



PRACTICAL SESSION – 09

Preparation of -

LIME RICE

VAZAKKHAI THORAN

VALAKKAI VARUVAL

SEMIYA PAYASAM

Objective:- After the practical session students should be able to prepare LIME RICE, VAZAKKHAI THORAN, VALAKKAI VARUVAL and SEMIYA PAYASAM

Instructor's Activity:-

Arrange for demonstration of LIME RICE, VAZAKKHAI THORAN, VALAKKAI VARUVAL and SEMIYA PAYASAM.

LIME RICE

INGREDIENTS	QUANTITY
RICE	500 g
LIMES	2 no.
OIL	30 ml
TURMERIC	5 g
METHI SEEDS	5 g
BLACKGRAM (SPLIT)	20 g
BENGAL GRAM (SPLIT)	20 g
MUSTARD SEED	5 g
HING	1/8 Teaspoon



PEANUT	30 g
CURRY LEAVES	5 g
SALT	To Taste
WHOLE RED CHILLI	5 g

METHOD

- Boil rice using a pinch of turmeric by the draining method and keep aside
- Roast and powder fenugreek , turmeric , black gram and mix with the rice
- Heat oil. Fry nuts and remove
- Add curry leaves , mustard seed, hing , black gram and red chillies
- When lightly brown ass to the rice mix with the rice and serve hot garnished with nuts

Vazhakkai Thoran (Raw Banana with coconut)

INGREDIENTS	QUANTITY
Raw bananas	500 g
Coconut	½
Green Chillies	10 g
Turmeric	½ tsp
Garlic	2 flakes
Red onions	01
Curry leaves	2 sprigs
Salt	To taste
Oil (for tempering)	15 ml
Onion	01



Method :

1. Peel and cut raw bananas into cubes. Wash well and drain off excess water.
2. Add just enough water to cook it nearly dry. Add salt. Continue Cooking for 2-3 minutes.
3. Grind together green chillies, turmeric, coconut, garlic and onion.
4. Add ground ingredients to cooked banana. Allow steam to pass through.
5. Mix well. Add curry leaves and remove from fire
6. Heat oil in a pan and add sliced onion, when brown, add banana mixture. Stir well for 2-3 minutes and serve hot.

VALAKAI VARUVAL

INGREDIENTS	QUANTITY
FOR MASALA PASTE	
Shallots	1/2 Cup
Ginger garlic paste	2 Tbsp
Dried chilli	2
Curry powder	1 Tbsp
Fennel seeds	1/2 Tsp
Curry leaves	Few
Tomato	1
Turmeric powder	1/4 Tsp
Ajwain seeds	1/8 Tsp
Salt	Taste
Grated coconut	1/4



FOR VALAKAI	
Valakai	2
Turmeric powder	1/2 Tsp
Chilli powder	1 Tsp
Curd	1 Tbsp
Garam masala	1/4 Tsp
Salt	Taste
Red onion	1
Cumin seeds	1/2 Tsp
Mustard seeds	1/2 Tsp
Curry leaves	few
Coriander leaves	few

METHOD

- Roast all the ingredients until fragrant and grind to a paste once cooled. Keep aside
- Take two medium sized valakai peeled and sliced lengthwise as thinly as possible
- Mix the valakkai with turmeric powder, chilli powder, garam masala, curd and salt. Leave aside for 3 hrs. Heat some vegetable oil in a wok and fry the valakai. Drain and keep it aside.
- Add 2 tbsp of the vegetable from the fried valakkai to wok and splutter curry leaves, cumin and mustard seeds followed by chopped onions. As the onions turned slightly brown add the masala paste and mix well.till loab consistancy
- Add the fried valakkai and mixed well. Once the masala starts boiling adjust the level of salt and transfer to a serving platter, garnished with chopped coriander leaves



SEMIYA PAYASAM

INGREDIENTS	QUANTITY	PER
VERMICILLI	0.055	KG
MILK	0.250	L
FAT	0.030	KG
SUGAR	0.055	KG
SAFFARON	0.005	KG
SULTANAS	0.030	KG
CASHEWNUTS	0.030	KG
CARDAMOMS	0.010	KG

METHOD

- Heat fat, fry vermicelli
- Add milk & bring to boil quickly
- Add sugar & remove from fire
- Fry cashews, sultanas & add to payasam with crushed cardamoms
- Add saffron soaked in little milk