Online Cooking Event : Authentic Karnataka Cuisines

Through Online

Under

Ek Bharat Shrestha Bharat Program

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

Its an 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 video sharing 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. What's 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:
**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:* 
Flattened 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 @jsstuniofficial @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 Cusine Malnad Region(Hilly Regions).
Description: ಪತೊಳಿ is a traditional dish made in uttara Kannada region. This dish is mandatorily made during the festival Nagapanchami.
Name: @supyeeeee
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 video.

**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 video.... 😊😊😊

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

Online Cooking Event: Authentic Karnataka Cuisines....
Name: @rachanasrivatsa
Sem: 2nd.
Branch: MCA.
Ingredients and Procedure is in the video.

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

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- 3 tbsp
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 tablespoon 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.


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
Entry-5: Gojju Avalakki/ Hulli Avalakki
Entry-6: Custard Falooda
Entry-7: Gasagase Payasa
Entry -8: Patholi.
Entry -9: Prawns Roast
Entry -10: EERADDE
Entry -11: Nucchina Hunde
Entry -12: Rice Halbai
Entry -13: Girmit
Entry -14: Kobri Holige

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