

Chasing the Flavours of Malabar


Kerala
God's Own Country



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Chasing The Flavours Of Malabar

Saunter around, breathe in the fragrance of spices and discover the magic that made this land a coffer of flavours for centuries. Come, an enticing, lip-smacking experience awaits your taste buds..!



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Department of Tourism, Government of Kerala
Park View, Thiruvananthapuram, Kerala, India - 695 033



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SNACKS

Chemmeen Ilayada

Muttamala & Pinjanathappam

Unnakkaya

Kozhukkatta





CHEMMEEN ILAYADA

Malabar Cuisine, influenced by various cultures, has an extensive variety of mouthwatering dishes in its repertoire. Chemmeen Ilayada, is a Malabari seafood dish known for its unique style of preparation and its flavorful taste.

Chemmeen Ilayada

Ingredients

| | |
|-----------------|------------|
| Shrimps/Prawns | : 500g |
| Onion | : 1 no |
| Green Chillies | : 2 nos |
| Garlic | : 6 cloves |
| Chilli Powder | : ½ tbsp |
| Turmeric Powder | : 1 tsp |
| Grated Coconut | : 2 cups |
| Rice Flour | : 500g |
| Coconut Oil | |
| Salt | |
| Curry Leaves | |
| Banana Leaves | |
| Water | |

Preparation

Chemmeen Masala

Heat oil in a pan and sauté the sliced onion, tomatoes, green chillies and chopped garlic. Stir well. Next, add the turmeric and red chilli powders and salt. Mix well. Now add the shrimps/prawns and stir gently. As the prawns begin to change colour add the grated coconut and some water. Continue stirring the mixture and cook till done.

Chemmeen Ada

Dampen the rice flour to make a dough and divide the dough into small balls. Take a piece of plantain leaf and place a rice ball on it. Flatten the ball on the plantain leaf to take the shape of a disc. Add the Chemmeen Masala on one half of the flattened dough. Fold the plantain leaf so the disc is folded with the filling inside. Assemble a few such wrapped discs and steam for about 15 minutes.



A Malabari Seafood dish



MUTTAMALA & PINJANATHAPPAM

Muttamala and Pinjanathappam, a combination dessert from the Malabari kitchen, is made with eggs. Muttamala, looks like yellow noodles, and is an elaborately prepared sweet snack in which egg yolks are cooked in sugar syrup.

Muttamala & Pinjanathappam

Ingredients

| | | |
|-------|---|--------|
| Egg | : | 5 nos |
| Sugar | : | 750 gm |
| Milk | : | 1 cup |
| Water | : | |
| Ghee | : | |



Preparation

Muttamala

Take 5 eggs and use two bowls to separate the egg whites and yolks. Set aside the egg whites and strain the yolks. Next make sugar syrup by boiling sugar and water until it is the right consistency (like a one string consistency). Strain the egg yolks (using a cup with holes) in a circular manner into the hot syrup to make a netted necklace of yolks. When the muttamala is ready, sprinkle some water for the easy removal of the yolk nets from the syrup. If they are clumped together, separate gently and keep aside.

Pinjanathappam

Add the saved egg whites, sugar syrup and one cup of milk and blend in a mixie or blender. Now take a plate and apply some ghee on it. Keep the plate inside a steamer for boiling. Next pour the liquid from the blender on to the plate. Close the lid of the vessel and steam the mixture for 10 minutes. Pinjanathappam is ready. Slice into small square pieces and serve.



Serve Muttamala and Pinjanathappam together to savour a delicious Malabari sweet.



UNNAKKAYA

Unnakkaya, a popular snack from the Malabar menu, is a deep-fried sweet made from bananas and eggs.

Ingredients

| | |
|----------------|-----------|
| Banana | : 5 nos. |
| Cashew nut | : 50 gram |
| Raisin | : 50 gram |
| Cardamom | : 3 nos |
| Grated Coconut | : 2 cups |
| Sugar | : 5 tbsp |
| Ghee | : 2 tbsp |
| Egg | : 3 nos |
| Oil | |



Preparation

Heat ghee in a pan. Add cashew nuts and raisins and stir well. Add three eggs to this mixture and scramble the eggs into the nutmixture. Now add crushed cardamoms and grated coconut. Mix well. Put five tablespoons of sugar and add enough water and stir until the sugared mixture becomes syrupy. This is the Unnakkaya filling.

Next, steam the bananas and remove the skin. Make a thick paste out of the steamed bananas flesh and spread a portion of this paste in your palm. Take some Unnakkaya filling and place it inside the flattened banana paste. Roll gently with your fingers to make a spindle shape. Once enough "spindle shaped" pieces are ready, heat oil and fry the unnakkayas until they are a crisp golden brown.



Unnakkayas are a tasty tea-time snack that may be enjoyed with tea or coffee.



KOZHUKKATTA

Kozhukkatta is a popular rice dumpling that is made in many parts of India and South East Asia. Sometimes it is prepared with a sweet filling and are presented as dessert dumplings but these kozhukkattas are a savory dish favored by the residents of the Malabar coast.

Ingredients

| | |
|----------------------|---------------------------|
| Raw rice flour | : ½ cup |
| Rosamatta rice flour | : 1 cup |
| Shallots | : 1 large or two small |
| Aniseeds | : ½ tsp |
| Red chillies | : 2 |
| Mustard seeds | : 1 tsp |
| Grated coconut | : ½ cup |
| Curry leaves | : 1 cup |
| Water | |
| Oil | |
| Salt | |

Preparation

Boil water with salt and add 1 cup Rosamatta rice flour mixed with ½ cup raw rice flour. Mix well till the flour becomes sticky. Make small balls from the dough and steam the balls in an idli-maker. Blend grated coconut, aniseeds, shallots, red chillies, salt and curry leaves. Heat oil in a pan, splatter mustard seeds and when the seeds pop, add the grated coconut mixture. Stir well. Add rice balls to the pan and mix thoroughly. Serve hot.



Tasty Kozhukkatta is ready, serve hot...



BREAKFAST

Beef Puttu

Neypathal

Adukku Orotti

Irachi Idli





BEEF PUTTU

Beef Puttu is a delicious variant of the classic Kerala breakfast dish of puttu and kadala. In this case the protein in kadala is replaced with the protein in beef. Try it for a filling and fulfilling morning meal.

Ingredients

| | |
|----------------------|--------------|
| Rice Flour | : 4 cups |
| Grated Coconut | : 1 1/2 cups |
| Beef, diced | : 2 cups |
| Onions, sliced | : 1 cup |
| Ginger paste | : 1 tsp |
| Garlic paste | : 1 tsp |
| Red chilli powder | : 1/2 tsp |
| Coriander powder | : 1/2 tsp |
| Turmeric powder | : 1/4 tsp |
| Crushed black pepper | : 1/2 tsp |
| Garam masala powder | : 1/2 tsp |
| Coconut oil | |
| Curry leaves | |
| Salt | |

Preparation

Beef Masala

Cook 2 cups of diced beef in a pressure cooker with salt, ½ tsp each of garlic and ginger paste, curry leaves, and the red chilli powder, turmeric powder, coriander powder and black pepper. Add water before cooking. When the beef is cooked add coconut oil and fry well. Grind this cooked mixture. Next, fry one cup of grated coconut, add the beef mixture to the roasted coconut and stir.

Puttu

Take four cups of rice flour and add lukewarm water. Blend thoroughly with hand. Take a Puttu-maker, add the beef mixture, then grated coconut and finally the blended rice flour. Stack beef mixture again and finish off with a layer of rice flour.



Puttu flavoured with minced beef masala



NEYPATHAL

Neypathal is both a breakfast dish and a dinner item. It resembles a deep fried pancake or a puri and is usually eaten with a mutton or chicken curry.

Ingredients

| | |
|-----------------|-------------|
| Rice | : 1 cup |
| Grated Coconut | : 1 cup |
| Shallots/Onions | : as needed |
| Aniseeds | |
| Sesame seeds | |
| Salt | |
| Water | |

Preparation

Blend soaked rice, diced onion or shallots as per need, grated coconut, aniseeds, sesame seeds and salt until it forms a dough. Divide the dough into small balls.

Pour oil into a heated pan, roll and flatten the rice balls and fry them in oil. Fry until the neypathal turns a golden brown colour. Serve hot for a delicious snack or with a curry for dinner.



A close-up photograph of several pieces of Adukka Orotti, a traditional Malabar flatbread. The bread is light-colored, rectangular, and has a slightly textured surface. It is arranged on a green surface, possibly a banana leaf. The background is blurred, showing other food items and a warm, golden light.

ADUKKA OROTTI

Adukka Orotti is a dish made with rice that is exclusive to Malabar. This pan-cooked flat bread is made with rice, egg and coconut milk and is both a satisfying breakfast and a great tea time snack for the people of Malabar.

Ingredients

| | | |
|---------------|---|--------|
| Soaked Rice | : | 1 kg |
| Egg | : | 4 nos |
| Coconut milk | : | 2 cups |
| Ghee | | |
| Salt to taste | | |

Preparation

Blend the soaked rice with eggs, coconut milk and salt to prepare the batter. Once the batter is ready, take a plate and grease it with ghee. Put the greased plate in a steamer, pour two ladles of batter into it and steam for 10 minutes. This forms the first layer. After 10 minutes, open the lid of the cooking vessel, and grease the cooked orotti with ghee. Now add a second layer of the batter. Steam again, for 10 minutes. Make as many layers by continuing this process until you have the thickness you desire.



Serve hot Adukka Orotti with chicken curry.



IRACHI IDLI

Malabar cuisine, with its leanings towards meat, has a number of snacks which are easy to make. Irachi Idli is a popular snack item made of idli and meat masala.

Ingredients

For the batter

| | |
|---------------------|----------|
| Soaked biryani rice | : 500g |
| Egg | : 2 nos |
| Coconut milk | : 2 cups |
| Ghee | |
| Salt | |

For the masala

| | |
|---------------------|---------|
| Chicken | : 250g |
| Onion | : 3 no. |
| Green chilli | : 2 no. |
| Ginger, crushed | : 1 tsp |
| Garlic, crushed | : 1 tsp |
| Garam Masala | : 1 tsp |
| Black pepper powder | : ½ tsp |
| Turmeric powder | : ½ tsp |
| Coriander leaves | |
| Salt | |

Preparation

Meat Masala

Heat a quarter cup of oil in a pan. Add sliced onions, crushed ginger, garlic and green chillies. Saute well. Now add garam masala powder, turmeric powder and black pepper and salt. Stir. Next add shredded chicken and chopped coriander leaves. Mix well and cook. The masala is ready.

Irachi Idli

Grind the soaked biryani rice, eggs, coconut milk and salt until it forms a batter. Next take small cups or an “idli thattu” and grease with ghee. Fill batter in the small cups and place these in a steamer. Top the batter with the meat masala and steam the irachi idlis for 20 minutes.



Tasty Irachi Idli is ready, serve hot...



AANA PATHIRI

Aana Pathiri is another exotic food hailing from the Malabar coast. This is a complete dish as both the starch and the protein-rich curry are mixed together.

Ingredients

For Curry

| | |
|---------------------|----------|
| Beef | : 750g |
| Ginger-garlic paste | : ½ tsp |
| Green chillies | : 4 |
| Onions | : 2 |
| Tomato | : 1 |
| Chilli powder | : 1 Tbsp |
| Coriander powder | : 1 Tbsp |
| Coconut milk | : 2 cups |
| Tamarind | |
| Coconut oil | |
| Salt | |

For Pathiri

| | |
|----------------|------------|
| Soaked rice | : 1 ½ cups |
| Aniseed | : ½ tsp |
| Grated coconut | : ½ cup |
| Banana leaf | |

Preparation

Beef Curry

Heat oil in a vessel. Add a pinch of cinnamon, aniseeds, sliced onions, ginger garlic paste and sliced green chillies to the pan and saute well. Next add chopped tomato and salt and a little tamarind and curry leaves and stir well. Add diced beef and red chilli powder and some water to this masala and cook for 20 minutes. When the meat is cooked, add coconut milk and boil.

Pathiri

Take soaked rice, grated coconut, aniseeds and blend the ingredients to make the dough. Next, shape the dough into small circles and place the discs of dough on a greased banana leaf. Steam the dough to make pathiris. Add these pathiris to the curry and serve hot for a delicious meal.



A kind of dish from Malabar coast



SIDE DISH

Muringapoo Thoran



MURINGAPOO THORAN

Muringapoo Thoran is both a delicious vegetarian dish and a nutritious one. The Muringa plant's health benefits are well known and drumsticks are used in many Malabar dishes. But not many cooks outside of Kerala realize that the flowers of the muringaplant are full of vitamins.

Muringapoo Thoran

Ingredients

| | |
|------------------|----------|
| Drumstick flower | : 2 cups |
| Turmeric powder | : ¼ tsp |
| Red chillies | : 2 |
| Garlic paste | : ½ tsp |
| Mustard seeds | : ½ tsp |
| Black pepper | : ¼ tsp |
| Shallots | |
| Oil | |
| Curry leaves | |
| Salt | |

Preparation

Splutter mustard seeds and red chillies in oil. Add curry leaves, sliced shallots, garlic paste, and grated coconut and sauté well. Next add drumstick flowers and turmeric and mix well. Add salt and crushed black pepper and mix thoroughly. Cook for 5 minutes and serve hot.



A nutritious side dish



CURRY

Kozhi Nirachathu

Malabar Chicken Fry

Malabar Beef Mushroom Curry

Malabar Chicken Curry

Malabar Fish Curry





KOZHI NIRACHATHU

Malabar, located on the southern coast of Kerala, takes pride in its variety of cuisine that has been shaped over the years by a mingling of regional, French and Arabian influences. Kozhikode and Thalassery are known as the centres of Malabar cuisine. Kozhi Nirachathu or Stuffed Chicken is one of the popular chicken preparations that appear on a Malabar menu.

Kozhi Nirachathu

Ingredients

For marinating

| | |
|-----------------|---------|
| Full chicken | : 1 no |
| Chilli powder | : 2 tsp |
| Turmeric powder | : ½ tsp |
| Salt | |
| Oil | |

For the masala

| | |
|---------------------|------------|
| Onion | : 1 no |
| Green chilli | : 1 no |
| Tomato | : 1 no |
| Garlic | : 4 cloves |
| Turmeric powder | : ½ tsp |
| Garam masala powder | : ¼ tsp |
| Aniseeds | : ½ tsp |
| Black pepper powder | : ½ tsp |
| Chicken liver | : 2 nos |
| Hard Boiled Egg | : 1 no |
| Chicken stock | |
| Coriander leaves | |
| Salt | |

Preparation

Marinate the chicken with turmeric powder and salt.

Heat oil in a pan, add sliced onions, and stir well until onions are glazed and browning. Add split pieces of green chillies, chopped tomato and crushed garlic. Cover the pan and cook for 2 minutes. Add powders of turmeric, black pepper, aniseed, garam masala and salt. Into this mixture add the chicken liver ground with pepper powder. Sauté well. Next, add the hardboiled egg and coriander leaves and sauté well.

Empty the ingredients into a bowl. Take the marinated chicken and stuff it with the prepared masala. Next, steam the chicken in a broth of chicken stock and red chilli powder for about 20 minutes. Remove chicken from the broth and deep fry until golden brown.



Your delicious Kozhi Nirachathu is ready.



MALABAR CHICKEN FRY

Malabar Chicken Fry that bursts with flavor is a much favored Malabar dish cherished by many all over Kerala and beyond.

Malabar Chicken Fry

Ingredients

| | |
|-------------------------|------------|
| Chicken | : 8 pieces |
| Green chillies, crushed | : ½ tsp |
| Ginger- garlic paste | : ½ tsp |
| Red chilli powder | : 2 tbsp |
| Red chillies, crushed | : 1 tbsp |
| Garam masala powder | |
| Lemon juice | |
| Curry leaves | |
| Salt | |
| Oil | |

Preparation

Take eight pieces of chicken and marinate it in lemon juice, garam masala powder, crushed green chillies, chilli powder, ginger - garlic paste and salt. Marinate overnight or at least for a few hours. Heat oil in a pan and fry the chicken pieces until each piece is a golden brown. Season the fried chicken with crushed red chillies and curry leaves sauted in hot oil.



Spicy and tasty Malabar Chicken fry is ready



MALABAR BEEF MUSHROOM CURRY

Malabaris love their beef and their repertoire of beef recipes is extensive. Malabar Beef Mushroom Curry is a particularly delicious example of a beef dish that goes best with rotis or Malabar parathas.

Malabar Beef Mushroom Curry

Ingredients

| | |
|---------------------|------------|
| Beef | : 1 kg |
| Onions | : 3 |
| Tomatoes | : 3 |
| Ginger-garlic paste | : 2 tbsp |
| Green chillies | : 5 |
| Red chilli powder | : 3 tbsp |
| Turmeric powder | : 1 ½ tbsp |
| Coriander powder | : 1 ½ tbsp |
| Mushrooms | : 1 cup |
| Tamarind | |
| Salt | |
| Curry leaves | |
| Oil | |
| Water | |

Preparation

Heat oil in a vessel. Add cinnamon and cloves and sliced onions and stir well. Add ginger-garlic paste, sliced green chillies, chopped tomatoes and tamarind to taste and sauté well. When the masala is fragrant, add diced beef, turmeric powder, red chilli powder and salt. Add water and cook for 35 minutes.

While the meat is cooking, heat oil in another pan, add curry leaves and mushrooms and cook till the mushrooms shrink and are cooked. Add the mushrooms to the beef and mix. Serve hot.



An aromatic and yummy beef dish from Malabar



MALABAR CHICKEN CURRY

Malabar Chicken Curry is a delicious traditional chicken curry made with roasted coconut and ground spices. This method of preparation is appreciated by chicken lovers not only in Kerala but all over the country.

Malabar Chicken Curry

Ingredients

| | |
|------------------------|----------|
| Chicken | : 1 kg |
| Onions | : 2 |
| Ginger paste | : 2 tsp |
| Garlic paste | : 2 tsp |
| Tomatoes | : 2 |
| Green chillies | : 4 |
| Potatoes | : 4 |
| Coriander powder | : 4 tbsp |
| Pepper powder | : 4 tbsp |
| Turmeric powder | : ½ tsp |
| Garam masala powder | : 1 tsp |
| Coconut milk | : 2 cups |
| Dried fenugreek leaves | : ½ tsp |
| Coriander leaves | |
| Salt | |
| Oil | |
| Water | |

Preparation

Heat oil in a vessel and add sliced onions, ginger paste, garlic paste, sliced green chillies, chopped tomatoes and diced potatoes and sauté briskly. As the masala browns add chicken pieces, the coriander and the garam masala powder and salt and mix thoroughly. Add water, for cooking and simmer for 45 minutes. When the chicken is almost fully cooked add coriander leaves and coconut milk. Season the curry with fenugreek leaves heated in coconut oil. Garnish with additional coriander leaves if desired.



Chicken cooked in coconut milk



MALABAR FISH CURRY

Malabar Fish Curry is a popular fish preparation that is distinctive in taste. Tamarind, coconut and curry leaves give the curry its special flavor.

Malabar Fish Curry

Ingredients

| | |
|------------------|-------------|
| Seer fish | : 1 kg |
| Onion | : 1 |
| Tomato | : 1 |
| Green chillies | : 2 |
| Fenugreek | : one pinch |
| Garlic paste | : 1 tsp |
| Chilli powder | : 1 tbsp |
| Coriander powder | : 1 tbsp |
| Turmeric powder | : 1 tsp |
| Coconut milk | : 2 cups |
| Tamarind | |
| Water | |
| Oil | |

Preparation

Heat oil in an earthenware pot. Add a pinch of fenugreek, sliced onion, garlic paste, tomato, green chillies and salt. Sauté well. Add tamarind, curry leaves and half a cup of water. Cook for five minutes and then add coconut milk mixed with turmeric and boil. Add fish to the boiling curry. Cook for 15 minutes



Special flavour made out of tamarind, coconut and curry leaves

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