

RECIPES

Resourced from Internet

1) Crab Ulathiyathu

Ingredients:

1. 1 kg Crab -Cleaned & cut into medium pcs
2. Chili Powder 1 tsp
3. Turmeric Powder ½ tsp
4. Coriander Powder 1 tsp
5. Pepper Powder ½ tsp
6. Onion -chopped 2 nos.
7. Tomato -chopped 2 nos.
8. Ginger /Garlic Past 2 tbsp
9. Green Chillies -chopped 4 nos.
10. Garlic 5 cloves
11. Coconut Oil 2 tbsp
12. Curry Leaves 1 stalk

Description:

Heat oil in a pan, fry onion till golden in color. Add garlic, ginger, tomatoes and green chillies and fry until oil separates. Then add coriander powder, chili powder, turmeric powder, pepper powder. Fry for 2 minutes. Add the crab pieces. Stir it well for 2 minutes. Add enough water and cook it on slow fire till done and gravy thickens. Garnish with curry leaves and serve it hot. Serve with rice.



2) Ulli Thoran

Ingredients

1. Small Onion / Shallot sliced 1 cup
2. Onion sliced ¼ cup
3. Tomatoes -chopped ¼ cup
4. Grated Coconut ½ cup
5. Ginger -chopped 1 tsp
6. Green Chillies sliced 1 tsp
7. Curry Leaves 1 stalk
8. Oil 2 tbsp
9. Salt to taste ½ tsp

Description:

.Heat oil in a pan, Fry onion, green chillies and curry leaves Add tomato pieces, stir it well till oil separates. In a bowl mix together small onion, coconut, ginger and salt. Add this mixture in to the pan, stir and cook for 5 minutes. Remove from fire and serve it hot.



Cooking Tips

-If you accidentally put too much salt to a dish while it's still cooking, the remedy is to put in a peeled potato to help absorb some of the excess salt.

Cooking tips

-A teaspoon or 2 of vinegar will prevent eggs from cracking while boiling.
-To cut fresh bread and cake without crumbling, use a thin blade knife heated in hot water and it must be dry.