

Recipes of Breakfast, Lunch and Dinner – Indira Canteen Catering Service Provider Tender)

Note: Images shown are for pictorial purpose only.
Recipes shown below are for **one portion**.

Breakfast

Idli



Ingredients of Rice Idli

- 45 gms rice - preferably par boiled (sela) or Idly Rava (Idly Soji) – washed and water to be drained out fully before mixing with Urad Dal Dough.
- 10 gms split and husked dhuli urad
- 3 gms salt

Coconut Chutney



Ingredients

- 30gm coconut, fresh / desiccated
- 2 gm roasted chana dal / putani
- 2 gm peanuts / groundnuts, roasted
- 2 gm green chilli
- 1 gm (1 Pinch) Jaggery
- 2 gm tamarind
- 1 gm salt

For tempering:

- 4 ml oil
- 1 gm mustard seeds
- 1 gm urad dal
- 1 gm curry leaves
- A pinch of hing\Asafoetida

Puliyogare – Karnataka style



Ingredients

for puliyogare masala powder:

- 2 gms sesame seeds / til
- 4 gms coconut, fresh / desiccated
- 2 gms oil
- 4-5 dried red chillis, adjust to your spice level
- 2 gms urad dal
- 2 gms chana dal
- 2 gms coriander seeds
- 2 gms jeera / cumin seeds
- 2 gms methi seeds / fenugreek seeds
- 2 gms mustard seeds / rai
- 2 gms black pepper
- pinch of hing / asafoetida

for puliyogare rice:

- 4 gms oil
- 1 gms mustard seeds
- 1 gms urad dal
- 1 gms chana dal
- 1 dried red chilli
- 2 gms curry leaves
- 15 gms groundnut
- 5 gms tamarind
- 2 gms jaggery
- 1 gms turmeric powder
- salt to taste
- 90 gms rice

Khara bath



Ingredients

kara bhath:

- 70 bombay rava / semolina / sooji
- 5 ml oil
- 1 gm mustard seeds
- 1 gm cumin seeds / jeera
- 2 gm chana dal
- 1 gm urad dal
- 1 gm curry leaves
- 30 gm onion, finely chopped
- 1 gm green chilli, slit lengthwise
- 4 gm ginger, finely chopped
- 30 gm, finely chopped carrot
- 20 gm beans, chopped (Optional)
- 10gm peas, fresh / frozen
- 1 gm turmeric powder
- 2 gm salt
- 2 gm ghee, clarified butter
- 2 gm coriander leaves, chopped
- Few drops of lemon Juice

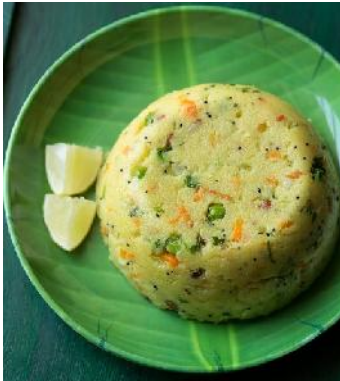
Pongal



Ingredients of Melagu (rice) Pongal

- 65 gms rice-dry-roasted and washed
- 18 gms 1/2 split *moong daal*-roasted and washed
- 2 gms turmeric
- 30 gms *ghee*
- 2 gms cumin seeds-roasted and powdered
- 2 gms black peppercorns-roasted and powdered
- 1 sprig curry leaves
- 2 gms asafoetida
- 2 gms salt or to taste

Rava Khichdi



INGREDIENTS:

Rava/sooji/semolina – 70 gms

Chopped onions – 30 gm (finely)

Chopped tomatoes – 30 gm(finely)

Ginger grated – 2 gm

Salt – 2 gm

Green chillies – 2 gm(chopped)

Turmeric powder – 1 gm

Oil – 5 ml

Ghee – 10 gm(to add finely)

Black gram and bengal gram dal –

Mustard seeds – 1 gm

curry leaves – 1 gm

Fresh green peas – 15 gm(optional)

Lemon Juice – 1/2

Chitranna



Ingredients

- Rice – 70 gms
- Mixed Vegetable – 40 gms
- Oil 5 ml
- Cumin seeds (jeera) – 1 gm
- Mustard seeds (sarson) – 1 gm
- Turmeric Powder 1 gm
- Dry red chillies (sabut lal mirch)
- Green chillies (hari mirch), slit vertically 1 gm
- Curry leaves (kadipatta) 1 gm
- Split chickpeas (chana dal) 2 gm
- Black gram (urad dal) 2 gm
- Fresh coconut (nariyal), grated 30 gm
- Salt 2 gm
- Ground nuts 10gms
- Lemon – $\frac{1}{4}$ th

Vangi Bath



Ingredients

- 4 ml oil
- 1 gm mustard seeds
- 1 gm urad dal
- 1 gm chana dal
- 1 dried red chilli
- 1 gm curry leaves
- 1 gm green chilli, split lengthwise
- 15 gm pieces of brinjal
- 10 gm groundnuts
- 1 gm tamarind
- 4 gm vangi bhath masala powder
- 1 gm jaggery
- 1 gm salt
- 1 gm turmeric powder
- 65 gm rice
- 2 gm coriander leaves, finely chopped

Chow Chow Bath



Ingredients

for kara bhath:

- 70 bombay rava / semolina / sooji
- 5 ml oil
- 1 gm mustard seeds
- 1 gm cumin seeds / jeera
- 2 gm chana dal
- 1 gm urad dal
- 1 gm curry leaves
- 30 gm onion, finely chopped
- 1 gm green chilli, slit lengthwise
- 4 gm ginger, finely chopped
- 30 gm, finely chopped carrot
- 20 gm beans, chopped
- 10gm peas, fresh / frozen
- Lemon juice few drops

- 1 gm turmeric powder
- 2 gm salt
- 2 gm ghee, clarified butter
- 2 gm coriander leaves, chopped

for rava kesari:

- 40 gm bombay rava / semolina / sooji
- 20 gm sugar
- 2 gm ghee, clarified butter
- 2 gm raisins
- A pinch of Turmeric Powder
- Sugar should be same as qty of semolina.
- 1 gm clove along with elaichi powder

Tomato Gojju



Ingredients:

- 50 gm tomato(Crushed)
- 4 ml cooking oil
- 1 gm Fenugreek seed
- 1 gm Mustard seed seeds
- 1 gm asafoetida
- 2 sprigs curry leaves
- 3 - 4 dried red chillies
- 2 gm jaggery Crushed
- 1 gm salt

Lunch & dinner

White Rice



INGREDIENTS

- 90 gm cooked rice
- 1 gm salt

Curd Rice



Ingredients:

- 90 gm overcooked white rice
- 20 gm yogurt
- 1 gm green chillies, chopped
- 1 gm coriander leaves, chopped
- 1 gm ginger, chopped Salt, to taste

For the tempering:

- 4 ml oil
- 1 gm mustard seeds
- 1 gm skinned black gram
- 1 gm channa dal
- 1 gm dried red chilli
- 2 gm curry leaves
- 1 gm asafoetida

Tomato Bath



Ingredients

- 4 gm ghee / clarified butter
- 1 bay leaf / tej patta
- 1gm clove / laung
- 1-star anise
- 1-inch cinnamon stick / dalchini
- 15 gm onion, thinly sliced
- 2 gm ginger garlic paste / adrak-lasun paste
- 30 gm tomato, finely chopped
- 1 gm green chili, split lengthwise
- 10 gm carrot, chopped
- 10 gm peas
- 10 gm potato, cubed
- 5 gm beans, chopped
- 1 gm lal mirch powder
- 1 gm turmeric / haldi
- 1 gm salt
- 2 gm coriander leaves, finely chopped
- 2 gm pudina / mint, finely chopped
- 80 gm rice, soaked 20 minutes

Mixed veg sambar



Ingredients

for pressure cooking:

- 80 gm toor dal / arhar dal / split pigeon pea
- 1 gm turmeric powder / haldi
- 10 gm radish / mooli / mulangi, chopped
- 20 gm pieces drumstick
- 10 gm carrot, chopped
- 1 gm turmeric powder / haldi
- 10 gm onion, cubed
- 1 gm salt
- 1 gm sambar powder

other ingredients:

- 5 ml tamarind juice
- 1 gm green chilli, slit lengthwise
- 15 gm, finely chopped
- 1 gm curry leaves
- 4 ml coconut oil / cooking oil
- 1 gm mustard seeds / rai
- pinch of hing / asafoetida
- 2 dried red chilli
- 1 gm curry leaves

For tempering:

Vangi Bath



Ingredients

- 4 ml oil
- 1 gm mustard seeds
- 1 gm urad dal
- 1 gm chana dal
- 1 dried red chilli
- 1 gm curry leaves
- 1 gm green chilli, split lengthwise
- 15 gm pieces of brinjal
- 10 gm groundnuts
- 1 gm tamarind
- 4 gm vangi bhath masala powder
- 1 gm jaggery
- 1 gm salt
- 1 gm turmeric powder
- 180 gm rice
- 2 gm coriander leaves, finely chopped

Bisi Bele Bath



Ingredients of Bisi Bele Bhaat

- 180 gm cooked rice
- 30 gm *toor dal*
- 30 gm chopped vegetables
- 4 gm *chana dal*
- 2 gm *urad dal*
- 1 gm *jeera*
- 1 gm fenugreek
- 0.5 gm pepper
- 3 red chillies
- 1 gm couscous
- 10 gm grated coconut
- 1 sprig of curry leaves
- 0.5 gm turmeric powder
- 1 gm jaggery
- 1 tamarind
- 4 ml oil
- 1 gm Salt
- Ground nuts 10 gms or Cashew 5 gms

Mangalore Southekeyi sambar



Ingredients:

- 50 gm yellow-cucumber / sambar-cucumber/ southekeyi
- 80 gm toor dal
- 1 gm turmeric powder
- 1 gm salt (as per your taste)
- 1 gm jaggery
- 20 gm grated coconut (depending on the thickness required)
- 2 - 3 red chili
- 1 gm urad dal
- 2 gm coriander seeds
- 1 gm jeera / cumin seeds
- 7 - 8 fenugreek seeds (optional)
- A pinch of asafetida
- 1 tsp cooking oil

Ingredients for tempering:

- 1 red chili
- 1 gm curry leaves
- 1 gm mustard seeds
- 2 ml cooking oil

White Pumpkin Sambhar



Ingredients:

- White pumpkin – 50 gm
- Yellow lentil - 80 grams
- Mustard – 1 gm
- Curry Leaves – 1 gm
- Coriander leaves – 1 gm
- Turmeric power – 1 gm
- Tamarind – 1 gm
- Sugar - 2 gm
- Salt - 1 gm
- Dry red chilli – 1 gm
- Bengal Gram - 2 gm
- Skinned black gram - 1 gm
- Coriander seeds - 1 gm
- Cumin seeds - 1 gm
- Shredded coconut – 20 gm
- Oil – 4 ml

Yellow Pumpkin Sambhar



Ingredients:

- Yellow pumpkin – 50 gm
- Yellow lentil - 80 grams
- Mustard – 1 gm
- Curry Leaves – 1 gm
- Coriander leaves – 1 gm
- Turmeric power – 1 gm
- Tamarind – 1 gm
- Sugar - 2 gm
- Salt - 1 gm
- Dry red chilli – 1 gm
- Bengal Gram - 2 gm
- Skinned black gram - 1 gm
- Coriander seeds - 1 gm
- Cumin seeds - 1 gm
- Shredded coconut – 20 gm
- Oil – 4 ml

Bitter ground Sambar



Ingredients:

- Bitter gourd (Karela or Pavakkai) – 50 gm
- 1 gm Turmeric powder
- 2 gm tamarind
- 80 gm Toor dal
- 4 ml Oil
- 1 gm Coriander seeds
- 5 gm Channa dal
- 1 gm Long dry red chilies
- 20 gm Shredded coconut

- 1 pinch Asafoetida
- 1 gm Salt

For seasoning:

- 1 ml Oil
- 1 gm Mustard seeds
- 1 gm Urad dal
- 1 gm Channa dal
- 1 gm curry leaves
- 1 gm Sliced coconut (optional)
- 1 pinch of asafoetida

Brinjal Sambar



Ingredients:

- 80 gm yellow lentils (arhar or toover daal)-cooked to a thin consistency
- 1 gm Salt
- 2 gm sugar
- 4 gm sambar masala
- 4 gm tamarind pulp
- 2 gm mustard seeds
- 1 gm leaves of curry leaves
- 1 gm whole dry red peppers
- 50 gm small whole egg plants-washed and slit into 2
- 15 gm onion-cut into quarters
- 4 ml oil
- 2 gm chopped coriander leaves to garnish

Eerekai Sambar



Ingredients:

- Eerekai or Ridge Gourd– 70 gm
- 1 gm Turmeric powder
- 2 gm tamarind
- 80 gm Toor dal
- 4 ml Oil
- 1 gm Coriander seeds
- 5 gm Channa dal
- 1 gm Long dry red chilies
- 20 gm Shredded coconut
- 1 pinch Asafoetida
- 1 gm Salt

For seasoning:

- 1 ml Oil
- 1 gm Mustard seeds
- 1 gm Urad dal
- 1 gm Channa dal
- 1 gm curry leaves
- 1 gm Sliced coconut (optional)
- 1 pinch of asafoetida