



PRACTICAL SESSION – 14

Preparation of -

MALABARI PARATHA

CABBAGE THORAN

SAMBAR

PAL PAYSSAMME

Objective:- After the practical session students should be able to prepare MALABARI PARANTHA, CABBAGE THORAN, SAMBAR AND PAL PAYSSAMME.

Instructor's Activity:-

Arrange for demonstration of MALABARI PARATHA, CABBAGE THORAN, SAMBAR AND PAL PAYSSAMME.

MALABAR PARATHA

INGREDEINTS	QUANTITY
MAIDA	500 g
EGG	1
SALT	5 g
FAT TO FRY	100 g

METHOD

- Sieve flour
- Add egg salt and sufficient water to make a medium soft dough
- Knead well , divide into 12 portions , apply oil and keep aside for 20 min
- Take each portion and flatten it with the palm of the hand (taking care that the centre is not very thin)



- Stretch it into paper thin layers using oil
- Make pleats from either side and roll it into a spiral shape
- Put both the ends together in the centre rest it for about 10 - 15 min
- Apply some more oil and flatten each one and roll out like a paratha
- Shallow fry both sides on a medium flame until golden brown and cooked on all sides
- Beat it from the sides between the palms to separate the layers Serve hot

CABBAGE THORAN

INGREDIENTS	QUANTITY
CABBAGE	1
COCONUT	100 g
GREEN CHILLIES	2-3
ONIONS	40 g
TURMERIC	½ tea spoon
GARLIC	10 g
SALT	5 g
CURRY LEAVES	10-12
OIL	15 ml
ONION (for tempering)	1

METHOD:

- Clean, wash and shred cabbage finely
- Grate coconut fine
- Crush onions, green chilli and garlic and grind together with the coconut



- Heat oil in a shallow pan, add the garlic, chilli paste
- Add shredded cabbage sauté
- Cook, sprinkling a little water if necessary when $\frac{3}{4}$ is done, add the grated coconut curry leaves and remove from the fire after about 2 to 3 mins
- Heat oil. Add finely chopped onions when it browns add the prepared cabbage and sautéed for another 2 mins. Check for seasoning and serve piping hot

Sambar (A)

Ingredients	Quantity
Lentils	100 g
For Sambar Masala	
Coriander	20 g
Red Chillies	5 g
Split bengal gram	3 g
Split black gram	3 g
Fenugreek	3 g
Asafoetida	$\frac{1}{2}$ tsp
For preparation	
Ladies fingers	30 g
Onions (small)	50 g
Brinjal (small)	1 (50 g)
Drumsticks	4 (120 g)
Turmeric	$\frac{1}{4}$ tsp (1 g)
Tamarind (to taste)	15 g
Salt (to taste)	10 g



To temper	
Curry leaves	1 sprig
Red Chillies	2 (2 g)
Mustard seed	A pinch (1 g)
Fenugreek	¼ tsp (1 g)
Clarified butter	1 tsp (15 g)
Onions (small)	10 g

Method :

1. Boil dal. Add vegetables cut into even-sized piece.
2. Powder spices of masala. Add to the dal.
3. Cook till vegetables are tender.
4. Add tamarind juice extracted in a cup of hot water. Bring to boil. Test for seasoning and remove.
5. Temper the sambar using the ingredients for it.

PALPAYASAM

INGREDEINTS	QUANTITY
MILK	1 lit
RICE	150 g
SUGAR	150 g
SULTANAS	20 g
CASHEWNUTS	20 g
CARDAMOM	2
CLARIFIED BUTTER	30 g
WATER	300 ml



METHOD

- Pick , wash and soak rice
- Cook rice in water with the milk till soft
- Add milk and sugar and cook till it becomes thick , mix well
- Fry nuts and sultanas , add it to the payasam
- Powder cardamom and sprinkle over. Pour clarified butter over and serve at room temperature