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Penmai's Kitchen Queen Recipes



DEEPIKA MAHESH's Recipes

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Contributor: DEEPIKA MAHESH

தட்டை

தேவையா஽ வை

- அரிசி மாவு - 2 கப்
- உளுத்தம் மாவு- 1 மேஜைகரண்டி
- கார போடி
- உப்பு
- பெருங்காயம்
- ஊறவைத்த கடலைபருப்பு
- வெண்ணை - 1 மேஜைகரண்டி
- வேர்கடலை or பொட்டுகடலை (optional)

செய்முறை

1. இது எல்லாம் ஒன்றாக கலந்து தட்டை தட்டவும். ஆயில் காய்ந்த உடன் தட்டை பொரிந்து ஏடுகவும்.



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தேன்குழல்

Ingredients

- Raw rice- 1kg
- Urad dhal-250 gms (இரண்டையும் நன்றாக அரைத்துக்கொள்ளவும்).
- தேன்குழல் மாவு - 2 கரண்டி
- Butter -25 gms
- Jeera
- Salt
- Hing

Method

1. மாவில் Butter போட்டு நன்றாக கலந்து கொள்ளவும்.
2. பிறகு jeera,hing,salt போட்டு தண்ணீர் விட்டு மாவை கெட்டியாக பிசைய வேண்டும். கடாயில் எண்ணெய் விட்டு காய்ந்ததும் முறுக்கு பிழியவும்.



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அம்மணி உருண்டை

தேவையானவை

- கொழுக்கட்டை மாவு
- இட்லி பொடி
- Salt
- Oil

செய்முறை

1. மேலே கூறிய அனைத்தையும் ஒன்றாகக் கலந்து குட்டி குட்டியாக உருண்டை உருட்டி வேக வைத்து எடுத்தால் அம்மணி உருண்டை ரெடி.

Veyndakkai samai rice

Ingredients

- Samai rice cooked - 1 cup
- Veyndakkai-15
- Onion-1
- Tomato-1
- sambhar pwd-1/2 tsp
- Red chilly pwd-1/2tsp
- Turmeric pwd
- Salt
- gingelly oil-2 tbsp
- jeera
- Mustard
- urad dhall
- Curry leaves

Method

1. Heat the pan with oil add mustard,urad dhall,jeera,curry leaves,onion and saute till onion turns brown then add tomato and cook till its mushy. Add the powders and cook well when it starts to ooze the oil add ladys finger and cook till its done. check the salt and add the samai rice to it n mix well.

Tip: Before adding the ladys finger into kadai u can microwave the ladys finger for 3 mins. This will reduce the stickiness in the ladys finger and will cook fast as well.



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Veynthayakeerai vathakuzhambhu

Ingredients

- methi leaves- 1 bunch
- Tamarind
- sambhar pwd -2 tbsp
- Gingley oil -1 tbsp
- Mustard
- channa dhal
- tuvar dhal
- Red chilly
- Methi seeds
- Jaggery

Method

1. Heat the kadai with gingelly oil add mustard,channa dhal,tuvar dhal,red chilly,methi seeds,and methi leaves cook til the leaves shrinks then add sambhar pwd mix finally add tamrind water and salt. Cook till it thickens last add jaggery and little gingelly oil and switch it off.

Green smoothie

Ingredients

- Spinach
- Kale
- Coriander
- Pineapple or orange juice
- Flax seeds
- Almond milk
- Honey
- Ice cubes

Method

1. Blend together and serve chill



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Fruit smoothie

Ingredients

- Pineapple-5 chunks
- Kiwi-1
- Apple-1/2
- Orange juice-1 cup
- Mint - few
- Flax seeds-1/2 tsp

Method

1. Blend everything and have a healthy drink.

Brown rice payasam

Ingredients

- Brown basmathi rice-1/4 cup (can replace with white basmathi)
- Skim milk-1 pint(can use full cream as well)
- Jaggery-3/4 cup adjust per ur taste
- Saffron - few strands
- Rose water- few drops
- Sliced badam- few

Method

1. Soak brown basmathi in warm water for 1/2 hour then pressure it with milk for 5 whistles. In the meanwhile start reducing milk in the thick bottom pan once the pressure is off add the rice to the milk and cook till its done.
2. Add saffron and rose water to it and allow it to cool.
3. Finally once it's warm Add jaggery and mix well finely garnish with sliced badam.
Serve chill.



Healthy ragi vegetable thepla

Ingredients

- Wheat flour-1 cup
- Ragi flour-1 cup
- Raw mixed veggies- 1 1/2 cup(cabbage, beans, carrot, beetroot, any green leaf) finely chopped. If u have food processor it will be easy
- Curd-2 tbsp
- Red chilly pwd-1 tsp
- coriander pwd-1/2 tsp
- jeera pwd-1/2 tsp
- Turmeric pwd-1/4 tsp
- Salt to taste

Method

1. Mix everything and make a dough (mostly u don't require water if u need add little) apply little oil and rest for 10 mins. Then make round thin theplas and cook with little oil. U can eat this with curd.



Capsicum panner paratha

For dough

- Wheat flour:2 cups
- Salt
- Warm water
- Little oil

Mix all three make it to a soft dough then apply oil overall the dough and rest it aside.

For filling

- Capsicum any colour
- panner (U can substitute tofu as well)
- jeera
- Onion
- Turmeric pwd
- redchilly pwd
- garam masala
- kasurimethi
- Oil
- Salt

Method

1. Heat the kadai with oil add jeera once it starts to splutter add onion sauté till translucent then add capsicum cook till it becomes soft(me n my hubby don't like the crunchiness in capsicum so will cook till it becomes soft. If u guys like the crunchiness then jus cook for 5 mins) Add turmeric pwd,red chilly pwd,garam



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masala and salt cook till the raw smell goes lastly add crumbled panner and kasuri methi mix well and off the stove. Let it cool.

2. Make balls from the paratha dough add the filling to each dough and make round shape paratha and cook it with ghee or oil.

Tip: If you cook panner for a long time it will become rubbery.

Healthy dosa

Ingredients

- Brown rice or idly rice -1 cup
- Oats-1 cup
- urad dhal- 1 cup
- methi seeds-1 tsp
- ragi flour-1 cup
- Buckwheat flour -1 cup
- Salt to taste

Method

1. Soak the rice ,urad dhal with methi seeds and oats seperately for 3 hrs. If u r using brown rice soak it for 5-6 hrs in warm water(I would suggest brown rice for healthy version) grind all these three the way u grind it for idly or dosa.
2. Then mix the ragi flour,buckwheat flour and salt to it and mix well and keep it for fermentation. In the morning u can have healthy n tasty dosa..

Uggani

Ingredients

- Puffed rice-3 cups
- onion-1
- tomato-1 small
- pottukadalai-2 tbsp grounded
- ginger-1/2 inch
- sambhar pwd-1/2 tsp
- turmeric -1/4 tsp
- coconut -1/4 cup (optional)
- salt to taste

For tadka

- oil-1 tbsp
- mustard-1/2 tsp
- green chillies-2
- urad dhal-1/2 tsp
- channa dhal-1/2 tsp
- jeera-1/2 tsp
- Curry leaves-1 spring

Method

1. Heat the kadai with oil add the tempering items. Then add ginger, onions and sambhar pwd to it and sauté till the onions becomes soft.(original recipe doesn't calls for sambhar powder, I like the taste so I'm adding if u don't have sambhar



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powder u can omit add one extra green chilly)once onions are done add turmeric pwd,tomato and salt to it cook till the tomatoes are soft.

2. In the meanwhile wash the puffed rice and drain all the water keep it aside.once the tomato is cooked add the puffed rice and pottukadalai to the cooking mixture and mix well. Lastly add coconut and stir it for a second and serve hot.



Vegetable sevai

Ingredients

- Sevai -2 cups cooked
- Sliced mixed veggies -1 cup boiled (carrot,bean,peas,potato)
- Onion-1
- Tomato-1
- Ginger garlic paste-1 tsp
- Turmeric pwd-1/4 tsp
- Red chilly pwd-1 tsp
- corriander pwd-1/2 tsp
- garam masala-1/2 tsp
- Salt to taste
- corriander leaves- few

Tempering

- Oil-2 tsp
- Mustard-1/2 tsp
- urad dhal-1 tsp
- channa dhal-1/2 tsp
- Curry leaves- few springs

Method

1. Heat the pan with oil add mustard once splutters add urad dhal n channa dhal once it turns bolden brown then add curry leaves and onions sauté it till translucent then goes tomato with all the powders cook till tomato becomes mushy then add the boiled veggies and sevai to it and mix well..



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Fruit and nut bar

Ingredients

- Raisins-1/4 cup
- Fig-1/4 cup
- Dates-1/4 cup
- Badam-1/4 cup
- Pecans-1/4 cup
- Walnuts-1/4 cup
- Pistachios-1/4 cup

Method

1. Grind it in the food processor till it becomes one round ball. Flatten it in the plate or breakfast table cut it into pieces and wrap it in the wax paper and refrigerate it. U can eat this as a snack.



Vegetable sandwich

Ingredients

- Bread-4 slices (I normally use brown bread)
- Onion-1/3 cup
- Tomato-1/4 cup
- Capsicum-1/3 cup
- Tomato ketchup-1 tbsp
- Red chilly pwd -1 tsp
- Garam masala-1/2 tsp
- Green chutney or ketchup
- Cheese
- salt to taste

Method

1. Heat the pan with oil add onions till translucent then add tomato capsicum and salt cook till the tomato is mushy add red chili pwd, ketchup and garam masala mix well. Keep aside let it cool.
2. In the meanwhile Heat the sandwich maker. Spread the green chutney then add masala and cheese to the bread and keep it in the sandwich maker. Serve with green chutney, sauce or ketchup

Capsicum rice

Ingredients

- Cooked rice: 1 cup
- Colored bell peppers :1/2 cup
- Onion-1 small
- Tomato-1
- sambhar pwd:1 1/2 tbsp
- Salt to taste
- Oil: 1 tbsp
- Mustard
- channa dhal
- Curry leaves

Method

1. Heat the pan with oil add mustard ,channa dhal,curry leaves. Add onions and fry till slight brown. Then add tomatoes and capsicum cook till the tomato is mushy. Then add sambhar pwd ,salt fry till the raw smell of sambhar pwd goes then add rice and mix well.

Peas soup

Ingredients

- Fresh peas or frozen peas-2 cups
- Vegetable stock-2 1/2 cups
- Fresh cream- for garnish
- Onion -1 medium
- Garlic-2 minced
- Butter-1 tbsp
- Mint and coriander few leaves

Method

1. Heat the butter add the onions and garlic sauté till translucent. Then add the vegetable broth when it starts to boil add the peas cook till soft add the mint and coriander leaves to it and purée it using hand blender. Add salt and pepper as per taste. While serving garnish it with the cream or milk.

Broccoli soup

Ingredients

- Broccoli-1 medium
- onion -1
- garlic-4 pods minced
- cheddar cheese-1/2 cup grated
- milk or cream 1/3 cup
- unsalted butter -1tbsp

Healthy version

1. Heat the pan with unsalted butter and sauté the minced garlic then add onions sauté till it turns translucent. In the meanwhile blanch the broccoli and keep it aside. Once the onions are done add the balanced broccoli with the water and grind it using a hand blender to get coarse texture. Add salt n pepper according to ur taste.

Kids version

1. Heat the pan With unsalted butter and sauté the minced garlic the add onion sauté till it turns translucent. Blanch the broccoli with less water and keep it aside. Once the onions are done add the balanced broccoli and grind it using a hand blender.
2. In another pan add cream or milk with the cheese it should melt and become smooth once the consistency arrived u can add the broccoli mixture to it and give it a nice stir if it's too thick add some cream or milk. Though the cheese will have salt check for the salt and add.



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Fruit parfait

Ingredient

- 1/4 cup sliced strawberry
- 1/4 cup sliced raspberry
- 1/4 cup banana
- 1/4 cup apple
- 1 cup plain Greek yogurt
- 3 tbsp honey

Method

1. In a glass first layer with yogurt next layer fruits then drizzle honey on it. Repeat this till the rim of the glass. It's a Healthy snack for summer.



Grapefruit n orange juice

Ingredients

- 1 cup grapefruit juice
- 1 cup orange juice
- 1/4 lemon juice
- few mint leaves
- 3 ice cubes
- Sugar if needed

Method

1. mix all the juice and add the mint leaves to it and drink it chill it is very good for people who are dieting and cools u from summer heat as well. If u want u can add sugar. I normally don't add sugar to it.

Quinoa idly

Ingredients

- Quinoa-2 cups
- Brown rice-2 cups
- urad dhal -1 cup
- aval -1/2 cup

Method

1. Soak brown rice and quinoa in a lukewarm water for 4 hrs. Urad dhal for 3 hrs. Grind it in a mixer add salt and keep it for fermentation. Next day you will get fluffy and healthy idlis..

I'm not sure whether quinoa is available in India if it's available please do try because it is high in protein and low carbs. Very healthy substitute for rice.

Surakkai paratha

Ingredients

- Surakkai-1
- Whole flour atta-2 cups
- Red chilly pwd/ greenchilles-1 tsp
- dhania pwd-1 tsp
- jeera pwd -1 tsp
- Salt to taste

Method

1. Grate the surakkai add little turmeric and keep it aside for 10 mins. then squeeze the water. Don't waste the water as we can use it for making dough.
2. In the mean time mix the other ingredients and the surakkai as well and prepare a dough if water needed you can add the surakkai water.
3. You should not make them to rest because it will leave water and you will not be able to make the parathas so once the dough is ready make the parathas. Normally for parathas people will add ghee for health conscious you can add little extra virgin olive oil.



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Brown rice adai

Ingredients

- Brown rice 1 1/2 cup
- channa dhal 1/2 cup
- tuvar dhal 3/4 cup
- moong dhal 1/4 cup
- urad dhal 2 tsp
- red chillies 15

Method

1. Soak rice separately with red chillies and and all dhal together soak fr abt 2 hrs and grind it coarsely in mixie add salt and asafetida mix well.. U can add onion n coriander while making adai.



Broccoli Soup

Ingredients

- 4 Tablespoon butter, room temperature.
- 1 Broccoli
- 1 Large onion chopped
- 1 Carrot chopped
- Freshly grounded pepper
- Salt
- 3 Tablespoon All purpose flour
- 4 Cups low sodium vegetable broth (Available in departmental stores)
- 1/2 cup cream

Method

1. Melt butter in heavy medium pot. add onion and saute until its translucent.
2. Add broccoli, carrot, salt pepper and saute till veggies half cooked. Add the flour and cook until the flour reaches half white color.
3. Add vegetable stock and bring to boil.
4. Simmer uncovered until broccoli is tender. Pour in cream.
5. Using blender puree the soup. Add salt and pepper to taste.
6. Serve hot.



Channa Soup

Ingredients

- Channa-1/4 cup
- Onions-1/4 cup
- potato-1 medium cubed
- Masoor dhall-1tbsp(if u dont have masoor dhall u can use tuvar dhall i tried with both but masoor dhall gives more taste)
- tomatoes-1/2 cup
- oil-1tbsp
- cumin seeds pwd-1 tsp(roasted)
- Garlic-1 tsp
- Hot water-3 cups
- Coriander Leaves-2 tbsp

Method

1. Soak channa overnight.
2. Heat the oil in a pressure cooker add the onions and garlic saute till the onions are translucent.
3. Add the channa,masoor dhall,cumin pwd,potatoes,tomates, with 3 cups of hot water add salt mix well and pressure cook it for 3 whistles.
4. Allow the steam to escape for opening the lid.
5. Add coriander leaves and serve hot.



Easy channa Sundal

Ingredients

- Channa-1 cup
- Salt-To taste

To Grind

- Coconut
- Green chilly-3

For tempering

- Oil-1tsp
- Mustard seeds-1/4 tsp
- Urad Dhall-1/2 tbsp
- Curry Leeaves-Few stings

Method

1. Soak channa overnight and pressure cook it for 3 whistles
2. Grind coconut and green chillies coarsely keep aside.
3. Heats the kadai add oil and the ingredients for tempering. Later add the cooked channa dhall,grinded coconut.Finally add salt.



Easy Panner Makhani

Ingredients

- Tomato puree-1 can
- Panner-1 packet
- Dhaniya pwd -1tbsp
- Red chilli pwd-1 1/2 tbsp
- Milk or Cream-1/3 cup
- Garam masala-1tsp
- Salt-As needed

To Grind

- Cashew nuts-6-8
- Ginger-1 inch
- Green chilly-2
- Add milk and grind like a paste.

Method

1. Heat oil add tomato puree and cook until it emits oil later add the cashew paste to it and cook for 5 mins.
2. Add Salt,Dhaniya pwd,red chilli pwd,garam masala and cook for 3 mins.Later add panner cubes to it.
3. Keep the stove in the sim and add the fresh cream or milk.cook for a min and switch of the gas.

Note:This goes well with phulkha,roti and jeera rice.



PEASARATTU

For batter

- Whole green moong dhal-1 cup
- Raw Rice-1/4 cup
- Ginger-1 inch
- Garlic(optional)-2
- Green chilli-3
- Salt-As needed

Method

1. Soak dhal and rice for 4 hours.And grind with rest of the ingredients.
2. Heat the tava and spread one laddle and drizzle some oil.flip the other side to cook.
3. You will get crispy pesarattu.

Simple Chutney

Ingredients

- Onion-2 large.
- urad dhal-1 tbsp+1/2 tbsp.
- green chillies-2
- Mustard seeds-1/2 tsp
- Curry leaves- few.
- Salt- to taste.
- oil-2 tsp

Method

1. In a pan heat oil and add urad dhal and green chillies fry them till urad dhal become brown.
2. Then add chopped onions and fry till golden brown. Later make them cool and add salt and grind it.
3. Then for tempering add mustard seeds, urad dhal, curry leaves and pour on the grounded mixture.