

4.5.2023 Rakesh Raghunathan's ANNAM :
Celebrating India's Ancient Rice Varieties - WORKSHOP & LUNCH

Soup & Salad

Pazhayadhu Soup- Rice soaked in water over night to aid fermentation, diluted with buttermilk and served with condiments of choice

Sanna Samba Par boiled red/brown rice from Kerala

Curried mango salad

Chakhao Poireiton Raw Rice from Manipur

Small Plates

Arisi vadai – Fried snack made from rice soaked in buttermilk, ground to a batter with green chillies

Kothamalli Samba Raw Rice from Tamil Nādu

Kaaya Kozhukattai– Steamed Rice and lentil balls served with Tamarind Chutney

Kottara samba Raw Rice from Tamil Nadu

Akki Roti – Flat bread, famous in Karnataka where rice flour is mixed with grated carrots, onions and dill leaves and pan fried, served with coriander chutney.

Kitchili Samba Rice flour from Tamil Nadu

Mains

Mappilai samba rice & Tirunelveli Sodhi - From the Saiva Pillai Community in Tirunelveli, this is a coconut stew with lentils and lemon juice. Served with a side of vegetable.

Mappilai Samba Rice from Tamil Nadu

Karnataka style Bannur Pulao with Boondi Raita

Kalanamak Raw Rice from Uttar Pradesh

Dessert

Elai Kozhukattai - Rice flour mixed with lentils, coconut and jaggery, flattened in between banana leaves and steamed.

Navara Rice flour from Kerala.

Mango Rabari: Seasonal mangoes slow cooked in milk, exotic nuts and spices with rice, lentils and grains. Finished with mint and saffron.

Gobindobhog Rice from Bengal.