

South Indian Cooking

By Kumud Vanderveer

Mung Bean Pesarattu

Ingredients:

- 1 cup split mung bean with skin
- 4 cups water
- 1 onion
- 1-inch piece ginger
- 1 – 2 tsps cumin seeds
- 2 or 3 green chilies to taste
- 6-8 curry leaves
- A few sprigs of cilantro
- 1 tsp salt, or to taste
- 1/4 tsp Hing (Asafetida)
- Vegetables (grated carrot, peas, bell pepper, green beans, or any other veggie you like)



Preparation:

1. Wash mung bean well and then soak the mung dal for about 3-4 hours with water in a bowl.
2. Drain water and grind some of the mung bean to make a fine paste along with the chilies, curry leaves and ginger.
3. Coarsely grind the rest of the mung bean so the batter has an oatmeal-like texture, not a smooth paste. Transfer to a bowl.
4. Add chopped onions, chopped coriander leaves, cumin seeds, any veggies, hing, and salt to the mung bean batter. Mix it all up well.
5. Heat a flat griddle on medium high flame. Then pour the batter on it and spread the batter in a circle like a crepe, moving from center to the corners. You can also make them just like pancakes.
6. Sprinkle a little oil on its sides and cook it for 2-3 minutes. Turn over and cook again for 1-2 mins.
7. Serve it hot with chutney.

Tomato Chutney

Chutney Ingredients:

- 2 medium tomatoes, quartered
- 2-3 cloves garlic
- 1 small onion
- 4 tbsps. grated coconut
- 2-3 red chilies
- 6-7 curry leaves
- salt to taste
- 1 tbsp. oil

Seasoning Ingredients:

- 1 tsp mustard seeds
- 1/4 tsp asafetida powder
- 1 tsp oil
- 6-7 curry leaves

Preparation:

1. Heat 1 tbsp. of oil in a pan. When hot, add in the red chilies and curry leaves, and roast for few seconds until the chilies are well-toasted and fragrant.
2. Add the garlic and onion, and after 2 minutes add the tomatoes. Cook for a few minutes until tomatoes soften up and the skins loosen, then add the grated coconut.
3. Blend the whole mix in a blender to a thick, smooth paste.
4. For the seasoning – heat oil in a small pan and put in the seasoning ingredients one after the other, starting with mustard seeds. When mustard seeds splutter, pour the seasoning straight onto the chutney, so that it sizzles. Ready to serve.

South Indian Coffee

Makes 1 cup of coffee

Ingredients:

- 1/4 cup water
- 3/4 cup milk
- 1-2 tsp coffee (depending how strong you like your coffee)
- Sugar - per taste

Preparation:

1. Heat water until it boils.
2. Put BRU instant coffee and sugar in the water. Stir the solution and make sure that the coffee is well dissolved.
3. Boil 3/4 cup of milk in separate pot. Add the coffee decoction to the milk. Bring to a boil. While the coffee is still boiling hot, pour it into a mug to serve.

In India we use a stainless steel tumbler. While pouring the coffee, slowly raise the saucepan until the coffee falls into the tumbler from a height of about 1 to 1 1/2 feet. You can repeat a few times and this will cause the coffee to froth [like espresso] You can sprinkle a little coffee powder over the froth in the mug. Serve piping hot.

Sundal

Ingredients:

- 1.5 cups Chickpeas/Garbanzo beans (you can use any other bean or even cooked lentils)
- 1 tsp mustard seeds
- 1 tsp urad dhal
- 6-8 curry leaves
- 1 tsp grated ginger
- 2-3 red or green chilies
- 1/2 medium onion, diced
- Salt, to taste
- 3 tbsp coconut (fresh grated, dry desiccated or frozen grated)
- 2 tsps. Oil
- (optional) a pinch Asafetida/Hing

Preparation:

1. Heat oil in a pan. When the oil is hot, add mustard.
2. When the mustard splutters, add urad dhal. When the mixture turns brown & toasted, add chilies, asafetida/hing, ginger and curry leaves. Stir for a few seconds. Add diced onions and cook until soft and clear.
3. Add chickpeas and salt and mix well till well heated through.
4. Cook for 1-2 minutes and remove from the stove top.
5. Garnish with grated coconut and serve warm/hot.