



Great Coorg Recipes

Using Ainmane's
Kachumpuli and Coorg Curry Masala



Coorg Prawn Masala Fry

Ingredients

1/2 kg Prawn - *cleaned and de-veined*
1 tsp Red Chilli Powder
1/2 tsp Turmeric Powder
1/2 tsp Kachumpuli
Salt to taste

Mix all the ingredients with the prawn.
Keep aside for 10 mins.

Grind To Paste

1/2" Ginger piece
10 cloves of Garlic - peeled

For The Fry

1 Onion - medium size slices
1 tsp Coorg Curry Masala Powder
1/2 tsp Black Pepper Powder
1 tsp pure Coconut Oil
1 ^{1/2} tbsp Vegetable Oil

Method

Heat vegetable oil in a frying pan. When hot, add sliced onion, ginger and garlic paste. Fry till it turns brown. Add marinated prawn and cook for 3 mins. Add coorg curry masala powder, black pepper powder cook for 2 more mins till it becomes a little dry.

Pour coconut oil on top. Serve hot.



Coorg Pork Curry

Ingredients

1 kg Pork - *boneless, less fatty & evenly cut pieces*
2 tsp Chilli Powder
1/2 tsp Turmeric Powder
Salt to taste

Mix well and keep aside for 1/2 an hour

1 ^{1/2} tbsp Kachumpuli
3 tbsp Coorg Curry Masala Powder

Grind to Paste

3 medium Onions
1" piece Ginger
1 pod Garlic - cleaned
1 tsp Jeera, 10 Green Chillies
1 bunch Coriander Leaves

Grind all the ingredients to a coarse paste.

Method

Put Pork pieces into the pressure cooker and add ground masala paste and stir well, let it cook for a while. Add Coorg curry masala powder, kachumpuli and 1/2 cup of water. Stir well. When it boils, close the lid and pressure cook until 3 whistles.



Therme Thoppu Green Fern Fry

Green Fern is grown on Riversides and also on the sides of paddy fields.

Ingredients

- 2 big bunches of Green Fern (*green leaves*)
- 1 1/2 tsp Chilli Powder
- 1/4 tsp Kachumpuli
- 1 big Onion - cut into pieces
- 3 green Chillies - slit
- 1 tsp Vanaspathi/Ghee
- 1/4 tsp Turmeric
- 1 tbsp Oil
- 1 tsp Salt



Method

Clean the Green Fern (green leaves). Cut it into small pieces. Wash leaves under running water and put it into a colander to drain the water for 15 mins. Heat a Tava dry and fry the leaves for 2 mins. Remove the leaves and marinate with salt, turmeric, chilli powder and kachumpuli.

Heat oil, add cut onion and slit chilli. Add marinated green fern (green leaves) and cook on a slow fire, stirring till it is done. Pour 1 tsp of vanaspathi/ghee and again stir well. Serve hot.

Good with all types of Rotis, Chapatis, Phulkas and Rice.



Crab Curry

Ingredients

- 1 kg Crab - *cut into medium pieces*
- 3 tsp Chilli Powder
- 2 ^{1/2} tsp Salt
- 1/2 tsp Turmeric Powder
- 3/4 tsp Kachumpuli
- 2 tsp Oil
- 1 cup Water

Grind To Paste

- 3 tbsp Coconut - grated
- 1/2 tsp Jeera
- 1 ^{1/2} tsp Coriander Powder
- 2 ^{1/2} tsp Coorg Curry Masala
- 1 small Onion
- 5 pods Garlic
- 1 medium bunch Coriander Leaves

Method

Marinate crab pieces with chilli powder, turmeric, salt and kachumpuli. In a pressure cooker, heat oil and fry the onion slices.

When it turns brown, add the crab pieces and the ground paste. Pour one cup of water, pressure cook for 3 mins. Serve hot.

Tastes good with Rice.

Erchi Barthad (Coorg Mutton Fry)

Ingredients

1 kg Mutton - *medium cut*
3 tbsp Oil
1 ^{1/2} tsp Chilli Powder
3 tsp Coorg Curry Masala
1/4 tsp Turmeric powder
5-6 cloves of Garlic - crushed
1 medium Onion - sliced (moon shape)
1 tsp Kachumpuli
Salt to taste



Bamboo Shoot Curry

Ingredients

3 cups of Bamboo Shoots - *sliced/chopped*
1 tsp Chilli Powder
1/4 tsp Turmeric Powder
Salt to taste

Cook all these ingredients for 15 mins

Grind To Paste

1/2 cup Coconut - grated
2 ^{1/2} tsp Coriander Powder
1/2 tsp Jeera
1 /2 piece of medium Onion

Tempering

2 tsp Clarified Butter or Oil
1/2 tsp Mustard Seeds
1 small pod Garlic crushed

Method

Wash the meat and mix with chilli powder, salt and turmeric, keep it aside for half an hour. Put in a pressure cooker with 2 cups of water cook until it's cooked properly.

In a heavy-bottomed vessel, pour the oil. When it's hot, add ginger, garlic and sliced onion. When it changes colour, put the cooked meat with left-over water and add the Coorg curry masala. When the water starts evaporating, add kachumpuli and mix well. Keep on low flame for some time.

Adjust ingredients according to your taste.



Method

Grind all these ingredients to a fine paste by adding little water. Add this ground paste to the cooked Bamboo Shoots and cook for 10 mins till Curry is well mixed.

Add Coorg curry masala powder and cook for another 2 mins.

Heat clarified butter or oil. Add mustard seeds. When they sputter, add crushed garlic. When it turns brown in color, pour into the bamboo shoots curry and mix well.

Good with Rice, all types of Rotis, Chapatis & Pulkas.

Fish Curry

Ingredients

1 kg of any Fish - *cleaned & cut*
3 tsp Chilli Powder
1/2 tsp Turmeric Powder
3 tsp Salt
1 ^{1/2} tsp Kachumpuli
1 ^{1/2} tbsp Vegetable Oil
1 big Onion - sliced
3 Green Chillies - slit

Grind To Paste

3 tbsp Coconut - grated
1/4 tsp Jeera Powder
1 ^{1/2} tsp Coriander Powder
1 small Onion
1/2 bunch of Coriander Leaves
4 cloves of Garlic - peeled
1 small sprig of Curry Leaves
1 ^{1/2} tbsp Coorg Curry Masala

Marinate the cleaned fish pieces with salt, chilli powder, turmeric powder and kachumpuli for 1 hour.

Method

Heat the oil and fry onion slices and slit green chillies in it for 5 mins. Add the marinated fish and the ground paste. Add sufficient water and keep on slow fire till it is done.

Tastes good when served hot with Rice, Rice Rotis and plain Dosas.



Wild Mango Curry

Ingredients

10 Ripe Wild Mangoes (*peeled*) (*you can use very small ripe mangoes you get in the market*)
1/2 tsp Chilli Powder
A pinch of Turmeric
Salt to taste

Mix all the ingredients well and keep aside for 5 mins.

To 1/2 cup crushed Jaggery, add 1 ^{1/2} cup water. Boil for 3-5 mins. Strain and keep it aside.

1 tbsp Oil
1 medium Onion - sliced
1 tbsp Coorg Curry Masala
2 Green Chillies - slit

Method

Heat the oil in a vessel. Add sliced onions and cook for 2 mins. Add all the rest of the ingredients to the vessel. When it boils, lower the flame and cook for 10-15 mins. The consistency of the curry should be thick.

Tastes best with Rice.



Bitter Gourd Fry

Ingredients

1/2 kg Bitter Gourd
1 large Onion - sliced, 3 green Chillies - slit
1/4 tsp Mustard Seeds, 1 sprig Curry Leaves
1^{1/2} tsp Chilli Powder, 1/2 tsp Kachumpuli
1/4 tsp Turmeric Powder
1^{1/2} tbsp Jaggery - grated
4 cloves of Garlic - crushed
2^{1/2} tsp Coorg Curry Masala
1 tbsp Oil, Salt to taste, 1/2 cup Water

Grind To Paste

1 tbsp Coconut - grated
1/4 tsp Jeera powder
1^{1/2} tsp Coriander powder
1 small Onion

All to be ground with little warm water to a fine paste.

Method

Wash the bitter gourd, scrape its outer part a little, cut open, remove seeds and cut into small pieces. Soak the pieces in water mixed with salt and 1/4 tsp of kachumpuli for 2 hours, so that the bitterness wears off. Wash the pieces and marinate with salt, chilli powder, turmeric and kachumpuli. Heat oil, add mustard seeds, sliced onion, curry leaves, slit green chillies and garlic.

When onion changes its color, add the bitter gourd pieces, and fry. Add water and cook in slow fire. When bitter gourd is cooked, add ground paste, grated jaggery and Coorg curry masala. Keep stirring for 10 to 15 mins till it becomes dry.



Bhindi Curry

Ingredients

1/2 kg Bhindi (*Ladies Finger*)
3 green Chillies - slit, 1/2 tbsp Jaggery - grated
1 large Onion - sliced (moon shaped)
1/2 tsp Chilli Powder, 1/4 tsp Turmeric Powder
2 tsp Coorg Curry Masala
1/4 tsp Mustard Seeds, 1 sprig Curry Leaves
1 tbsp Oil, Salt to taste, 1/4 cup Water

Grind to Paste

1^{1/2} tbsp Coconut - grated
1/4 tsp Jeera Powder
1^{1/2} tsp Coriander Powder
1 small Onion, 1/2 tsp Kachumpuli

All to be ground with little warm water to a fine paste.

Method

Clean bhindi and cut them into 1^{1/2} inch long pieces, marinate with chilli powder, turmeric & salt, keep them aside. Heat oil in a kadai, add Mustard seeds, sliced onion, slit green chillies and curry leaves. When it changes colour, put the marinated Bhindi pieces, add water and continue to cook.

Slowly add ground paste, jaggery and Coorg curry masala. Keep on slow flame for 5 to 8 mins till the oil comes up.

Good with Rice, Rotis, Chapatis and Phulkas.

Tender Jack Fruit Fry

Choose a small tender jackfruit, peel the skin till you see the inner white portion. Cut it to long portions, remove the inner core and cut into large chunks. Wash thoroughly in cold water and add a little salt and turmeric. Keep some water to boil in a deeper vessel and put raw jackfruit chunks into the boiling water and cook till they are tender. Remove the vessel from the stove and drain the water. Shred the boiled raw jackfruit and keep it aside.

Ingredients

2 cups of Raw Jackfruit - *boiled & shredded*
1 ^{1/2} tsp Chilli Powder, 3 Red Chillies
1 big Onion - chopped into small pieces
1/4 tsp Turmeric Powder
1/4 tsp Jeera Powder
1 ^{1/2} tsp Coriander Powder
1/2 tsp Coorg Curry Masala
10 cloves of Garlic - peeled
1/4 tsp Kachumpuli
1 sprig Curry Leaves
1/4 tsp Mustard Seeds
1 ^{1/2} tbsp Oil
Salt to taste



Method

Mix salt, chilli powder, turmeric powder, jeera powder, coriander powder, Coorg curry masala powder and kachumpuli to the cooked shredded raw jackfruit and keep aside for 10 mins. Heat the oil in a deep tava, add mustard seeds and when they begin to sputter, add chopped onions, curry leaves and red chillies. When onion becomes transparent add shredded raw jackfruit mixture and keep stirring for 10 mins on slow fire. Serve hot.



Mangalorean Cucumber Dry Curry

Ingredients

1/2 kg Mangalorean Cucumber
1 medium Onion - sliced (moon shaped)
4-5 cloves of Garlic - crushed
2 tsp Coorg Curry Masala
1 tsp Chilli Powder
1/4 tsp Turmeric Powder
1 tsp Salt
2 tbsp Coconut - grated
1/2 tbsp Jaggery - grated
1 tbsp Oil

Tempering

5-6 Curry Leaves
1/4 tsp Mustard Seeds

Method

Wash and slice the cucumber into 1/4" and 2" long pieces. Remove the seeds.

In a thick-bottomed vessel, pour the oil. When it becomes hot, put the mustard seeds, sliced onion, curry leaves and crushed garlic. When the onion changes colour, put the cucumber slices, add chilli powder, Coorg curry masala, turmeric powder and salt. Mix well, cook on a medium flame.

When it's almost done add the jaggery and garnish with grated coconut.

Good with Rice, Rotis, Phulkas and Chapatis.

Sweet Green Pumpkin Fry

Ingredients

1/2 kg green Pumpkin
1 medium size Onion - sliced
5-6 cloves of Garlic - crushed
2 tsp Coorg Curry Masala
1 ^{1/2} tsp Chilli powder
1/4 tsp Turmeric
2 green Chillies - slit
1 ^{1/2} tsp Salt
1 tbsp Jaggery - grated
1/4 tsp Mustard
3 cups of Water
1 tbsp Oil

Grind To Paste

1 cup of grated coconut with 1/4 tsp jeera.

Method

Wash and cut pumpkin with skin into 1” chunks. Remove seeds.

In a thick-bottomed vessel pour oil. When it's hot, put mustard seeds, sliced onion, crushed garlic, green chillies. Fry for a while till the onion becomes transparent. Add pumpkin pieces, chilli powder, Coorg curry masala, turmeric powder, jaggery and salt. Mix properly. Pour water and cook on a medium flame.

When it's almost cooked, add the coconut paste and cook till done.

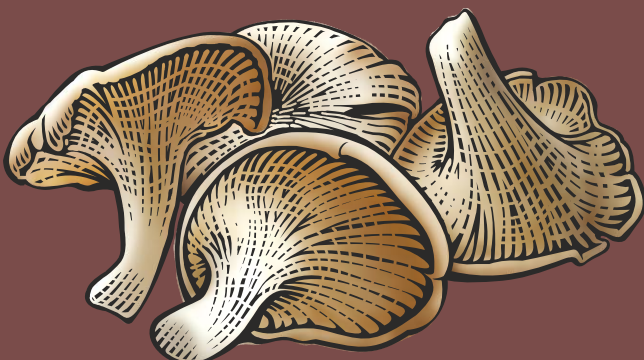
Good with Rice, Rotis, Chapatis and Phulkas.



Mushroom Curry

Ingredients

1/2 kg Mushrooms (*Button, Pearl or Wild*)
1 large Onion sliced (moon shaped)
4-5 cloves of Garlic - peeled
2 green Chillies - slit
1 tsp Chilli Powder
1/4 tsp Turmeric Powder
1 tbsp Oil
1/4 tsp Kachumpuli



Method

Clean and wash mushrooms. Drain and squeeze out water and cut into large pieces (cut button mushrooms into halves).

Heat a thick-bottomed vessel, and when it's warm, pour oil. Add the sliced onion, crushed garlic, green chilli and fry till it changes colour. Now add the mushrooms, chilli powder, salt and turmeric powder. Stir well and cook it in medium flame. When it's dry and almost cooked, add kachumpuli and lower the flame.

This is a dry preparation.

Tastes good with Rice, all types of Rotis, Chapatis & Phulkas