi	淨水
Sugar	1 veesai	糖
Milk	⅛ padi	牛奶
Saffron	¼ palam	藏紅花
Milk	1 Ru.wt	牛奶



Water -  $\frac{3}{4}$  padi 淨水

Sugar - 1 veesai 糖

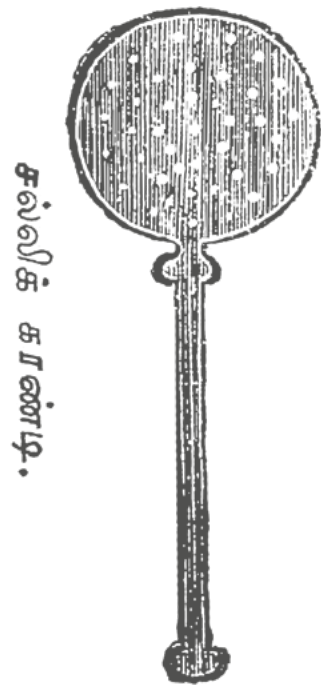
Put these two in a pan or a non-oxidising vessel which is washed clean like a conch.

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,

將鍋或耐氧化容器清刷得如海螺般潔淨，將二者傾入其中。糖溶於水並加熱。當糖水沸騰，從爐中取下。取另一個容器，用厚布蓋住器口，過濾煮沸的糖液。清洗煮糖水的器皿。將過濾後的糖液倒入其中並再次加熱。一旦開始沸熱，



Jalli Karandi 漏勺

Milk -  $\frac{1}{8}$  padi 牛奶

Water -  $\frac{1}{8}$  padi 淨水

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,

混合兩者。在沸騰的糖液上撒少許牛奶。糖的垢澱會即刻發黑並像泡沫一樣漂浮起來。使用 **Jalli Karandi**（漏勺）將其移到一邊去掉雜垢。再撒些牛奶，像以前一樣除沫。重複這個做法，直到不再出現泡沫。然後，

Saffron -  $\frac{1}{4}$  palam 藏紅花

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 :

將其溶入 1 Ru.wt 牛奶中。隨後添加到已除垢澱的糖漿中。攪拌，並開始驗察糖液的稠度是否合適。要驗察正確的稠度：

[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（已除垢澱），將其冷卻並點在食指上，用拇指撚。在分開 2 個手指時，糖漿應形成一段 1 **Angulam**（約 1 英寸）長的不斷糖絲。有這種黏稠度便可知是 **Ilampaagu**（中濃度糖漿）。這種 **Ilampaagu** 用於備製之後的 **Jilebi**（炸麥圈）、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] 再將此中濃度糖漿煮沸，每 5-6 分鐘在地板上滴一滴。如果這滴水沒有流動並保持原樣，便可知是 **Mudirpaagu**\*（完全濃縮糖漿）。這種完全濃縮的糖漿用於製作之後的幾種甜米飯和之後的 **Laddu**（甜球）食譜。

.....

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. 製這種糖漿可以不加藏紅花。但加藏紅花是最好的。正如薑黃是鹹、酸和辣菜餚的重要





ભોજી પંડા  
(પાલ પંડા)

牛奶米粥



Ingredients	原料
Good Quality Rice	½ padi 優質大米
Ghee	4 palam 酥油
Milk	1 padi 牛奶
Water	½ padi 淨水
Grated Coconut	5 palam 椰絲
Sugar	15 palam 糖
Cardamom Powder	½ Ru.wt 豆蔻粉

Good Quality Rice - ½ padi 優質大米  
Wash this well, drain all the water, and spread it on a white cloth to remove the wetness.  
淘淨米，瀝乾水份，將其鋪在白布上除潮。

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 (青銅甑) 中加熱酥油，將米翻炒至微紅。



வெண்கலப்  
பாளை.

Vengala panai 青銅甑

Milk 1 padi 牛奶  
Water - ½ padi 淨水  
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.  
牛奶與淨水加入炒飯中，攪拌均勻。米飯煮 ¾ 熟後，在米飯中加入 5 palam 椰絲翻拌。加入 15 palam 糖，拌勻並在火上煨 10 分鐘。從柴灶上取下飯甑時，將 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 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. 實踐中，會加杏仁或腰果和少量生食樟腦。這種情況下，依下面注釋所述使用 5 palam 杏仁或腰果。將 1/16 Ru.wt 生食用樟腦粉加入米粥中，攪拌，置於活炭上熱 5 分鐘後用。若加酥油，牛奶的香味會變弱。

*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：凡是在食譜中使用杏仁的地方，將杏仁浸泡在熱水中，剝去褐色外皮，切成丁香狀小粒。杏仁碎丁可經煎炒，或未經焙炒使用，依相應食譜所述。若要用到腰果，去其紅皮，煨烤使用。



இsplit benggal gram & புதிதா லாபாங்  
வை இயைந்த ponggal (kadai paruppu  
payattral paruppu kalanda  
இarkarai ponggal)

雜豆米粥

ingredient	原料
Water	1¾ padi 淨水
Ghee	6½ palam 酥油
Split Bengal Gram/Chana Dal	⅛ padi 鷹嘴豆辦
Yellow Moong Dal/Petite Yellow Lentil	⅛ padi 孟恩豆／小黃扁豆
Good Quality Rice	½ padi 優質米
Milk	¼ padi 牛奶
Grated Coconut	4 palam 椰絲
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 淨水  
Pour this in a 4 padi water-capacity Thavalai (wide mouthed pan) and heat it. When it boils,  
將其倒入容量 4 padi 的Thavalai (廣口釜形鍋) 中煮。當水沸騰時，

Ghee - ½ palam 酥油  
Put this in the boiling water and immediately,  
將其投入沸水後隨即，

Split Bengal Gram/Chana Dal - ⅛ padi 鷹嘴豆辦  
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／小黃扁豆

*mix this with the half cooked Split Bengal Gram and stir. After 5 minutes,*

混合攪拌  $\frac{1}{8}$  padi 孟恩豆與半熟的鷹嘴豆瓣。5分鐘後，

*Good Quality Rice -  $\frac{1}{2}$  padi* 優質米

*wash this well and drain the water. Add this to the boiling dals/lentils. Stir and cover the vessel. Once the rice is  $\frac{3}{4}$  th cooked,*

淘淨米，瀝乾水。倒入沸煮的豆中。攪拌並蓋上容器。米到  $\frac{3}{4}$  分熟時，

*Milk -  $\frac{1}{4}$  padi* 牛奶

*Grated Coconut - 4 palam* 椰絲

*Unprocessed Jaggery powder - 20 palam* 未加工的粗蔗糖粉

*Cardamom Powder -  $\frac{1}{4}$  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騰的米粥中，用勺子攪拌。

*Cashew Nuts - 5 palam* 腰果

*Remove the skin , roast in little ghee and add it to the pongal.*

去皮，在些許酥油裡煨烤後添入米粥。

*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.*

察看酥油質量，將其添入米粥並再次攪拌。將其從柴火爐上取下，置於活性炭上熱5分鐘，隨後用之。

புதிதான லாண்ட் வெல் இயைந்த  
pongal (payattramparuppu  
இவ்வகை பருப்பு)

小黄扁豆米粥

ingredient	原料
Good Quality Rice	½ padi 優質大米
Petite Yellow Lentil/Yellow Moong Dal	¼ padi 小黄扁豆／孟恩豆
Water	1½ padi 淨水
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 椰絲
Cardamom Powder	¼ palam 豆蔻粉
Cashew Nuts	5 palam 腰果

Good Quality Rice - ½ padi 優質大米

Petite Yellow Lentil / Yellow Moong Dal - ¼ padi

小黄扁豆／黃孟恩豆

Wash these two and drain the water.

將兩者洗淨，瀝乾水份。

Water - 1½ padi 淨水

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,

將其倒入 4 padi 容量的Thavalai（廣口釜形鍋）中並加熱。煮沸後，將瀝乾的米與豆加入水中，混合並蓋上容器。一旦米飯 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 椰絲



*Add these one after the other in the boiling pongal, and stir.  
After 5 minutes,*

將上述食材依次加入沸騰的米粥中，用勺子攪勻。5分鐘後，

*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.*

將兩者添入米粥中，混合並置於（燃木而成的）活炭上熱5分鐘，隨後用之。

.....  
*The cashew nuts which are added should be roasted in ghee.* 添入的腰果應在酥油中煸炒過。

another variety of puduwa  
lathong vela iddat pongal  
(lathronuvitha payattral  
paruppu idarkkarai pongal)  
小黄扁豆米粥（另一版本）

ingredient	原料
Small Rice	½ padi 碎米／短粒米
Roasted Yellow Moong Dal/Petite Yellow Lentil	⅛ padi 煨焙過的黃孟恩豆／小黄扁豆
Saffron	⅛ Ru.wt 藏紅花
Milk	3 Ru.wt 牛奶
Water	1¼ padi 淨水
Butter	2 palam 牛油／黃油
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 薑
Cardamom powder	¼ palam 豆蔻粉
Raw Edible Camphor	⅛ Ru.wt 生食樟腦

Small Rice - ½ padi 碎米／短粒米  
Roasted Yellow Moong Dal / Petite Yellow Lentil - 1/8 padi  
煨焙過的黃孟恩豆／小黄扁豆  
Roast this as mentioned in the Note. Mix the rice and dal  
together. Wash well and drain the water.  
依照注釋中的方法煨焙。混合米與豆。淘淨，瀝乾。

Saffron - ⅛ Ru.wt 藏紅花  
Dissolve this well in 3 Ru.wt milk and mix it with the drained  
rice and dal.  
將其溶於 3 Ru.wt 牛奶中，然後與瀝乾的米和豆混合。

Water - 1¼ padi 淨水

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, 將水倒入 3 padi 容量的 **Thavalai** (廣口釜形鍋) 中並加熱。當水沸騰時，加入米、豆，與藏紅花混合後蓋上鍋蓋。米飯一到 ¾ 分熟，

Butter - 2 palam 牛油／黃油

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,

將上述食材添入米粥，拌開。丁香應單獨用酥油炸後再添入。然後，

Ginger - 1 Ru.wt 薑

deskin the ginger, grate it and add it in the pongal. Also, 生薑去皮，磨碎並添入米粥。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.

添入豆蔻粉後再攪一遍。將鍋放在（燃木而成的）活熱炭上 5 分鐘。

Raw Edible Camphor - ⅛ Ru.wt 生食樟腦

Powder this, sprinkle on the pongal, mix and use the pongal.

樟腦磨粉，灑在米粥上，拌勻並用粥。

---

The ginger and clove used is to help in quick digestion for those who consume it and not for its taste. 所用的生薑和丁香是用於助益食用者快速消化，而並非為其口味。



*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：凡是食譜的原材中提到煨製過的孟恩豆／小黃扁豆，不應旺炒，而要恰當地煨炒整豆（直至泛微紅並散發出豆香），使其碎裂，製成孟恩豆以便待用。用這種方法製備的孟恩豆既美味又芳香。

इळदट नोट्ट  
(इवारेवारेवारेइवारेवारे / इवारेवारेवारे)

甜米飯

इंग्रदवारेवारे	原料
Water	1½ padi 淨水
Ghee*	13¾ palam 酥油*
Rice	½ padi 大米
Saffron	¼ palam 藏紅花
Sugar**	20 palam 糖**
Dry Grapes	3 palam 葡萄乾
Almonds	3 palam 杏仁
Rock Sugar	5 palam 冰糖
Cardamom Powder	½ palam 豆蔻粉
Raw Edible Camphor	⅛ Ru.wt 生食樟腦

Water - 1½ padi 淨水  
Pour this in a 3 padi water capacity vessel and boil it.  
將其倒入 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,  
將其倒入沸水中。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.  
將米洗淨，瀝乾水，加入沸水中。隨後，依第1道米飯食譜所述，瀝除澱粉。當飯煮熟並如花般（柔軟）時，將其鋪在 *Thaambalam*（盤子）上，令其冷卻一陣。

Saffron - ¼ palam 藏紅花  
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,

將其投入 8 Ru.wt 水中，然後靜置於熱活性炭上。藏紅花溶泡於水後，與盛入盤中的米飯混合。然後，

Sugar\*\*- 20 palam 糖\*\*

Dry Grapes - 3 palam 葡萄乾

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乾，但不要油烤。與糖混合，加入米飯中攪拌。

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.*

在既一個耐氧化又夠容納米飯的鍋器中熱油。油熱後，將盤上的米飯添入其中，拌勻。然後，飯開始沸爆並發出「katha katha」聲，幾分鐘後聲响停息，將容器靜置於熱活炭上 10 分鐘。

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,*

再融開 5 *palam* 酥油並將其添加到米飯中。翻拌均勻。接著，盛用前幾分鐘，

Rock Sugar - 5 palam 冰糖

Cardamom powder- ½ palam 豆蔻粉

Raw Edible Camphor - 1/8 Ru.wt 生食樟腦

*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.

將冰糖磨成胡椒大小的顆粒。分別將豆蔻和樟腦磨成粉。將以上食材加入米飯中，攪拌均勻，隨後用之。盛用此粥時，可將各類菠蘿蜜片切碎添入粥中。在實踐中，也可加各種水果。

\*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. \* 將酥油加入沸水中，沒有其他原因，是為了防止米粒相互黏連並保持柔軟。

\*\* If needed, the quantity of the sugar can be increased and also it can be made into syrup and used. For this, add  $\frac{1}{4}$  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，也可以製成糖漿使用。若此，添加  $\frac{1}{4}$  份現有糖量，依照第 56 道食譜中所述製作 **Mudirpaagu**（完全濃縮糖漿）。

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：凡是在食譜中使用杏仁的地方，將杏仁浸泡在熱水中，剝去褐色外皮，切成丁香狀小粒。杏仁碎丁可經煎炒，或未經焙炒使用，依相應食譜所述。若要用到腰果，去其紅皮，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：凡是在食譜中提到葡萄乾之處，清掉所有雜垢，去除莖及任何不需要的顆粒。用水輕輕清洗。用薄布壓乾，在酥油中焙烤，再添到各自的菜餚中。在某些情況下，也可以未經烘焙使用，但烘焙後用是最好的。

coconut इलहट नोट (thenghai  
इशरकराई झावदाल/naaralebath)

椰絲甜米飯

ingredient	原料
Water	1½ padi 淨水
Ghee*	1¾ palam 酥油*
Small Rice	½ padi 碎米／短粒米
Saffron	1 Ru.wt 藏紅花
Milk	1 Ru.wt 牛奶
Grated Coconut	12 palam 椰絲
Sugar**	15 palam 糖**
Cardamom	1 Ru.wt 豆蔻粉
Dry Grapes	4 palam 葡萄乾
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).*

這種米飯也主要由北馬哈拉施特拉邦人使用，就像之前的 **sarkkarai saadam**（甜米飯）一樣。

Water - 1½ padi 淨水

*Pour this in a 3 padi water-capacity vessel and boil it.*  
將其倒入 3 padi 容量的容器中並煮沸。

Ghee\* - 1¾ palam 酥油\*

*Pour this in the boiling water. Once this comes to a boil,*  
將此倒入沸水中。一旦沸騰，

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.*

將米洗好，瀝乾水。將此加入沸水中。然後，就如第1道米飯食譜一樣，瀝去澱粉。當米飯煮熟並如花般（柔軟）時，將其鋪在塗鉛的 *Thaambalam*（盤子）上，冷卻一陣。

*Saffron* - 1 Ru.wt 藏紅花

*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,*

將其與 1 Ru.wt 牛奶快速翻攪，直至奶呈黃油狀。將其添入盤中的米飯裡，拌鬆。然後，

*Grated Coconut* - 12 palam 椰絲

*Check and clean any dirt, fibres and add in the rice.*

檢查並清出所有塵垢、纖維，添入米飯中。

*Sugar*\*\* - 25 palam 糖\*\*

*Check whether it is clean and add it to the rice.*

察看糖的潔淨度，添入米飯中。

*Cardamom* - 1 Ru.wt 豆蔻粉

*Dry Grapes* - 4 palam 葡萄乾

*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乾，與米飯拌勻。

*Ghee* - 10 palam 酥油

*Heat this in a non-oxidising vessel.*

在耐氧化的容器中加熱。

*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,*

在加熱的油中煎丁香，然後立即將其放在盤子裡的米飯上，攪拌均勻。將容器放在（燃木而成的）活炭上熱 10 分鐘，之後盛用時，



Rock Sugar - 6 palam 冰糖  
powder the rock sugar to pepper size particles. Sprinkle on the rice. Mix and then use it.

將冰糖磨成胡椒大小的顆粒。撒在米飯上。拌開後用之。

*\*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. \* 將酥油加入沸水中，沒有其他原因，是為了防止米粒相互黏連並保持柔軟。*

*\*\* 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，也可以製成糖漿使用。若此，添加 ¼ 份現有糖量，依照第 56 道食譜中所述製作 Mudirpaagu（完全濃縮糖漿）。*

*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：凡是在食譜中使用杏仁的地方，將杏仁浸泡在熱水中，剝去褐色外皮，切成丁香狀小粒。杏仁碎丁可經煎炒，或未經焙炒使用，依相應食譜所述。若要用到腰果，去其紅皮，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：凡是在食譜中提到葡萄乾之處，清掉所有雜垢，去除莖及任何不需要的顆粒。用水輕輕清洗。用薄布壓乾，在酥油中焙烤，再添到各自的菜餚中。在某些情況下，也可以未經烘焙使用，但烘焙後用是最好的。*

another variety of coconut  
இலக்ட ரீசெ (மலர்ரூவிறா  
தென்கா இலக்ட ரீசெ இலக்ட ரீசெ/  
naaraleebath)

椰絲甜米飯（另一版本）

ingredient	原料
Small Rice	½ padi 碎米／短粒米
Water	1½ padi 淨水
Saffron	¼ palam 藏紅花
Grated Coconut	12 palam 椰絲
Sugar	25 palam 糖
Milk	¼ padi 牛奶
Dry grapes	2 palam 葡萄乾
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 淨水

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道食譜 Saada saadam（普通米飯）的方法煮飯。飯熟後，將其攤在塗鉛的 Thaambalam（盤）中，令其冷卻。

Saffron - ¼ palam 藏紅花

Dissolve this in 2 Ru.wt milk , add to the rice and mix well.

將其溶解在 2 Ru.wt 牛奶中，加入米飯中攪拌均勻。

Grated Coconut - 12 palam 椰絲

Check if this is clean and mix with the rice.

察看椰絲是否潔淨後，與米混合。

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.

在乾淨的鐵煎鍋中加熱這兩種原料，然後將其煮沸至 *Ilampaagu*\*（中濃度糖漿）稠度。將其澆在米飯上，攪拌均勻。

Dry grapes - 2 palam 葡萄乾

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乾，添入糖漿米飯中，攪拌均勻。

Cardamom Powder - 1 Ru.wt 豆蔻粉

Add this also in the rice and mix well.

將此也添入飯中拌勻。

Ghee - 10 palam 酥油

Heat this in a non-oxidising vessel.

在耐氧化的容器中加熱。

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).

在熱油中煎丁香。取掉丁香，只將酥油倒入盤中的米飯中，拌勻。將盤子置於（燃木而成的）活熱炭上。

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顆粒。與米飯混合後用之。



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：凡是在食譜中使用杏仁的地方，將杏仁浸泡在熱水中，剝去褐色外皮，切成丁香狀小粒。杏仁碎丁可經煎炒，或未經焙炒使用，依相應食譜所述。若要用到腰果，去其紅皮，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：凡是在食譜中提到葡萄乾之處，清掉所有雜垢，去除莖及任何不需要的顆粒。用水輕輕清洗。用薄布壓乾，在酥油中焙烤，再添到各自的菜餚中。在某些情況下，也可以未經烘焙使用，但烘焙後用是最好的。

\* 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（已除垢澱），將其冷卻並點在食指上，用拇指撚。在分開2個手指時，糖漿應形成一段1 **Angulam**（約1英寸）長的不斷糖絲。這種黏稠度便可知是 **Ilampaagu**（中濃度糖漿）。

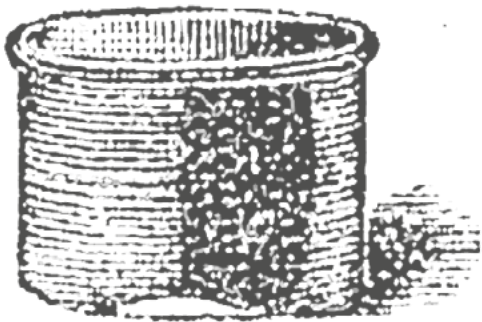
lango extract rice  
(laalabazharasa haadal)  
芒果汁米飯

ingredient		原料
Good Quality Rice	½ padi	優質大米
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	葡萄乾
Good Quality Ghee	2 palam	優質酥油
Rock Sugar	5 palam	冰糖

Good Quality Rice - ½ padi 優質大米  
Wash this well and drain the water. Then,  
淘淨米，瀝乾水。隨後，

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. 將此倒入一個大 Bogini（直筒甑，不要太深）中加熱。加入瀝乾的米。將米煸炒至色澤微紅。



பித்தளைப்  
போகிணி.

Pithalai Bogini  
黃銅大直筒甑

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

coated ladle, and cover the vessel. Then, check whether the rice has cooked  $\frac{3}{4}$  th,

選擇甜美多汁的芒果。輕輕擠榨並在塗鉛容器中過濾果汁。依量提取汁液。在一個容量 3 padi 的鍋器中加熱。果汁開始煮沸時，將炒好的米加入其中，用塗鉛的勺子攪拌，蓋上容器。然後，查看米飯是否已  $\frac{3}{4}$  分熟，

Sugar\*\* - 25 palam 糖\*\*

Add this to the rice and mix.

將糖加入米飯中攪拌。

Cardamom Powder -  $\frac{1}{2}$  palam 豆蔻粉

De-skinned Almonds - 5 palam 去皮杏仁

Dry grapes - 5 palam 葡萄乾

Prepare this as mentioned in the Note and add them one after the other to the rice, and stir.

依照注釋中的方法備製上述食材，然後依次添入米飯中，隨即攪拌。

Good Quality Ghee - 15 palam 優質酥油

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,

將油澆在米飯上，拌勻後從灶上取下容器，置於（燃木而成的）活熱炭上，蓋上蓋燜 5 分鐘。其後，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.

將冰糖粉磨成胡椒大小的顆粒。與米飯混合，然後用之。

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\* To squeeze out the juice of the mango, mangoes which are fibrous and sweet and not fleshy, are best. \* 榨芒果汁，用高纖味甜而果肉不多的芒果，最為適合。



*\*\* 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，也可以製成糖漿使用。若此，添加 ¼ 份現有糖量，依照第 56 道食譜中所述製作 **Mudirpaagu**（完全濃縮糖漿）。*

*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：凡是在食譜中使用杏仁的地方，將杏仁浸泡在熱水中，剝去褐色外皮，切成丁香狀小粒。杏仁碎丁可經煎炒，或未經焙炒使用，依相應食譜所述。若要用到腰果，去其紅皮，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：凡是在食譜中提到葡萄乾之處，清掉所有雜垢，去除莖及任何不需要的顆粒。用水輕輕清洗。用薄布壓乾，在酥油中焙烤，再添到各自的菜餚中。在某些情況下，也可以未經烘焙使用，但烘焙後用是最好的。*

इसान्जा

傳統早餐

ingredientइ	原料
Ghee	7 palam 酥油
Wheat Grits i.e. Dalia	½ padi 麥碎／布格麥
Water	1 padi 淨水
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.

將其倒入煎鍋中加熱。

Wheat Grits i.e. Daliya - ½ padi 麥碎／布格麥

Add this to the heated oil and roast to a sandy color. Transfer this to a plate and keep aside.

麥碎傾入熱油中，翻炒至沙色。盛入盤中，放置一旁。

Water - 1 padi 淨水

Pour this in a vessel and heat. When the water boils, add the roasted wheat grits and mix.

倒水入容器後加熱。水沸時，加入炒麥碎，攪拌。

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).

依注釋所述的方法備製杏仁或腰果。將其與糖、豆蔻粉混合。添入麥碎飯中拌勻。一旦水份收乾，且麥碎如米飯狀時，置於（燃木而成的）活性炭上熱一段時間。

Ghee - 5 palam 酥油

Check the quality of ghee, add to the saanja and mix. After a while, use it.

察看酥油的質量，加入餐中並拌勻。過一陣後，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：凡是在食譜中使用杏仁的地方，將杏仁浸泡在熱水中，剝去褐色外皮，切成丁香狀小粒。杏仁碎丁可經煎炒，或未經焙炒使用，依相應食譜所述。若要用到腰果，去其紅皮，煨烤使用。



ଚୋରା

麥碎 / 扁米



ingredients

原料

Ghee	6 palam	酥油
Wheat Grits i.e. Dalia / Chira	¼ padi	麥碎 / 扁米
Milk	¾ padi	牛奶
Sugar	10 palam	糖
Dry Grapes	2½ palam	葡萄乾
Almonds	2½ palam	杏仁
Cardamom Powder	¼ palam	豆蔻粉
Saffron	4 Ru.wt	藏紅花
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.*

該國公民稱之為**Noi Halva**。這道食物可以用來搭配**Poori**（炸餅）這類無甜質菜品。

Ghee - 1 palam 酥油

*Pour this in a frying pan and heat it.*

油倒入煎鍋中加熱。

Wheat Grits i.e. Dalia / Chira - ¼ padi 麥碎／扁米

*Add this to the heated oil and roast to a sandy color.*

將其倒入熱油中，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,*

將其倒入容器中並加熱。奶一起沸沫，即刻加入油炒過的麥碎並攪拌。煮至沸騰，

Sugar - 10 palam 糖

*Add this to the boiling wheat grits and stir continuously. When it boils thrice (**moondru kothi**).*

將糖加入沸奶麥碎中並不斷攪拌。煮沸三回（**moondru kothi**）。

Dry Grapes - 2½ palam 葡萄乾

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.*

將豆蔻粉磨成粉，然後依注1和注2所述的方法備製杏仁和葡萄乾。將其添入飯中。

Saffron - 4 Ru.wt 藏紅花

*Dissolve this in 1 Ru.wt milk and add to the chira. Mix well and remove from the stove.*



花溶於 1 Ru.wt 牛奶並添入飯中。拌勻後從爐中移開。

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,*

將油澆在飯中，將容器置於（燃木而成的）活炭上熱 5 分鐘。盛用時，

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顆粒。撒在飯上，拌開並用之。

*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：凡是在食譜中使用杏仁的地方，將杏仁浸泡在熱水中，剝去褐色外皮，切成丁香狀小粒。杏仁碎丁可經煎炒，或未經焙炒使用，依相應食譜所述。若要用到腰果，去其紅皮，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：凡是在食譜中提到葡萄乾之處，清掉所有雜垢，去除莖及任何不需要的顆粒。用水輕輕清洗。用薄布壓乾，在酥油中焙烤，再添到各自的菜餚中。在某些情況下，也可以未經烘焙使用，但烘焙後用是最好的。



pudding (thirivaathirai)

濕婆神節日布丁

ingredient		原料
Rice	1 padi	大米
Water	2½ padi	淨水
Roasted Petite Yellow Lentil / Yellow Moong Dal	¼ padi	煨焙過的小黃扁豆/黃孟恩豆
Split Bengal Gram/Chana Dal	⅓₂ padi	鷹嘴豆瓣
Grated Coconut	5 palam	椰絲
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.*

這道甜品主要是為泰米爾納德邦欽奈的 Smartha Dravida 婆羅門在 Thirivaathirai 的 Maargazhi 月期間作為供品而備製的，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。倒入煎鍋，煨焙至色澤微紅。磨成米粉。

Water - 2½ padi 淨水

Pour this in a non-oxidising vessel and heat it. After it starts boiling,

將其倒入耐氧化的容器中並加熱。開始沸騰後，

Roasted Petite Yellow Lentil / Yellow Moong Dal

- veesam ( $\frac{1}{16}$ ) padi 煨焙過的小黃扁豆／黃孟恩豆

Split Bengal Gram / Chana Dal - half veesam ( $\frac{1}{32}$ ) padi

鷹嘴豆瓣

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, 依照注釋中的方法準備小黃扁豆，然後加入沸水中。將未烘烤的鷹嘴豆瓣加入相同的沸水中。半熟後，

Grated Coconut - 5 palam 椰絲

Jaggery -  $\frac{1}{2}$  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,

將其與半熟的扁豆一起加入並混合。一旦粗蔗糖融化，加入磨碎的黏米粉並混合。蓋上容器。幾分鐘後，

Cashew Nuts - 5 palam 腰果

Cardamom Powder -  $\frac{1}{2}$  Ru.wt 豆蔻粉

Ghee -  $\frac{1}{8}$  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.

將上述食材依次添入布丁中，攪拌均勻。從柴火爐上取下容器，置於（燃木而成的）活熱炭上一段時間。然後盛出並用之。

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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 powdering. If this kali (pudding) should be non-sticky like upma, the quantity of water added should be less. If it should be clayey like pudding, the quantity of water should be more. 食譜中使用的黏米粉可以通過將米泡水、曬乾、磨粉、烘烤來製備，而不是先烘烤然後磨粉。若這道 kali (布丁) 應如 upma (米糕) 一樣不黏，那麼加入的水量應較少。若應像布丁一樣黏稠，那麼水量應更多。

*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：凡是食譜的原料中提到煨製過的孟恩豆／小黃扁豆，不應旺炒，而要恰當地煨炒整豆（直至泛微紅並散發出豆香），使其碎裂，製成孟恩豆以便待用。用這種方法製備的孟恩豆既美味又芳香。



spicy pancake (karadai)  
香餅

ingredient		原料
Good Quality Rice	1 padi	優質大米
Split Bengal Gram/Chana Dal	1/8 padi	鷹嘴豆瓣
Water	3/4 padi	淨水
Coconut Pieces	5 palam	椰肉塊
Jaggery	1/2 veesai	粗蔗糖
Cardamom Powder	1/2 Ru.wt	豆蔻粉

Good Quality Rice - 1 padi 優質大米  
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，瀝乾水份。浸泡一段時間，搗碎，製成米粉。在煎鍋裡煨炒，直至米粉泛紅。

Split Bengal Gram/ Chana Dal - 1/8 padi 鷹嘴豆瓣  
Roast this with little ghee until it turns reddish.  
用少許酥油將其炒至微紅。

Water - 3/4 padi 淨水  
Pour this in a vessel and heat it. When it starts boiling well, 將其倒入容器中並加熱。當水開始沸騰時，

Coconut Pieces - 5 palam 椰肉塊  
Jaggery - 1/2 veesai 粗蔗糖  
Cardamom Powder - 1/2 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.

這幾樣料中，先將粗蔗糖加入沸水中。待完全融開後，再將煨黏米粉、炒鷹嘴豆瓣、椰塊和豆蔻粉加入沸水中，和勻。從柴火爐中取下，倒在一個大盤子裡攪拌。稍稍涼後，灑些水，揉勻。分搓成芒果大小的麵球，將其置於掌上，壓成與手指同寬的麵餅。

Water - ¼ padi 淨水

*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.*

將水倒入一個廣口釜鍋或 **Bogini** (甑) 內。像鋪床一樣鋪些稻桿在水面上（稻桿高於水位）。一旦水開始沸騰，在稻桿上放些麵餅。再在餅上鋪蓋一層稻桿。蓋好鍋蓋，確保蒸氣沒有外逸。10分鐘後，打開鍋蓋，用一指按餅。如餅麵硬而結實，可知已熟。如法蒸製其餘麵餅。

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*In practice, along with Split Bengal Gram, black-eyed peas, green moong and almonds are also added. 在實踐中，除了鷹嘴豆瓣之外，也會添些黑眼豆、綠孟恩豆和杏仁。*

ವಹೆಡಾತ್ ಗ್ರಿಟ್ / ಇಡಲೊಲಿನ್ಡಾ ಓ ಚಾಲಂಡೆ  
ಲೊಡೆಡೆ ಬ್ರೆಡಾಡೆ (ಛೊತ್ಹುಲಾಪಾರೊಝುಪುಲ  
ವಾತ್ಹುಲಾಪಾರುಪ್ಪುಲ  
ಇರಂಡಾ ರೊತಿ)

麥碎杏仁餅

ingredient	原料
Wheat Grits i.e. Semolina	½ padi 麥碎／粗磨小麥粉
Ghee	¼ padi 酥油
Almonds	7½ palam 杏仁
Pistachio	7½ palam 開心果
Rock Candy	½ veesai 冰糖
Kasturi (Musk)	4 ku.wt 野生薑黃
Saffron	8 ku.wt 藏紅花
Rose Water	1/16 padi 玫瑰水

Wheat Grits i.e. Semolina - ½ padi 麥碎／粗磨小麥粉  
Ghee - ¼ padi 酥油  
Almonds - 7½ palam 杏仁  
Pistachio - 7½ palam 開心果  
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.  
將杏仁和開心果去皮，與冰糖一起碾碎。將其與麥碎混合並加入酥油。揉成一個緊密的麵糰。

Kasturi (Musk) - 4 ku.wt 野生薑黃  
Saffron - 8 ku.wt 藏紅花  
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.



將藏紅花和野生薑黃溶入玫瑰水中，隨即加入麵糰中。再次揉麵，做成檸檬大小的麵球。將麵球拍成 *Vadas*（小圓餅）並放在耐氧化的盤子上。用另一個盤子蓋住。將一些活性炭塊置於底盤下方和蓋盤上方，直至餅熟透散發出香氣。隨後取出用之。

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*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.* 盤子可以架在 *Koondu-aduppu*（長、方和高外型像塊巨磚的窯爐灶）或 *Anal-aduppu*（燃柴爐）上，並依照之前的餅譜所述烘烤麵餅。

variety rice (chitraanna)

## 不同種類的米飯

*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.*

這些不同種類的飯食是在印度教場合如婚慶、紀念及吉日或不吉之日準備的特殊食譜的一部分。其中，一些飯類如身體的良藥。一些只是味美，卻會導致身體不佳，此類應少量而有度地備製。

# talarinde rice (puliorai/puliyanchadai)

## 羅望子飯

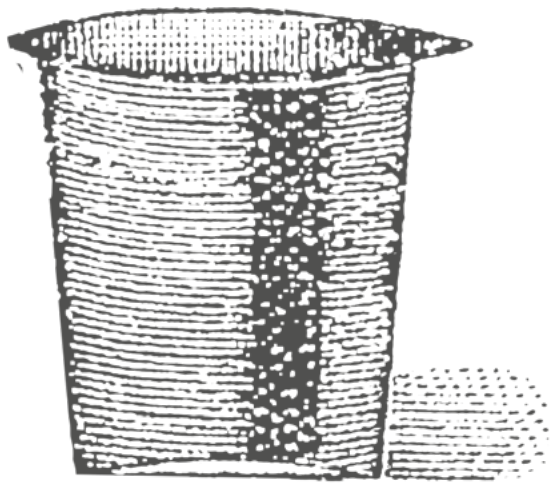


### ingredients

### 原料

Rice	<b>½ padi</b>	大米
Water	<b>2 padi</b>	淨水
Gingelly Oil	<b>9 palam</b>	印度冷榨醇芝麻油
Tamarind	<b>6 palam</b>	羅望子
Salt	<b>1½ palam</b>	鹽
Red Chilli	<b>2 palam</b>	乾紅辣椒
Mustard Seeds	<b>¼ palam</b>	芥菜籽
Fenugreek Seeds	<b>½ Ru.wt</b>	胡蘆巴籽
Asafoetida	<b>⅛ Ru.wt</b>	阿魏膠
Turmeric Powder	<b>¼ Ru.wt</b>	薑黃粉
Curry Leaves	<b>1 Ru.wt</b>	咖哩葉





கர்சட்டிகல்.

Karchattikal 軟石甑

Rice - ½ padi 大米

Water - 1½ padi 淨水

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道米飯食譜中的方法，備製瀝除澱粉的米飯。將米轉盛到 **Karchattikal** (軟石甑) 或 **Karpalagai** (花崗岩板) 上並拌開。趁米飯尚有餘熱時，

Gingelly Oil - 3 palam 印度冷榨醇芝麻油

Pour this on the rice and mix it well using the fingers.

將其倒在飯上，用手指翻拌均勻。

Water - ½ padi 淨水

Tamarind - 6 palam 羅望子

Put these in a lead coated vessel, extract the pulp and remove the Seeds and remnants.

將這些放入塗鉛容器中，取果肉並去籽和渣。

Salt - 1½ palam 鹽

Powder this and add to the tamarind extract.

將其磨成粉並加入羅望子中。

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熱。油一熱起來，

Red Chilli - 2 palam 乾紅辣椒

Mustard Seeds - ¼ palam 芥菜籽

Fenugreek Seeds - ½ Ru.wt 胡蘆巴籽

Asafoetida - ⅛ Ru.wt 阿魏膠

*Prepare the seasoning using these ingredients as per Recipe number 22 and in that,*

依照第 22 道食譜使用這些原料準備調味料，在料中，

*Turmeric Powder - ¼ Ru.wt* 薑黃粉

*Curry Leaves - 1 Ru.wt* 咖哩葉

*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.*

再加這兩味香料，拌勻。將備好的羅望子加入其中並不斷攪拌，使其不會黏著器底而焦糊。水全蒸發後察看 **Legiyam**（濃醬）的稠度。把醬膏添入盤內的米飯中，悉心拌勻。

*If this paste is tied in an areca leaf and stored, it will remain good and not spoil for upto 10 to 15 days.* 若將此濃醬以檳榔葉包裹儲存，能保其品質，且 10 到 15 天內不會變質。

इहइवलह = powder variety rice  
(दीupodi chitraannal)

香粉芝麻薈飯

ingredient		原料
Small Rice	½ padi	碎米／短粒米
Water	1¾ padi	淨水
Turmeric Powder	¼ Ru.wt	薑黃粉
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	⅓ palam	胡蘆巴籽
Coriander Seeds	¼ palam	香菜籽
Red Chilli	1¼ palam	乾紅辣椒
Split Black Gram/Urad Dal	1½ palam	印度黑豆辦
Powdered Crystal Salt	½ palam	晶鹽粉
Tamarind	3¼ palam	羅望子
Powdered Salt	½ palam	鹽末
Mustard Seeds	½ palam	芥菜籽
Peanuts	6 palam	花生米
Curry Leaves	¼ palam	咖哩葉
Asafoetida	⅛ Ru.wt	阿魏膠
De-skinned and Roasted Sesame Seeds Powder	2 palam	去殼煨烤過的芝麻粉

*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.*

此飯品應始終有度食用。大量食入會引起口渴、頭暈等火型相關問題。此飯香濃美味，用後宜立即喝熱水。經由喝熱水，可排掉其不良品質。

Small Rice - ½ padi 碎米／短粒米

Water - 1½ padi 淨水

Turmeric Powder - ¼ Ru.wt 黃薑粉

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,



將薑黃粉加入水中，用此水煮飯，方法如第1道食譜中所述。煮熟後將飯器架在熱活炭上，

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. Then transfer the rice onto Karpalagai (granite slab), spread the rice, mix well and let it cool.*

麻油澆在活炭上的飯中，拌開使油潤遍飯粒。蓋上蓋子並將飯器置於活炭上3分鐘。將米飯轉盛到 Karpalagai（花崗岩板）上，均勻鋪開，令其冷卻。

Pepper - ¼ palam 胡椒

Cumin Seeds - ⅛ palam 孜然

Fenugreek Seeds - veesam (⅓) palam 胡蘆巴籽

Coriander Seeds - ¼ palam 香菜籽

Red Chilli - ¼ palam 紅辣椒

Split Black Gram/Urad Dal - 1½ palam 印度黑豆辦

*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.*

一點一點地倒入適量麻油，將上述每種材料分別煸炒後磨成粉。然後，將其混合在一起。將香料粉添入 Karpalagai（花崗岩板）上的米飯中，拌勻。

Powdered Crystal Salt - ½ palam 晶鹽粉

*Sprinkle this on the rice.*

將其撒在飯上。

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.*

將其澆在飯四周，輕柔拌開，不要把飯粒弄碎。然後，將飯攏成一堆並放置一邊。

Water - ¼ padi 淨水

Tamarind - 3¼ palam 羅望子

Put these in a lead coated vessel, extract the pulp and remove the Seeds and remnants.

二者放入塗鉛容器中，取果肉，去籽和渣。

Powdered Salt - ½ palam 鹽末

Add to the tamarind extract.

鹽末添入羅望子提取汁中。

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,

在煎鍋中熱麻油。油一熱熟，

Red Chilli - 1 palam 乾紅辣椒

Pinch them into small pieces, add them to the heated oil. Once they are half fried.

辣椒撚成小片，加入熱油中。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,

將其加到辣椒裡。當「sada pada」濺射聲响起，一半芥菜籽裂開時，

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，瀝去水份，晾乾。將此加入調料熱油中拌炒。花生炒熟後，將此料從柴爐上取下。

Curry leaves - ¼ palam 咖哩葉

Asafoetida - ⅛ Ru.wt 阿魏膠

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,*

將這兩種食材添入調料油中，一旦「sada pada」的噴濺聲停息，取出阿魏膠，磨成粉末，再重新添入調味料中。加入備製好的羅望子，再次架到柴爐上。繼續攪拌並察看稠度。將調味料添入米飯，

*De-skinned and Roasted Sesame Seeds Powder - 2 palam*

去殼煨烤過的芝麻粉

*Sprinkle this on the rice. Mix everything together well and use it.*

將其灑在米飯上。將所有食材和在一起後用之。



ઇદઇલદ પઠવેદર નોંધ  
(દીપ્પઠવેં હાથવેચલ)

芝麻粉飯

ingredieંtદ		原料
Rice	½ padi	米
Water	1½ padi	淨水
Heated Ghee	1½ palam	熱酥油
Deskined Sesame Seeds	⅛ padi	去殼芝麻
Red Chilli	½ palam	乾紅辣椒
Crystal Salt	½ palam	晶鹽
Ghee	6 palam	酥油
Split Black Gram/Urad Dal	½ palam	印度黑豆辦
Mustard Seeds	¼ palam	芥菜籽
Curry leaves	¼ Ru.wt	咖哩葉

*This rice also has to be consumed limitedly like the previous rice.*  
此飯也須像前一種飯一樣少量食用。

Rice - ½ padi 米

Water - 1½ padi 淨水

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道食譜中的方法，烹煮瀝除了澱粉的米飯。將飯轉盛到 *karpalagai*（花崗岩板）或耐氧化的 *Taambaalam*（盤）上，拌開拌鬆。一旦微涼，

Heated Ghee - 1½ palam 熱酥油

add this in the rice and mix well using the fingers.

將其加到米飯裡，用手指攪拌均勻。

Deskined Sesame Seeds - ⅛ padi 去殼芝麻

Red Chilli - ¼ palam 乾紅辣椒

Crystal Salt - ½ palam 晶鹽

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,

將芝麻浸泡在水中一段時間，然後鋪在乾淨的板上，悉心摩擦，使其返白。在煎鍋中將其焙至微紅。然後將辣椒單煨。將此兩者和在一起，撒入鹽，拌一拌。將其放入 Ural（大研磨鉢）中搗碎。將其灑在準備好的酥油拌飯上，再用手指和一遍。然後，

Ghee - 6 palam 酥油

Red Chilli - ¼ palam 乾紅辣椒

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

Mustard Seeds - ¼ palam 芥菜籽

Curry Leaves - ¼ Ru.wt 咖哩葉

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道食譜的方法，以上述食材在煎鍋中烹製調味料，並將味料與芝麻粉飯混合。然後拌勻用之。

લપડારવે અને તરતરુત  
ચારોટ્ટુ નોંદ (kadeaggu  
thenngai choitraannal)

芥末椰飯

ingredient	原料
Small Rice	½ padi 碎米／短粒米
Water	1½ padi 淨水
Mustard Seeds	¾ palam 芥菜籽
Red Chilli	½ palam 乾紅辣椒
Grated Coconut	2½ palam 椰絲
Turmeric Powder	⅛ palam 薑黃粉
Powdered Salt	¾ palam 鹽末
Lemons	4 檸檬
Ghee	6 palam 酥油
Split Black Gram/Urad Dal	½ palam 印度黑豆辦
Asafoetida	⅛ Ru.wt 阿魏膠
Curry Leaves	¼ palam 咖哩葉

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.

此飯中使用的芥菜籽有助於控制與風型相關的問題，並具有消散胃中囊腫的能力。有風型相關問題者及胃囊腫患者時常用之為最佳。其他人應少量而有度地食用。孕婦尤應避免食用此飯。

Small Rice - ½ padi 碎米／短粒米

Water - 1½ padi 淨水

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道食譜中的方法烹製米飯。將米飯轉盛到**Karpalagai**（花崗岩板）上，令其冷卻。



Mustard Seeds - ½ palam 芥菜籽

Red Chilli - ¼ palam 乾紅辣椒

Grated Coconut - 2½ palam 椰絲

Turmeric Powder - ⅛ palam 黃薑粉

Sprinkle some water and grind these into a butter-like paste.

Add this spice to the rice on the karpalagai and mix well.

灑些水，將上述食材磨成黃油狀的醬料。將這此香料添入花崗岩板上的米飯中，拌勻。

Powdered Salt - ¾ palam 鹽末

Add this also to the rice and mix.

將其也加入飯中並攪拌。

Lemons - 4 顆檸檬

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.

選擇大顆檸檬。將其放於平板上，用手掌以畫圓式滾壓檸檬。將其對半切開，去籽，把汁擠在米飯上。拌勻。若用力擠壓，檸檬皮汁也會混入而增添苦味。所以，要輕柔而用常力地擠壓。

Ghee - 6 palam 酥油

Pour this in a frying pan and heat it.

將其倒入煎鍋中並加熱。

Red Chilli - ¼ palam 乾紅辣椒

Mustard Seeds - ¼ palam 芥菜籽

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

Prepare the seasoning as given in the 22nd recipe. Once the seasoning is ready,

依照第 22 道食譜中的方法烹製調味料。調料做好後，

Asafoetida - 1/8 Ru.wt 阿魏膠  
Smash this and add to the seasoning.  
將其搗碎，添入調味料。

Curry Leaves - 1/4 palam 咖喱葉  
Add this to the seasoning. Once the sound stops, mix this with  
the spice mixed rice and use it.  
將其添入調味料。一旦油爆聲停息，將其與香料飯混合，  
用之。

# ததர்நுட் ரீதெ (thengai idavudal)

## 椰漿飯

飯

ரீதெ

ததர்நுட்



### ingredients

### 原料

Rice	$\frac{1}{2}$ padi	大米
Water	$1\frac{1}{2}$ padi	淨水
Heated Ghee	$1\frac{1}{2}$ palam	熱酥油
Ghee	6 palam	酥油
Red Chilli	$\frac{1}{4}$ palam	乾紅辣椒
Split Black Gram/Urad Dal	$\frac{1}{2}$ palam	印度黑豆瓣
Mustard Seeds	$\frac{1}{4}$ palam	芥菜籽
Curry Leaves	$\frac{1}{4}$ Ru.wt	咖哩葉
Grated Dry Coconut	5 palam	乾椰絲
Powdered Salt	$\frac{1}{2}$ palam	鹽末



Rice - ½ padi 大米

Water - 1½ padi 淨水

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道食譜中的方法烹製米飯。將米轉盛到耐氧化的 **Karpalagai** (花崗岩板) 或 **Taambaalam** (盤) 中，並充分拌開拌鬆。飯一微涼，

Heated Ghee - 1½ palam 熱酥油

Add this in the rice and mix well using the fingers.

將其加到米飯裡，用手指翻拌均勻。

Ghee - 6 palam 酥油

Red Chilli - ¼ palam 乾紅辣椒

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

Mustard Seeds - ¼ palam 芥菜籽

Curry Leaves - ¼ Ru.wt 咖喱葉

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道食譜中的方法備製調味料。將味料轉盛到另一個耐氧化的容器中。

Grated Dry Coconut - 5 palam 乾椰絲

Powdered Salt - ½ palam 鹽末

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.

用同個煎鍋煎烤椰絲。加入鹽末，一併添入米飯中。用手指輕輕拌。隨後將調味料也添入米飯中，再度拌勻後用之。

*In practice, 10 palam grated fresh coconut is roasted as mentioned above and then added instead of dry coconut.*

在實踐中，也可以用10 palam 鮮椰絲代替乾椰絲，煎烤後添入飯中。

Split black gram powder rice  
(ulatthalpodi isadhal)

印度黑豆粉飯

ingredient		原料
Rice	½ padi	米
Water	1½ padi	淨水
Ghee	7½ palam	酥油
Split Black Gram/Urad Dal	⅝ padi	印度黑豆辦
Split Bengal Gram/Chana Dal	⅞ padi	鷹嘴豆辦
Petite Yellow Lentil	⅞ padi	小黃扁豆
Powdered Salt	¾ palam	鹽末
Red Chilli	⅜ palam	乾紅辣椒
Mustard Seeds	¼ palam	芥菜籽
Curry Leaves	½ Ru.wt	咖哩葉

Rice - ½ padi 大米

Water - 1½ padi 淨水

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道食譜中的方法烹煮米飯。

Split Black Gram/Urad Dal - ⅝ padi 印度黑豆辦

Split Bengal Gram/Chana Dal - veesam (⅞) padi 鷹嘴豆辦

Petite Yellow Lentil - veesam (⅞) padi 小黃扁豆

Powdered Salt - ¾ palam 鹽末

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.

幾種豆子分別焙烤，直至微紅。將其單獨研磨，然後混合。加入鹽末。將此豆粉倒入米飯並攪拌。

Ghee - 6 palam 酥油

Red Chilli - ⅜ palam 乾紅辣椒

Split Black Gram - ½ palam 印度黑豆辦

Mustard Seeds - ¼ palam 芥菜籽

Curry leaves - ½ Ru.wt 咖哩葉

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道食譜的方法烹製調味料後，將其加入豆米飯中。拌勻後用之。



લેમન ઇસ્ટ્રાક્ટ વ્હારોટ્ટુ નોંદ  
(દોપલ્લોત્તેપાપઝેઠા રાફા  
તૌત્રાન્નાલ)

## 檸檬汁飯



### ingredient

### 原料

Small Rice	$\frac{1}{2}$ padi	碎米／短粒米
Water	$1\frac{1}{2}$ padi	淨水
Powdered Salt	$\frac{3}{4}$ palam	鹽末
Lemon Extract	2 palam	檸檬汁
Turmeric Powder	$\frac{1}{4}$ Ru.wt	薑黃粉
Ghee	6 palam	酥油
Red Chilli	$\frac{1}{2}$ palam	乾紅辣椒
Mustard Seeds	$\frac{1}{4}$ palam	芥菜籽
Split Black Gram/Urad Dal	$\frac{1}{4}$ palam	印度黑豆辦
Split Bengal Gram/Chana Dal	$\frac{1}{2}$ palam	鷹嘴豆辦
Chopped Green Chilli	$\frac{1}{2}$ palam	切碎的青辣椒
Curry Leaves	$\frac{1}{4}$ palam	咖哩葉

Small Rice - ½ padi 碎米／短粒米

Water - 1½ padi 淨水

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道食譜中的方法，烹煮瀝除澱粉的碎米飯。將其轉盛到一個2 padi 容水量的廣口鉛塗層容器中。拌鬆，令其冷卻。

Powdered Salt - ¾ palam 鹽末

Put this in a vessel in which oxidation does not occur.

將其倒入一個耐氧化的容器中。

Lemon Extract - 2 palam 檸檬汁

Pour this into the vessel with salt.

將其澆入盛了鹽末的容器中。

Turmeric Powder - ¼ Ru.wt 薑黃粉

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.

將薑黃粉也倒入檸檬汁中，攪拌。將其倒在冷卻的米飯上並混合，使檸檬汁濡濕整鍋飯。

Ghee - 6 palam 酥油

Pour this in a large vessel in which oxidation does not occur.

Once it has heated up,

將其倒入一個耐氧化的大容器中。油一熱，

Red Chilli - ½ palam 乾紅辣椒

Mustard Seeds - ¼ palam 芥菜籽

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

Split Bengal Gram / Chana Dal - ½ palam 鷹嘴豆辦

prepare the seasoning using the above ingredients as per recipe number 22.

依照第22道食譜使用上述食材備製調味料。

Chopped Green Chilli - ½ palam 切碎的青辣椒

Curry Leaves - ¼ palam 咖哩葉

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.

將其添入調味料中，稍稍煨炒。將檸檬飯和入調味料中。將鍋器置於活炭上熱5分鐘。隨後盛出。

飯

नोट

टीपिंगवागले



citron fruit variety rice  
(narthalpazha ras  
chitraanam)  
橙汁飯

ingredient	原料
Small Rice	½ padi 碎米／短粒米
Water	1½ padi 淨水
Powdered Salt	¾ palam 鹽末
Citron Fruit Extract	1¾ palam 柑橘類果汁
Turmeric Powder	¼ Ru.wt 薑黃粉
Ghee	6 palam 酥油
Red Chilli	½ palam 乾紅辣椒
Mustard Seeds	¼ palam 芥菜籽
Split Black Gram/ Urad Dal	¼ palam 印度黑豆辦
Split Bengal Gram/ Chana Dal	½ palam 鷹嘴豆辦
Chopped Green Chilli	½ palam 切碎的青辣椒
Curry Leaves	¼ palam 咖哩葉

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.

此飯也可依第 76 道 Elummichaipazha Rasa Chitraannam (檸檬汁飯) 食譜的方法烹製。但不用檸檬汁，代之以 1¾ palam 柑橘類果汁。

komatti poladgranate  
extract variety rice  
(komatti laadulalpazha  
rasa chitraannam)

石榴汁飯

ingredient		原料
Small Rice	½ padi	碎米／短粒米
Water	1½ padi	淨水
Powdered Salt	¾ palam	鹽末
Komatti Pomegranate Fruit	3 palam	石榴汁
Turmeric Powder	¼ Ru.wt	薑黃粉
Ghee	6 palam	酥油
Red Chilli	½ palam	乾紅辣椒
Mustard Seeds	¼ palam	芥菜籽
Split Black Gram/ Urad Dal	¼ palam	印度黑豆辦
Split Bengal Gram/ Chana Dal	½ palam	鷹嘴豆辦
Chopped Green Chilli	½ palam	切碎的青辣椒
Curry Leaves	¼ palam	咖哩葉

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.

此飯也可依第 76 道 Elummichaipazha Rasa Chitraannam (檸檬汁飯) 食譜的方法烹製。但不用檸檬汁，代之以 3 palam 石榴汁。

इठुर पोलदग्रानातइ fruit  
extract variety rice  
(pulippu laadulalpazha  
rasa chitraannam)

酸石榴汁飯

ingredient		原料
Small Rice	½ padi	碎米／短粒米
Water	1½ padi	淨水
Powdered Salt	¾ palam	鹽末
Komatti Pomegranate Fruit	2½ palam	酸石榴汁
Turmeric Powder	¼ Ru.wt	薑黃粉
Ghee	6 palam	酥油
Red Chilli	½ palam	乾紅辣椒
Mustard Seeds	¼ palam	芥菜籽
Split Black Gram/Urad Dal	¼ palam	印度黑豆辦
Split Bengal Gram/Chana Dal	½ palam	鷹嘴豆辦
Chopped Green Chilli	½ palam	切碎的青辣椒
Curry Leaves	¼ palam	咖哩葉

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.

此飯也可依第 76 道Elummichaipazha Rasa Chitraannam（檸檬汁飯）食譜的方法烹製。但不用檸檬汁，代之以 2½ palam 酸石榴汁。



raw mango extract  
variety rice (ଲାଙ୍ଗୁରା  
ରାସା ଚିତ୍ରାନ୍ନମଳ)

芒果汁飯

Ingredients		原料
Small Rice	½ padi	碎米／短粒米
Water	1½ padi	淨水
Powdered Salt	¾ palam	鹽末
Komatti Pomegranate Fruit	2½ palam	酸生芒汁
Turmeric Powder	¼ Ru.wt	薑黃粉
Ghee	6 palam	酥油
Red Chilli	½ palam	乾紅辣椒
Mustard Seeds	¼ palam	芥菜籽
Split Black Gram/Urad Dal	¼ palam	印度黑豆辦
Split Bengal Gram/Chana Dal	½ palam	鷹嘴豆辦
Chopped Green Chilli	½ palam	切碎的青辣椒
Curry Leaves	¼ palam	咖哩葉

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.

此飯也可依第 76 道Elummichaipazha Rasa Chitraannam（檸檬汁飯）食譜的方法烹製。但不用檸檬汁，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，需剝除酸味生芒果的表皮。用刨絲器刨碎。用不帶鐵刷的 Olakkai（大木杵）將生芒塊在石製 Ural（大研搗鉢）中搗成漿。把漿倒在一塊乾淨的厚布上，擠出汁液。依譜量而用。

# ରାଘ ଲାଙ୍ଗୁର ଚାଉଣ୍ଡି ନିଟିହ (ଲାଙ୍ଗୁରା ଚୌତ୍ରାନ୍ନାଲ)

## 生芒果飯



### ingredient

### 原料

Rice	$\frac{1}{2}$ padi	大米
Water	$1\frac{1}{2}$ padi	淨水
Mustard Seeds	$\frac{7}{8}$ palam	芥菜籽
Red Chilli	$\frac{1}{2}$ palam	乾紅辣椒
Grated Coconut	$2\frac{1}{2}$ palam	椰絲
Turmeric Powder	$\frac{1}{4}$ Ru.wt	薑黃粉
Powdered Crystal Salt	$\frac{3}{4}$ palam	晶鹽粉
Grated Sour Mango	3 palam	酸芒果絲
Ghee or Gingelly Oil	$\frac{1}{4}$ palam	酥油或印度冷榨醇芝麻油
Split Bengal Gram/Chana Dal	$\frac{1}{2}$ palam	鷹嘴豆辦
Split Black Gram/Urad Dal	$\frac{1}{2}$ palam	印度黑豆辦
Asafoetida	$\frac{1}{8}$ Ru.wt	阿魏膠



Rice - ½ padi 大米

Water - 1½ padi 淨水

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道食譜中的方法，通過蒸餾澱粉法煮飯。將其轉盛到一個2 padi 容水量的廣口塗鉛容器中。翻拌使米飯冷卻。

Mustard Seeds - ½ palam 芥菜籽

Red Chilli - ¼ palam 乾紅辣椒

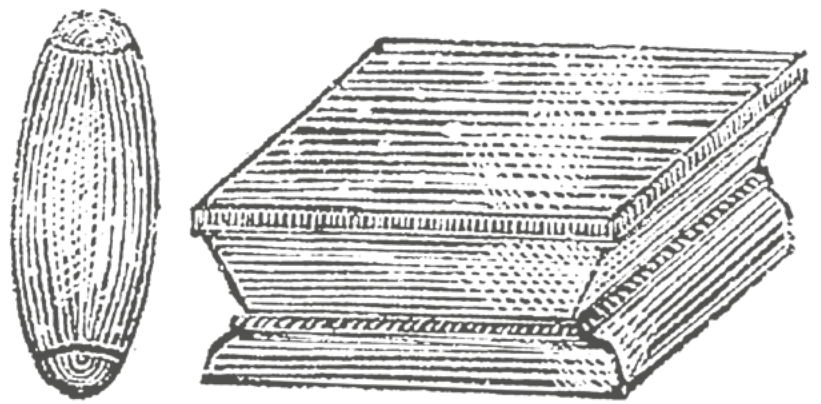
Grated Coconut - 2½ palam 椰絲

Turmeric Powder - ¼ Ru.wt 薑黃粉

Powdered Crystal Salt

- ¾ palam 晶鹽粉

Put all of these five ingredients 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 平磨盤與碾石

將上述五種食材放在 **Ammikal** (平磨石板) 上，灑少許水並將其研磨成黃油狀的醬膏。將其放入塗鉛容器裡的米飯中，悉心拌勻。

Grated Sour Mango - 3 palam 酸芒果絲

Sprinkle this on the rice and mix.

將其灑在米飯上，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,

將其倒入煎鍋中加熱。一旦油熱，

Red Chilli - ¼ palam 乾紅辣椒

Mustard Seeds - ¾ palam 芥菜籽



*Split Black Gram/Urad Dal - 1½ palam* 印度黑豆辦

*Split Bengal Gram/Chana Dal - ½ palam* 鷹嘴豆辦

*Prepare the seasoning using the heated ghee as given in recipe number 22.*

依照第 22 道食譜的方法，以熱酥油和上述食材備製調味料。

*Asafoetida - ⅛ Ru.wt* 阿魏膠

*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.*

將其搗碎，添入調味料中。將調味料澆在米飯上。拌勻後將容器放在熱活性炭上靜置 5 分鐘。然後盛出並用之。

baby brinjal riteh (katthirippinji  
ইহাবদাল/চাঙ্গিবাথ)

小茄子飯

ingredient	原料
Ghee	2 palam 酥油
Coriander Seeds	½ palam 香菜籽
Red Chilli	½ palam 乾紅辣椒
Pepper	⅛ palam 胡椒
Cumin Seeds	⅟ <sub>16</sub> palam 孜然
Nutmeg	⅛ palam 肉豆蔻
Mace	⅛ palam 肉豆蔻皮
Clove	⅟ <sub>16</sub> palam 丁香
Split Black Gram/Urad Dal	2 palam 印度黑豆辦
Grated Dry Coconut	3 palam 乾椰絲
Salt	2¾ Ru.wt 鹽
Water	3 palam 淨水
Tamarind	¾ palam 羅望子
Baby Brinjal	34 palam 小茄子
Ghee	7 palam 酥油
Red Chilli	¼ palam 乾紅辣椒
Mustard Seeds	¼ palam 芥菜籽
Split Black Gram/Urad Dal	½ palam 印度黑豆辦
Split Bengal Gram/Chana Dal	½ palam 鷹嘴豆辦
Small Rice	½ padi 碎米／短粒米
Water	1 padi 淨水
Turmeric Powder	⅟ <sub>16</sub> palam 薑黃粉
Lemon	2 nos 顆 檸檬

Coriander Seeds - ½ palam 香菜籽

Red Chilli - ½ palam 乾紅辣椒

Pepper - ⅛ palam 胡椒

Cumin Seeds - veesam ⅟<sub>16</sub> palam 孜然籽

Nutmeg - ⅛ palam 肉豆蔻

Mace - ⅛ palam 肉豆蔻皮

Clove - veesam ⅟<sub>16</sub> palam 丁香

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

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.

一點一點地倒酥油，分別煸炒上述食材。逐樣磨粉。然後將香料粉混合後存放一處。用於煸炒這些香料的酥油总量應為 2 palam。

Grated Dry Coconut - 3 palam 乾椰絲

Salt - 2¾ Ru.wt 鹽

Mix these with the prepared powder. Pound it nicely and divide the masala (spice) powder into 2 equal parts.

將其與準備好的粉末混合。將其搗碎並將馬薩拉(香料)粉分成 2 等份。

Water - 1½ palam 淨水

Tamarind - ¾ palam 羅望子

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.

將其放入鉛塗層容器中，取羅望子果肉，去籽和渣。將兩份中的一份馬薩拉香料粉混入這羅望子中。

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的莖，將茄子切成不分離的 4 瓣。茄瓣間填塞羅望子馬薩拉醬料，收攏茄瓣。

Ghee - 4 palam 酥油

Pour this in a 3 padi water capacity vessel and heat it. Once it has heated up,

倒入一個 3 padi 容量的容器並加熱。一旦升溫，

Red Chilli - ¼ palam 乾紅辣椒

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 鷹嘴豆瓣



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 道食譜的方法，以熱酥油和上述食材烹製調味料。隨後，將填好羅望子醬的小茄子放入調味料中。

Water - 1½ palam 淨水

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  $\frac{3}{4}$  th. Then check if the brinjal is cooked properly and remove it from the firewood stove.

將水灑在茄子上，拌一拌料，蓋上鍋蓋。過一段時間，再次攪拌，蓋上蓋。重複幾次，直至小茄子  $\frac{3}{4}$  分熟。從灶上取下鍋子。

Small Rice - ½ padi 碎米／短粒米

Water - 1 padi 淨水

Turmeric Powder -  $\frac{1}{16}$  palam 薑黃粉

Add the turmeric powder in the water. Cook the rice as mentioned in the 2nd rice recipe. Once it is half cooked.

薑黃粉加入水中。依照第2道食譜中的方法煮米飯。一旦飯煮至半熟，

Ghee - 3 palam 酥油

Pour this onto the boiling rice, mix well and cover the vessel.

Then, check if the rice has cooked  $\frac{3}{4}$  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,

將其倒在沸米上，和勻，蓋上蓋子。然後，察看米飯是否已  $\frac{3}{4}$  分熟，添入餘下的另一份馬薩拉（香料）並用勺子悉心拌勻。隨後，將備好的茄子加入米飯中，用勺子拌勻。從灶上取下，置於（燃木而成的）活熱炭上 4 分鐘。隨後盛用時，

Lemon - 2 nos 顆檸檬

*press and cut the lemon and then remove the Seeds.*

*Squeeze the lemon extract on the rice. Mix it well and use it.*

壓按切開檸檬，去籽。將檸檬汁擠在飯上。拌勻後用之。

another type of baby  
brinjal rice (மத்தரரிவல்  
கத்திரிப்பிளி இவ்வல்)

小茄子飯（另一版本）

ingredient		原料
Small Rice	½ padi	碎米／短粒米
Ghee	½ palam	酥油
Turmeric Powder	⅛ Ru.wt	黃薑粉
Water	1½ padi	淨水
Ghee	5 palam	酥油

Small Rice - ½ padi 碎米／短粒米  
Wash this well. Drain the water and keep aside.  
淘淨米，瀝乾水份並放置一邊。

Ghee - ½ palam 酥油  
Turmeric Powder - ⅛ Ru.wt 黃薑粉  
Mix these two with the drained rice.  
將二者與瀝乾的米混合。

Water - 1½ padi 淨水  
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,  
將水倒入 2½ padi 容水量的容器內，加入短粒米。依照第 1 道食譜的方法煮飯。將米飯轉盛到另一有鉛塗層的容器中，將其鋪開拌鬆。依上一（第 82）道小茄子飯譜的方法，烹製馬薩拉香料。將一半馬薩拉與羅望子混合，填



入茄辦中。在調味料中煮茄子。煮好後，加入米飯，拌勻。接著添入另一半馬薩拉香料，攪拌。之後，

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.*

將其加入米飯中，再次拌勻。將其置於（燃木而成的）活炭上熱4分鐘。然後盛出用之。

maharashtra baby brinjal  
riteh (maharashtra  
katthirippinji saadalu)

馬哈拉施特拉邦  
小茄子飯

ingredientइ	原料
Coriander Seeds	2½ palam 香菜籽
Grated Dry Coconut	5 palam 乾椰絲
Clove	⅛ palam 丁香
Cumin Seeds	⅓ palam 孜然
Caraway Seeds*	¼ palam 葛縷子籽*
Pepper	¼ palam 胡椒
Cinnamon	¼ palam 肉桂
Cannon Ball Flower	¼ palam 炮彈樹花
Cardamom	¼ palam 豆蔻
Asafoetida	¼ palam 阿魏膠
Red Chilli	1 palam 乾紅辣椒
Turmeric	¼ palam 黃薑
Salt	3½ Ru.wt 鹽
.....	
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 淨水
Grated Coconut	5 palam 椰絲

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.

在準備這道小茄子飯前，先備製好馬薩拉（香料）是關鍵。須按如下方法備製馬薩拉。

Coriander Seeds - 2½ palam 香菜籽

Grated Dry Coconut - 5 palam 乾椰絲

Clove - ¼ palam 丁香

Cumin Seeds - ⅓ palam 孜然籽

Caraway Seeds\* - ¼ palam 葛縷子籽\*

Pepper - ¼ palam 胡椒

Cinnamon - 1¼ palam 肉桂

Cannon Ball Flower - ¼ palam 炮彈樹花

Cardamom - ¼ palam 豆蔻

Asafoetida - ¼ palam 阿魏膠

Red Chilli - 1 palam 乾紅辣椒

Turmeric - ¼ palam 黃薑

Except Caraway Seeds, roast all the other ingredients given above with little ghee. Mix them together, then add the caraway seeds and powder them.

用少許酥油慢炒上述食材，葛縷子籽除外。炒熟後混合，最後加入葛縷子，一併磨成粉。

Salt - 3 ½ Ru.wt 鹽

Powder this also and mix it.

也將其粉化並混合。

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的莖，將茄子切成4份，不要將茄瓣分開。用一半準備好的馬薩拉填充茄子並收起來。

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熱。油一熱，

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.

將其添入熱油中爆炒。「sada pada」的濺射聲一停息，將填塞了馬薩拉的茄子放入油中。在茄子上灑些水，煎烤。



Rice - ½ padi 大米

Wash the rice well and drain all the water. Once the water has drained completely,

將米洗乾淨，瀝盡水。水乾透時，

Ghee - ½ palam 酥油

Remaining Masala 剩餘的馬薩拉

Add both of these to the drained rice and mix.

將其加入瀝乾的米中混合。

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*（廣口釜形鍋）中熱油。油一熱，

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.

將其撒入油中拌炒。取走油中的丁香，在酥油裡加入馬薩拉混米。持續翻炒 3 分鐘。

Water - 1 padi 淨水

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,

將其澆在炒米上，攪拌均勻。察看米飯是否已 ¾ 分熟。取出 ¼ 份飯，盛入盤中。將炸好的茄子餡添到爐上的 ¾ 份飯中。再加入盤子上的 ¼ 份飯，蓋好容器。其後，候一陣，

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,

將其倒在米飯上，拌勻。將容器置於（燃木而成的）熱活炭上 10 分鐘。然後，盛用前幾分鐘，

*Grated Coconut - 5 palam* 椰絲

*Add this also to the rice, mix well and serve.*

將椰絲也添入飯中，悉心拌勻，盛用。

લદ્દો/દિનુગ્રદદે ગ્રદદનડ નોંદ  
(વદ્દથાગકદદરાઈ ફાવદાલ /  
ફાબજાબાથ)

胡蘆巴葉飯

ingredient		原料
Small Rice	½ padi	碎米／短粒米
Turmeric Powder	⅓ palam	薑黃粉
Water	2½ padi	淨水
Fenugreek Leaves/Tender Methi	24 palam	嫩胡蘆巴葉
Salt	¼ palam	鹽
Ghee	6 palam	酥油
Red Chilli	¼ palam	乾紅辣椒
Mustard Seeds	¼ palam	芥菜籽
Split Black Gram/Urad Dal	½ palam	印度黑豆辦
Split Bengal Gram/Chana Dal	½ palam	鷹嘴豆辦

Small Rice - ½ padi 碎米／短粒米

Water - 1½ padi 淨水

Turmeric Powder - veesam (⅓) palam 薑黃粉

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.

將薑黃粉加入水中。用此水以瀝除澱粉的方法煮飯，如第1道米飯食譜中所述。令其冷卻。按第82道小茄子飯食譜中的方法備製馬薩拉香料。把馬薩拉分成兩份。一份與米飯混合。將另一份馬薩拉與羅望子混合，如之前所述（見第71、82道食譜）。

Fenugreek Leaves/Tender Methi - 24 palam 嫩胡蘆巴葉

Cut off the roots and chop it finely.

去根，切碎。



Water - ¾ padi 淨水

Pour this in a 1 ½ padi water capacity vessel, add the chopped greens in it and heat it.

將其倒入 1½ padi 容量容器中，放切好的葉子，烹煮。

Salt - ¼ palam 鹽

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.

添鹽入正在烹煮的胡蘆巴葉中，蓋上容器。蔬菜半熟後，將容器從爐子上移開。然後，加一些淨水，用手輕輕擠壓葉子，甩掉多餘的水，取出。將葉與羅望子馬薩拉混合。

Ghee - 6 palam 酥油

Red Chilli - ¼ palam 乾紅辣椒

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 鷹嘴豆瓣

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 道食譜，以上述食材烹製調味料，在一個 4 padi 容量耐氧化的容器中，加入羅望子馬薩拉胡蘆巴葉。倒入和了馬薩拉的米飯，充分拌勻。從爐上取下容器，將其置於（燃木而成的）活性炭上熱 5 分鐘，然後用之。

If needed, squeeze two lemons before serving.

若需，盛用前擠兩顆檸檬。

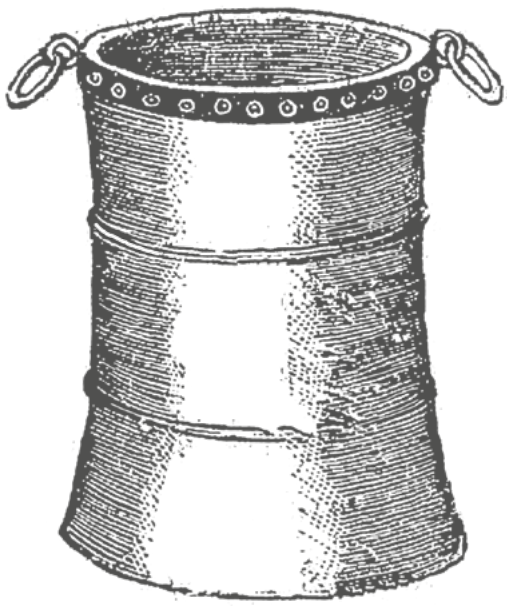
lentil- broth ரிட்ட  
(paruppu kozhalu  
இவ்வரிவல்)

豆湯飯

ingredient		原料
Water	2¼ padi	淨水
Split pigeon pea/ Toor Dal	¼ padi	木豆辦
Ghee or Oil	½ palam	酥油或油
Turmeric Powder	⅛ palam	薑黃粉
Rice	½ padi	米
Red Chilli	½ palam	乾紅辣椒
Coriander Seeds	½ palam	香菜籽
Pepper	¼ palam	炮彈樹花
Cumin Seeds	⅛ palam	孜然
Fenugreek Seeds	⅙ palam	胡蘆巴籽
Split Black Gram/ Urad Dal	1 palam	印度黑豆辦
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	羅望子
Salt	1½ palam	鹽
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	乾椰絲
Rice Flour	½ palam	米粉／黏米粉
Red Chilli	⅛ palam	乾紅辣椒
Mustard Seeds	¼ palam	芥菜籽
Split Black Gram/ Urad Dal	½ palam	印度黑豆辦
Asafoetida	⅙ Ru.wt	阿魏膠
Curry Leaves	¼ palam	咖哩葉

*This dish is very delicious but is of a slow-digestive nature.  
Hence, it should be consumed in a limited amount.*  
這道菜很美味，但具慢消化性質。因此，應限量食用。

Water - 2 padi 淨水  
Pour this in a lead coated, 4 padi water capacity Soadu-  
thavalai (long cylindrical vessel with rim) and heat it. Once its  
starts boiling,



சோடுதவலை.

Soadu-thavalai 帶鈕長筒甑

將水倒入 4 padi 容量的塗鉛 Soadu-thavalai (帶鈕長筒甑) 中並加熱。水一開始沸騰，

Split pigeon pea - ¼ padi 木豆辦

Ghee or Gingelly Oil - ½ palam

酥油或印度冷榨醇芝麻油

Turmeric Powder - ⅛ palam 薑黃粉

add these to the boiling water. When this starts boiling, cover the vessel.

將其加入沸水中。水開始沸騰時，蓋上甑器。

Rice - ½ padi 大米

Soak this for 1 naazhigai. Then wash it well and drain the water. Then,

將其浸泡 1 naazhigai。然後淘淨，瀝乾。之後，

Red Chilli - ½palam 乾紅辣椒

Coriander Seeds - ½ palam 香菜籽

Pepper - ¼ palam 胡椒

Cumin Seeds - ⅛ palam 孜然籽

Fenugreek Seeds - veesam (⅓) palam 胡蘆巴籽

Split Black Gram/Urad Dal - 1 palam 印度黑豆辦

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.

用少許油分別焙炒上述香料，避免炒焦。將其混合，在 Ural (研搗鉢) 中將其搗成 Kumkum (朱砂粉) 一般細膩的



粉末。察看木豆生熟。然後，倒入淨米並攪拌。開始沸騰後，添入備好的香料混合粉。攪拌並蓋上容器。

Water - ¼ padi 淨水

Tamarind - 3 palam 羅望子

Put these two in a lead coated vessel, extract the tamarind pulp and remove the Seeds and remnants.

放入鉛塗層容器中，取羅望子果肉，去籽和渣。

Salt - 1½ palam 鹽

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,

將其添入提取的羅望子果肉中加熱，不斷攪拌，直至凝成 **Legiyam**（濃醬）。檢查（和木豆一起煮的）米飯是否已經 ¾ 分熟。然後，在飯中加入羅望子濃醬。使用塗鉛勺將其攪拌均勻。爐灶燒小火，蓋好容器。2分鐘後，

Grated Dry Coconut - 4 palam 乾椰絲

Rice Flour - ½ palam 黏米粉

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.

灑 ⅛ padi 淨水，在 **Ural**（大研搗鉢）中研磨二者。將其添入爐灶上的米飯中，拌勻，重新蓋上容器。

Ghee or Gingelly Oil - 3 palam 酥油或印度冷榨醇芝麻油

Red Chilli - ⅛ palam 乾紅辣椒

Mustard Seeds - ¼ palam 芥菜籽

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

Prepare seasoning as per the 22nd recipe using these ingredients. When removing the seasoning from the stove,



依照第 22 道食譜使用以上原料準備調味料。從灶上移開調味料時，

*Asafoetida - veesam (1/16) Ru.wt* 阿魏膠

*Curry Leaves - 1/4 palam* 咖哩葉

*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.*

阿魏膠搗碎磨粉，從枝莖上摘下咖哩葉。添入味料中炸。然後，一旦油爆聲停息，將調味料添入柴灶上的米飯中。攪拌均勻後用之。

તપરવે નોંદ (thayir dhadhal/  
thathiyodhanal)

凝乳飯



### ingredients

### 原料

Rice	$\frac{1}{2}$ padi	大米
Water	$1\frac{1}{2}$ padi	淨水
Milk	$\frac{1}{2}$ padi	牛奶
Sour Curd	$\frac{1}{4}$ palam	酸凝乳
Butter	2 palam	牛油
Powdered Salt	$\frac{1}{2}$ palam	鹽末
Ghee	$1\frac{1}{2}$ palam	酥油
Red Chilli	$\frac{1}{2}$ Ru.wt	乾紅辣椒
Mustard Seeds	$\frac{1}{2}$ Ru.wt	香菜籽
Split Black Gram/Urad Dal	$\frac{1}{4}$ palam	印度黑豆辦
Split Bengal Gram/Chana Dal	$\frac{1}{4}$ palam	鷹嘴豆辦
Curry Leaves	$\frac{1}{8}$ palam	咖哩葉
Pepper	$\frac{1}{8}$ palam	胡椒
Ginger	$\frac{1}{4}$ palam	薑
Asafoetida	$\frac{1}{16}$ Ru.wt	阿魏膠
Water	1 Ru.wt	淨水

Rice - ½ padi 大米

Water - 1½ padi 淨水

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道食譜的方法——瀝除澱粉法煮飯。然後，將其轉盛到塗鉛容器中，令其冷卻。

Milk - ½ padi 牛奶

Sour Curd - ¼ padi 酸凝乳

Butter - 2 palam 牛油

Powdered Salt - ½ palam 鹽末

Add these 4 ingredients to the rice and Mix really well.

將此4味食材添入米飯中，充分拌勻。

Ghee - 1½ palam 酥油

Pour this in a frying pan and heat it well. Once it heats up, 將其倒入煎鍋中並充分加熱。一旦升溫，

Red Chilli - ½ Ru.wt 乾紅辣椒

Mustard Seeds - ½ Ru.wt 芥菜籽

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

Split Bengal Gram - ¼ palam 鷹嘴豆辦

Prepare the seasoning as per Recipe number 22 using the above ingredients.

使用上述食材依照第22道食譜的方法，備製調味料。

Curry Leaves - ⅛ palam 咖哩葉

Add this to the seasoning. Once the “sada pada” sound stops, add the seasoning to the rice. Then,

咖哩葉放入調味料的熱油中。一旦「sada pada」的濺射聲停息，將味料添入米飯中。然後，

Pepper - ⅛ palam 胡椒

Pound this into fine grits and sprinkle on the rice.

將其搗成細粒，撒在米飯上。



Ginger - ¼ palam 薑

Deskin this and grate it using a grater.

Add it to the rice . Then,

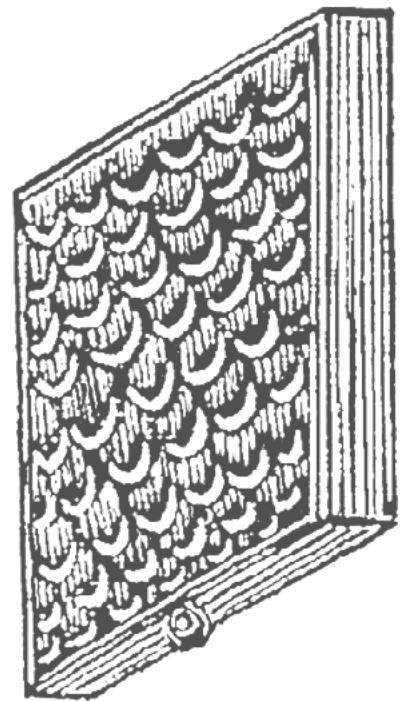
薑削皮並用擦絲板刨碎。將其加入飯中。然後，

Asafoetida - veesam ( $\frac{1}{16}$ ) Ru.wt 阿魏膠

Soak this in 1 Ru.wt water and then add the clear solution on the rice. Mix it.

將其浸泡在 1 Ru.wt 水中，然後澆在飯上。拌勻。

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. 在實踐中，可以添些椰絲。椰絲的量為 5 palam。乾薑也可以代替生薑磨粉使用。



தருவுபலகை.

Thruruvu Palagai

Grater

擦絲板



another type of curd rice  
लट्टोरुविथा तयिरसादल  
(bakaalabath)

凝乳飯（另一版本）

ingredient		原料
Rice	½ padi	大米
Water	1½ padi	淨水
Curd Made From Milk Cream / Ettu Tayir	½ padi	奶油製成的凝乳
Evaporated Milk	¼ palam	淡奶
Salt	½ palam	鹽
Ghee	3 palam	酥油
Red Chilli	¼ palam	乾紅辣椒
Mustard Seeds	⅛ palam	芥菜籽
Split Black Gram/ Urad Dal	¼ palam	印度黑豆辦
Split Bengal Gram/Chana Dal	¼ palam	鷹嘴豆辦
Finely Chopped Green Chilli	½ palam	切成末的青辣椒
Curry Leaves	⅛ palam	咖哩葉

Rice - ½ padi 大米

Water - 1½ padi 淨水

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道食譜的方法——瀝除澱粉法煮飯。隨後，將其轉盛到一個4 padi 容量的鉛塗層容器中，令其冷卻。用手指拌鬆。然後，

Curd Made From Milk Cream / Ettu Tayir - ½ padi

奶油製成的凝乳

Evaporated Milk (Milk Boiled Until It Becomes Half) - 1 padi

淡奶（煮至濃縮為一半體量的牛奶）

Fresh Butter - 6 palam 鮮牛油

Salt - ½ palam 鹽

Add these ingredients to the rice and churn it well using a wooden curd churner.

將上述原料添入米飯中，使用木製凝乳攪拌器將其攪勻。

Ghee - 3 palam 酥油

Pour this in a pan and heat it.

將其倒在平底鍋裡加熱。

Red Chilli - ¼ palam 乾紅辣椒

Mustard Seeds - ⅛ palam 芥菜籽

Split Black Gram/Urad Dal - ¼ palam

印度黑豆辦

Split Bengal Gram/Chana Dal - ¼ palam

鷹嘴豆辦

Finely Chopped Green Chilli - ½ palam

青辣椒末

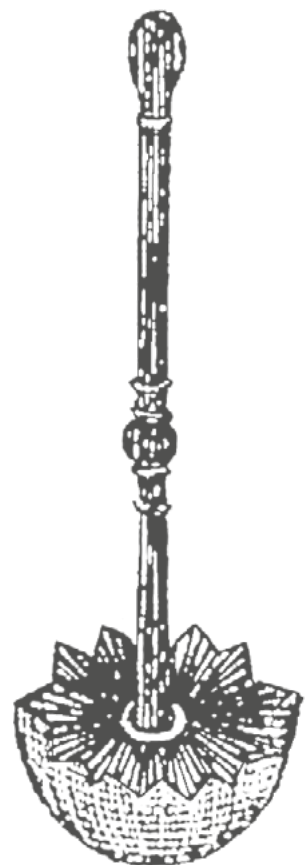
Prepare the seasoning as given in recipe number 22 using the heated ghee. Once the seasoning is ready,

依照第 22 道食譜中的方法，以熱酥油與上述食材製作調味料。調料做好後，

Curry Leaves - ⅛ palam 咖哩葉

add this to the seasoning. Once the sound stops, add the seasoning to the churned rice. Some people also add ¼ palam powdered cardamom.

將其添入調味料中。一旦油聲停息，將調味料添入拌鬆的米飯中。也有人會添 ¼ palam 豆蔻粉。



மத்து.

Curd Churner

凝乳攪拌器

turḍe porriḍḍe  
(thayir koḍḍe)

凝乳粥

ingredientḍ		原料
Rice Grits	¼ padi	米碎
Water	½ padi	淨水
Sour Curd	3 padi	酸凝乳
Salt	4 Ru.wt	鹽
Green Chilli	1 Ru.wt	青辣椒
Coriander Leaves	½ Ru.wt	香菜葉
Dry Ginger	½ Ru.wt	乾薑
Curry Leaves	1 palam	咖哩葉
Ghee	4 Ru.wt	酥油
Red Chilli	½ Ru.wt	乾紅辣椒
Mustard Seeds	½ Ru.wt	芥菜籽
Split Black Gram/Urad Dal	1 Ru.wt	印度黑豆辦

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.

去石礫沙泥，清揀米碎。悉心淘洗並瀝水。將其浸泡 1 naazhigai。

Sour Curd - 3 padi 酸凝乳

Pour this in a lead coated, 4 padi water capacity vessel. 在 4 padi 容水量的塗鉛容器中倒入凝乳。

Water - ½ padi 淨水

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, 將水添入容器內的凝乳中，快速攪打。倒入米碎，拌勻。將容器架在柴火爐上燉煮。檢查米碎是否煮熟，

Salt - 4 Ru.wt 鹽

Add this to the boiling porridge. Then, 將其添入沸粥。然後，

Green Chilli - 1 Ru.wt 青辣椒

Coriander Leaves - ½ ru. Wt 香菜葉

Chop these two finely and add to the porridge.

將二者切碎，添入粥中。

Dry Ginger - ½ Ru.wt 乾薑

Powder this, add it to the porridge and mix it well. Then,

乾薑磨粉，添入粥中，攪拌均勻。然後，

Curry Leaves - 1 palam 咖哩葉

Expose these leaves to the heat of live coal . Then shred the leaves and add to the porridge.

咖哩葉放在熱活炭上炙烤。隨後切碎，添入粥中。

Ghee - 4 Ru.wt 酥油

Red Chilli - ½ Ru.wt 乾紅辣椒

Mustard Seeds - ½ Ru.wt 芥菜籽

Split Black Gram/ Urad Dal - 1 Ru.wt 印度黑豆辦

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 道食譜，以上述食材烹製調味料並將其灑在粥上。悉心拌勻，然後盛用。



lentils (paruppugal)

## 豆類

*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 “kanjikkuk kaanankondaattam” came into existence.*

這類菜是米飯、**Roti**（麵包）和 **adai**（煎餅）等主食的第一道配菜。此菜類品非常美味，給身體帶來力量。多數情況以木豆備製。但在實踐中，也使用小黃扁豆／黃孟恩豆或印度黑豆瓣。來自馬來亞拉州的人以硬皮豆（**horse gram lentils**）配粥（**kanji**），乃一道名菜。因此，諺語「硬皮豆配粥 **kanjikkuk kaanankondaattam**」應運而生。

plain dhal

普通豆湯



## ingredient

## 原料

Water	<b>1 padi</b>	淨水
Split pigeon pea/Toor Dal	<b>¼ padi</b>	木豆辦
Turmeric Powder	<b>⅓ Ru.wt</b>	薑黃粉
Ghee	<b>½ palam</b>	酥油
Powdered Salt	<b>¼ palam</b>	鹽末

Water - 1 padi 淨水

Pour this into a *Thavalai* (wide mouth vessel) and heat it.

將其倒入*Thavalai* (廣口釜形鍋) 中並加熱。

Split Pigeon Pea / Toor Dal -  $\frac{1}{4}$  padi 木豆辦

Turmeric Powder - veesam ( $\frac{1}{16}$ ) Ru.wt 薑黃粉

Ghee -  $\frac{1}{2}$  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,

將上述原料加入沸水中並蓋好鍋器。一旦木豆煮成柔軟的棉花狀，

Powdered Salt -  $\frac{1}{4}$  palam 鹽末

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.

加鹽入豆，並用黃銅勺頭或木杵搗糊。豆湯濃稠且水份吸盡時，將其從灶上取下用之。



lelton extract lentil/dal  
(elulichaippazharaṣa  
paruppu)

檸檬豆湯

ingredient		原料
Water	1 padi	淨水
Split Pigeon Pea / Toor Dal*	¼ padi	木豆辦*
Ghee	1 palam	酥油
Turmeric Powder	1/16 Ru.wt	薑黃粉
Salt	½ palam	鹽
Lemon	2	檸檬
Red Chilli	1/8 palam	乾紅辣椒
Split Black Gram / Urad Dal	¼ palam	印度黑豆辦
Mustard Seeds	1/8 palam	芥菜籽
Curry Leaves	1/8 palam	咖哩葉
Green Chilli	¼ palam	青辣椒

Water - 1 padi 淨水

Split pigeon pea / Toor Dal\* - ¼ padi 木豆辦\*

Ghee - ½ palam 酥油

Turmeric Powder - vessam 1/16 Ru.wt 薑黃粉

Salt - ¼ palam 鹽

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，依照普通豆湯第 90 道食譜中的說明烹製豆子。然後，從柴火爐中取出，令其微涼。

Lemon - 2 顆檸檬

Choose big and juicy lemons. Cut them and remove the Seeds. Squeeze the juice on the dal/lentil and stir well.

選擇大而多汁的檸檬。切開，去籽。將汁擠在豆上，拌勻。

Ghee - ½ palam 酥油

Red Chilli - 1/8 palam 乾紅辣椒

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

Mustard Seeds - 1/8 palam 芥菜籽



*Prepare the seasoning as per 22nd recipe using the above ingredients. Once the sound stops,*

依照第 22 道食譜的方法，以上述食材烹製調味料。一旦油濺聲停息，

*Curry Leaves - 1/8 palam* 咖哩葉

*Green Chilli - 1/4 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，咖哩葉撕碎，將兩者加入調味料中。青辣椒末在油中輕煸後，把整個調味料加入木豆／小扁豆中，拌開。其後用之。

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*\* 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、整顆綠豆或鷹嘴豆代替木豆。小黃扁豆／黃孟恩豆是否經煨炒都可用。所有其他小扁豆應煨炒後使用。*

maharashtra plain dal/  
lentil (maharashtra  
saada paruppu)

馬哈拉施特拉邦扁豆湯

ingredient	原料
Water	1 padi 淨水
Split Pigeon Pea/Toor Dal	¼ padi 木豆辦
Ghee	¼ palam 酥油
Turmeric Powder	⅛ Ru.wt 薑黃粉
Powdered Salt	1 Ru.wt 鹽
Ghee	1 Ru.wt 酥油
Jaggery	1 Ru.wt 粗蔗糖
Asafoetida	2 Ku.wt 阿魏膠

Water - 1 padi 淨水  
Split Pigeon Pea/Toor Dal - ¼ padi 木豆辦  
Wash this well with water, and drain the water completely.  
用水洗淨豆，瀝盡水份。

Ghee - ¼ palam 酥油  
Add this to the drained lentil/toor dal.  
酥油添入瀝乾的豆中。

Water - 1 padi 淨水  
Pour this in a vessel and heat it. Once it starts boiling, add the lentil/Toor Dal. Then, when the dal starts boiling,  
水倒入容器中加熱。水一沸，加入木豆。接著，當豆開始沸騰，

Turmeric Powder - ⅛ Ru.wt 薑黃粉  
add this to the boiling dal and cover the vessel. Once the dal/ lentil has cooked to a soft cotton-like texture,  
將其加入沸豆中並蓋上容器。一旦豆煮成柔軟的棉花狀，

Powdered Salt - 1 Ru.wt 鹽末

Ghee - 1 Ru.wt 酥油

Jaggery - 1 Ru.wt 粗蔗糖

Asafoetida - 2 Ku.wt 阿魏膠

*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.*

將上述食材添入烹煮中的木豆裡，攪拌。候一會兒。從柴火爐上移開。用木杵或黃銅勺頭將豆搗糊後盛用。



महाराष्ट्रियन इपिट्य दाल  
(महाराष्ट्र का आपारुपु)  
馬哈拉施特拉邦辣扁豆湯



ingredients

原料

Water	1 padi	淨水
Split pigeon pea/Toor Dal	¼ padi	木豆
Ghee	1¼ palam	酥油
Turmeric Powder	⅛ Ru.wt	薑黃粉
Powdered Salt	1 Ru.wt	鹽
Jaggery	½ Ru.wt	粗蔗糖
Cumin Seeds	½ Ru.wt	孜然
Red Chilli	½ Ru.wt	乾紅辣椒
Grated Copra	1 palam	乾椰殼絲
Asafoetida	⅓ Ru.wt	阿魏膠
Water	1 Ru.wt	淨水
Chilli	¼ Ru.wt	辣椒
Mustard Seeds	½ Ru.wt	芥菜籽



Water - 1 padi 淨水

Split Pigeon Pea/ Toor Dal - ¼ padi 木豆

Turmeric Powder - ⅛ Ru.wt 薑黃粉

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。將豆、薑黃粉與酥油和勻，倒入沸水中，蓋上蓋子。一旦木豆煮成柔軟的棉花狀，

Powdered Salt - 1 Ru.wt 鹽末

Jaggery - ½ Ru.wt 粗蔗糖

add these to the dal/lentil. And along with this,

將上述原料添加到木豆中。與此同時，

Cumin Seeds - ¼ Ru.wt 孜然籽

Red Chilli - ½ Ru.wt 乾紅辣椒

Grated Copra - 1 palam 乾椰殼絲

roast each of these in ghee separately, and mix them. Add this to the dal /lentil.

分別用酥油煸炒上述食材，然後混合。將此添入豆中。

Asafoetida - veesam ( $\frac{1}{16}$ ) Ru.wt 阿魏膠

Dissolve this in 1 Ru.wt water and pour the clear solution to the dal /lentil.

將其溶於 1 Ru.wt 水中，接著將清汁澆入豆中。

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 道食譜，以上述食材烹製調味料。其後將味料添入豆中並食用。

split pigeon pea ಇರೂರ ವೊ/  
lentil (turaral paruppu  
puli paruppu)

羅望子豆湯

ingredient	原料
Water	1½ padi 淨水
Split Pigeon Pea/Toor Dal	¼ padi 木豆
Ghee	½ palam 酥油
Turmeric Powder	⅓ Ru.wt 薑黃粉
Chilli	½ palam 辣椒
Pepper	⅓ palam 胡椒
Coriander Seeds	⅓ palam 香菜籽
Cumin Seeds	¼ Ru.wt 孜然
Cinnamon	⅓ Ru.wt 肉桂
Grated Dry Coconut	2 palam 乾椰絲
Ghee	1 palam 酥油
Tamarind	1½ palam 羅望子
Salt	¾ palam 鹽
Water	⅓ padi 淨水
Raw Rice Flour	1 Ru.wt 生黏米粉
Ghee	1½ palam 酥油
Red Chilli	⅓ palam 乾紅辣椒
Mustard Seeds	⅓ palam 芥菜籽
Curry Leaves	1 Ru.wt 咖哩葉
Asafoetida	2 Ru.wt 阿魏膠
Water	½ Palam 淨水

Water - 1 padi 淨水

Pour this in a lead coated vessel, place it on the firewood stove and heat it.

將其倒入塗鉛容器中，架上柴火爐加熱。

Split Pigeon Pea/Toor Dal - ¼ padi 木豆

Ghee - ½ palam 酥油

Turmeric Powder - veesam ⅓ Ru.wt 薑黃粉

Add these three to the boiling water and close the vessel. `

將此三者加入沸水中並蓋上器蓋。

Chilli - ½ palam 辣椒

Roast these properly in little Gingelly Oil.

用少量未精炼的芝麻油適當煸炒辣椒。

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 乾椰絲

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.

分別用酥油煸烤上述食材，然後在其中加入烤青椒。灑些水，將其磨成黃油狀的香料醬。將其溶於⅛ padi 水中。察看木豆是否已熟至柔軟的棉花狀。然後，將混合在水中的香料倒入木豆中。

Ghee - 1 palam 酥油

Add this into the dal/lentil.

將其添入豆中。

Water - ⅛ padi 淨水

Tamarind - 1½ palam 羅望子

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,

將此二者放入塗鉛容器裡。取羅望子汁並去籽除渣。將羅望子汁加入沸騰的木豆中。然後，

Salt - ¾ palam 鹽

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, 加鹽入豆。用包鉛的黃銅勺頭搗糊豆子。5分鐘後，取一勺木豆，從 1 jaan (6-8 英寸) 的高度將其倒回鍋中。便可目測豆糊的稠度。倘若較稀，為使其濃稠，

Water - veesam  $\frac{1}{16}$  padi 淨水

Raw Rice Flour - 1 Ru.wt 生黏米粉

Mix these two and add to the boiling dal/lentil, and stir immediately. 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,

混合此兩者，並倒入沸騰的豆糊中，立即攪拌。否則會結塊。如果豆糊很稠，便無需添黏米粉。將生黏米粉汁加入木豆三分鐘後，

Ghee -  $1\frac{1}{2}$  palam 酥油

Red Chilli -  $\frac{1}{8}$  palam 乾紅辣椒

Mustard Seeds -  $\frac{1}{8}$  palam 芥菜籽

Curry Leaves - 1 Ru.wt 咖哩葉

Using these ingredients, prepare the seasoning as given in recipe number 22.

用這些食材，依照第22道食譜所述的方法，備製調味料。

Asafoetida - 2 Ru.wt 阿魏膠

Dissolve this in  $\frac{1}{2}$  palam water and add the clear solution to the lentil/dal. Mix it and then use it.

將其溶於  $\frac{1}{2}$  palam 水中，並將清汁添入豆中。攪拌後即可用之。

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。



ರೋಡ್ಡೆ ಗೂರ್‌ವೆ ಇಠುರ ವೆಸಾ  
(peerkangaaḷi puliparuppu)

絲瓜檸檬木豆湯

ingredient		原料
Water	1¼ padi	淨水
Split Pigeon Pea/ Toor Dal	¼ padi	木豆
Ghee	½ palam	酥油
Turmeric Powder	⅓ Ru.wt	薑黃粉
Ridge Gourd	18 palam	絲瓜
Green Chilli	1 palam	青辣椒
Salt	¾ palam	鹽
Rice Flour	½ Ru.wt	黏米粉
Ghee	1 palam	酥油
Red Chilli	¼ palam	乾紅辣椒
Split Black Gram/ Urad Dal	¼ palam	印度黑豆瓣
Asafoetida	⅓ Ru.wt	阿魏膠
Water	1 Ru.wt	淨水
Lemon	2	檸檬

Water - 1¼ padi 淨水

Pour the water in a lead coated vessel and keep it on the firewood stove and heat it.

將水倒入塗鉛鍋器中，架在柴火爐上熱煮。

Split Pigeon Pea/ Toor Dal - ¼ padi 木豆

Ghee - ½ palam 酥油

Turmeric Powder - veesam (⅓) Ru.wt 薑黃粉

Mix these three ingredients well and add to the boiling water and cover it. Check if the lentils/dal has cooked ¾ th.

將此三料混合均勻，加入沸水中，蓋上鍋蓋。檢查木豆是否已¾分熟。

Ridge Gourd - 18 palam 絲瓜

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 .

剝掉瓜蒂皮，切成小塊，投入沸豆中。用黃銅勺攪拌。  
豆煮熟後，用勺頭搗糊。

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。然後添入木豆糊中。

Salt -  $\frac{3}{4}$  palam 鹽

*Add this also to the lentil/dal. Mix well again. If the dal/lentil is watery,*

添鹽入豆。再次拌勻。倘若豆糊太稀，

Rice Flour -  $\frac{1}{2}$  Ru.wt 黏米粉

*Sprinkle this on the lentil/dal and mix well. Then remove the vessel from the firewood stove.*

把粉撒在豆上，拌勻。然後從柴火爐上把鍋取下。

Ghee - 1 palam 酥油

Red Chilli -  $\frac{1}{4}$  palam 乾紅辣椒

Split Black Gram/ Urad Dal -  $\frac{1}{4}$  palam 印度黑豆瓣

*Using the above ingredients prepare the seasoning as per recipe number 22.*

依照第 22 道食譜，以上述食材烹製調味料。

Asafoetida - veesam ( $\frac{1}{16}$ ) Ru.wt 阿魏膠

*Dissolve this in 1 Ru.wt water and add the clear solution to the lentil/dal.*

將其溶於 1 Ru.wt 水中，並將清汁添入豆中。

Lemon - 2 顆檸檬

*Choose big lemons. Press them, cut them, remove the Seeds and squeeze the juice on the lentil/Dal before serving and use it.*

選大顆檸檬。盛用前，將其滾壓，切開，去籽，擠汁澆在豆上後，用之。

another type of ridge gourd  
इरुर वेडा (lattroruvitha  
pērkaangai puliparuppu)

絲瓜羅望子木豆湯

ingredient	原料
Water	1¼ padi 淨水
Split Pigeon Pea/ Toor Dal	¼ padi 木豆
Turmeric Powder	1/16 Ru.wt 薑黃粉
Ridge Gourd	18 palam 絲瓜
Chilli	5/8 palam 辣椒
Pepper	1/8 palam 胡椒
Coriander Seeds	½ Ru.wt 香菜籽
Cumin Seeds	3/16 palam 孜然
Fenugreek Seeds	1/16 Ru.wt 胡蘆巴籽
Cinnamon	1/8 Ru.wt 肉桂
Grated Dry Coconut	3 palam 乾椰絲
Ghee	½ palam 酥油
Water	1/16 padi 淨水
Tamarind	1½ palam 羅望子
Salt	7/8 palam 鹽

Water - 1¼ padi 淨水

Pour the water in a lead coated vessel and keep it on the firewood stove and heat it.

將水倒入塗鉛容器中，置於柴火爐上熱煮。

Split Pigeon Pea / Toor Dal - ¼ padi 木豆

Ghee - ½ palam 酥油

Turmeric Powder - veesam (1/16) Ru.wt 薑黃粉

Mix these three ingredients well and add to the boiling water one after the other and cover the vessel.

將此三者均勻混合，然後依次加入沸水中並蓋上容器。

Ridge Gourd - 18 palam 絲瓜

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.*

剝掉瓜蒂皮，切成小塊。將絲瓜塊加入沸豆中。用黃銅勺攪拌。木豆煮熟後，用勺頭搗糊。

Chilli -  $\frac{5}{8}$  palam 辣椒

Pepper -  $\frac{1}{8}$  palam 胡椒

Coriander Seeds -  $\frac{1}{2}$  palam 香菜籽

Cumin Seeds - 3 veesam ( $\frac{3}{16}$ ) palam 孜然籽

Fenugreek Seeds - veesam ( $\frac{1}{16}$ ) Ru.wt 胡蘆巴籽

Cinnamon -  $\frac{1}{8}$  Ru.wt 肉桂

Grated Dry Coconut -  $\frac{1}{2}$  palam 乾椰絲

Ghee - 3 palam 酥油

*Roast each of these separately in ghee and then 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.*

在酥油中分別煸炒上述食材，然後混合。灑些水，將其研磨成黃油狀的醬膏。木豆熟透後，用淨水調稀醬膏，添入豆中。

Water - veesam ( $\frac{1}{16}$ ) padi 淨水

Tamarind -  $1\frac{1}{2}$  palam 羅望子

*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.*

將此二者放入塗鉛容器中。取羅望子果肉，去籽除渣。將羅望子添入木豆中。

Salt -  $\frac{7}{8}$  palam 鹽

*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  $\frac{1}{4}$  palam rice flour just like the previous dal/lentil recipes.*

添鹽入豆，其後用銅勺頭搗糊。五分鐘後，若豆糊太稀，加入 $\frac{1}{4}$  palam 黏米粉，如之前（第94、95道）木豆食譜所述。



Similarly add asafoetida and seasoning and then remove from the stove.

同樣添加阿魏膠和調味料，隨後從灶火上移開。

Those who don't wish to add cinnamon can remove it. 不想加肉桂的可除去。

rivegge guruv vhai without  
talarinde (pederkaangai  
puliyillaaparuppu)

絲瓜木豆湯

ingredient	原料
Water	1¼ padi 淨水
Split Pigeon Pea/ Toor Dal	¼ padi 木豆
Ghee	1½ palam 酥油
Turmeric Powder	1/16 Ru.wt 薑黃粉
Ridge Gourd	18 palam 絲瓜
Pepper	¼ palam 胡椒
Split Black Gram/ Urad Dal	1¼ palam 印度黑豆瓣
Grated Dry Coconut	2½ palam 乾椰絲
Fenugreek Seeds	3/16 palam 胡蘆巴籽
Water	⅛ padi 淨水
Salt	¾ palam 鹽
Chilli	¼ palam 辣椒
Mustard Seeds	⅛ palam 芥菜籽
Asafoetida	2 ku.wt 阿魏膠
Water	1 Ru.wt 淨水

Water - 1¼ padi 淨水

Pour this in a vessel and heat it. Once it starts boiling,  
將其倒入容器中並加熱。一旦開始沸騰，

Split Pigeon Pea/ Toor Dal - ¼ padi 木豆

Ghee - ½ palam 酥油

Turmeric Powder - veesam 1/16 Ru.wt 薑黃粉

add these to the boiling water and cover the vessel. Once the  
dal/lentil is ¾ th cooked,

將其加入沸水中並蓋上容器。一旦木豆 ¾ 分熟，

Ridge Gourd - 18 palam 絲瓜

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）食譜中提到的方式切瓜。將其加入木豆中，蓋上容器。一旦絲瓜和木豆煮熟，

Pepper - ¼ palam 胡椒

Split Black Gram/Urad Dal- 1 palam 印度黑豆辦

Roast each of these in ghee separately and keep aside.

分別用酥油煸炒二者，並放置一邊。

Grated Dry Coconut - 2½ palam 乾椰絲

Water - ⅛ padi 淨水

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.

將椰絲摻入胡椒與印度黑豆辦中。灑些水，研磨成黃油狀的醬膏。用淨水調稀醬膏，添入豆中，攪拌。

Salt - ¾ palam 鹽

Add this also to the lentil/dal and mix.

添鹽入豆並攪拌。

Ghee - 1 palam 酥油

Chilli - ¼ palam 辣椒

Mustard Seeds - ⅛ palam 芥菜籽

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

Using these ingredients, prepare the seasoning as per recipe 22 and mix it with the dal/lentil.

用這些原料，依照第 22 道食譜的方法備製調味料，將料與豆混合。

Asafoetida - 2 ku.wt 阿魏膠

Dissolve this in 1 Ru.wt water and add to the dal/lentil.

將其溶於 1 Ru.wt 水中並添入豆中。

ચદ્દદત્તબોદડ લૈદ તપ્તપલ્લેદર, ઇન્નકેદ  
 છોપુરવે દે બ્રિંજા લોચ્છવે લેન્ટી/  
 વેલા (ચદીચારૈકેલા, પુવ્વેલાનગ્ગલા,  
 લાત્તેચીરૈકેલા લપ્વેલાંયા લાલાંચ્છા  
 ઇદરન્દુ પારુપ્પુ)

黃瓜 / 蛇瓜 / 茄子木豆湯

*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道食譜所述的方法，絲瓜削皮添入木豆中一樣，一些蔬菜如黃瓜、蛇瓜、茄子等，不削皮去籽，也可添入木豆中。



onion lentil/ເປັດ (ຈະນະພາຍາລ  
इन्द्रदा paruppleka)

## 洋蔥燴豆



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.

若想在濃豆湯中添加洋蔥，須將洋蔥去除厚厚的外皮，切掉頂部和底部並切成小丁，用少許酥油或油煎炸，待豆半熟時添入。一旦豆子熟透，加入薑黃粉、鹽和調味料。

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.

也有人不煎烤洋蔥就直接加。但，最好先煎一下。若要煮 ½ padi 豆子，用的洋蔥量可為 5 palam。也可在蔬菜雜豆濃湯中添加洋蔥。若此，應將洋蔥與蔬菜一起放入豆中。

pachadi  
(pachadiḡal)

帕刹笛

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

這是一道著名的配飯菜，像豆類菜品一樣。

તુરવે પાચ્‌હાદી ઓf બિટ્ટર-દેડેડ and  
સ્પીટ-દેડેડ વેજેટાબલ & તુબર  
(kaippu kaarppu rasangalattrā  
kai kizhangugalin thayirpachadi)  
無苦無辣的蔬菜凝乳帕刹笛

ingredient	原料
Vegetable/ Tuber *	12 palam 蔬菜／塊莖*
Curd	¼ padi 凝乳
Salt	¼ palam 鹽
Green Chilli	½ palam 青辣椒
Ghee	½ palam 酥油
Red Chilli	⅛ palam 乾紅辣椒
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 鷹嘴豆瓣

Any variety of Vegetable / Tuber\* - 12 palam

任何品種的蔬菜／塊莖\*

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.

選品質好且飽滿的蔬果。置於活炭上炙烤。持續翻轉，使菜熟透。此外，或可水煮。然後取出並冷卻。

Curd - ¼ padi 凝乳

Salt - ¼ palam 鹽

Put these two in a lead coated vessel.

將此二者放入塗鉛容器中。

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。在酥油中煸烤後添入凝乳中。削去烤焦部位，熟菜去皮，放入凝乳中搗碎。如果在菜尚熱時放，凝乳會被破壞而化水。

*Ghee - ½ palam* 酥油

*Put this in an iron ladle and heat it on the firewood stove. Once the ghee is heated,*

將其倒入鐵勺中，在柴火爐上加熱。油熱後，

*Red Chilli - ⅛ palam* 乾紅辣椒

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

*Mustard Seeds - ⅛ palam* 芥菜籽

*Split Bengal Gram/Chana Dal - ¼ palam* 鷹嘴豆瓣

*Using these ingredients, prepare the seasoning as per the 22nd recipe and add it to the prepared pachadi.*

依照第 22 道食譜的方法，以上述食材烹製調味料，並將其添入備好的涼菜中。

*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／塊莖是指——蔬菜如黃南瓜、蛇瓜、印度醋栗、生芒果、生香蕉、黃瓜、秋葵等，以及塊莖如土豆、番薯、德國蕪菁、甜菜根。

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*\*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. \*製作帕刹笛不宜用粗纖或帶籽的菜。若使用，應去除粗纖維或種子後再用。*



लोके पाचदी of bitter-हड़ and  
spice-हड़ vegetable & tuber  
(kaippu kaarppu rasangalatra  
hai rizhangugalin paalpachadi)

## 無苦無辣的蔬菜牛奶帕刹笛

ingredient	原料
Vegetable/Tuber *	12 palam 蔬菜／塊莖*
Milk	¼ padi 凝乳
Salt	⅛ palam 鹽
Grated Coconut	1 palam 椰絲
Ghee	½ palam 酥油
Mustard Seeds	⅛ palam 芥菜籽
Split Black Gram/Urad Dal	⅛ palam 印度黑豆辦
Split Bengal Gram/Chana Dal	¼ palam 鷹嘴豆辦

Any variety of Vegetable / Tuber\* - 12 palam

任何品種的蔬菜／塊莖\*

Roast directly on live coal or boil it. Then take it and cool it.

直接放置於活熱煤上烤或煮熟。然後將其冷卻。

Milk - ¼ padi 牛奶

Pour this in a lead coated vessel and boil it.

將其倒入一個塗鉛容器中，然後煮沸。

Grated Coconut - 1 palam 椰絲

Salt - ⅛ palam 鹽

Put these two in the lead coated vessel with milk. Then, add the roasted or boiled vegetable to the milk and smash it.

將二者放入塗鉛容器，並加入牛奶。然後，在奶中加入烤或煮熟的蔬菜，並將其搗碎。

Ghee - ½ palam 酥油

Mustard Seed - ⅛ palam 芥末籽

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

*Split Bengal Gram/Chana Dal - ¼ palam* 孟加拉豆辦

*Prepare the seasoning as per recipe 22 using the above mentioned ingredients and add it in the pachadi.*

依第22道食譜所述的方法，用上述材料備製調味料，並將其加入到帕剎笛中。

*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／塊莖是無苦味的蔬菜，如茄子、印度醋栗、生香蕉、黃南瓜和無辣味的塊莖，如土豆、番薯、德國蕪菁、甜菜根。

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*\*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. \*製作帕剎笛不宜用粗纖或帶籽的菜。若使用，應去除粗纖維或種子後再用。*

tamarind pachadi with  
vegetable/tuber (kai  
kizhangugalin pulipachadi)

羅望子蔬菜帕刹笛

ingredient		原料
Vegetable/Tuber *	12 palam	蔬菜／塊莖*
Water	⅛ padi	淨水
Tamarind	¾ palam	羅望子
Salt	⅜ palam	鹽
Green Chilli	½ palam	青辣椒
Ghee	½ palam	酥油
Red Chilli	¼ palam	乾紅辣椒
Mustard Seeds	⅛ palam	芥菜籽
Split Black Gram/Urad Dal	¼ palam	印度黑豆辦
Split Bengal Gram/Chana Dal	¼ palam	鷹嘴豆辦

Any variety of Vegetable / Tuber\* - 12 palam

任何品種的蔬菜／塊莖\*

Roast directly on live coal or boil it just as in recipe number 100.

Then take it and cool it.

依照第100道食譜中提到的方法，直接放置於活熱煤上烤或煮熟。然後將其冷卻。

Water - ⅛ padi 淨水

Tamarind - ¾ palam 羅望子

Put these two in a lead coated vessel, extract the tamarind pulp and remove any seeds or remnants.

將二者放在一個塗鉛容器中，提取羅望子的果肉，去籽除渣。

Salt - ⅜ palam 鹽

Add this to the extracted tamarind pulp. Then add the roasted or boiled vegetable to this tamarind extract.

添鹽入提取的羅望子果肉中。然後將烤或煮熟的蔬菜加入其中。

Green Chilli - ½ palam 綠辣椒

Put this in a ladle, add 2-3 drops of ghee and roast it. Then add this to the vegetable/tuber.

將其放在勺子裡，加入2-3滴酥油，煸烤一下。然後將其加入到蔬菜／塊莖中。

Ghee - ½ palam 酥油

Red Chilli - ¼ palam 乾紅辣椒

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

Split Bengal Gram/Chana Dal - ¼ palam 鷹嘴豆瓣

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道食譜所述的方法，用上述材料備製調味料，並將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／塊莖是指——蔬菜，如黃南瓜、蛇瓜、印度醋栗、生芒果、生香蕉、黃瓜、秋葵等，塊莖如土豆、番薯、芋頭／芋根、山藥、德國蕪菁、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. \*製作帕剎笛不宜用粗纖維或帶籽的菜。若用，應去除粗纖維或種子後再用。



curd raita/pachadi of bitter-  
लेइइ and spiced-लेइइ vegetable  
इ tuber (kaippu kaarppu  
raṅgalattra kai kiṅṅuṅṅalin  
thayir-raayithal/pachadi)

無苦無辣的蔬菜凝乳  
菜塔 / 帕刹笛

ingredientइ		原料
Vegetable/Tuber *	9 palam	蔬菜／塊莖*
Water	¼ padi	水
Salt	¾ Ru.wt	鹽
Curd	¼ padi	凝乳
Red Chilli	⅛ palam	乾紅辣椒
Fenugreek Seeds	⅛ palam	胡蘆巴籽
Cumin Seeds	⅓ palam	孜然
Mustard Seeds	⅓ palam	芥菜籽
Grated Coconut	2 palam	椰絲
Powdered Salt	¼ palam	鹽末
Ghee	½ Palam	酥油
Red Chilli	⅛ palam	乾紅辣椒
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

任何品種的蔬菜／塊莖\*

Choose good vegetables, cut them into slices and keep them.

選擇品質好的蔬菜，將其切成片狀並保存。

Water - ¼ padi 淨水

Tamarind - ¾ palam 羅望子

Pour this in a vessel, place it on the firewood stove and boil.

將其倒入一個容器中，放在柴火爐上煮沸。

Salt - ¾ Ru.wt 鹽

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.

將這些加入爐子上的沸水中。然後將切好的蔬菜／塊莖加入其中並煮熟。菜熟後，瀝乾水，令其冷卻。

Curd - ¼ padi 凝乳

Put this in a lead coated vessel and keep it aside. Then,

將其放入一個塗鉛容器中，放置一邊。隨後，

Red Chilli - ⅛ palam 乾紅辣椒

Fenugreek seeds - ⅛ palam 胡蘆巴籽

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,

用少量酥油中分別煸炒上述每種原料。然後將其混合在一起，灑一些水並研磨。研磨時，

Grated Coconut - 2 palam 椰絲

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.

將其加入香料中，並研磨成黃油般的糊狀。然後，將其與鉛塗容器中的凝乳混合。在香料混合的凝乳中加入準備好的蔬菜／塊莖，並攪拌均勻。

Powdered salt - ¼ palam 鹽末

Add this also to the curd pachadi.

將其也加入到凝乳帕剎笛中。

Ghee - ½ palam 酥油

Red Chilli - ⅛ palam 紅辣椒

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道食譜所述的方法，用上述材料烹製調味料，並將其加入到帕剎笛中，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／塊莖是指——蔬菜，如黃南瓜、蛇瓜、印度醋栗、生芒果、生香蕉、黃瓜、秋葵等，塊莖如土豆、番薯、德國蕪菁、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. \*製作帕剎笛不宜用粗纖維或帶籽的菜。若用，應去除粗纖維或種子後再用。*

another variety of curd raita/  
pachadi of bitter-leaf and  
spiced-leaf vegetable & tuber  
(lattroruvitha kaippu kaarppu  
rahangalattru kai kizhangugalin  
thayir raayithal/pachadi)

無苦無辣的蔬菜凝乳菜塔 /  
帕刹笛（另一版本）

ingredient		原料
Vegetable/Tuber *	12 palam	蔬菜／塊莖*
Water	¼ padi	水
Salt	⅜ Ru.wt	鹽
Curd	¼ padi	凝乳
Red Chilli	⅛ palam	乾紅辣椒
Turmeric Powder	⅛ palam	薑黃粉
Mustard Seeds	⅛ palam	芥菜籽
Grated Coconut	1½ palam	椰絲
Ghee	½ Palam	酥油
Red Chilli	⅛ palam	乾紅辣椒
Mustard Seeds	⅛ palam	芥菜籽
Split Black Gram/Urad Dal	¼ palam	印度黑豆辦
Powdered Salt	¼ palam	鹽末

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

與香料一同磨碎的椰絲是這個食譜的關鍵食材，它可與凝乳和任何種類的熟蔬菜搭配。

Any variety of Vegetable / Tuber\* - 12 palam

任何品種的蔬菜／塊莖\*

Choose good vegetables, cut them into slices and keep them.

選擇品質好的蔬菜，將其切成片狀並保存。



Water - ¼ padi 淨水

Salt - ¾ Ru.wt 鹽

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.

將水倒入容器並煮沸。鹽添入爐子上的沸水中。然後將切片的蔬菜／塊莖加入其中並煮熟。菜熟後，將水瀝乾，令其冷卻。

Curd - ¼ padi 凝乳

Put this in a lead coated vessel and keep it aside. Then, 將其放在一個塗鉛容器中，放置一邊。然後，

Mustard Seeds - ⅛ palam 芥菜籽

Red Chillis - ⅛ palam 紅辣椒

Turmeric Powder - veesam (1/16) palam 薑黃粉

Grated Coconut - 1½ palam 椰絲

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.

將上述食材放在**Ammikal**（平磨石板）上，研磨成黃油般的糊狀。然後，將其與塗鉛容器中的凝乳混合。攪拌均勻。

Powdered Salt - ¼ palam 鹽末

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.

添鹽入混合了香料的凝乳中。然後加入煮或烤熟的蔬菜，並將其搗碎。然後，依照第103道食譜中提到的方法烹製調味料。並將調味料加入到帕剎笛中，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／塊莖是指——蔬菜，如黃南瓜、蛇瓜、印度醋栗、生芒果、生香蕉、黃瓜、秋葵等，塊莖如土豆、番薯、德國蕪菁、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. \*製作帕剎笛不宜用粗纖維或帶籽的菜。若用，應去除粗纖維或種子後再用。*

another variety of tamarinde  
raita with vegetable/tuber  
(kairkizhangugalin  
lattroruvitha puliraayithal)  
蔬菜羅望子菜塔（另一版本）

ingredient		原料
Vegetable/Tuber *	12 palam	蔬菜／塊莖*
Water	1 padi	水
Salt	5/8 palam	鹽
Water	3/8 padi	淨水
Tamarind	5/8 palam	羅望子
Mustard Seeds	1/4 palam	芥菜籽
Red Chilli	1/4 palam	乾紅辣椒
Sesame Seeds	1/4 palam	芝麻
Turmeric Powder	1/8 Ru.wt	薑黃粉
Grated Coconut	2 palam	椰絲
Ghee	1/2 Palam	酥油
Red Chilli	1/8 palam	乾紅辣椒
Mustard Seeds	1/8 palam	芥菜籽
Split Black Gram/Urad Dal	1/4 palam	印度黑豆辦
Asafoetida	2 ku.wt	阿魏膠
Water	1 Ru.wt	淨水

Any variety of Vegetable / Tuber\* - 12 palam

任何品種的蔬菜／塊莖\*

Water - 1 padi 淨水

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 3/4 th,

在柴火爐上燒開水。將蔬菜／塊莖切成小塊並加入水中。一旦菜煮至 3/4 熟，

Salt - 1/8 palam 鹽

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

將其加入到煮沸的蔬菜/塊莖中。一旦蔬菜／塊莖煮熟，將容器從爐子上移開，並瀝乾水。

Water -  $\frac{3}{8}$  padi 淨水

Tamarind -  $\frac{5}{8}$  palam 羅望子

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,

將二者放在一個塗鉛容器中，取羅望子的果肉，去籽除渣。加熱羅望子果肉，一旦它完全沸騰，將煮熟的蔬菜／塊莖加入其中。隨後，

Mustard Seeds -  $\frac{1}{4}$  palam 芥菜籽

Red Chilli -  $\frac{1}{4}$  palam 乾紅辣椒

Sesame Seeds -  $\frac{1}{4}$  palam 芝麻

Grated Coconut - 2 palam 椰絲

Turmeric Powder -  $\frac{1}{8}$  Ru.wt 薑黃粉

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,

用少量的水將上述原料研磨成黃油般的糊狀。將其在1 padi的淨水中攪開，並倒入沸騰的帕剎笛中。然後，

Salt -  $\frac{1}{4}$  palam 鹽

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,

加鹽到帕剎笛中並攪拌均勻。10分鐘後，將容器從柴火爐中取出。依照之前的帕剎笛食譜的方法烹製調料並加入。然後，

Asafoetida - 2 ku.wt 阿魏膠

Dissolve this in 1 Ru.wt water, then mix it with the pachadi and use it.

將其溶於1 Ru.wt的水中，然後與帕剎笛混合並用之。



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／塊莖是指——蔬菜，如黃南瓜、蛇瓜、印度醋栗、生芒果、生香蕉、黃瓜、秋葵等，塊莖如土豆、番薯、德國蕪菁、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. \*製作帕剎笛不宜用粗纖或帶籽的菜。若用，應去除粗纖維或種子後再用。*

methkootma puli pachadi  
五香雜豆粉帕刹笛

帕  
刹  
笛

pachadi

pachadi

ingredient	原料
Split Black Gram/Urad Dal	12 palam 印度黑豆辦
Split Bengal Gram/Chana Dal	11½ palam 鷹嘴豆辦
Petite Yellow Lentil/Yellow Moong Dal	12¾ palam 小黃扁豆/黃孟恩豆
Split Pigeon Pea	10½ palam 木豆辦
Wheat	11 palam 小麥
Cumin Seeds	½ palam 孜然
Fenugreek Seeds	¼ palam 胡蘆巴籽
Mustard Seeds	½ palam 芥菜籽
Turmeric	¼ palam 薑黃
Coriander Seeds	1 palam 香菜籽
Curry Leaves	¼ palam 咖哩葉
Asafoetida	⅛ palam 阿魏膠
Water	¼ padi 淨水
Tamarind	1½ palam 羅望子
Powdered Salt	¾ palam 鹽末
Green Chilli	½ palam 青辣椒
Ghee	½ palam 酥油
Red Chilli	⅛ palam 乾紅辣椒
Mustard	⅛ palam 芥末
Split Black Gram/Urad Dal	¼ palam 印度黑豆辦
Split Bengal Gram/Chana Dal	¼ palam 鷹嘴豆辦

Before making this pachadi, preparing this Methkootma is essential. It should be prepared as per the following method.  
製作這道帕刹笛之前，準備五香雜豆粉是必不可少的。  
它應按以下方式備製。

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.

五香雜豆粉的原料—— 將被烘烤，研磨成粉末，並儲存在密封的容器中。此粉末可以混合到任何煮熟的蔬菜中，作為帕刹笛，如食譜中所述。

**Methkootma Preparation 五香雜豆粉的製備：***Split Black Gram/Urad Dal - 12 palam 印度黑豆瓣**Split Bengal Gram/Chana Dal - 11 ½ palam 鷹嘴豆瓣**Petite Yellow Lentil/Yellow Moong Dal - 12 ¾ palam***小黃扁豆／黃孟恩豆***Split Pigeon Pea - 10½ palam 木豆瓣**Wheat - 11 palam 小麥**Cumin Seeds - ½ palam 孜然**Fenugreek Seeds - ¼ palam 胡蘆巴籽**Mustard Seeds - ½ palam 芥菜籽**Turmeric - ¼ palam 薑黃**Coriander Seeds - 1 palam 香菜籽**Curry Leaves - ¼ palam 咖哩葉**Asafoetida - ⅛ palam 阿魏膠*

*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.*

除阿魏膠外，分開適當焙炒上述每一種食材。阿魏膠放在活熱煤上，使其膨脹，然後加入其他烤好的食材中，用研磨機將其全部研磨成像 kumkum（朱砂）一樣的細粉。必要時，可以取用所需量。

*Water - ¼ padi 淨水**Tamarind - 1½ palam 羅望子*

*Put these two in a lead coated vessel and extract the tamarind pulp and remove the seeds and remnants.*

將二者放在一個塗鉛容器中，提取羅望子的果肉，去籽除渣。

*Powdered Salt - ¾ palam 鹽末*

*Add this to the tamarind extract. Then,*

將其加入羅望子濃汁中。隨後，

Green Chilli - ½ palam 青辣椒

*Finely chop and roast with little ghee. Add it to the tamarind extract and smash it gently.*

切碎並與少量酥油一起煨炒。將其加入羅望子濃汁中，並輕輕搗碎。

Methkootma - 1½ palam 五香雜豆粉

*Add this also to the tamarind extract and mix well. Then, 將此也加入羅望子提取物中，並攪拌均勻。隨後，*

Ghee - ½ palam 酥油

Red Chilli - ⅛ palam 紅辣椒

Mustard - ⅛ palam 芥末

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

Split Bengal Gram/Chana Dal - ¼ palam 鷹嘴豆瓣

*Use an iron ladle and prepare the seasoning as per recipe number 22; add to the pachadi and serve.*

用一個鐵勺子，依照第22道食譜的方法，用上述食材烹製調味料。並將其加入到帕剎笛中混合，盛用。

*The above given pachadi can also be prepared using the same ingredients, but by adding ¼ padi churned curd in place of water and tamarind. This is called methkootma thayir pachadi. For this, salt alone should be reduced by ¼ palam.*

上述帕剎笛也可以使用同樣（如之前帕剎笛菜譜）的食材製作，但要以¼ padi 攪碎的凝乳來代替水和羅望子。這被稱為五香雜豆粉凝乳帕剎笛。為此，僅鹽就應減量 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.*

這種五香雜豆粉也可以與酥油、大米和鹽混合後食用。雜豆粉在旅行和緊急烹飪時很有用。



daangarmath thayir pachadi  
黑豆粉凝乳帕刹笛

帕  
刹  
笛

pachadi

pachadi

ingredient		原料
Daangarmath	1 palam	去殼黑豆粉
Curd	1 padi	凝乳
Powdered Salt	¾ palam	鹽末
Green Chilli	½ palam	青辣椒
Lemon	1	檸檬
Ghee	½ Palam	酥油
Red Chilli	⅛ palam	乾紅辣椒
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	鷹嘴豆瓣

Before making this pachadi, preparing Dangarmath flour is essential. It should be prepared as per the following method.  
製作這道帕刹笛之前，準備黑豆粉是必不可少的。它應按以下方式備製。

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.  
乾裂的黑豆瓣——搥打，搗碎，揚去外殼。像洗海螺一樣清洗乾淨，然後用研磨機將其磨成像 kumkum (朱砂) 一樣的細粉。儘管這只是黑豆粉，但由於它是用來準備帕刹笛的，因此被稱為 **Daangarmath**。

Curd - ¼ padi 凝乳  
Put this in a lead coated vessel and churn well.  
將其放入一個塗鉛容器中，攪拌均勻。

Powdered Salt -  $\frac{3}{8}$  palam 鹽末

Add this to the churned curd in the lead coated vessel.

將其加入塗鉛容器中攪拌好的凝乳中。

Green Chilli -  $\frac{1}{2}$  palam 青辣椒

Finely chop, roast in ghee and add to the curd.

切碎，在酥油中煸炒並加入凝乳中。

Lemon - 1 顆檸檬

Choose a big lemon. Press and roll it with the palm, then cut it and remove the seeds. Squeeze the juice onto the curd.

選擇一顆大檸檬。用手掌按壓滾動，隨後切開去籽。將汁液擠在凝乳上。

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,

將其加入到凝乳中並攪拌均勻。它不應該有結塊，應像黃油一樣。攪拌後，

Ghee -  $\frac{1}{2}$  palam 酥油

Red Chilli -  $\frac{1}{8}$  palam 乾紅辣椒

Mustard Seed -  $\frac{1}{8}$  palam 芥菜籽

Split Black Gram/Urad Dal -  $\frac{1}{4}$  palam 印度黑豆瓣

Split Bengal Gram/Chana Dal -  $\frac{1}{4}$  palam 鷹嘴豆瓣

Prepare seasoning using the above ingredients as per recipe number 22 and add it to the pachadi.

依照第22道食譜的方法，用上述食材烹製調味料。

This pachadi can also be prepared using 4 padi water and  $\frac{3}{4}$  palam tamarind. The usage of this pachadi is also the same as methkootma pachadi.

這道帕剎笛也可以用4 padi淨水加  $\frac{3}{4}$  palam羅望子製作。

這道帕剎笛的用法也與五香雜豆粉帕剎笛相同。

તુરવે પાચ્છાદી તાલીદે પુલપ્પેરિ  
વેરિયુ (પોડાનૈકાઈ વેરિયુ  
ઢનુલ થાયિરપાચ્છાદી)

南瓜多利亞 —— 凝乳帕刹笛

ingredient	原料
Sour Curd	½ padi 酸凝乳
Pumpkin	12 palam 南瓜
Powdered Salt	¾ palam 鹽末
Coriander Leaves	¼ palam 香菜葉
Ginger	¼ palam 薑
Ghee	¾ palam 酥油
Red Chilli	⅛ palam 乾紅辣椒
Mustard Seeds	⅛ palam 芥菜籽
Split Black Gram / Urad Dal	¼ palam 印度黑豆辦
Split Bengal Gram / Chana Dal	¼ palam 鷹嘴豆辦

Sour Curd - ½ padi 酸凝乳  
Put this in a lead coated vessel.  
將其放入一個塗鉛容器中。

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，切成大塊，去掉種子，用刨絲器刨絲，加入到凝乳中。

Powdered Salt - ¾ palam 鹽末  
Add this to the curd and then keep it closed one full day. On the next day,  
將其加入到凝乳中，然後保持密封一整日。次日，

Green Chilli - ½ palam 綠辣椒  
Coriander Leaves - ¼ palam 香菜葉

*Chop both of these finely and add it to the pumpkin mixed curd.*

將二者切成細末，加入到南瓜凝乳混合中。

*Ginger - ¼ palam 薑*

*Deskin this, grate it and mix it with the pachadi.*

將其去皮，刨絲並與帕剎笛混合。

*Ghee - ¾ palam 酥油*

*Red Chilli - ⅛ palam 紅辣椒*

*Mustard Seeds - ⅛ palam 芥末籽*

*Split Black Gram / Urad Dal - ¼ palam 黑豆瓣*

*Split Bengal Gram / Chana Dal - ¼ palam 鷹嘴豆瓣*

*Prepare the seasoning using the above ingredients as per recipe number 22. Add it to the pachadi and use it.*

依照第22道食譜的方法，用上述食材烹製調味料。並將其加入到帕剎笛中，用之。

*Vegetables like yellow Pumpkin, Bottle Gourd, Cucumber, Kohlrabi/German Turnip, Beetroot, Radish, etc can also be used to prepare Doriya Pachadi.*

蔬菜如黃南瓜、葫蘆、黃瓜、德國蕪菁、甜菜根、蘿蔔等也可用於備製多利亞帕剎笛。



ಗ್ರಹಣ ತೊಲ್ಲಿ, ತರೀಂದೇರ ತುರವೆ  
pachadi (pachchai ಲೊಲಗ್ಗಾಪುಲ  
kottupullaliyupul ಇಂದಾ thayir  
pachadi/ denza)

青辣椒香菜凝乳帕刹笛

ingredient	原料
Curd	¼ padi 凝乳
Powdered Salt	⅜ palam 鹽末
Green Chilli	2 palam 青辣椒
Coriander Leaves	¼ palam 香菜葉
Lemon	1 檸檬
Ghee	1 palam 酥油
Red Chilli	⅛ palam 乾紅辣椒
Mustard Seeds	⅛ palam 芥菜籽
Split Black Gram / Urad Dal	¼ palam 印度黑豆辦
Split Bengal Gram / Chana Dal	¼ palam 鷹嘴豆辦
Asafoetida	2 Ru.wt 阿魏膠

Curd - ¼ padi 凝乳  
Churn this well and put it in a lead coated vessel.  
攪勻後放入塗鉛容器中。

Powdered Salt - ⅜ palam 鹽末  
Add this to the churned curd in the lead coated vessel.  
將其加入塗鉛容器中攪拌好的凝乳中。

Green Chilli - 2 palam 青辣椒  
Coriander Leaves - 1 palam 香菜葉  
Grind these two on an Ammikal (flat grinding slab) and mix it with the curd.  
在 Ammikal (平磨石板) 上研磨兩樣食材並與凝乳混合。

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

選擇一顆大檸檬。用手掌按壓滾動，隨後切開去籽。將汁液擠入帕剎笛。

Ghee - 1 palam 酥油

Red Chilli - ⅛ palam 紅辣椒

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

Split Bengal Gram / Chana Dal - ¼ palam 鷹嘴豆辦

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道食譜的方法，用上述食材烹製調味料。並將其加入到帕剎笛中。

Asafoetida - 2 Ru.wt 阿魏膠

Dissolve this in a little water, then add it to the pachadi and use.

將其溶於少量水中，然後添入帕剎笛並用之。

split bengal gram flour pachadi  
(kadalaimalavu pachadi / jhunka)

鷹嘴豆粉帕刹笛

ingredient	原料
Gingelly Oil	½ palam 印度冷榨醇芝麻油
Red Chilli	⅓ palam 乾紅辣椒
Mustard Seeds	⅛ palam 芥菜籽
Split Black Gram / Urad Dal	⅓ palam 印度黑豆辦
Asafoetida	3 ku.wt 阿魏膠
Turmeric Powder	⅛ Ru.wt 薑黃粉
Water	1⅓ padi 淨水
Powdered Salt	⅝ palam 鹽末
Roasted Red Chilli Powder	⅛ palam 烤紅辣椒粉
Cumin Seeds Powder	¼ palam 孜然粉
Grated Dry Coconut	¼ palam 乾椰絲
Coriander Leaves	¼ palam 香菜葉
Split Bengal Gram Flour / Besan	¼ padi 鷹嘴豆粉

This dish is eaten along with rottis and pancakes, which is a prime food of Northern Maharashtrians.

這道菜與麵餅和煎餅一起吃，是北部馬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.

將其倒入一個 2½ padi 水容量的耐氧化容器中加熱。

Red Chilli - veesam (⅓) palam 乾紅辣椒

Split Black Gram / Urad Dal - veesam (⅓) palam 印度黑豆辦

Mustard Seeds - ⅛ palam 芥菜籽

Asafoetida - 3 ku.wt 阿魏膠

Prepare the seasoning using the above ingredients in the heated oil, as per recipe number 22. Once the seasoning is ready,

用上述食材在熱油中備製調味料，依照第22道食譜所述的方法。一旦調料準備好了，

Turmeric Powder -  $\frac{1}{8}$  Ru.wt 薑黃粉

add this to the seasoning and mix.

將其添加到調味料中並混合。

Water - 1  $\frac{1}{8}$  padi 淨水

Add this to the turmeric powder mixed seasoning and heat it.

Once it starts boiling,

將其加入到薑黃粉混合調料中，然後加熱。一旦水沸騰，

Powdered Salt -  $\frac{5}{8}$  palam 鹽末

Roasted Red Chilli Powder -  $\frac{1}{4}$  palam 烤紅辣椒粉

Cumin Seeds Powder -  $\frac{1}{4}$  Ru.wt 孜然籽粉

Grated Dry Coconut - 1 palam 乾椰絲

Add these to the boiling water.

將其加入到沸騰的水中。

Coriander Leaves -  $\frac{1}{4}$  palam 香菜葉

Cut off the roots, chop the leaves finely and add to the boiling water.

切掉根部，把葉子切得很細，加入沸水中。

Split Bengal Gram Flour / Besan -  $\frac{1}{4}$  padi 鷹嘴豆粉

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.

將豆粉一點一點地撒入沸水，並不斷攪拌，以確保沒有結塊。一旦開始沸騰，呈布丁狀，將其從爐上移開，置於活熱煤上5分鐘。隨後，用之。

To prepare this recipe like a porridge consistency, add 1  $\frac{1}{2}$  padi water instead.

若要把這道菜備製出粥的稠度，可以添入1½ padi 水。

While serving 2 lemons can be squeezed and then served.

食用時，可以榨澆2顆檸檬的汁液，然後盛用。



adding onions in the pachadi  
(pachadiyil vengayaathai  
ērthai)

## 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道帕刹笛食譜中添加洋葱，那麼，應將5個 palam 洋葱（用活熱煤）烤熟或用酥油／油煸炒，並與煮或烤熟的蔬菜一起添加，搗碎。然後加調味料並用之。

## CONVERSION TABLE

# 换算表

1 પાવી	= 120 ગુ.બ	= 1600 ગ્રામ	= 1600 લી	毫升
1 પાલ	= 3 રુ.દ	= 35 ગ્રામ		
1 ગુ.બ (પુપદદ વદોદો)	= 12 ગ્રામ			
1 રુ.બ (રુનુપુલકાનો વદોદો)	= 0.13 ગ્રામ			
1 ચરારાદુકાન દવો	= 4.2 ગ્રામ			
1 નદો દવો	= 8.233 લગ્રામ			毫克
1 નાચોદો	= 24 લોનુદ			分鐘
1 જાલલ	= 180 લોનુદ			分鐘
1 લુદો	= 1 3/8 ફીટ			英尺
1 જાન	= 6-8 ઇન્ચ			英寸
1 ચદદો = 1/16	= 1.4 રુ.બ			公斤
ચદદલ	1 ચદદલ પાવી	= 100 ગ્રામ		
	1 ચદદલ પાલ	= 2.187 ગ્રામ		
	1 ચદદલ ગુ.બ	= 0.75 ગ્રામ		

## commonly used measurements in this book

## 本書中常用的單位

padi = 𑖥 𑖅		palaal = 𑖥 𑖅	
1	approx 約 1500	1	approx 約 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

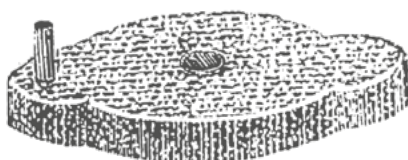
# glossary

## 圖 錄



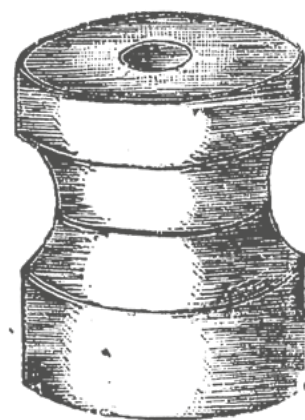
குந்தாணி, உலக்கை.

*Kuthani Ulakkai*  
Mortar and Pestle  
杵臼

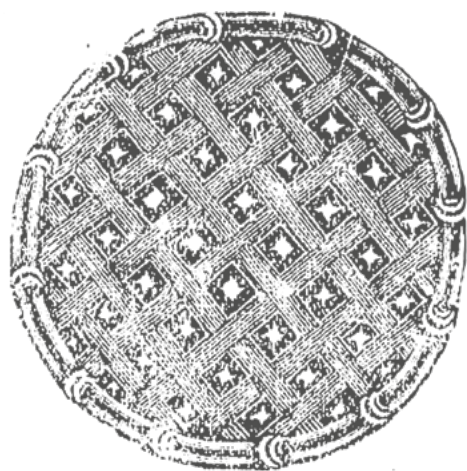


துவரையுடைக்கும்  
இயந்திரம்

*Hand Stone Grinder*  
手磨石盤

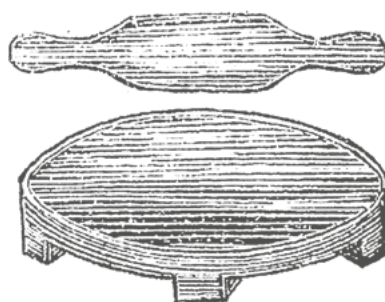


உரல்,  
*Ural*  
Grinding Stone  
搗穀臼



சல்லடை.

*Salladai*  
Winnowing/Treshing Basket  
揚穀／脫粒用的竹簍



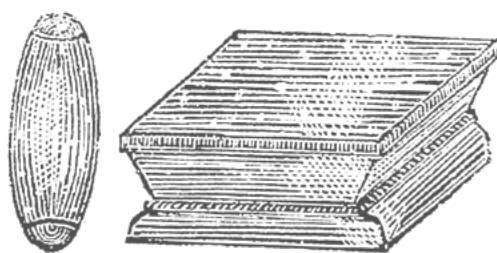
அப்பளப்பலகை குழவி.  
*Appala-kuzhavi*  
Rolling Pin  
擀麵杖

*Appala-palagai*  
Rolling Board  
擀麵板



இரவைச்சல்லடை.

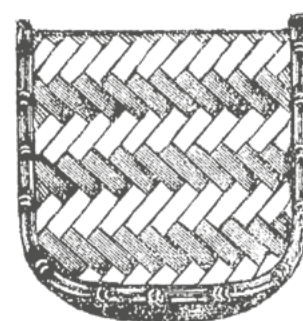
*Semolina Salladai*  
Semolina Sieve  
麥粉篩



அம்மி குழவி.  
*Ammi Kuzhavi*  
Base Stone and Cylindrical Grinding Stone  
平磨盤與碾石



*Sulagu*  
Winnowing Fan  
揚去雜粒塵灰用的簸箕



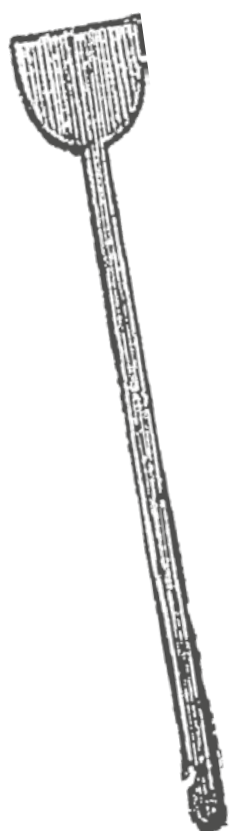
முறம்.  
*Sulagu*  
Winnowing Fan  
搬運／風揚穀物用的平口簸



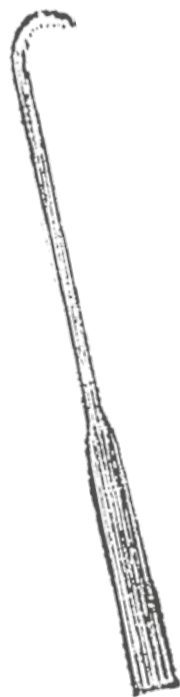


களித் துடுப்பு

**Kali thuduppu**  
Large Wooden Spatula  
大木鏟



**Long Hooked Handle**  
火爐用長柄鏟



**Roti-ladle**  
長柄鉤



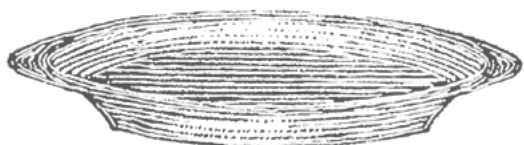
ஜல கேட்டில்.

**Jala Kettil**  
Kettle  
煮水壺



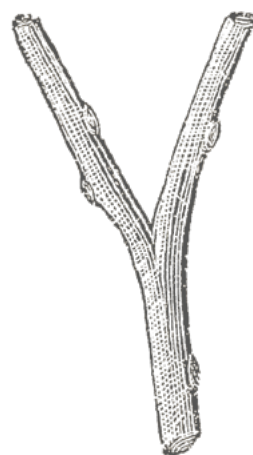
பால் கேட்டில்

**Paal Kettil**  
Milk pan  
牛奶鍋



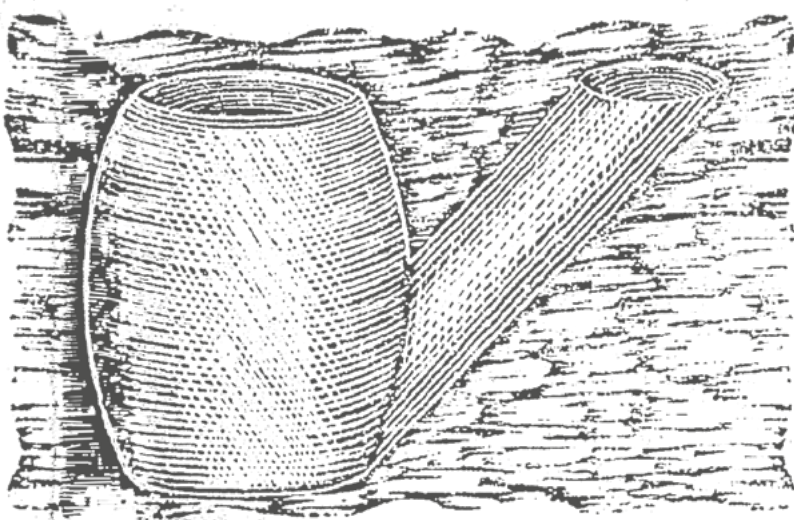
தாம்பாளம்.

**Kalaya Tambaalam**  
Lead-coated plate  
塗鉛盤



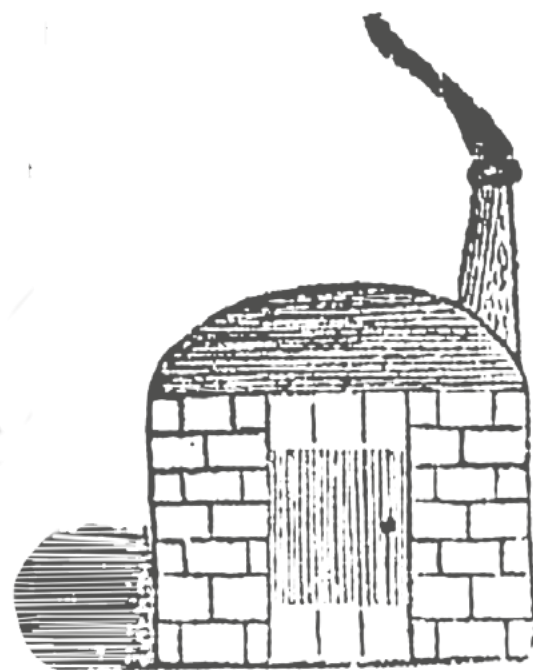
களிக் கவைக்கோல்.

**Kali Kawai Kol**  
Y Shaped Wooden Stick  
Y形杈



போன் அடுப்பு.

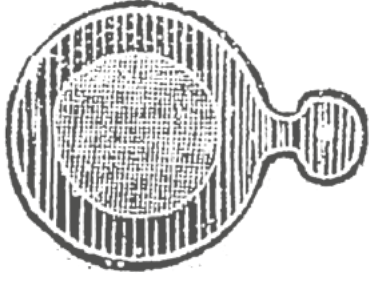
**Pon-aduppu**  
firewood pot stove  
餅坑爐



கூண்டடுப்பு.

**Konndu-aduppu**  
firewood stove  
磚窯灶



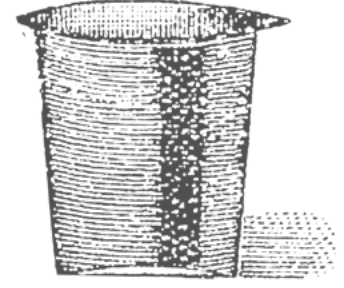
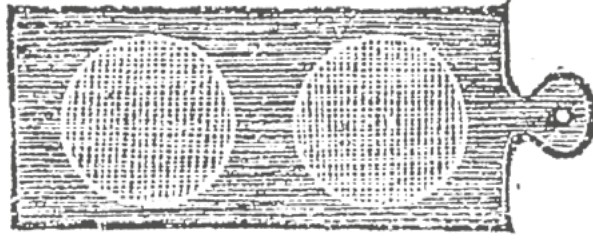


தோசைக்கல்

Dosai kal

Dosa Pan

多薩鍋



கற்சட்டி.

Karchattikal

Soft-Stone Pot

軟石甌

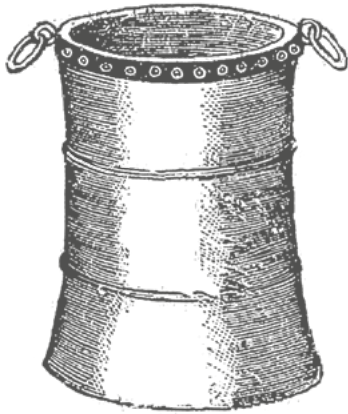


வாணலி.

Vannali

Frying pan

煎鍋

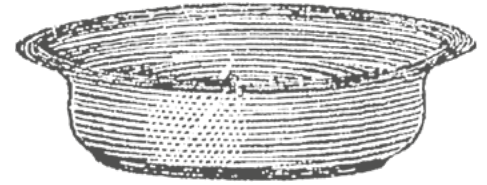


ஜோடுதவலை.

Soadu-thavalai

Long Cylindrical Vessel With Rim

帶鈕長筒甌



சருகுச்சட்டி.

Frying pan

平底煎鍋



வெண்கலப்

பாணை.

Vengala panai

Bronze Pot

銅甌



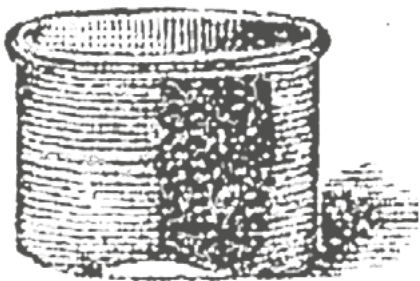
பித்தளைக்

குண்டுபோகிணி.

Bogini

Vessel

直口甌



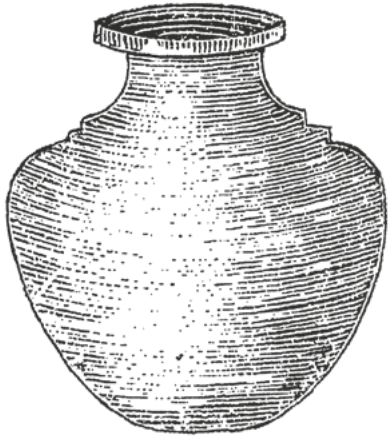
பித்தளைப்

போகிணி.

Pithalai Bogini

Big Brass Vessel

黃銅大直筒甌



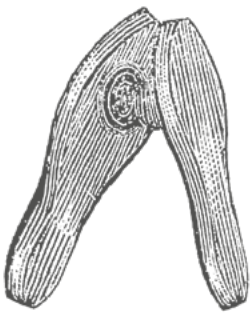
அண்டா.

**Andaa**  
container (for Storing Water)  
罐 (多用於貯水)



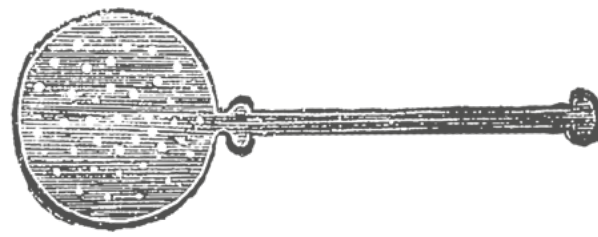
பானை.

**Panai**  
Pot  
甌



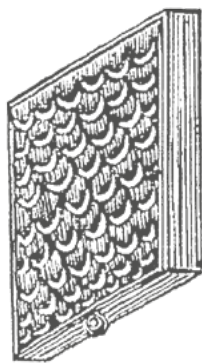
எலுமிச்சம்பழம்  
பிழியும் ஆயுதம்.

**Ezhumicham pazham  
pizhiyum aayutham**  
Lemon Squeezer  
檸檬榨汁器



சல்லிக் கரண்டி.

**Jalli Karandi**  
perforated ladle  
漏勺



துருவுபலகை.

**Thruruvu Palagai**  
Grater  
擦絲板



துடுப்பு.

**Thuduppu**  
Wooden Spatula  
木鏟



மத்து.

**Churner for Yoghurt**  
凝乳攪拌器



கரண்டி.

**Karandi**  
Ladle  
長柄勺

\* All the illustrations in this book are from the tamil version of "Pakasāstra" which discovered in Nithyananda Dhyanaapeetam Adheenam.  
\*本書中廚房設備之插圖皆來自2015年在尼希亞南達靈修院發現的泰米爾語版《Pakaśāstra》。



**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.*

在梵語中的意思是「能導致缺陷或失去平衡的」。三種重要的生命能量／Doshas是指Vata、Pitta和Kapha/ Sleshma。

**Gunam**

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

三種屬性，Satva（悦性）、Rajas（動性）和Tamas（惰性），是世間萬物存有的三個基本組成部分或能量。

**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種元素：prithvi（土）、appu（水）、agni（火）、vayu（空氣）、aakasha（空間）。Panchabhootas是身體的原則之一，也是食物的組成部分之一。

**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礎法則／生命能量Tridosha之一。梵文直譯為「將事物結合在一起的」。Kapha是人體中Prithvi（土）和Appu（水）的結合，其特點是流動性、力量與營養。

**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礎法則／生命能量Tridosha之一。梵文直譯為「火」或「熱」。Pitta負責能量轉化、新陳代謝，是Agni（火）與Appu（水）的結合。

**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礎法則／生命能量Tridosha之一。梵文直譯為「風」或「動的」。Vata特點是運動或變化，是Vayu（空氣）與Appu（水）的結合。

**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}.*

指的是體內的三種生命能量，即Vaata、Pitta、Kapha。Tridoshas也是食物的組成部分之一，是身體三道夏的食物。印度醫學科學的核心概念是，當身體中的三種能量（Vaata、Pitta和Kapha/sleshmam）達到平衡時，身體就會健康。

**Sakkai**

*In Tamil it means “fibre” – one of the food components.*

泰米爾語中意為「纖維」，是食物的成分之一。

**Sattu**

*In Tamil it means “nutrition” - one of the food components.*

泰米爾語中意為「營養」，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 shashtra to become the lifestyle, the food which is very healthy and tasty. i wanted bhaga shashtra to become a lifestyle - chain of restaurants: eat as much as you want, donate as much as you want.”

「瑜伽行者們開發了一套獨特的飲食方法，既美味又健康——那就是純粹性食物。我希望《烹飪聖典》中描述的非常健康和美味的食物能夠成爲一種生活方式。我希望《烹飪聖典》成爲像連鎖餐廳一樣普及的生活方式：擇你所需而食，依你豐盛而捐。」

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the supreme pontiff of hinduism  
jagatguru, mahasannidhanam  
hoh bhagavan nithyananda paramashivam

印度（興都）教最高教皇  
普世靈性導師  
聖尊尼希亞南達・帕冉瑪希瓦上師







# about the sph jgm hōh bhagavan nithyananda paramashivam

關於印度（興都）教最高教皇，普世靈性導師  
聖尊尼希亞南達・帕冉瑪希瓦上師

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*The Supreme Pontiff of Hinduism, Jagadguru Mahasannidhanam 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（興都）教最高教皇，普世靈性導師 聖尊尼希亞南達・帕冉瑪希瓦上師是「凱拉薩」古老覺醒文明，這個偉大的浩瀚宇宙的印度（興都）教之邦的復興者，轉世化身，印度（興都）教最高教皇。聖尊為人類帶來了靈性能力顯化的科學、瑜伽和基於寺廟的大學。

*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.*

由最高教皇領導的凱拉薩最高教團、尼希亞南達僧尼團的受戒僧尼和印度（興都）教徒散居者們正在為世界和平以及為全人類帶來超意識突破而努力。

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）尼希亞南達印度（興都）教大學，分校遍及150個國家，正在收集、整理、保存、製作時間膠囊、解碼、傳播和復興2000萬本印度（興都）教資料典籍，以及64種神聖藝術與科學，包括生命健康、音樂、舞蹈、雕刻、占星術、建築設計等。

*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.*

最高教皇是古老頂尖機構夏瑪拉神座全知寶座  
靈修院 (Shyamalapeeta Sarvajnapetham) 第293 任  
大教主以及第203屆蘇里亞瓦姆薩·蘇蘭吉·桑拉賈姆  
(Suryavamsa Surangi Samrajyam) 皇帝。聖尊從反印  
度(興都)教分子對其肉身及形象多次暗殺企圖的最  
嚴重迫害中幸存下來。

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

聯合國承認對印度（興都）教最高教皇尼希亞南達和凱拉薩經受的迫害：

*www.ohchr.org/Documents/HRBodies/CEDAW/  
DGD24/june2021/51.docx*

# his mission

## 祂的使命

*The Supreme Pontiff of Hinduism, Jagadguru Mahasannidhanam 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（興都）教最高教皇，普世靈性導師聖尊尼希亞南達，帕冉瑪希瓦上師正在為人類帶來超意識的突破，這可以通過在身體上顯化的各種超能力得到證明，可以得到科學測量，並經得起全球成百上千人的理性邏輯的審查。根據印度教，祂是帕拉瑪希瓦的化身——即無所不在的超意識能量，是《吠陀阿戈瑪經》的來源和原作者。《吠陀阿戈瑪經》是純科學以及「合一」，瑜伽，開悟和開悟的生活方式的應用科學。作為人類的願景檔案，《吠陀阿戈瑪經》科學、系統地揭示了所有知識流、儀式方法、生活方式系統和瑜伽科學。

*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.*



復興並重建《吠陀阿戈瑪經》作為一門活的應用科學，實現人類在進化道路上期待已久的超意識突破。

*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).*

開創神性進化，喚醒人類非凡的力量 (shaktis) 和強大的認知（來自更高的意識狀態），構建人體、心靈、內臟和內部器官（如第三隻眼）的更高一級的頻率。

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

讓人類能夠在個人、社會和全球層面展現超意識的力量。

*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.*

重建一個有意識的世界，讓氣候、經濟、社會、健康和人道主義兩個層面的全球問題從根本上得到解決；通過合一的體驗，將貧困、饑餓、暴力、歧視等問題轉化為強有力的生活。

*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.*

作為轉世化身，祂在全球運用宇宙智慧負起責任，成為靈性領袖、內外世界的科學家、超意識文明的復興者，最重要的是，祂是人類的先知者。在短短 16 年的公眾生活中，祂在科學、技術、冥想、療愈、健康和保健、瑜伽、醫學、教育和生活方式等領域為人類做出了貢獻，受到 6 大洲 196 個國家 347 個城市超過 2000 萬人的崇拜和追隨。

# about kailasa

## 關於凱拉薩

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*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.*

凱拉薩是由世界各地流離失所的印度教徒們復興的古老開悟的印度教文明國家，創建它的決心不僅僅是為了留存和保護薩那塔納印度教道法（永恒之道），並與整個世界分享，而且也為了要分享尚未被世界所知的迫害故事。為了這個目標，凱拉薩致力於保護、恢復和復興基於真實印度教的開悟文化和文明。

# kailasa's nithyananda annalaya

凱拉薩的尼希亞南達度眾廚房

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revival by sph nithyananda paramashivam

由印度教最高教皇尼希亞南達 • 帕冉瑪希瓦復興

*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.*

凱拉薩的基本支柱之一是自古以來就存在的寺廟裡免費提供食物的度眾廚房。印度教最高教皇作為薩那塔納印度教道法核心原則的體現者和帕冉瑪希瓦的在世化身，從16歲被加冕為帕冉瑪希瓦的第1008個化身開始，就把寺廟裡免費提供食物的度眾廚房作為復興凱拉薩的一個核心支柱。

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

凱拉薩的尼希亞南達度眾廚房著手在消除饑餓，通過食物給人類超意識的突破。

*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導和願景下，尼希亞南達度眾廚房持續不滅的爐火供應了超過10億份的膳食。在復興印度教食物和營養科學的其它各種舉措中，度眾廚房也在努力復興《烹飪聖典》，並通過一種實用方便的方式記錄和展示這本聖典，把它變成一種生活方式。







thane hurricane relief, 2012

2012年塔那颶風救援

170,000 meals were served each day

凱拉薩的尼希亞南達度眾廚房每天供應17萬份食物





# Thane hurricane relief, 2012

2012年塔那颶風救援



# thane hurricane relief, 2012

## 2012年塔那颶風救援



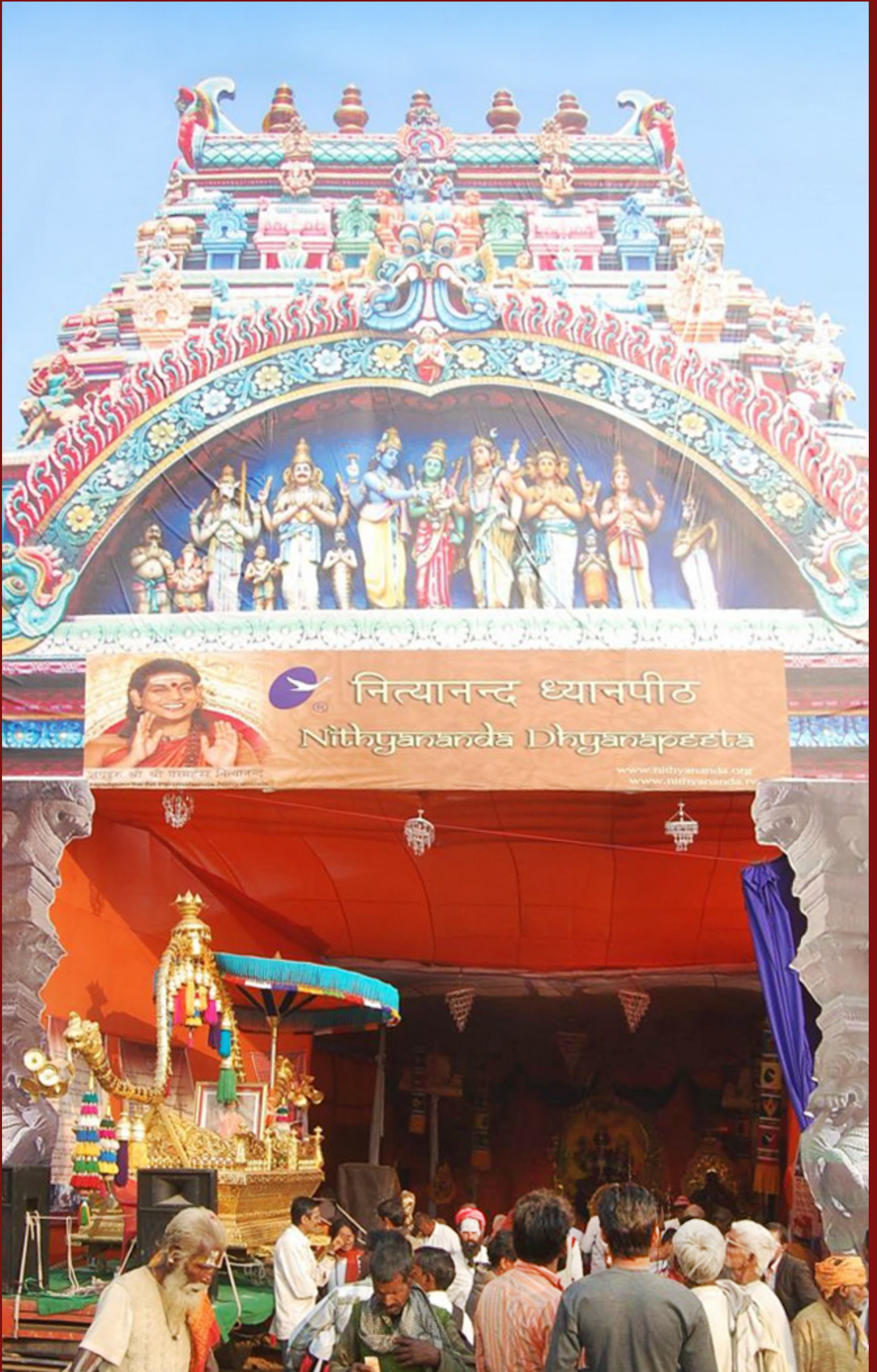


## kumbhā melas 大壺節

– prayag, nasik, ujjain 布勒亞格、那西克、烏賈因

1,00,000 meals were served per day in ujjain

凱拉薩的尼希亞南達度衆廚房在烏賈因每天供應10萬份食物





## kumbhā melas 大壺節

– prayaḡ, naśik, ujjain 布勒亞格、那西克、烏賈因





## kumbhā melas 大壺節

– prayaḡ, naśik, ujjain 布勒亞格、那西克、烏賈因





*mahashivaratri* 2021 希瓦節  
– *food bank initiative* 糧食銀行倡議

*26203 people are served food in 16 countries world wide*  
全球16個國家和地區為26203人供應了食物





mahashivaratri 2021 希瓦節  
– food bank initiative 糧食銀行倡議





mahashivaratri 2021 希瓦節  
— food bank initiative 糧食銀行倡議







# kālaśa's nithyananda annalaya

## 凱拉薩的度眾廚房

FOR MORE INFORMATION

更多信息

VISIT | 凱拉薩的度眾廚房網頁

[health.gov.kailasa.sk/nithyananda-annalaya](http://health.gov.kailasa.sk/nithyananda-annalaya)

[kailasapedia.org/wiki/Category:Nithyananda\\_Annalaya](http://kailasapedia.org/wiki/Category:Nithyananda_Annalaya)

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[www.nithyananda.org](http://www.nithyananda.org)

[www.innerawakening.org](http://www.innerawakening.org)

[www.nithyanandapedia.org](http://www.nithyanandapedia.org)

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