

## **Online Cooking Event : Authentic Karnataka Cuisines**

**Through Online**

Under

### **Ek Bharat Shrestha Bharat Program**

**DATE: 26-06-2020 To 20-07-2020**

Its and online cooking event for the students of JSS S&TU. Here our students are going to showcase authentic karnataka cuisines to students of BTKIT, Uttarakand through online vedio shareing in official ebsb\_jssstu\_club instagram page.

The details of the Entry's participated in this events are given below :

**Entry No -1** : @santhosh\_shivalingaiah\_san  
Cuisine Name:Oggarane Kadle Puri (Spicy Puffed Rice)

Cuisine Type : Evening Tea/Coffee Snack.



Online Cooking Event : Authentic Karnataka Cuisines..

Craving for something spicy too much? But the word DIET is holding you? I too come under that category, who loves snacks anytime of the day but on diet always (ha ha.... that's because my diet always breaks before it actually starts) .Worry not...There are few stuff that you can binge on without having to think twice about your weighing scale. Yes one such item is Oggarane Kadle Puri/Spicy Puffed Rice with popped Lotus Seeds (Makhnaa).

Spicy puffed rice is a popular snack throughout India and is known by various names such as Murmura Chivda, Sukha Bhel,Dry Bhel,Bhadang,khara pori,masala pori, Kadle puri,Mandakki churmuri etc. Whats in a name. Just enjoy this low calorie snack if on diet or not.

Here, I have twisted this recipe with some new ingredients like: Popped Lotus Seeds which is widely known as Makhnaa , Jaggery Powder and Fennel Seeds. Other Ingredients used in this snack are as follows:


Puffed rice /Kadle Puri - 2 litres  
 Mustard + Jeera+ Fennel Seed - 2 tbsp  
 Asafoetida/Hing - 1/4 tsp  
 Peeled Garlic pods - 3 tbsp  
 Curry Leaves - 5 to 6  
 Peanut - 4 tbsp  
 Red Chillies - 4 to 5  
 Roasted Channa dal - 4 tbsp  
 Sliced Dry coconut - 1/4 cup  
 Red Chilly powder - 2 tbsp  
 Turmeric powder - 1 tbsp  
 Oil - 2 tbsp  
 Makhnaa/popped lotus Seed - 100 grms.  
 Sugar/Jaggery Powder - 1 Tdsp


Salt to taste 

**Entry-no-2** : Cuisine Name : Jowar idly.  
 Cuisine type : Breakfast



Online cooking event : Authentic karnataka cuisines  
 Name : @anupatil189  
 Sem:4th  
 Branch:MBA  
 food channel : @foodsvilla9


Hy..today I m here to show how to eat healthy and tasty all at a time  .I like to think that cooking is fun and it is empowering to know what to eat and wht to feed fa yourself n the family. ☐  
 JOWAR helps to keep your body cool so try to add seasonal grains in ur diet other


than rice . 

**\*INGREDIENTS\***

- 1 cup jowar
- 1/2 cup rice
- 3/4 urad dal
- 1/4 methi
- 1 spoon of cooked rice /poha
- 2 cups of water or as needed to make thick batter

Soak the grains for 8 hrs  
 Grind all together ,in a high speed blender

Keep to ferment overnight 

The good quality fibre in jowar helps reduce weight .It facilitates digestion,regulates  
 blood sugar levels. 



Jowar promotes cell growth, hair repair .  
Soak in the goodness of jowar by using this recipe.

**Entry-no : 3** , Cuisine Name : Khaja

Cuisine Type : Sweets

Online Cooking Event : Authentic Karnataka Cuisines.

Name : @tanu\_shri\_

Sem : 2nd

Branch : MCA

Making of finger Licking khaja.

**INGREDIENTS**

**FOR DOUGH:**

1 cup maida / plain flour

2-3 tbsp ghee / clarified butter

¼ cup water

oil for deep frying

**FOR SUGAR SYRUP:**

1 cup sugar

¼ cup water

3-4 cardamom

**PREPARATION:**

firstly, the kneading of the dough is very critical and i would heavily recommend adding ghee to plain flour before kneading. This would help to have a crisp and flaky texture to the kaja sweet.

Secondly, the sugar syrup has to be one string consistency and warm enough while the sweet is dipped. Ideally the sugar syrup and frying has to be done simultaneously. lastly, deep fry the khaja sweet in batches and do not overcrowd the frying pan.

**Entry-no-4** : Cuisine Name : Badaam Puri

Cuisine Type : Sweets.



Online Cooking event : Authentic Karnataka Cuisines....

Name : @lakshmi\_suchetha

Sem : 2nd.

Branch : MCA

Badam Puri an authentic and traditional south indian dessert recipe made with plain flour, almonds and sugar syrup. the recipe is a delicacy from the south state of karnataka but has become a south indian sensational sweet recipe.

Ingredients :

Badam / almond  
1 cup hot water for soaking  
¼ cup water  
1½ cup maida / plain flour  
2 tbsp rava  
¼ tsp baking powder  
1 tsp sugar  
¼ tsp salt  
2 tbsp ghee  
¼ cup milk  
oil for frying  
1 cup sugar  
½ cup water  
few thread saffron / kesar  
few drops lemon juice  
¼ tsp cardamom powder.

**Entry-no- 5.** Cuisine Name : Gojju Avalakki/ Hulli Avalakki

Cusine Type : Breakfast/Evening Snacks

Name : @vindyanagraj

Sem : 2nd

Branch : MBA

**\*Ingredients:\***

Flattend rice

Jaggery

Groundnut

Fenugreek seeds

Tamarind

Cumin seeds

Mustard seed

Chana dal

Urad dal

Curry leaves

Salt

Chilli powder

Dry coconut

1. Take vessel add tamarind pulp, jaggery, chilli powder, salt add water and mix well and keep aside

2. Take a pan fry Fenugreek seeds, cumin seeds blend this mixture and add this to mixture

Also add fried black sesame powder

3. Blend flattened rice coarsely and add it to the masala mixture
4. Rest it for 10 minutes , the flattened rice would have absorbed the mixture
5. Take a pan, put some oil , fry the mustard seeds, chana dal, urad dal, ground nut and curry leaves.  
Saute & splutter. Add this to the mixture.
6. Add dry coconut and serve it!

@ebsb\_btkitdwt @jssstunivofficial @ebsb\_mhrd . Team JSSSTU....



**Entry-no-6.** Cuisine Name : Custard Falooda

Cuisine Type : Dessert.

Online Cooking Event : Authentic Karnataka Cuisines.

Name : @sahanpuni

Assistant Professor.

Branch : Environmental Engineering



**Entry-no-7.** Cuisine Name : Gasagase Payasa

Cuisine Type : Sweets

Online Cooking Event : Authentic Karnataka Cuisines....

Name : @vindyanagraj

Sem : 2nd.

Branch : MBA



Ingredients:

Jaggery

Coconut

Poppy seeds

Dryfruits (cashewnut, raisin)

Nutmeg

Cardamom

Grind coconut, poppyseeds, cardomom, nutmeg, and add some water extract milk out of it.

Take a separate vessel add jaggery and water to it

Boil it until jaggery dissolves and filter out the jaggery water into the milk

Boil it for 15 minutes and garnish with dry fruits and serve hot!

**Entry-no-8.** Cuisine Name : Patholi

Cuisine Type : Sweets.

Authentic Karnataka Cuisine Malnad Region(Hilly Regions) .

Description : ಪತೋಲಿ is a traditional dish made in uttara Kannada region. This dish is mandatorily made during the festival Nagapanchami.

Name : @supyeeeeeee

Sem : 8th

Branch : Industrial Production and Engineering.

**Entry-no-9.** Cuisine Name : Prawns Roast

Cuisine Type : Starter/Main Course

Name : @md.ilyas22

Sem : 4th

Branch : MCA.

Ingredients are mentioned in the vedio.

**Entry-no-10.** Cuisine Name: EERADDE

Cuisine Type : Sweets

Online Cooking Event : Authentic Karnataka Cuisines....

Name : @dimple\_gal\_moha

Sem : 4th

Branch : MCA

Eeradde is the famous mangalore sweet where this sweet is prepared using turmeric leaf in which this leaf is stuffed with jaggery and coconut mixture and rice batter.

Ingredients and Procedure are in the vedio....

**Entry-no-11.** Cuisine Name : Nucchina Hunde

Cuisine Type : Break fast...

Online Cooking Event : Authentic Karnataka Cuisines....

Name : @rachanasrivatsa

Sem : 2nd.

Branch : MCA.

Ingredients and Procedure is in the vedio.

**Entry-no-12.** Cuisine Name : Rice Halbai

Cuisine Type : Sweets.

Online Cooking Event : Authentic Karnataka Cuisines....

Name : @lilekha\_

Sem :4th

Branch : ME

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Rice Halbai Akki Halbai

Cuisine type: sweets

One of the most popular delicacies from Udupi and South Canara. This traditional sweet recipe is light, easy to make and quick.

Preparation time: 2hrs

Cooking time: 20-25mins

The ingredients are:

Rice- 1 cup,soaked for 2 hours

Jaggery- 1 cup

Grated coconut- 1 cup

Ghee- 3tbsp

Cardmom- 7-8(to be ground into power)

Preparation method in the video

**Entry-no-13.** Cuisine Name : Girmit

Cuisine Type : Evening Snacks



Online Cooking Event : Authentic Karnataka Cuisines....

Name : @vivekindi\_

Sem : 2nd

Branch : MCA

INGREDIENTS:

PUFFED RICE

ONION

TOMATO

CHILLI

GROUND NUTS

CURRY LEAVES

JAGGARY

HURIGADLE POWDER

JEERA

MUSTARD SEEDS

CORIANDER

TAMARINDA JUICE

TURMURIC POWDER and SALT

GIRMIT: The Uttar Karnataka Special.□

This is the famous snack of Uttar Karnataka made by the Ajjies (Grand Moms) and moms mainly as evening snacks for family gatherings. It is prepared at the time of monsoon enjoyed with Bajies(Pakoda) and Kadak Tea (K.T). Its liked by kids to the old grand dads, the taste of the girmit never fades from the mouth.

1. Preparation of GIRMIT's masala:

Firstly, fry some handful of ground nuts. Then keep them aside for cooling.

Then in hot oil put 1 table spoon of Jeera and Mustard seeds. Then add sliced chillies, curry leaves and chopped Onion. Saute well until the onions start turning to golden brown. Add neatly sliced tomatoes to it, keep sauting and add turmeric powder, salt, tamarind juice and small pieces of jaggary and coriander leaves. Heat it for some time and keep it aside to cool.

## 2. Preparation of GIRMIT:

Take puffed rice in big mixing bowl add the fried ground nuts, then add the GIRMIT masala, some chopped onion, tomatoes and coriander leaves start mixing and add little bit of Hurugadle powder and (salt if needed) mix evenly.

Then plate it, top it with some mixtures and coriander leaves.



Finger licking GIRMIT is ready to taste.



**Entry- no-14.** Cuisine name : Kobri Holige.

Cuisine Type : Sweets

Online Cooking Event : Authentic Online Cooking Event....



Name : @s\_anjali18

Sem: 4th

Branch : Electronics and Communication Engineering.

Ingredients required:

Jaggery: 1 cup

All purpose flour: 1 cup

Grated coconut: 1 cup

Cardamom: 4

Ghee : 4-5 tablespoons

Poppy seeds: 1 tablespoon

## URL's of above cuisines:

Entry-1 : Hoggarane Puri

<https://www.instagram.com/p/CCOQaWPhogQ/?igshid=11j6b4t9p34b9>

Entry-2 :Jowar Idly

<https://www.instagram.com/tv/CCQ03CLhOzt/?igshid=wahj94a95oig>

Entry-3 : Khaza

<https://www.instagram.com/p/CCWPIUWBUj1/?igshid=p3m25own828t>

Entry-4 : Badaam Puri



<https://www.instagram.com/tv/CCmzNKRBOV4/?igshid=fo8806guoreh>

Entry-5 : Gojju Avalakki/ Hulli Avalakki

<https://www.instagram.com/tv/CCn74OdBain/?igshid=180j52sr4a8uj>

Entry-6 : Custard Falooda

<https://www.instagram.com/tv/CCsosuohgDw/?igshid=660txpek5om8>

Entey-7 : Gasagase Payasa

<https://www.instagram.com/tv/CCsosuohgDw/?igshid=660txpek5om8>

Entry -8 : Patholi.

<https://www.instagram.com/tv/CCx8CTbBHEI/?igshid=qbz1wvhofn6>

Entry - 9 : Prawns Roast

<https://www.instagram.com/tv/CC088PpBJeA/?igshid=ku6rmqfimmhi>

Entry -10 : EERADDE

<https://www.instagram.com/tv/CC3XPHPhwST/?igshid=13k8pq6cqxt8z>

Entry - 11 : Nucchina Hunde

<https://www.instagram.com/tv/CC6AYIAh9dG/?igshid=qj4n0dbc6sze>

Entry - 12 : Rice Halbai

<https://www.instagram.com/tv/CC8mFO4hwP4/?igshid=w8rq28bffv2d>

Entry - 13 : Girit

[https://www.instagram.com/tv/CDEQQULh\\_VE/?igshid=rx2y9ufs3icz](https://www.instagram.com/tv/CDEQQULh_VE/?igshid=rx2y9ufs3icz)

Entry - 14 : Kobri Holige

[https://www.instagram.com/tv/CDEQQULh\\_VE/?igshid=rx2y9ufs3icz](https://www.instagram.com/tv/CDEQQULh_VE/?igshid=rx2y9ufs3icz).

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