

Introduction

'Aval' Rice.
Bitter-gourd Curry.
Bitter-gourd Stuffing.
Buttermilk Chillies.
Buttermilk Pulse Paste.
Cashew Rice.
Chappathi'.
Chicken/Lamb Masala Curry.
Coconut Chutney.
Composite 'Vadai'
Coriander Chutney.
Crab Curry.
Curry Leaves Gravy.
Cuttle Fish Curry.
Edible leaves gruel.
Eggplant Chutney.
Fried Eggplant Slices.
Hot-Potato Curry.
Hot Lime Pickle.
Hot 'Thattai' Vadai.
Jaggery Rice.
'kaaram sundal' (hot pulses).
Lime pickle.
Lime Rasam.
Lime Rice.
'Masala Vadai'.
Milk Rice.
'Murukku'.

Par-boiled rice gruel.
'Poori'.
Potato "omelette".
Potato 'Vadai'.
Rice flour 'Pittu'.
Rice Stuffing.
Rice 'Thosai'.
Sago Gruel.
Sago Pudding.
Samba Rice.
Samosa.
Semolina 'Idly'.
Semolina 'Uppuma'.
Spicy Eggplant.
Sri Lankan Noodles.
String Hopper Buriyani.
Tamarind Rice.
'Thenkulal'.
Tomato chutney.
Tomato & potato curry.
Tomato Rasam.
Vegetable 'Vadai'.
Vermicelli Pudding.
Vermicelli 'Uppuma'.
Wheat-flour 'Appam'.
Wheat flour 'Pittu'.
Wheat- flour 'Thosai'.
Wheat-flour 'Uppuma'.