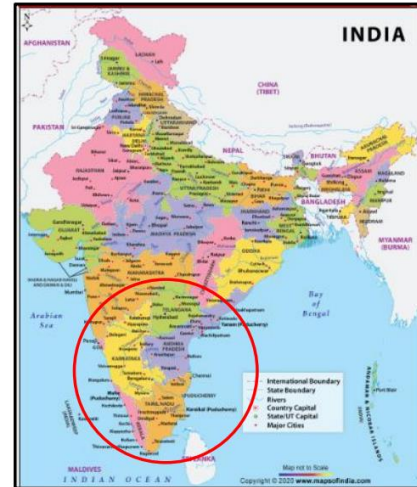


# South Indian Cuisine

presented by

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## Outline

### 1. Introduction

1. About *mois*
2. Where is South India?
3. What is South India like?
4. Culinary preferences

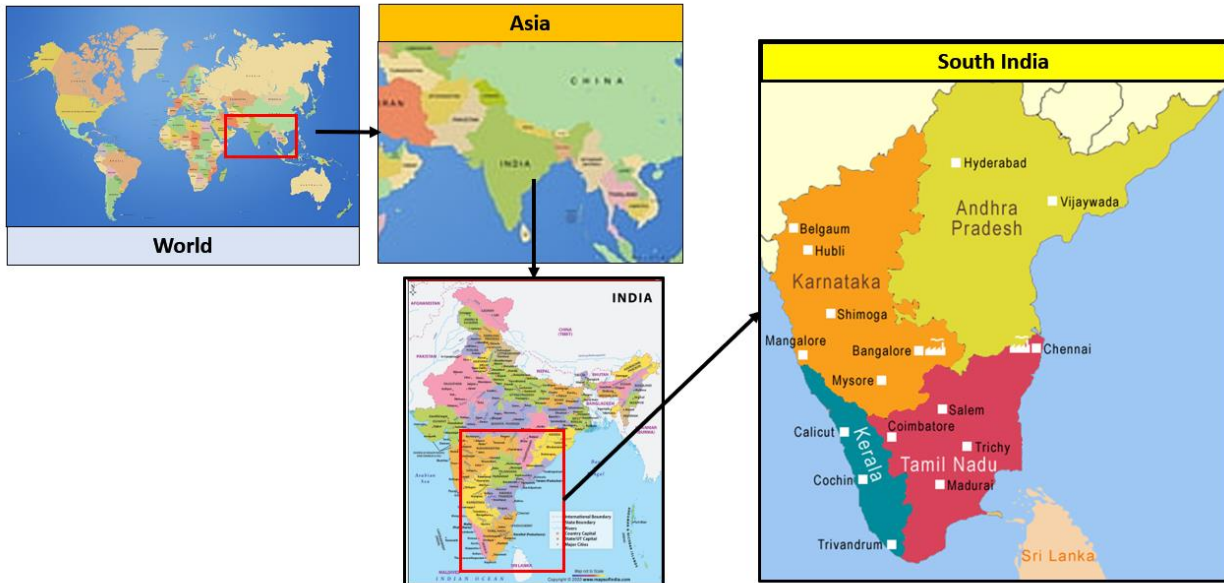
### 2. Cuisine Demo

1. Complements / Condiments
  1. Potato Curry
  2. Coconut Chutney
  3. Sambar
2. Dosa
3. Upma
4. Vada



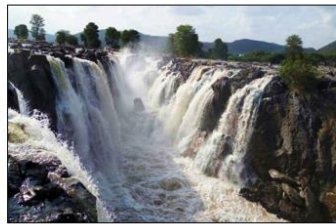
# About Me

## Where is South India?



### South India

#### Rivers



#### Seas



#### Fertile Lands



#### Produce

##### Rice

##### Vegetables

## South India

Farming communities

Peaceful

Spiritual



## South Indian Culinary Preferences Cuisine

Mainly fresh produce,

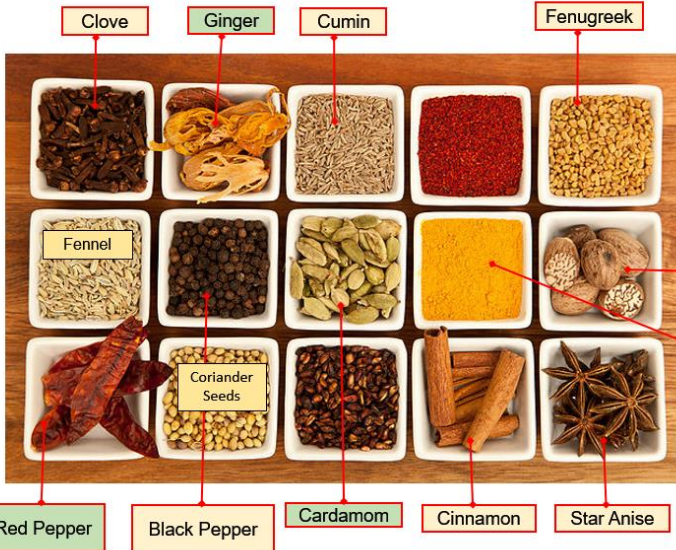
- Plus seafood in coastal and river-fed regions

“Peaceful” & “Spiritual”

- Deep belief in *ahimsa* – non-violence
  - Common Belief: Diet affects mental attitude
  - Leads to vegetarianism
    - India has the largest number of vegetarians
  - Dairy products – *milk, butter, Ghee* - are OK



## South Indian Culinary Preferences Spices

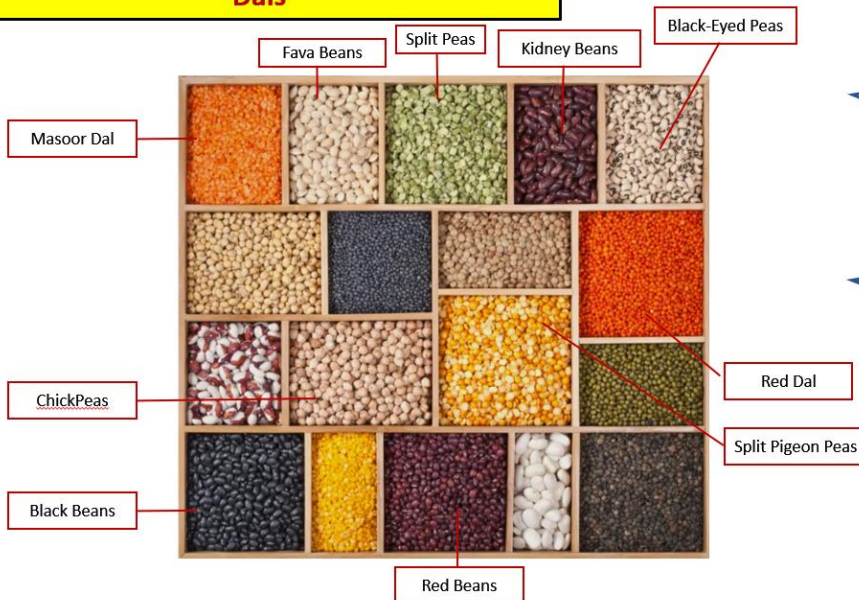


Other Spices	
• Bay Leaf	• Masoor Dal
• Chana Dal	• Mint
• Cilantro	• Poppy Seeds
• Curry leaf	• Saffron
• Garlic	• Sesame seed
• Green Pepper	• Tamarind
	• Urad Dal

**Dal:**

- Mostly **Lentils**. Dals are any split **pulses (legumes)**.
- A **pulse** is the dry, edible seed of the pod
- Includes **beans, Lentils, peas**, and other little seeds
- Any split legume is considered a dal in Indian cuisine

## South Indian Culinary Preferences Dals



**Protein-Rich**

**Heart-Healthy**  
*High Fiber, Low Fat, High Iron*

## South Indian Culinary Preferences Breakfast

A **dosa** (dow·suh) is a thin pancake made from a fermented batter of ground Black Lentils and rice. It is served hot with Chutney and sambar.



**Dosa**



**Upma**

Upma is a breakfast dish made from cream of wheat.

A **vada** (vuh·da) is a tasty fried snack similar to fritters, cutlets, or dumplings. It is served hot with Chutneys and sambar.



**Vada**



**Chutneys**

A Chutney is like salsa that accompanies other dishes

## South Indian Culinary Preferences Breakfasts



**Dosa**

### A Popular Stew / Dip



**Sambar** (Sahm·bar) is a Dal-based vegetable stew, cooked with Peas, Tamarind, and various vegetables.



**Upma**



**Vada**



**“Combo”**

## South Indian Cuisine

### Tempering Technique

- Tempering is a common technique in South Indian cooking that lends flavor and taste to the dish
- Spices are fried in oil or Ghee and heated to a high temperature to release their essential flavors and aromas
- South Indian tempering
- Mustard seeds [ChickPeas](#), Cumin Seeds, Red Peppers, Curry Leaves, [Asafoetida](#)
- Use an oil with a high smoke point [e.g.](#) Canola Oil, Coconut Oil, Sesame Oil
- Or use Ghee
  - Clarified Butter
- A dish could be tempered at the start or end of the cooking process

## South Indian Cuisine

### Potato Curry – goes with Dosa or rice

**Prep Time:** 10 mins

**Cook Time:** 20 mins

**4 Servings**

#### Ingredients

- 4 Potatoes (boiled)
- 1 Onion (thinly sliced)
- 1 Green hot pepper finely chopped
- 1 in. ginger finely chopped
- 1 Red hot pepper
- 1 tsp Cumin seeds
- 1 tsp Mustard seeds
- 1 tsp Urad dal
- 1 tsp Chana dal
- ½ tsp Turmeric powder
- Pinch of [Asafoetida](#)
- 3-4 Curry Leaves
- 2 tsp Lemon juice
- 1 stem Cilantro leaves finely chopped
- 2 tsp Oil
- Salt to taste

#### Steps

1. Boil and peel the potatoes
2. Finely chop green peppers, ginger, coriander leaves, and onion



3. In a pan, heat a [tblsp](#) of oil. Add Cumin seeds, Mustard seeds, urad dal, red pepper and [channa dal](#). Wait till Mustard seeds splutter.
4. Add Curry Leaves and [asafoetida](#). Lightly fry for a minute.
5. Add thinly sliced onion and fry till it turns translucent. Then add in finely chopped hot green peppers and ginger. Fry lightly till the raw smell of ginger goes away.
6. Add boiled potatoes and turmeric.
7. Mash the potatoes and add 3 [tbsp](#) of water to get a smooth gravy paste. Cook 3 mins
8. Squeeze some lemon juice and add chopped coriander leaves. Mix well.
9. Serve hot with masala dosa, vada, or upma.

## South Indian Cuisine

### Coconut Chutney - complements all items

A simple Chutney prepared with Coconut and roasted [ChickPeas](#), and spiced with hot Green Peppers.

**Prep time:** 5 minutes

**Cook time:** 10 minutes

**SERVES 6**

#### Ingredients

- 1 cup shredded fresh Coconut
- ½ cup roasted split [ChickPeas](#)
- 2 hot Green Peppers finely chopped
- ½-inch piece finely chopped fresh Ginger
- 1 tsp Salt
- 1 cup Water
- 2 [tsp](#) Canola oil
- 1 tsp Mustard seeds
- ¼ tsp [Asafoetida](#)
- 1 Curry Leaf sprig



#### Steps

1. In a blender, combine the Coconut, roasted split [ChickPeas](#), hot Green Peppers, Ginger, and Salt. Pulse until the [ChickPeas](#) are coarsely ground.
2. Add ½ cup of Water and blend to a smooth paste.
3. Add oil to a small skillet and heat at medium level.
4. Add the Mustard Seeds, [Asafoetida](#), and Curry Leaves. Cook until the Mustard seeds begin to sputter. Turnoff the heat.
5. Stir the spice mix into the Chutney.

## South Indian Cuisine

### Sambar - complements all items

A stew of dals and vegetables with tamarind that accompanies most other dishes.

**Prep time:** 30 minutes

**Cook time:** 60 minutes

**SERVES 8**

#### Ingredients

- |                                                      |                                                                       |
|------------------------------------------------------|-----------------------------------------------------------------------|
| • 8 ½ cups split Pigeon Peas rinsed in Water         | • ¼ tsp Cumin Seeds                                                   |
| • 4½ cups water                                      | • ¼ cup shredded fresh Coconut                                        |
| • 3 tsp Tamarind                                     | • 1 tsp Mustard Seeds                                                 |
| • ½ tsp Ghee                                         | • 2 Curry Leaf sprigs                                                 |
| • 5 dry Hot Red Peppers                              | • ¼ tsp <a href="#">Asafoetida</a>                                    |
| • 3 <a href="#">tblsp</a> Coriander Seeds            | • 1 cup Mixed Vegetables (e.g. diced Okra, Eggplant, Carrots, Radish) |
| • 1½ <a href="#">tblsp</a> <a href="#">ChickPeas</a> | • 1 <a href="#">tblsp</a> Salt                                        |
| • 1 Onion roughly chopped                            | • 1 tsp Brown Sugar                                                   |
| • 2 tsp Black Lentils                                | • ½ tsp Turmeric powder                                               |
| • 2 tsp Fenugreek Seeds                              |                                                                       |



#### Steps

1. Boil Pigeon Peas in 2 cups of water until soft. Mash and set aside.
2. Stir the Tamarind and the Water it has been soaking in.
3. In a large skillet or wok over medium heat, heat the Canola oil.
4. Add the Red Peppers, Coriander seeds, [ChickPeas](#), Chopped Onions, Lentils, Fenugreek seeds, and the Cumin seeds. Dry-roast for 2-3 minutes until fragrant and the Lentils turn light brown.
5. Stir in the Coconut and dry-roast for 30 seconds. Cool the mixture.
6. Transfer the mixture to a blender. Pulse a few times to grind. With the blender running, add ½ cup of water until a smooth batter forms. Set it aside.
7. In the same skillet over medium heat, heat the Canola oil.
8. Add the remaining Fenugreek seeds, Mustard seeds, Curry Leaves, and [Asafoetida](#). Cook until the Mustard seeds begin to sputter.
9. Add the roughly chopped onion and cook for about 5 minutes until the onion is soft and translucent. Add the mixed vegetables and cook for 1 minute.
10. Stir in the Tamarind mix, Salt, Brown Sugar, and Turmeric. Simmer the mixture for 10 minutes until the vegetables are soft and tender.
11. Stir in the Coconut-spice mix and 1 cup of water. Simmer for 3 to 4 minutes.
12. Add the mashed Pigeon Peas and remaining 1 cup of Water. Simmer for 5 minutes. When the *sambar* starts to boil, turn off the heat.

## South Indian Cuisine

### Dosa: *Crisp crepes*

**Prep time:** 20 minutes, plus 6-8 hours to soak and 8-10 hours to ferment

**Cook time:** 10 minutes

**SERVES 8**

#### Ingredients

- 2 cups rice grains rinsed in cold water and drained well
- ½ cup whole Black Lentils rinsed in cold water and drained well
- 3 ice cubes (1 in.)
- ½ tsp fenugreek seeds
- 2¼ cups cold water
- 1 tsp salt
- ½ cup water,
- 8 tsps Canola oil

#### Steps

1. In a large bowl, soak rice, Lentils, and fenugreek seeds in cold water (2 inches depth) for 6-8 hours.
2. Add ice cubes and blend the mix to a thick and smooth batter, adding ½ cup water at a time.
3. Cover the bowl with a lid or plastic wrap and let it ferment in a warm place (e.g. an oven with just the light on) for 8 -10 hours. When done, the batter should double in size and look frothy.



4. Stir in ½ cup water until the batter has a pouring consistency. (like pancake batter)
5. Heat a round cast iron or nonstick griddle over medium heat.
6. Reduce the heat to low and pour a ladleful of batter onto the griddle. Using the back of the ladle, spread the batter around the griddle starting from the middle and moving out toward the edges.
7. Spread 1 tsp of oil around the edges of the dosa.
8. Increase the heat to medium and cook the dosa for 45 to 50 seconds.
9. Using a flat spatula, loosen the edges and carefully flip the dosa. Cook for 25 to 30 seconds before removing it from the griddle. Repeat with the remaining batter and oil.
10. Serve hot.

## South Indian Cuisine

### Upma: *a breakfast item*

A Semolina dish ideal for breakfast

**Prep time:** 10 minutes

**Cook time:** 15 minutes

**SERVES 4**

#### Ingredients

- 1 tbsp Canola oil
- ½ tsp Mustard Seeds
- 1 tsp Black Lentils
- 1 tsp ChickPeas
- 2 dry Hot Peppers, finely chopped
- 1 tsp Asafoetida
- 1 Curry Leaf sprig
- 2 cups Water
- 1¼ tsps Salt
- 1 cup roasted Semolina, or Cream of Wheat
- 1 tsp Ghee
- Coconut Chutney, for serving



#### Steps

1. In a large skillet over medium heat, heat the Canola oil.
2. Add the Mustard seeds, Black Lentils, and Chickpeas. Cook until the Mustard seeds begin to sputter, about 1 minute.
3. Add the Hot Green Peppers, Asafoetida, and Curry Leaves. Cook for 45 seconds.
4. Add the water and salt. Bring the water to a rolling boil.
5. Reduce the heat to medium-low and slowly add the Semolina, stirring constantly to avoid lumps. Once all the Semolina has been added, stir vigorously to avoid lumps and achieve a consistent texture throughout. Partially cover the skillet and cook for 2 minutes.
6. Turn off the heat. Stir in Ghee, and mix thoroughly.
7. Partially re-cover the skillet and let sit for 5 minutes. Serve hot with Coconut Chutney.



## South Indian Cuisine

### Vada: a breakfast item

Crisp fried doughnut shaped fritters made with Dals, herbs, and spices.

**Prep time:** 4 hours

**Cook time:** 40 minutes

**SERVES 6**

#### Ingredients

- 1 cup urad dal (husked and split or whole black gram) – 200 grams
- 2.5 to 3 cups water – for soaking
- 3 to 4 ~~tblsps~~tblsps water – for grinding or blending Lentils
- ½ tsp Cumin seeds
- ½ tsp black Peppercorns whole or crushed
- 7 to 8 Curry Leaves
- ½ cup finely chopped Onions
- 1-2 chopped Hot Green Peppers
- 1 tsp finely chopped Ginger
- 1 pinch Asafoetida
- 5-6 cups Canola oil (for frying)



#### Steps

1. Soak the Urad Dal for 4 hours or overnight
2. Rinse the Dal
3. Blend the soaked Lentils with 1 cup water to a smooth batter.  
Batter should be thicker than pancake batter.
4. Add all the spices, herbs and salt. Mix well.
5. Heat the Canola oil in a fryer until it appears blurry
6. Take some batter and form into a doughnut shape. This is the raw Vada.
7. Gently slide the raw Vada into the oil and fry until it turns golden.
8. Remove with a slotted spoon and pat dry with a paper towel.
9. Serve hot with Coconut Chutney and Sambar.



**Thank You!**

