

BAMBOO SHOOTS

RECIPES

Recipes & Photography

Sowkhya Mohan & Pavithra Naveen



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Naveen Gv

nGV Natural Industry Pvt Ltd

Vadappe

Rice flour 4 cups, Onion one, curry leaf, coriander leaves, Bamboo shoot small pieces one cup, curds one cup, turmeric powder, grated coconut one cup, cumin seeds one spoon, Chilli powder one spoon, Green chillies 2, oil and salt

To start with, finely chop onion, green chillies, curry leaf and bamboo shoots. In a big utensil, add a cup of curd and add cumin seeds, chilli powder salt and turmeric powder. Then add finely chopped ingredients mentioned earlier. Mix well. Then add rice flour and grated coconut and mix well. Keep it for half an hour. Make big chapatis and roast it on tava both sides by adding oil. This is traditional recipe of bamboo shoot..



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Vadappe



Karidodappe

Ingredients

Rice flour 4 cups, Onion one, curry leaf, coriander leaves, Bamboo shoot small pieces one cup, curds one cup, turmeric powder, grated coconut one cup, cumin seeds one spoon, corn flour, Chilli powder one spoon, Green chillies 2, oil to fry and salt.



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KARIDODAPPE

Method

To start with, finely chop onion, green chillies, curry leaf and bamboo shoots. In a big utensil, add a cup of curd and add cumin seeds, chilli powder salt and turmeric powder.



Then add finely chopped ingredients mentioned earlier. Mix well. Then add rice flour, corn flour and grated coconut and mix well. Keep it for



Make small balls and press them. Deep fry in a medium flame. This is a traditional bamboo shoot recipe. Good and tasty snacks for evening too..

Bamboo Shoot Soup

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Bamboo shoot Soup

Ingredients

Carrot one, Sweet corn 3 spoons, Onion one, Bamboo shoots, salt, pepper powder, corn flour 2 spoons, garlic 5-6, butter, half spoon sugar.

Method

Put oil first to the pan. Add finely chapped onion and garlic. Fry it well. Then add finely chapped carrot and bamboo shoots and fry well. Add salt while frying. Add three cups of water. Close the lid and boil it. Add corn flour mixed water into the pan and boil it. Add pepper powder. Serve hot.



Bamboo Shoot Kodubale



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Bamboo Shoot Kodubale

Ingredients

1/2 cup finely ground bamboo shoot, 1 cup rice flour, 2 spoons red chilli powder, salt and oil.



Method

First put the rice flour in a pan and heat it for 2 minutes. Then add bamboo shoot, chilli powder, salt to taste, a little oil and water to it and stir it into the chapati dough. At the end, roll it into a round shape and fry it in hot oil.

Bamboo shoot NIPPATTU



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Bamboo shoot Nippattu

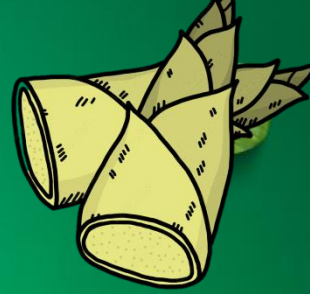
Ingredients

Finely chopped bamboo shoot 1/2 cup,
Rice flour 1 cup, Maida 2 spoons,
Roasted peanut powder 2 spoons,
Finely chopped curry leaves, red chilli
powder 1 spoon, Salt and oil for frying.

Method:

First, take a vessel and put all the ingredients, add salt to taste and 2 spoons of hot oil, add some water and kneed well. Make small balls and press it and fry in oil.

Bamboo Shoot Salad



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Ingredients

4 spoon finely chopped bamboo shoot, oil 1 spoon, finely chopped carrot, capsicum, sweetcorn, green chilli ,curry leaves, ginger, grated coconut, salt and lemon.

Method

First fry the bamboo shoot well in oil. Then add all the ingredients along with the fried bamboo shoots in a bowl, add salt to taste and lemon juice and mix well.

Delicious salad is ready to taste.



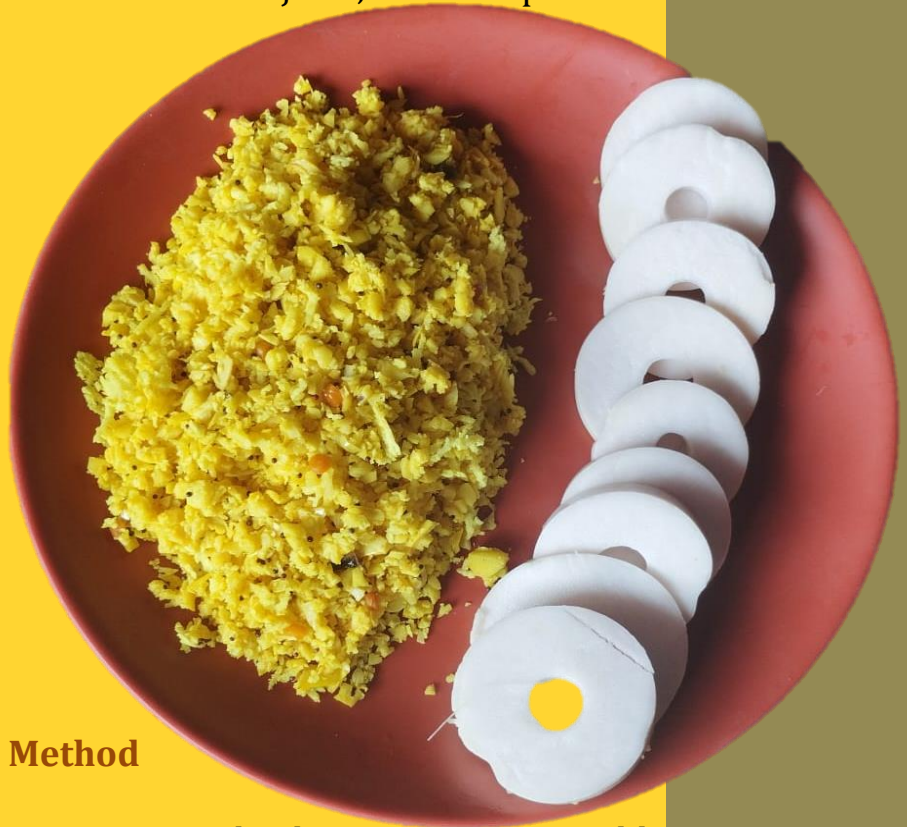
KALALE PALYA



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Ingredients

1 cup bamboo shoots, 1/2 cup of grated coconut, 4 to 5 green chillies, for seasoning - oil, mustard seeds, chilli, curry leaves, salt and lemon juice, turmeric powder



Method

Heat a pan with oil seasoning items. Add green chillies and Bamboo shoots and fry well. Then add some water, turmeric and salt and cook. After boiling, add coconut and lemon juice.

PALYA

Bamboo Shoots



Palya



BAMBOO SHOOT PADDU



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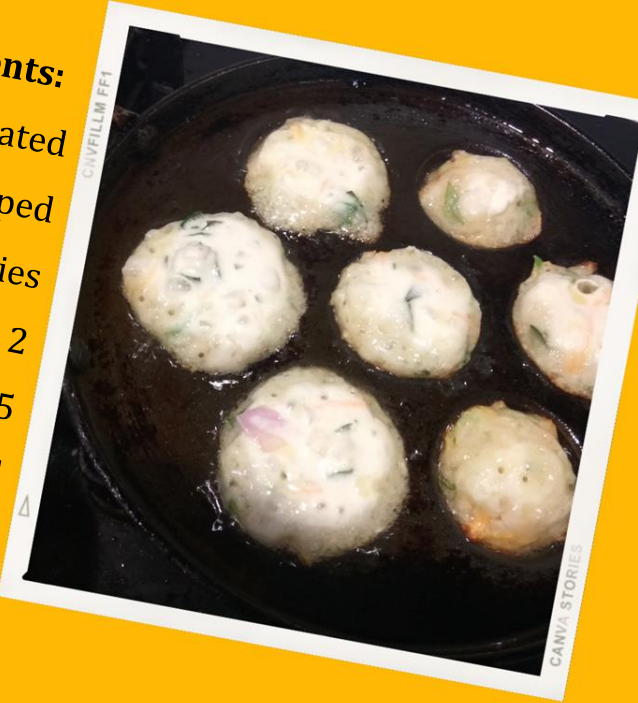


Ingredients:

2 tbsp grated carrot, 2 tbsp grated
big chilli, 1 tbsp finely chopped
green chillies

Finely chopped curry powder, 2
tablespoons of grated coconut, 5
tablespoons of finely chopped
bamboo shoot,

A spoonful of finely chopped ginger,
a finely chopped onion, a large bowl
of paddu flour, salt, a little oil or ghee



Method:

First in a large bowl, add all the
above ingredients and mix well.

Heat the paddu pan and add oil or
ghee to it and wait, add the
previously prepared batter and
cook on both sides.



Bamboo Shoot MOMOS

Ingredients

Maida 1 cup, finely chopped bamboo shoot 1 cup, garlic 4 to 5, some green chillies, coriander leaves, oil, salt to taste.

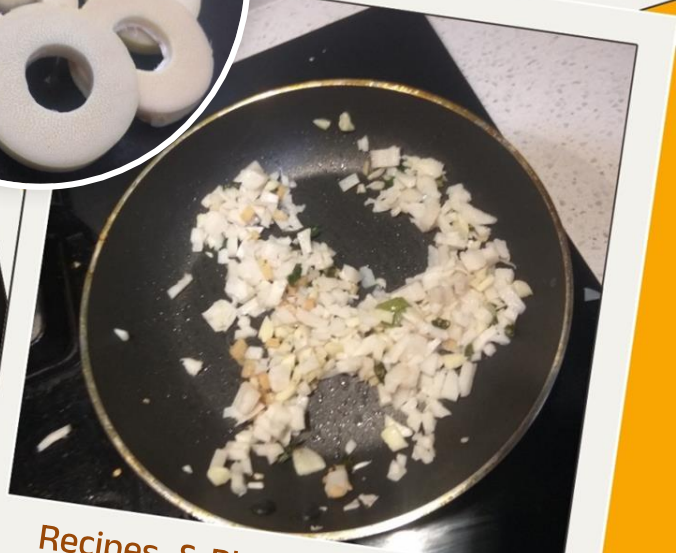
Method

Mix maida flour, little oil, salt and water in a bowl, stir well, keep for 10 minutes.

Then put some oil in a pan, add some green chilli pieces, garlic, ginger, bamboo shoot and salt and fry well. Finally add coriander leaves.

Now make a small ball from the prepared dough and fill it with the prepared mixture and fold it. Then steam it for 10 minutes. Enjoy with spicy chutney and ketchup.





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Bamboo Shoot Pickle



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Bamboo shoot pickle



Ingredients :

- Cumin seeds 2 tbsp
- Mustard 2 tbsp
- Fenugreek 1/4 tsp
- Chopped bamboo shoot 1 cup
- Red chilli powder 8 tbsp
- Salt 2 spoons & Lemon 1

For seasoning - oil, mustard, hing.

Method :

Boil the chopped bamboo shoot for 15 minutes and strain.

For masala roast on a small flame, cumin, mustard and fenugreek seeds separately in a small pan. Make a powder.

Take a vessel and put all the ingredients in it and mix well. Add lemon juice at the end, mix well and give seasoning.



CURD RICE

Ingredients

Rice 2 cup, bamboo shoots 1 cup, curd one and half cup, coconut oil, coriander leaves, & salt, milk if you like.

For seasoning oil mustard jeera chana dal urad dal and green chilli

Method

First fry bamboo shoots in coconut oil well, add salt while frying. Then add coriander leaves, fried bamboo shoots and rice to the curd. Mix well. Then give seasoning. At the end, add milk while serving. Mix well.

If you want to increase the taste, you can add 2 spoons of cream. At the end add salt after taste.

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**Bamboo Shoots
CURD RICE**

Bamboo Shoots
CURD RICE



Bamboo shoot Curry



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Bamboo Shoot Curry





BAMBOO SHOOT CURRY

Ingredients:

Tomato 4, Onion 2, bamboo shoot one cup, Garlic 8-/10, Coriander greens, grated coconut half a cup, Turmeric, Garam masala, Chilli powder, Sambar powder, Oil, Salt
Seasoning: Oil, Cumin.



Method

First fry onions, grated coconut, coriander leaves, garlic in a little oil and make a paste. Cook the tomatoes and peel them and make a puree. Put oil in a pan and add cumin seeds. Saute it by adding chopped bamboo shoot and onions. Add some salt. Put the ground mixture and fry it. Add spice powders and boil it, add tomato puree and boil it well. Put coriander leaves and add lemon juice if needed.



BAMBOO SHOOT
SAMBAR





Ingredients :

- 2 cups chopped bamboo shoots
- 1/2 cup redgram (tur) dal
- Jaggery 1 tbsp
- 1/2 cup grated coconut
- 8 to 10 curry leaves
- some tamarind
- Salt, 1 tsp chilli powder
- 2 spoons of sambar powder.

For seasoning - a little mustard, oil, curry leaf and hing.

Method : Wash the dal well and keep it for cooking. Add bamboo shoot and, some salt and jaggery to it and cook it well.

Add coconut flour, tamarind, sambar powder and chilli powder in a mixer and prepare masala.

Now add masala to the cooked bamboo shoot and dal, and boil well for 10 to 15 minutes. Finally, give seasoning.



Bamboo shoot Majjige Huli

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Ingredients

Grated coconut 2 cups, Bamboo shoot 2 cups, curd 1 cup, Green chillies 3-4, Cumin 1 tbsp, Coriander seeds 1 tbsp, Salt
For seasoning- oil, mustard seeds, cumin seeds, and curry leaves



Method

First grind grated coconut, green coriander seeds, cumin and green chillies finely with little water. Put oil in a thick pan and fry the thinly sliced bamboo shoot in it. Add salt while frying. Fry until well fried. Then add the ground mixture, bring to a boil once. It does not need to be boiled much. Finally add curd.





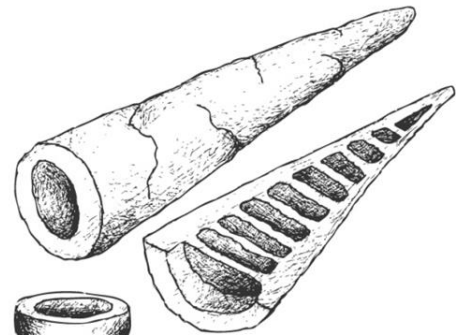
Monaco Chat

(Salt Biscuit Chat)



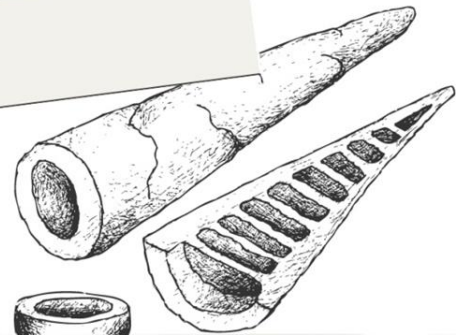
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Ingredients : 1 pack of Monaco Biscuits or Salt-Biscuits,
Little Ketchup, Little chilli Chutney, 1/2 cup of mixture,
1/2 cup of bamboo shoot, Little Sweet Chutney, Cheese,
Coriander leaves, salt





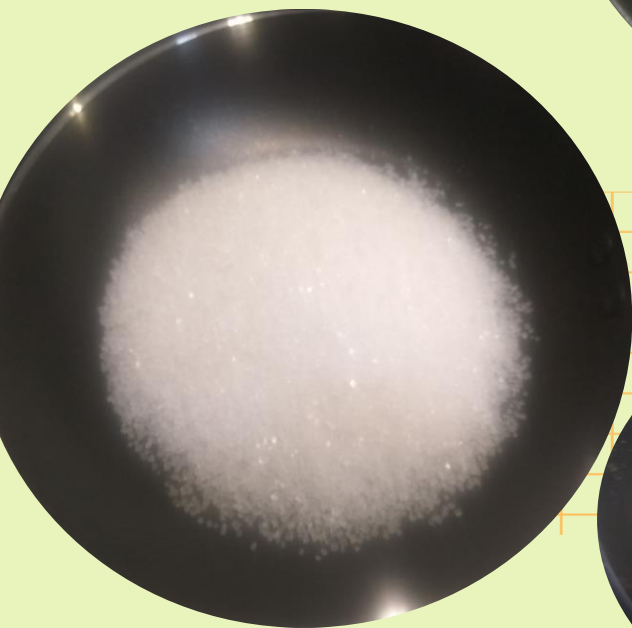
Method : First put the bamboo shoots in a pan, add oil and salt and fry it well. Then take a biscuit and first spread the ketchup on it, then put green chutney and cheese, then add fried bamboo shoot, mixture and coriander leaves on it. Put another biscuit at the end. Add sweet chutney instead of ketchup if desired.

Bamboo shoot murabba



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Bamboo Shoot Murabba



Ingredients

Bamboo shoot 15 piece, sugar one cup,
cardamom powder 1 spoon



Method

First boil the water with sliced bamboo shoots and cook it. drain it and keep aside. Make sugar syrup with little water to maintain one thread consistency. Add bamboo shoot, boil it for 10 minutes. It should observe the sugar syrup at this time. You can add cardamom powder. Let it cool Store in an airtight jar.



Red Saasive



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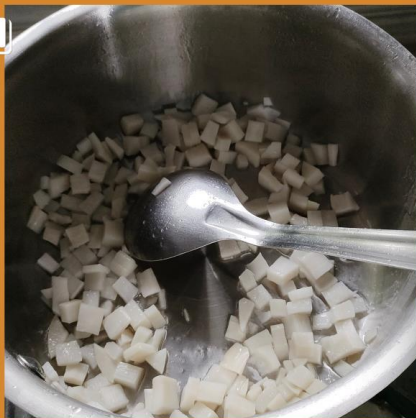
Ingredients

One cup bamboo shoots, a big cup of coconut , half a spoonful of mustard seeds, 5-6 red chillies, a cup of curd, turmeric, oil and cumin seeds.

For seasoning- Oil, Mustard, Chilli, Curry, Cumin, Salt



Red Saasive
Method



RED SAASIVE

Method

First grind the coconut, mustard, and dry chilli finely.

In a pan, fry the cumin seeds with oil. Add chopped bamboo shoots. Fry it.

Add salt and turmeric while frying. Fry well and add the ground mixture.

Mix well. Add curd and mix well. This holds good with hot rice.



Bamboo shoot
KABAB



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Bamboo shoot Kabab

Materials

Grated carrot 2 table spoon,
finely chopped onions 2 tbsp
4 tbsp finely chopped bamboo
shoot, Maida flour 1 cup, 1
tablespoon of finely ground
ginger

Grated capsicum 1 tbsp,
A little bit of curry leaf
powder, Corn flour 4 tbsp,
Bread crumbs 4 tbsp, Oil for
frying and Salt to taste



Method :

Put maida flour in a bowl, add carrot, capsicum, bamboo shoot, onion, ginger, green chillies, curry leaf powder, salt to taste and a little water and mix it into chapati dough.



Put corn flour in a bowl and add some water to make a paste. Now press the kneaded dough into the desired shape and dip it in the corn flour paste. Then roll it in breadcrumbs and fry in hot oil until golden brown.

Rice flour 1 cup, chopped onion, grated carrot 4 tbsp, chopped bamboo shoot half cup, grated coconut 4 tbsp, chopped capsicum 4 tbsp, chopped ginger, green pepper and curry powder, Salt, oil for frying



Bamboo shoot Bonda

Method

Put all the above mentioned ingredients in a big bowl, add some water and mix well. Fry in hot oil into small balls.

Saasive / Raayta



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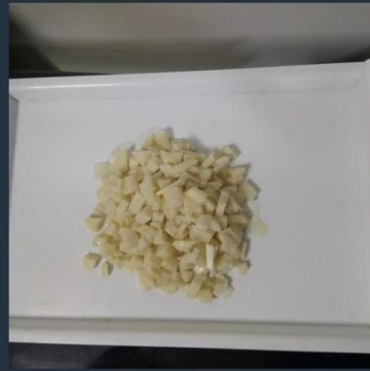
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INGREDIENTS

1 cup finely bamboo shoot, 1 cup curd, 1/2 cup grated coconut, 4 green chillies, a little mustard, oil for frying.

Method - Put some oil in a pan, add bamboo shoots and fry well. Then take grated coconut, green chillies and 1/4 spoon of mustard seeds and grind it. Now in a vessel add roasted bamboo shoot, ground masala, curd and salt to taste and mix well. Give seasoning.



Dry Sukka



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INGREDIENTS

Bamboo shoot two cups, Grated coconut one cup, dry chillies seven to eight, Urad dal two spoons, curry leaves, mustard seeds, cumin, coriander, turmeric powder For seasoning : Oil, Mustard, Cumin, Curry leaves, dry Chilli.



METHOD:

First roast and grind grated coconut, dry chillies, urad dal, coriander, cumin and mustard seeds. Put for seasoning and after the mustard seeds have spluttered, add finely chopped bamboo shoots. Add turmeric, salt and fry until well fried. Then add the powdered items and mix it. Spicy Dry Sukka is ready. In coastal areas, this is used with rice and rice roti.



KAYI HULI

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Ingredients

Bamboo shoots one bowl, chana dal 1 spoon, coriander seeds 1 spoon, grated coconut 1/2 cup, green chillies 4, coriander leaves, salt and oil for seasoning.

Method

First soak coriander seeds and chana dal for 1 hour. Then cook bamboo shoots with salt and water. Add grated coconut, green chillies, soaked coriander seeds and chana dal and grind it.

Now add ground masala, water and salt to the cooked bamboo shoots and boil it well. Give seasoning at the end. Add curd at the end if required.



Bamboo shoot - Pudina Rice



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Material

Rice 2 cups, finely chopped bamboo shoot 1 cup, cashews 2-3 tbsp, sweet corn 2-3 tbsp, mint leaves 1 cup, coriander leaves half a cup, green chillies 3-4, cumin, lemon juice, ghee 2 tbsp, oil 2 tbsp, onion One, garlic 8-10, clove, ginger slice, grated coconut 1/4 cup, salt



Method

First add coriander leaves, mint, garlic, onion, cloves, ginger, grated coconut, green chillies and make a paste. Wash the rice and cook it to make rice. Then add oil to the pan and add cumin seeds. Add bamboo shoots, sweet corn and cashew nuts and fry them. Add salt and turmeric. Add ground spices and fry well. Then add 2 spoons of ghee. Then add rice and mix well. Add lemon juice at the end



Bamboo Shoots



Chutney Powder

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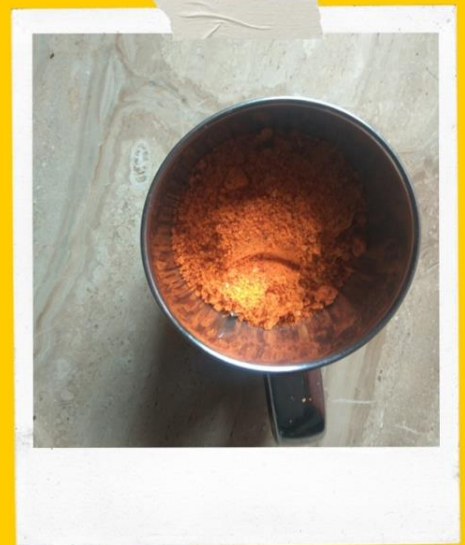
Ingredients

4 spoons of finely chopped bamboo shoots, 4 spoons of peanuts, 4 spoons of Bengal gram, red chilli 8 to 10, little tamarind, salt to taste.



Method

Take a pan and roast all the ingredients separately in a low flame. After cooling, put all the ingredients in a mixer, add salt and grind them.



Bamboo shoot

Khara Dosa



Recipes

&

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4 cups of rice, 1 cup of grated coconut, 7-8 dry chillies, salt, Bamboo shoot 1 cup, 2 spoons of coriander seeds, 1 spoon of cumin seeds, tamarind, coconut oil.

Ingredients:



Method

First soak the rice for four hours and grind it finely by adding grated coconut, dry chillies, cumin, coriander and tamarind. Add Bamboo shoot and salt and mix it. Keep it covered for an hour. Then spread the dosa on the pan, add coconut oil and cook it on both sides. Bamboo shoot flavour and taste is good while eating dosa.



Bamboo Shoots
Pundi



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Ingredients - 1/2 cup finely chopped bamboo shoot, 1/2 cup grated coconut, 1 cup rice semolina, 2 spoons of Bengal gram, a little ginger, curry leaves, For seasoning, oil, mustard, and salt.

Method - Heat some oil in a pan, add mustard seeds, bengal gram, ginger, curry leaves and bamboo shoots and fry them. Then add one and a half cup of water to it and boil it. After boiling, add salt and semolina to taste and cook for 5 minutes. At the end add grated coconut, make a ball and cook in steam.





Bamboo Shoot Pakoda



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Materials

Two cups of gram flour (besan flour), two cups of rice flour, one cup of Bamboo shoot, three to four spoons of corn flour, two spoons of red chili powder, coriander leaves, carrom (ajwain) seeds and cumin seeds half spoon each, salt, turmeric powder, one onion, oil for frying.





Method:

Finely chop the onion, coriander and bamboo shoots. Add all other ingredients to rice flour and corn flour except oil and mix well. Add a little water and mix it . At this stage add one tablespoon of oil. Keep it for half an hour. Then take a small ball and fry it in hot oil. You can add soda if you want.





TAMBLI

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Ingredients

Bamboo shoots three to four spoons, coriander leaves a little, ginger a little, onion half, salt and buttermilk

For seasoning:- coconut oil two spoons, cumin seeds, mustard seeds and curry leaves

Method

First chop coriander leaves, ginger and onion. In a frying pan, put seasoning things and chopped ingredients, and fry well. Add a pinch of salt. After roasting well, add water and bring it to a boil. In the end add butter milk. This is a perfect hot tambuli for the rainy season.





Kalale Chutney



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Method:

Boil the bamboo shoots well with water and salt. Then put grated coconut, tamarind, green chillies, boiled bamboo shoot in a mixi jar and grind it. Give seasoning at the end

Ingredients - 1 cup Bamboo shoot, 1 cup of grated coconut, 5 to 6 green chillies. Salt and tamarind.



ಕೊನೆಯಲ್ಲಿ ಒಗ್ಗರಣ್ಣೆ ಮಾಡಿ ಕಳ್ಳಲೆ ಚಟ್ನಿ ಸವಿಯಲು ಸಿದ್ಧ.
ನಂತರ ತೆಂಗಿನ ತುರಿ, ಹುಣಸೆ ಹಸಿಮೆಣಸು, ಬೀಯಿಸಿದ ಕಳ್ಳಲೆ

ಬೀಯಿಸಿದ ಕಾಯಿಯನ್ನು ಉಪ್ಪು ಹಾಕಿ ಚನ್ನಾಗಿ ಬೀಯಿಸಿಕೊಳ್ಳಿ.
ನೀರು ಮತ್ತು ಉಪ್ಪು

Bamboo shoot

Ragi Rotti



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Ragi Rotti

Ingredients – 1/2 cup finely chopped bamboo shoots, 1/2 cup grated coconut, 1/2 cup grated carrot, 1/2 cup chopped capsicum, ginger, coriander leaves, green chillies 2-3, curry leaves, 1 cup of curd, 2 cups of Ragi flour, salt to taste.

Method - Put all the above mentioned ingredients in a bowl and mix well. Then make a ball and pat it and roast it on both sides with oil.



Bamboo shoot Chattambade



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Materials Required -

- . 1 cup soaked chickpeas
- . 8 to 10 pieces of Bamboo shoot
- . A small piece of ginger
- . A little bit of curry leaves
- . A little coriander
- . Green Chili 6 to 8
- . Salt to taste
- . Oil to fry



How to make it - Grind the chickpeas which are soaked in water for 5 hours. This should not be very smooth.

Add finely chopped Bamboo shoot, ginger, coriander leaves, curry leaves, green chillies and salt to it and mix well. Heat oil in a pan and fry it till golden brown colour.



Bamboo shoot

Tepla



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Ingredients

Two cups of wheat flour, one cup of besan flour, half a spoonful of cumin seeds, half a spoonful of ajwain seeds , ghee

3-4 tbsp, turmeric powder, chilli powder, coriander leaves, 1 cup of bamboo shoots (grated or chopped), salt





Method

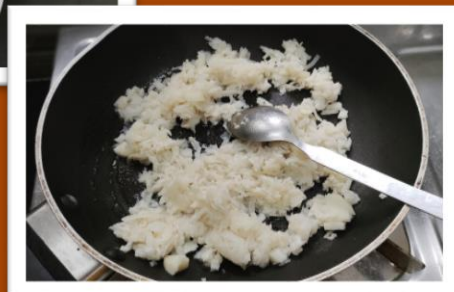
Add all these and mix well. Then add water to the mixture and mix it.. Add ghee and knead it thoroughly. Keep it for half an hour. Then make balls and press it. It should not be too thin. Then cook the tava on both sides by adding ghee. This tastes good with curd and pickle. Suitable recipe for lunch boxes for kids.



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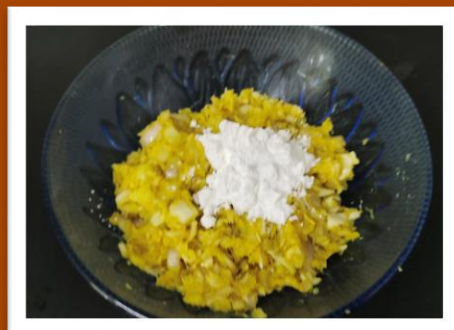
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Bamboo shoots Parota



Material : Wheat flour two cups, ghee one spoon, salt to taste

For filling - Onion one, cumin seeds half spoon, Carom seeds (Ajwain seeds) half spoon, potato one, Bamboo shoots one cup, turmeric, garam masala, corn flour two spoons, oil





Method

Onion should be cut into small pieces. Grate the bamboo shoots. Boil the potato and mash it. Fry the grated bamboo shoots with salt. Add all the remaining ingredients and mix well. Make a ball.

Add ghee, salt and hot water to wheat flour and mix well. Keep it covered for an hour. Take wheat flour and make balls and press it a little. Fill it with stuffing. Then press it. Put it on Tawa and cook both sides. Grated bamboo shoots in Parota taste good when eaten.

Potlies

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Ingredients

Wheat flour one cup, cornflour 4 spoons, salt, potato one, Bamboo shoot one cup, cumin seeds, garam masala, turmeric powder and oil.





METHOD

First add 3 spoons of corn flour and salt to the wheat flour and mix it with a little water and knead it. Then put oil in a pan and fry the grated bamboo shoots. Add salt. Add cooked grated potatoes, cumin seeds and turmeric to it and mix. Add one tablespoon of corn flour and one tablespoon of oil. Knead it and make it into a small ball. Make a small ball of wheat flour and roll it like a puri, put a ball of stuffing inside it and lock it like a potli and fry it in hot oil. Children love these attractive potlies.



Bamboo shoot Red Chutney



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Bamboo shoot

Red Chutney



Ingredients

Bamboo shoot one cup, grated coconut one and half cup, curry leaves, urad dal 2 spoons, red chillies 3-4, salt, tamarind, oil one spoon

For seasoning: oil, cumin seeds, mustard, curry leaves, red chilli

Method

Fry the urad dal, red chillies, curry leaves. Fry bamboo shoot with one spoon of oil. Mix everything together. Grind it. At the end give seasoning. This holds good with Rice Rotti.



Bamboo shoot Stir Fry



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Ingredients

Coconut one cup, Capsicum green one, Yellow capsicum one, bamboo shoot one cup, Onion one, Garlic 7-8, Ginger a little, Pepper powder half spoon, Tomato two, Salt, Oil 3-4 spoon



Method

First grind grated coconut and take thick milk. Chop capsicum, bamboo shoot, tomato and onion lengthwise. chop garlic and ginger a little. Put oil in a pan and fry ginger and garlic. First add chopped kale. fry Then add remaining vegetables and salt and serve. Add half a cup of coconut milk. Cover and cook. Add pepper powder at the end. This new taste can be eaten with rice and chapati.



Bamboo shoot Sabudana Vada



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Sabudana Vada

Material Required :

1 cup finely chopped bamboo shoot, 1 cup groundnut , Chillies 4, Sabudana one cup, coriander leaves little, salt to taste, Oil for frying, potato 1



Method:

First soak the sabudana for 3 hours. Boil the potatoes, fry the groundnut and grind it coarsely in a mixer.

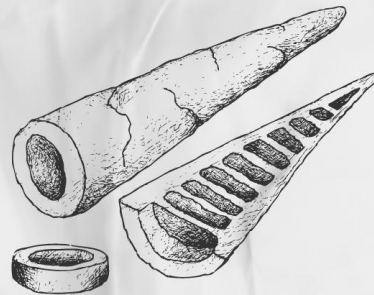
Take soaked sabudana, add boiled potatoes, chopped green chillies, groundnut powder, bamboo shoots, coriander leaves and salt and mix well. Then make the dough ball into a vada shape and fry in oil.





Bamboo shoot
&
Chickpea Masala Palya

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COOKING INGREDIENTS

1 cup finely chopped bamboo shoot, 1 cup soaked chickpeas, 1/2 cup onion, 1/2 cup grated coconut, 1 lemon, salt to taste, oil.



For masala – Urad dal 2 spoon,
Coriander seeds 1 spoon,
Cumin seeds 1 spoon, red chillies 8 to 10.

Methods

First add Urad dal, coriander, cumin, red chillies in a pan and fry it. Then grind it up along with coconut, onion in a jar with some water.



Cook the Bamboo shoots and Chickpeas with salt.

Then prepare seasoning in a pan and add the ground mixture and fry for 2 minutes.

Then add cooked Bamboo shoots and chickpeas and cook for 10 minutes. At the end add lemon juice.



MOONGLET

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Ingredients

Moong dal 2 cup, rava 1 cup, coriander leaves, pepper powder 1 spoon, chilli powder 1 spoon, bamboo shoot 1 cup, onion 1, turmeric powder, green chilli, salt and eno powder



Method

Soak moong dal and rava for 2 hours. Finely chop bamboo shoots, onion, green chilli and coriander leaves. Grind soaked rava and moong dal. Add turmeric powder, salt, chilli powder and pepper powder mix it well.



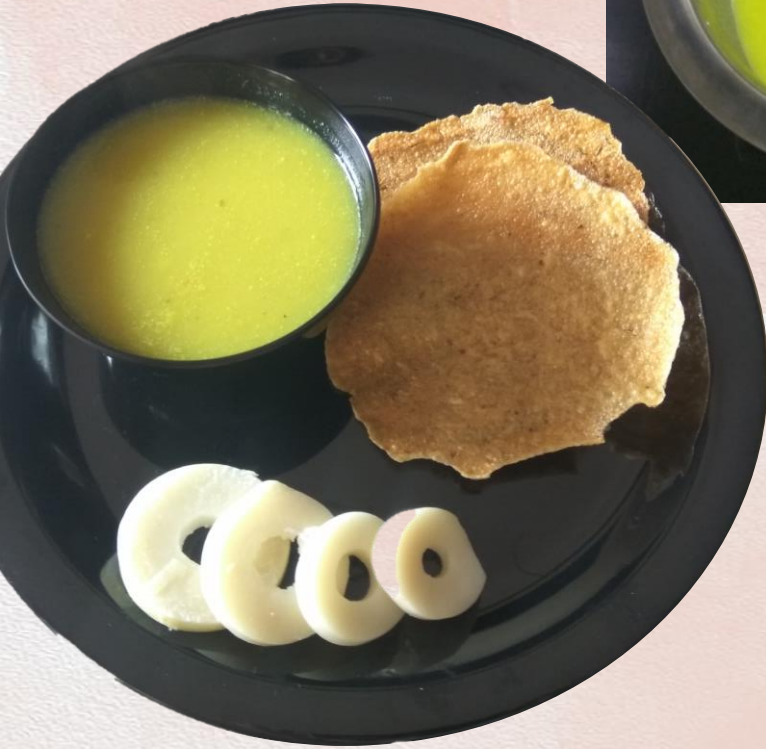
Then add finely chopped items. Heat the tawa, spread oil. For batter add eno powder mix well, immediately for the 4 spoon batter to tawa like omelette. Roast both sides serve with hot chutney or sauce.



Bamboo shoot shorba



Bamboo shoot Shorba



Ingredients

Bamboo shoots , a little bit of sweet pumpkin, 1 potato, 1 tsp grated ginger, 2 green chillies, a little butter, 10 black pepper, 1 lemon, a little bit of coriander leaves, salt to taste.

Method:

Put butter in a cooker, when it gets hot, add all the ingredients and fry for 2 minutes, then add 2 glasses of water and whistle for 2 minutes. Grind after cooling down, pour the ground mixture on a pan, add 1 glass of water and salt to taste and bring to a boil, add lemon juice at the end.