



OUR STATES

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PIXABAY.COM: **Page 4** (chutney) **PXHERE.COM:** **Page 8** (dosa)

SHUTTERSTOCK.COM: **Page 6** SANTHOSH VARGHESE (ACHAPPAM); **Page 11** MUKESH KUMAR (PAV BHAJI); **Page 12** INDIAN CREATIONS (DAL BAFLA), ELAMARAN ELAAA (GARADU), MUKESH KUMAR (MALPUA); **Page 13** SUJITRA CHAOWDEE (THUKPA)

VEGRECIPESOFINDIA.COM: **Page 12** bhutte ka kees (Dassana Amit, <https://www.vegrecipsofindia.com/bhutte-ka-kees-recipe/>)

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WITH PERMISSION FROM INDIVIDUALS CONCERNED: **Page 7** Onam sadya

Andhra Pradesh is known for its spicy food.

thin, sweet layers of *potharekulu* made with a special kind of rice, jaggery or sugar, ghee and nuts



tasty, spicy *pesarattu* made with green gram and rice



tangy *gongura* chutney/pickle made with sorrel leaves



spicy *avakkai* pickle made with raw mangoes

KARNATAKA

Rice and millets are used to make dishes in Karnataka.

soft *neer dosas* with chutney



ragi *mudde* made with finger millet, served with *saaru* or dal

traditional snacks of Karnataka



crispy *Maddur vada* with chutney

delicious *Dharwad peda*





chow chow bhath – a spicy dish and a sweet dish made with semolina



bisi bele bhath – a spicy dish made with rice and red gram, served with crispy fried accompaniments



tangy **chitranna** (lemon rice) and sweet **payasa** made with rice

KERALA

Rice is the staple crop of Kerala. The common ingredients in most dishes are coconut and a variety of spices.

fluffy *palappams* made with rice, coconut and yeast



puttu – steamed rice flour with coconut

kadala curry – a nutritious stew of black chickpeas in coconut paste

sulaimani – a golden brew made with tea leaves, a dash of lemon juice and spices

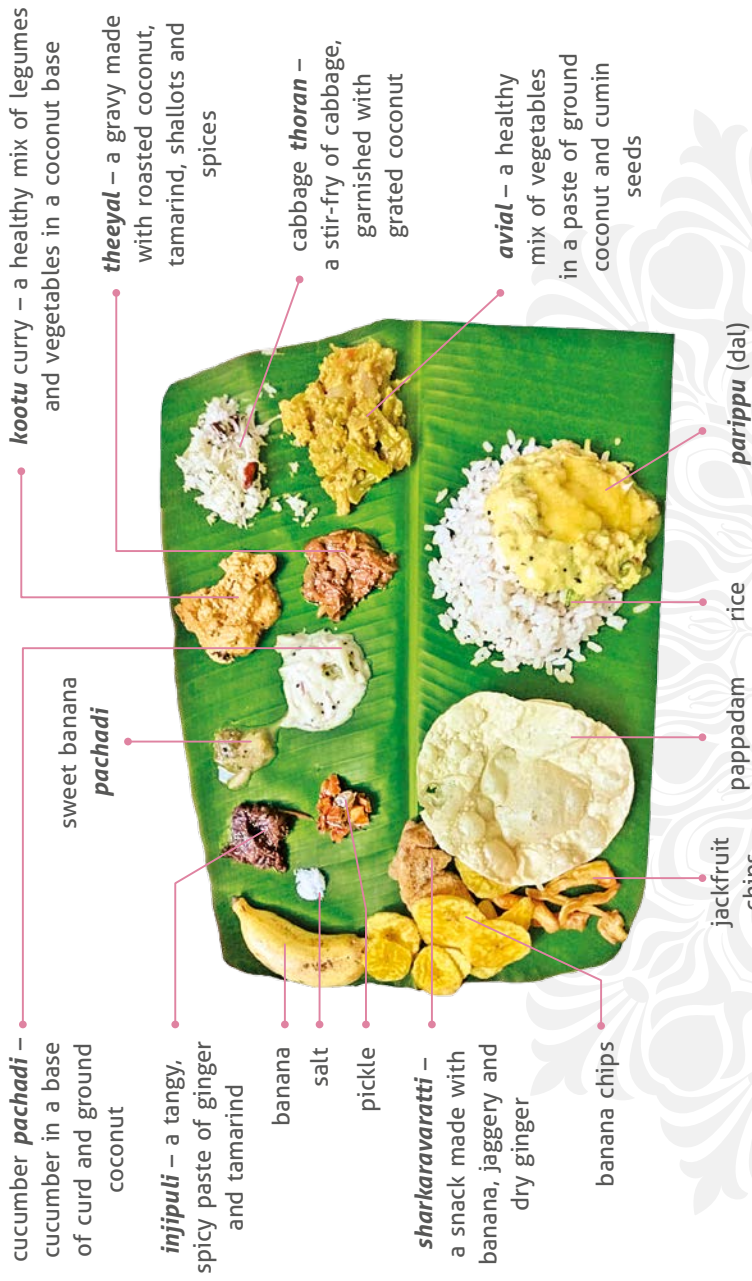
traditional snacks of Kerala



crispy, sweet *achappams*

sweet, steamed *kumbilappams*





cucumber pachadi – cucumber in a base of curd and ground coconut

injipuli – a tangy, spicy paste of ginger and tamarind

banana
salt
pickle

sharkaravaratti – a snack made with banana, jaggery and dry ginger

banana chips

jackfruit chips

pappadam

rice

parippu (dal)

kootu curry – a healthy mix of legumes and vegetables in a coconut base

theeyal – a gravy made with roasted coconut, tamarind, shallots and spices

cabbage thoran – a stir-fry of cabbage, garnished with grated coconut

avial – a healthy mix of vegetables in a paste of ground coconut and cumin seeds

the traditional **Onam sadya** – a special feast served on banana leaves during Onam

MADHYA PRADESH



yummy *dal bafle*
– wheat flour balls
served with dal

healthy, delicious *bhutte ka kees*
made from corn



garadu – a popular
street food made
with fried yam

Pan-India

sweet,
mouth-watering
malpua made with
refined wheat flour,
sugar and milk





kande pohe – a spiced dish made with flattened rice



puran poli – a sweet flatbread made with wheat flour and stuffed with chana dal, cardamom and jaggery

Pan-India



pav bhaji
– buns served with a spicy gravy of mashed vegetables

shrikhand – a sweet dish made with hung curd, sugar, cardamom and saffron



NORTH-EASTERN REGION

Pan-India

momos – steamed dumplings stuffed with vegetables



singju – a spicy vegetable salad

thukpa – a noodle soup



Rice is the staple crop of Tamil Nadu.



crispy,
golden-brown
dosa

These dishes are prepared with rice and black gram and are usually served with chutney and sambhar.



Pan-India

fluffy, soft steamed
idlis



crunchy *vadas* made
with black gram

strong, aromatic *filter coffee*
– a popular beverage





thick, nutritious *kambu koozhu* prepared with pearl millet (bajra) and buttermilk

traditional snacks of Tamil Nadu



crispy, crunchy *murukku*



sweet, tasty *athirasam*



round, crunchy *seedai*

Telangana is popular for its regional delicacies.

double ka meetha

– a dessert made with bread, milk, ghee and dry fruits



Pan-India

light, spicy **pachi pulusu** made with tamarind juice



sakinalu – a traditional snack made with rice and spices during Makara Sankranti



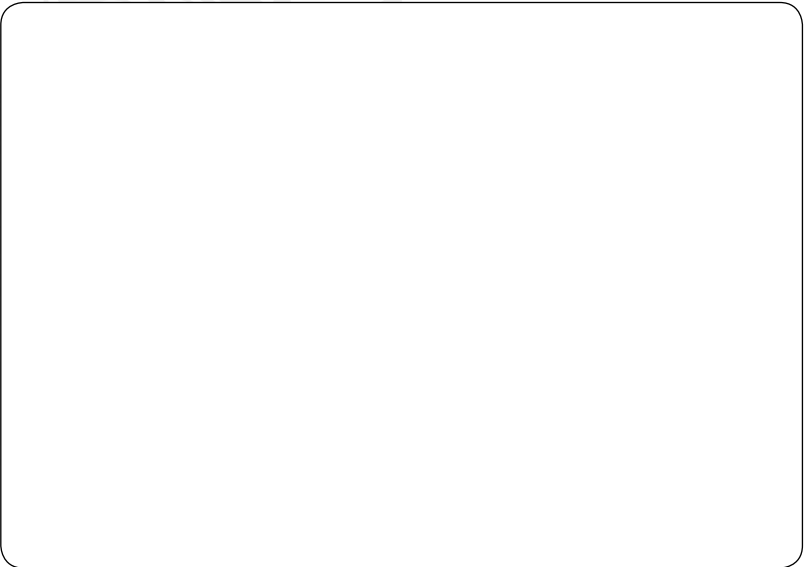
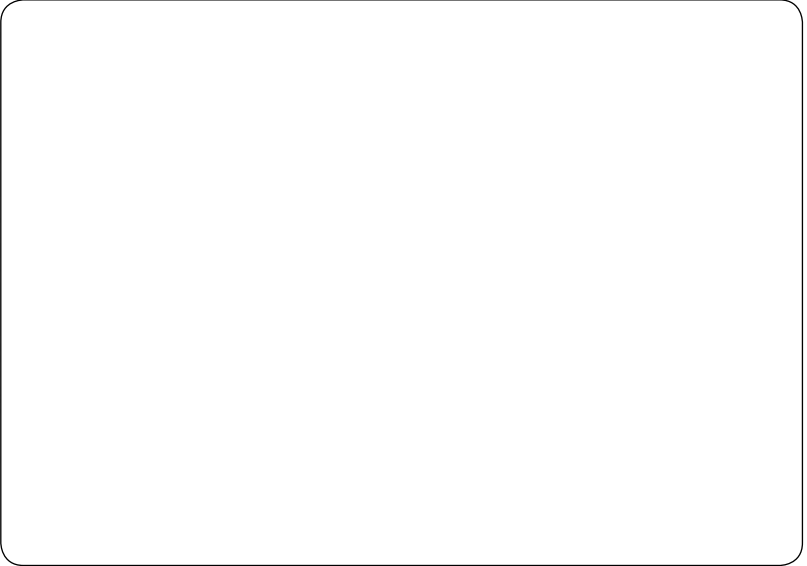
crispy, delicious **punugulu** made with dosa batter, onions and green chillies



also AP

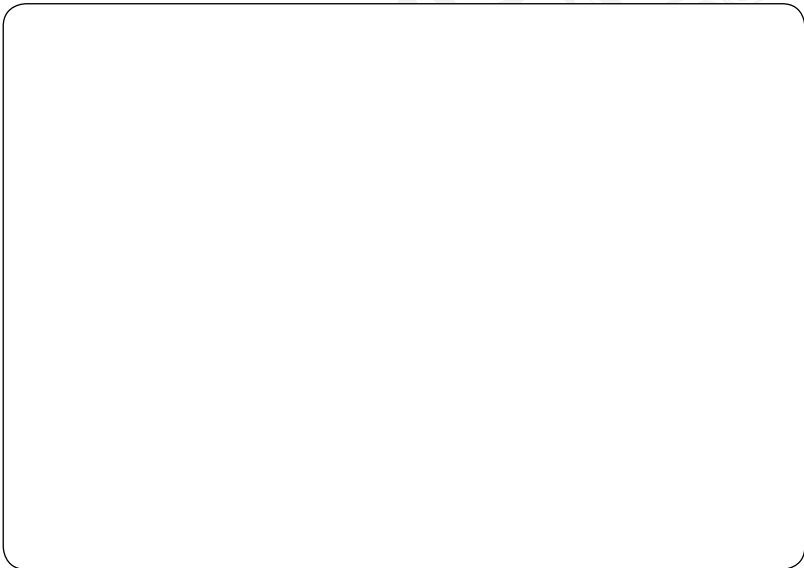
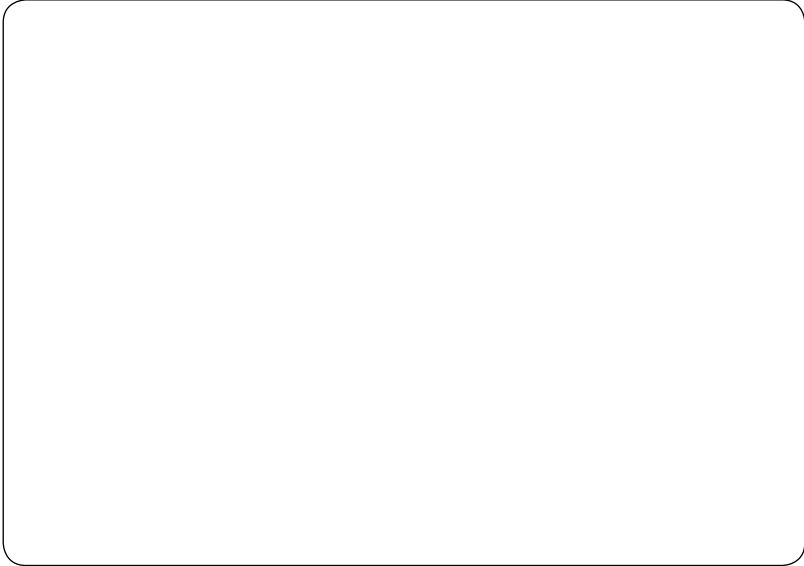
My Favourite Food

Paste pictures of any two of your favourite food items.



My State

Paste pictures of any two popular food items in your state*.



*If you live in a Union Territory, paste suitable pictures.



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