

Cashew biteoniko tarigipa cha.anirang



Sowkhya Mohan



Cashew Fruit Recipes

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Cashew Fruits - down the memory lane!

Obviously, it reminds me of childhood days. We used to eat red/yellow fruits hanging in roadside trees. Though it was throat itching at times, we enjoyed it. 'Yellow fruits are less itchy'- we used to discuss among ourselves. Mom used to advise – eat cashew fruits with salt to avoid itching !

I knew one or two recipes of cashew fruit. But never tried them before. Cashew fruit is very rich in vitamin C. However large part of the production goes unutilized in rural areas and this prompted me to explore many recipes out of it. The intense smell of the fruit, which is unpleasant to many, was reduced in recipes and thus making it pleasant! I also considered unripened green fruits and cashew sprouts to develop some recipes. These are very rarely used in cooking. Finally I ended up with 25 recipes which are presented in this book.



My husband Dr. Mohan had contacted scientists of different cashew research stations spread across the country. They have all helped in translation and hence we could prepare the book in 11 languages. Mr. Naveen G.V. from nGV Naturals, Bangalore has nicely designed this e-book. Cashew fruits are supplied in time by ICAR- Directorate of Cashew Research, Puttur. I whole heartedly thank all of them.

The aim of this book- to increase household use of cashew fruit. If that happens, I will be more than happy!

- Sowkhya Mohan Talakalukoppa

Cashew Fruits: Neither on the shelves nor in households !!

Cashew kernels are relished by everyone. However same can not be said about cashew fruits. The ratio of cashew nut to fruit is about 1:10 and huge quantity of fruits goes waste every season across the country. Fenny is the most famous liquor prepared out of cashew fruits in Goa. Though some states have now permitted to prepare alcohol out of cashew fruits, its usage for this purpose is yet to gear up in a big way.

Many attempts have been carried out to prepare jam, jelly, ready to serve drink, syrup, nector, pickle, cashew apple powder based cookies and fruit bars, and such other products. Unfortunately, it is difficult find them on the super market shelves. This is due to 1) lack of proper advertisement regarding its nutritive value (high vitamin c content compared to lemon and presence of other beneficial components) 2) consumer preference for products of other fruits such as mango, grape etc.

Surprisingly however, in cashew growing areas, usage of cashew fruits at the household level is also very meagre. In other parts of the country, its usage is almost unknown. To ameliorate this situation, tasty recipes are essential and the author has been successful in her efforts.

I have tasted all these recipes and hence I can confidently say these are worth trying at your home too. You can also add new recipes to this list.

That is the sole purpose of this book !!

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Cashew biteoniko tarigipa cha.anirang

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Cashew Tambuli

Ingredients:

Cashew Apple rong 5-6,
narikgel ko chone chone
ratako cup 1, kari ,jalik ko
binekate chamos ata.

For seasoning : Narikgel oil chamos 2,
cumin bitchil, laisak, jalik minako
chone ratgiminko.

Dakna nanganirang :

Sikangipa cashew apple ni bibak ko rate galchengbo,dkeming bitchi ongkatna gita
jetbo , uni jamao kari ko onbo.

Narikgelko binekate uni bitchiko cup gni jete ,juice ming mix kabo.aro uni jaman
jalik ginchiko ontisa chi one name brinbo.

Iako soup dake jakalana mana.

Mi dingdinga baksa,rasam baksa chatobea.

Cashew apple namemancha mina gita nanga.

Jak chi san bite ko jetbo ongjaode bite ni su.usani dingtangen.

Namnikode kakji koba onbo , je dkode su.uani ko ona mana gita.



CASHEW APPLE FRITTERS

Ingredients:

Cashew apple ko rong 3- 4,
Rava/Semolina ko cup ata, narikel
binekgiminko cup ata, mitai cup ata,
cashewnut koba cup ni ata binek
giminko. Kari, elaichi powder , oil ko
fry kana.



Method:

Bite ni bibak ko ratchengbo, aro biteko chonchone ratbo, cashewnut ko chone chone ratbo aro narikel ming name mix kabo. Aro uni jamano mitai ko onbo, uni jamanoba bite rangko binekatkubo.

Kasine iako bowl o donbo. Kariko onbo,elaichi powder ko , dry rava aro cashewnut koba. Uni jamano name mix kabo. Aro unoniko ontiti rae oil o deep dry kabo golden brown colour ongjana kingking.

- Iako ball dake chate tarina nangjawa.
- Ghee ko jakalbo, chaani toh na bate.
- Uni jamano taste ko dingtangata.
- Cashew jogiminko chaataon pakora dake chatoaniko mangan.

CASHEW APPLE HALWA

3

Ingredients

Cashew biteko cup 5-6, 1/2 cup chini, kesar, cashew ko chonchone rate 1/2 cup, me.rakku gindiko 1/2 cup on.titi kari, ghee cup sa, aro elitchi gindi.

Method:

Sikangipa Bowl dala ko rabite, meraku ginchiko ko cup ni ata , chi cup sako name mix kabo. Bitin ko dona gita nangja.

Cashewnut ni bibak ko name ratbo, uni jamano uno kari ko name onbo. Karai chatako rae aro chain tarigita bostuko. Uni jaman minute 5 na mix kabo. Uni jamano chini ko onbo aro nane mix kabo.



Jen salo chini jrongen , gongone donge meraku ginchiko brine dikdiksana gongone dongbo. Uni jamano ghee chamos 2-3 ko onbo. Aro kesar , elaichi powder ko onbo. Jensalo bringimin bosturang chatgen uno cashewnut ko onbo. Uni jamano halwa tray o donbo, uni jaman minute 30 na donbo halwa tray o name sikongna gita. Uni jamano name rate , chabo.

Ingredients

Cashew apple rong 2, Chochone rate narikgel ko cup 1 Onbo, mustard oil 1/4 chamos, jalik mina ko rong 4/5 onbo, jeera bitchil 1/4 chamos , kari onbo.

For seasoning: Chaani too, Mustard, cumin bitchil aro jalik minako, curry leaves koba onbo.

Dakna nanggni

Sikangipa cashew ko sugalbo, uni jaman chonchone denbo, kari ko onbo.

Chonchone binekatbo narikgel, laisak ko, jalik mina ko uni jamande chi ko ontisa one mix kabo.

** Naa ontisa chiatna sikode mitai chamos gesa ona gita mangen.

** Aro cashew apple de gital akdaldal ba fresh onгна gita nangen.

Cashew Fruit Red Sasive



Cashew Fruit Paddu

INGREDIENTS

Cashew apple 5-6, Dosa rice cup 3 (gittam), paper poha cup sa (1 cup), Caradam 2, mitai cup sa ,kari aro Ghee.



Dakna nanganirang:

Sikangipa mi ko sugalenba chio kanta 5-6 na sime donbo. Uko ranatani jamano mi ko powder dake, cashewnut biteko binekate mix kabo,uni jamano mitai, cardamom, narikgel aro poha koba onbo, Uni jamano kari ko onbo aro gimik ingredients rangko name mix kabo aro kanta 2 na donbo.

Dinga dinga karaio ghee ko ontisa onbo aro batter koba. Uni jamano karaiko gripe waal ko chonkalate pak tang tango sobo.

**Cashew apples de akdaldal onгна nangen.

Cashew Apple Surnoli

Merong cup gittam, muri cup gittam, cashew apple rongittam , mitai cup 1, holdi ata chamos, ghee, kari, narikgel chonchone ratako cup1.

Merongko sugalbo, chi sime konta 5-6 na donbo. Gital narikgel ko on.chapbo, uni jamano muri ko sugalbo. Uni jamande cashew apple bineke ratgimin ko onbo. Gimik ongimin rokom rangko name brinbo , uni jamano mitai , holdi, aro kariko onbo. Name brinbo kanta 3-4 donbo.

Karai dingao ghee ko on.bo. Dosa batter ko onbo, karai gimiko ontiti on.bo. Ghee ko onbo uni jamano paktang tangko , waal chi dingatbo.



- Dosa de agre chona gita nangjawa.
- Ghee aro bija bitchi koba onchapbo.
- Dal arud ko ona nangjawa, uno muri ko onani gimin.

Cashew Apple juice

Cashew apple ko rong 4-5, chini, chi, kakji sorbot ko chamos 3-4 , kari ontisa, aro ice sikongako.

Jakchi Cashew ko akpretbo aro uni bitchi ko rabo. Kari ontisa onbo aro chi ko onbo. Chiniko ontisa onbo jedakode china gita, name brinbo. Bonkamo kakji bitchi aro ice tingkaako brine onbo.

- Cashew mingimin kosa jakalbo.
- Cashew bitchi ko shake kae mixer o rabo. Dakoba ia gita dake tariode taste ko dingtane onkatata.



CASHEW APPLE SWEET

Rong 5-6 cashew apple, meraku ginchi, kari, chini cup 2, cardamon powder, almond chon chona bichemko, aro oil fry kana gita.



Method: Chiniko sike chio dokwingwingbo aro saffron, cardamom powder, karaio sikbo. Cashew apple ni bibakko ratbo uni ja.mano chonechone ratchemchembo uni ja.jano me.rakku ginchi aro karikoba brinbo. Uni ja.mano cashew appleko chone ratgiminko me.rakku ni ginchio donatbo name bakbo jedakode me.rakku ginchi name dake cashew apple ming brinbo.

Chaani too o napsrime waal ko chonkale fry kabo jedkode sram na gita. Uni jamanode fry kagiminko chi ming chini dokwingwingipako sikatbo. Ua chini brigimin chiko name mana gita nangen. Nitoatna gita badam ko kosako onbo.

CASHEW APPLE PAYASAM

Cashew apple bite ko chonchone cupsa ratbo, narikgel bite koba binekako cup 2, mitai cup 1, cardamom 2-3, merong 4-5 chamos, ghee $\frac{1}{4}$ cup, cashew nut ko rong 10-12, badam ko rong 5-6 .



Karai o chamos gni ghee ko onbo, uni jamano cashew apple bite ko fry kabo. Kari ko ontisa one fry kabo. Merong koba sugale fry kabo. Chamos 3-4 narikgel jetgimin ko onbo, mi koba fry kabo, mitai aro cardamom ko. Ia rangko mixing kagimin rinokna gita nangen name mix kana gita nanngen. Iarangko cashew apple fry kagimin o sikchakna gita nangen. Ia mix kagimninko boil kabo. Minute 2 ni jaman , narikgel bitchiko onbo, boil name kabo jensalona kheer ongaona. Bonkamao nitoatna gita dry fry kagipani kosako dondabe onbo.

**Narikgel ko jetbo je dakode narikgel bitchiko chuonga gita mana .
Cashew apple, badam chonchone begiminko , ghee chamosgni one songo.**

Cashew Apple Jam

Cashew apple ko rong 20-25, kari ko chamos $\frac{1}{4}$, chini ko cup 2, cinnamon powder ko $\frac{1}{4}$ chamos, kakji bitchiko chamos 2.

Skangipa cashew apple ni bibak ko rate galbo, uno dongrikgipa bite ko bineke jetbo, jet mitingo karikoba onjolbo. Karai dalao ia cashew jetgiminko chanbo aro gongonbo. Uni jamano chini aro kakji bitchiko onbo. Name gongonbo chata chatjana kingking. Jensalona jam ongjana kingking . Jensalo na kasinatgen unode chate stape onkatgen. Bonkamao cinnamon powderko one name brinbo.

- Dakpilede cashew ni chatoani gita de ia jam ode ongjawa.
- Iako naa ruti , dosa aro chapathi rangming ona gita mana.
- Chini ko onmiting somoio simsakna nanga, chini bate onmanode ia bilongen sitapba.





CASHEW BE.ENKO BI.JAK DAKE SONG.E CHA.ANI

On.chapani : Cashew be.enko rong 4 narikel binekatgiminko cup1, spin gipokko chamos 3, dal.kala rasinko rong 1, jalik ginchiko chamos 2, rasam ginchiko chamos 1, kari, cheng mitaiko chamos 2, holdi ginchiko $\frac{1}{4}$ chamos, aro dhania bijakko on.na gita nanggen.

Masala ginchiko chamos 3, (method: chamos 3 bengal gram ko chamos 2 dal chamos 1 jeera chamos 1 dhania bitchil aro gimikko ran.ate ja.mano gindi dakatna gita nanggen.

Ripinge cha.ani: Cha.ani too, besual, jeera, jalik ginchi, karip bijakko on.e cha.naba man.gen.

Dakana nanganirang:

Cashew be.enko su.gale biteni ga.tengko galna gita nanggen.Cashew be.enko chonchone ratna gita nanggen.Spinko jo.e ra.chgengna nanggen. Narikelko binekate chamos 2 spin aro jalik ginchiko, rasam ginchi, masala ginchiko name dake binekatna gita nanggen.

Ripinge aro gimikko on.chapanirang. Rasinko chonchone rate name dake jo.na gita nanggen.Cashew be.enko chonchone rate name dake jo.na nanggen. Kari aro holdiko on.chapna nanggen. Mitaiko name dake brinna nanggen. Chiko on.titi ding.atna nanggen. Bon.kamao spin aro dhani bijakko on.na nanggen.

Cashew biteko murgi mata tariani.



On.chapanirang:

Mi cup 2, narikelko binekate cup 1, cashew biteko denkinge cup1, mitai cup1, kari, elatchi, ghee aro terik bijak

Tariani:

Miko su.gale kanta 4-5 na chio sim.bolna gita nanggen. Narikelko binekate, cashew be.enko, mitai,kari aro elatchi baksana binekatna nanggen. Chu.gimikko so.omatna nanggen.Terik bijakko su.galna nanggen. Terik bijakko dem.e song.e bibao minit 20 na minatna nanggen.Aro terik bijak o song.giminko name paktangtango name gripna nanggen. Unikoa terik bijako tarigiminko ra.ongkate cha.na man.gen.

- Name brina gita nanggen.
- Terik bijakko tariani name tiktak ong.na gita nanggen .



Cashew biteko dosa tariani.

On.chapanirang:

Bansi rava/ moida cup 3, cashew bite 5-6, jeera $\frac{1}{4}$ chamos jalik gitang rong 3-4, cha.ani too aro ghee.

Tariani : Kanta 1 na rava ko chio sime, cashew biteko binekate jeera, jalik gitang aro kari rava baksa chio simbo. Chiko on.tisa on.eming name nongbo. Nonga ja.mano attako kantasa $\frac{1}{2}$ donbo. Tawako ding.ate dosako taribo. Too aro gheevhi taribo. Chutney koba taribo.

Cashew Fruit Sasive.



Cashew biteko rong3- rong4, narikel siksikgiminko dal.gipa cupo cup1,cha.ani too adha chamos, jalikgittang rong4 rong5, kari, kakgi bitchi, aro mitai.

Cashewnut biteko su.srangeming uko chone ratbo, cha.tona gita kariko on.bo. chonchona ratgimin cashewnut biterangkariko salopna man.na gita uarangko apsan tomdake donbo.Natgimin narikel, cha.ani too, jalik gittangaro kariko on.tisajaksi ge.gnio ra.eming chiko chu.ongna gita on.eming name natbo. Ja.manonatkininggiminko chonchone ratgimin cashewnut biterangkobrinbo. Mitaiko aro kakgi bitchiko nang.ni chu.ongna gita on.bo.

Cashew gittangko salad tarie cha.ani.



Cashew gittangni biteko, jalik gittangko rong3-4, rasin rong 1, kari aro kakgi bitchiko, narikel binekatgiminko chamos 2-3 dhania bijjako on.na gita nanggen.

Ripinge cha.ani: Narikel bitchi, besual, jeera, chana dal, aro karip bijakko on.na man.gen.

Tariani : Minkugijagipa cashew biteni ga.tengko ake galna gita nanggen aro baringko wa.alo so.a gita so.na nanggen. Kamgimin cashew bigilko akchrake galna nanggen. Ning.ani bakko ra.na gita nanggen aro kariko on.na man.gen. Jalik gittangko wa.alo so.na gita nanggen. Unikoa rasinko ratchemcheme dhania bijakko name dake brina nanggen. Unikoa kakgi bitchiko aro narikel binekatgiminko on.chapna nanggen. Bon.chotao name dake ripinge donna nanggen.

- **Mi chapatti aro roti rang ming cha.na man.gen.**
- **Iako cha.anio gitok mesakanirangba dongjawa.**



CASHEW BITEKO BORA TARIANI.

On.chapanirang:

Cashew biteko rong 10, attako cup2, mitaiko cup1, elatchiko rong203, narikelko chonchone rate chamos 2-3, on.titi kari, gheechamos 1 cha.ani too o jo.na gita nanggen.

Tariani : Biteni ga.tengko ake galna gita nanggen aro mixer grinder o binekatna nanggen. Mitai aro elatchiko binekatna nanggen. Ja.mano kari aro narikel chonchone ratgiminko name brinna nanggen. Atta ko name dake nongna nanggen. Ata kantana donna nanggen. Ball gita dake cha.ani too o jo.na gita nanggen.

- Chone taria ong.ode too bang.e cha.gen.
- Ia cha.aniko tarigipade ghee ming cha.na nama.

Cashewnut biteko gittang tarie cha.ani.



On.chapanirang: Cashew
biteko rong 4-5, kari,
golmoris ginchi, chat
masala ginchi, jeera ginchi,
kakgi bitchiko chamos 3-4



Ra.bo cashew bite mingiminko. Kariko satkikie golmoris ginchi, chat masala ginchi, aro jeera ginchi. Aro kakgi bitchiko bon.chotao.



- 1) Na.a iako name dake cha.a ong.ode gitokko misakatjawa.
- 2) Jakkalbo chu.gimikko bite minako.
- 3) Biteni ga.tenhko jakkalnabe ong.jaode gitokko dongsiksakatgen.



Cashew biteko ice-cream tariani.



On.chapaniarang:

Atapol ginchi chamos 2, dud cup 1, cream cup 1, tarigimin dud $\frac{1}{2}$ cup, cashew bite jam chamos 3-4, chini chamos 3, rangimin bite (almond, badam, cashew)

Tariani:

Atapol ginchi chamos 1, chamos 4, dud o name brinbo. Joljol uko ritbo. Ritmitingo atapol ginchiko on.bo, chini ming brinbo, stapkujana kingking aro ka.sinna on.bo.

Creamko chue on.bo. Uni ja.mano dudko on.bo aro atapol ginchio tarigimin dudko name brinbo. Freezer o donbo. Kanta 5-6 ni ja.mano uko ran.gimin biteko on.bo, ghee ming jo.bo.

Cashew jam dongjaode, cashew biteko binekatbo aro chiniko on.bo aro name rite stapona kingking name ritbo. Aro iarangko ice-cream tarina gita man.gen.



Minkugijagipa tangsekgipa cashewko cha.ani tariani.

On.chapanirang:

Minkugija cashew bitekp 3-4, tangsekgipa jalikko rong 1-2, narikelko binekate cup 1, cha.ani too $\frac{1}{4}$ chamos o kariko nangna gita dhoiko dal.gipa cup o cup 1 rasin rong 2 dhania bijak.

Ripinge donani ru.uta bilsina:

Cha.ani too, besual bitchil, jeera, jalik ginchi karip bijak.

Tariani: Cashewnut gitangko rate galbo. Baringko wa.alo so.a gita so.bo. Kamgipa bigilko okie galbo uko name dake ratbo. Kariko on.bo jalikko so.e narikel ginchi baksa silso bitchil ming natkiningbo. Cashew ratchemchem gipao on.bo. Dhoiko name brinbo. Rasinko ratchemchemme brinbo. Unikoa jalik ginchiko similna gita on.bo.

Dintangmancha biba aro cha.togen.

Wal.sareo so.ani a.sel mesakanirang gimagen.

Minkugijagipa cashew gittangko chengming gojju tariani.



On.chapanirang:

Minkugijagipa cashew biteko 4-5, rasin rong2, cheng, kari, jalik ginchi, holdi ginchi, mitai

Ripinge cha.ani: Cha.ani too, jeera, besual bitchil, karip bijak aro jalik ginchi.

Tariani:

Skanggipa minkugijagipa tangsekgipa biteni ga.tengko ake galbo aro biteko wa.alo so.bo. Baringko so.e bigilko akchraka gita bigilko akchrakbo. Unikoa name chonchone ning.ani bakko ratsrisribo. Rasinko rasemrasembo. Chengko chio ra.bo aro sepbo. Ja.mano gimikko apsano name brinbo. Kari,holdi ginchi, mitai, jeera, aro jalik ginchiko on.e name ritbo. Unikoa name tarie donbo.



CASHEW BIMIKKO SALAD TARIANI.

On.chapanirang:

Cashew bimikko ata cup,
rasin rong1, carrot rong1,
dhani bijak, jalik
gittangko 1-2, kakgi bitchi,
kari, golmoris ginchi $\frac{1}{4}$
chamoso.

Tariani :

Rasinko rasemseme, baring belati aro dhania bijak.
Carrotni ga.tengko gale jalik gitangko chonchone
ratna nanggen. Aro cashew ni bimikko on.na gita
nanggen. Unikoa kari, kakgi bitchi, golmoris ginchiko
name dake brinna nanggen.

Cashew bimikko chatni tariani.



On.chapanirang:

Cashew bimikko dal.gipa cup o cup1, baring belati rong4, dhania bijak, holdi ginchi, eching- rasingipok name nonge jeera ginchi chamos1, jalik ginchi chamos 2, garam masala, cashew bitchilni ning.ao donggipa mittimko rong 8-10, kari, dudko chamos2, chini, aro tooko chamos 4-5 on.na nanggen.

Tariani : Soreao tooko on.e. Rasin baring belati aro kariko jo.na gita nanggen. Dhani bijak eching rasin gipokko name brinna nanggen. Changsa cashew bitchilni ning.ao donggipa mitimko binekatna nanggen. Aro gipin soreao tooko rue cashew bimikko jo.na nanggen. On.titi karikoba on.na nanggen. Holdi, sambar ginchi, jalik ginchi, aro on.titi garam masalako on.na nanggen. Chio ding.atna nanggen. Unikoa dud cream changsa song.na gita nanggen. Unikoa kakgi bitchi aro dhani bijakko on.na nanggen. la chatni tariani chapathi ming cha.na nama.



Cashew bimikko mi ming song.chape cha.ani

On.chapanirang:

Cashew bimikko cup 1, mi songgiminko cup 4, rasin rong 4 eching, rasin gipok ko nonge golmoris ginchiko $\frac{1}{4}$ chamoso gittang jalik ko rong 2, soya sause, kakgi bitchiko chamos 2, cha.ani tooko chamos 4-5 jeera iarang gimikko on.chapna nanggen.

Tariani :

Soreao cha.ani tooko on.e jeerako on.na gita nanggen. Rasinko chonchone rate jalik gittanko jo.na gita nanggen. Aro eching rasin gipokko on.chapna nanggen. Cashew bimikko on.e (bak gni dakate) Kari aro golmorisko on.titi jo.na gita nanggen. Unikoa soya sauce ko on.chape. Uni ja.mano mi songgiminko name dake brina gita nanggen. Bon.chotao kakgi bitchiko brinna gita nanggen.

juice at the end.



Cashew Sprouts Fry

Method -1

On.chapanirang:

Cashew bimikko cup1,cha.ani too,kari golmoris ginchi,
aro kakgi bitchi.

Tariani:

Jensalo too ding.a cashew bimikko donatmitingo jo.bo
ja.mano cashew bimikko ra.ongkatbo. kariko aro golmoris
ginchikoon.eming uko name brinbo. Bonkamaokakgi bitchiko
brinbo.



Cashew bimikko jo.ani tariani 2

On.chapanirang:

Cashew bimikko cup 1 cha.ani too chamos 2-3, kari, jeera ginchi, te.gatchuni ginchi/ lakoocha ginchi, jalik ginchi, holdi ginchi, chat masala ginchiko on.bo.

Tariani:

Ra.chakanio cha.ani tooko donbo aro cashew bimikko name jo.bo. Kariko on.bo unikoa dingtang dingtang masalako name jo.chapbo. Gimik masala cashew bimiko napna man.na gita on.bo. Mikkka wachi kari mitingo namen cha.na tobata.

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ರುಚಿ ವೈವಿಧ್ಯ

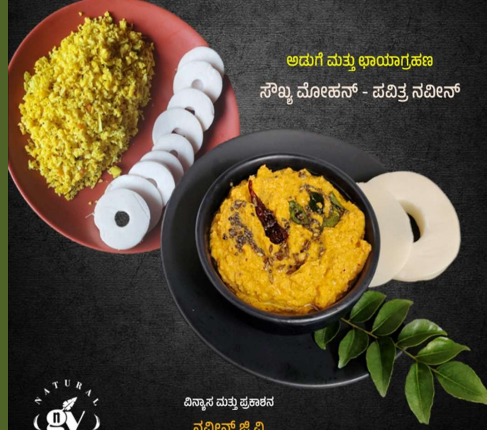


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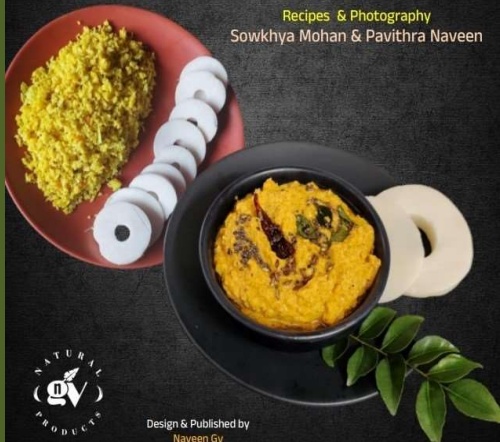
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