

KARNATAKA CUISINE

INTRODUCTION:

The culinary fare offered by Karnataka is quite varied with each region of the state having its own unique flavors. Many factors and influences have contributed to enrich this culinary heritage. Karnataka is also known as the coffee-bowl of India. It is the spice country which produces the best cardamoms, fondly called the queen of spices or gold and black pepper. The cuisine of Karnataka comprises diverse vegetarian and non-vegetarian cuisines. The varieties' influence can be found in the food habits of many regions and communities from the three neighbouring South Indian states, as well as the state of Maharashtra to its north. Some typical dishes include Bisi bele bath, Ragi rotti, Akki rotti, Saaru, Vangi Bath, Khara Bath, Kesari Bath, Davanagere Benne Dosa, Ragi mudde, and Uppittu. The famous Masala Dosa traces its origin to Udupi cuisine. Plain and Rave Idli, Mysore Masala Dosa and Maddur Vade are popular in South Karnataka. Coorg district is famous for spicy varieties of pork curries while coastal Karnataka boasts of many tasty sea food specialities. Among sweets, Mysore Pak, Dharwad pedha, Chiroti are well known.

Although the ingredients differ from one region to another, a typical Kannadiga Oota (Kannadiga meal) includes the following dishes in the order specified and is served on a banana leaf: Kosambari, Pickle, Palya, Gojju, Raita, Dessert (Yes, it is a tradition to start your meal with a dessert - Paaysa), Thovve, Chitranna, Rice and Ghee.

After serving ghee to everyone, one may start the meal. This is done to ensure that everyone seated has been served all the dishes completely.

What follows next is a series of soup like dishes such as Saaru, Majjige Huli or Kootu which is eaten with hot rice. Gojju or raita is served next; two or three desserts are served; fried dishes such as Aambode or Bonda are served next. The meal ends with a serving of curd rice.

It is believed that every meal is a wholesome meal containing essential components of a healthy meal such as proteins, carbohydrates and vitamins.

There is some diversity in core food habits of North and South Karnataka. While northern-style dishes have joLa and rice as the primary cereals the south uses ragi and rice.

INFLUENCES:

Though there are many similarities between the food of Karnataka and its southern neighbors, the typical Mysore cuisine is well known for its own distinctive textural forms and flavor the dishes complementing and balancing each other.

As one goes north within the state, the food begins to resemble that of Maharashtra. The cuisine of coastal Karnataka has similarities with the food of Kerala. There is, in fact, a large amount of correspondence in the food of the four southern states of Karnataka. Andhra Pradesh, Tamil Nadu and Kerala. But there are subtle distinctions and recognizable differences in flavor. The Karnataka food on the whole is less hot than that of Andhra, and the Kannada housewife uses more of lentils and coconuts than her Tamil sister.

STAPLES FOOD

Karnataka's culinary culture revolves round three staple items - rice, ragi and jowar. However, the people in the northern districts have a preference for wheat and jowar rotis (unleavened bread made of millet) eaten with spiced vegetable preparations. In rural Karnataka, ragi is widely used with each meal. This staple grain is steam cooked and rolled into balls the size of cricket balls and served with hot chutney or huli (a cousin of sambhar).

The Kodavas or Coorgis, who are culturally quite different from the rest of the state, have an equally distinct cuisine. They are perhaps the only Hindus who serve non-vegetarian food and alcoholic drinks for their marriage ceremonies and traditional festivities. Most of the Coorgi curries noted for their flavor and taste are coconut based, lightly spiced and moderately sour.

The coastal cuisine of Karnataka is as delightful as that of Coorg. Fish and seafood are available in plenty and since the majority are fisher-folk, the cuisine is simple, yet flavorful.

Coconut is widely used in Mangalore cuisine its oil as the cooking medium, its gratings or milk for curries. Meat cooked in coconut milk lends a special taste typical to Mangalorean cuisine. Local vegetables are used for a wide variety of preparations and for chutneys, even the skins of the vegetables are used. Most of the gravy dishes are accompanied by kori rotidry broken pieces of dosa or the handkerchief soft neer dosa, so called because the unfermented batter is of watery consistency. Sana idlis fermented in toddy are yet another popular accompaniment for most of the gravy items.

NORTH KARNATAKA CUISINE

The North Karnataka Cuisine can be primarily found in the northern districts of Karnataka, including Bidar, Kalburgi, Vijapura, Bagalakote, Belagaavi, Raayachooru, Dharwad, Gadag, Haveri, Koppala, and parts of Ballari.

The following are typical items in a typical vegetarian Northern Karnataka meal :

- ❖ Rotti or Bhakri
- ❖ Badane kaayi gojju/enne-gai/tumbu-gai - Stuffed and/or sauteed
- ❖ Shenga/Ellu dry chutney in powder form - sometimes called *hindi* (not hindi language) that roughly translates to "fodder"
- ❖ Kempu Khaara - hot chutney paste made with/of red chillis, consumed as a condiment
- ❖ Kosambari
- ❖ Bele Ppalya - cooked split or whole beLe, chana, moong with greens such as methi and spinach, or spring onion
- ❖ Mosaru Bajji or Raitha - salad involving yogurt
- ❖ Raw Salads - of spring onion, onion, green chili, methi leaves, sometimes with *oggaraNe* of sasive and/or jeerige
- ❖ Rice
- ❖ Saaru
- ❖ Happala
- ❖ Mosaru and majjige
- ❖ beNNEe or tuppa

SOUTH KARNATAKA CUISINE

The South Karnataka Cuisine can be primarily found in the southern districts of Karnataka, such as Kolar, Bengalooru, Mysooru, Tumakooru, Mandya, Haasana, Chamarajanagara (Byaluseeme meaning the plains)etc. Excepting the usage of ragi mudde, most of the dishes are common to households in the adjoining districts such as Bangalore, Mysore, Tumkur. A meal, be it breakfast, lunch, or dinner, includes ragi mudde, which is a round ball made by boiling raagi or millet in water; hurali saaru, a spicy soup-like dish made from horse grams along with a variety of Indian spices; or bas saaru, another spicy soup-like dish made from the broth of lentils and spring beans; kempanna, or boiled red rice, and mosaru or curd. Farming is the means of livelihood for villagers of Kolar; the consumption of light, but energetic food in the form of ragi provides the stamina for this. The farmers generally eat 23 ragi balls for lunch, and make do with the disposable leaf from the blue agave found in abundance as fences in the fields. The Hilly district of Kodagu (Coorg, as British Called) also has its own unique cuisine which includes spicy meat (Pork, Pandi Curry, Chicken, Mutton), Kadumbutt(Round balls made up of rice), Paputt, Thaliyaputt. The spicy meat curries derives a tingly taste from a local vinegar kachampuli.

METHODS

South Indian cuisine exploits the natural affinity between rice, coconut, and jaggery. Another combination is that of urad dal and rice, which is used for the idlis, dosas and the various kinds of hoygadubus. The non-vegetarian meal in Karnataka consists of meat and fish. Cooking meat is a simple art in Karnataka, quite unlike that in north India or Hyderabad. The Mangalore coast specializes in varieties of seafood, which are prepared in much the same way as in the rest of the coastal areas. There are also sub-regional variations. The cooking medium in the coastal strip is the coconut oil. In the plateau it is sesame or groundnut oil. The bhakri meal of the northern Karnataka, based on jowar, is very different. So is the ragi meal of the rural areas of old Mysore.

KARNATAKA CUISINE-COMMON TO ALL PARTS

RICE DISHES

- ❖ Bisi bele bath - rice cooked with dal, vegetables and spices; like huli with rice, but often richer
- ❖ Vaangi baath - cooked rice mixed with vegetables cooked in oil and spices; the vegetables are usually made into a palya beforehand and the vaangi baath mixed before serving
- ❖ Chitranna - cooked rice flavoured with spices, particularly oil-popped mustard seeds and turmeric
- ❖ Mosaranna - curd rice sometimes given a fried spicy touch with fried lentils and oil-popped mustard seeds.
- ❖ Puliogare - cooked rice flavoured with spicy tamarind paste
- ❖ Maavinkaayi chitranna - cooked rice flavoured with raw green mango and spices
- ❖ Nimbekaayi chitranna - cooked rice flavoured with lemon and spices
- ❖ Avalakki - akki means rice in Kannada; avalakki is rolled rice that is soaked and cooked with spices and sometimes vegetables.
- ❖ Mandakki

BREADS

- ❖ Ragi rotti - A flat thick pancake made with Ragi dough and flavoured with chillies and onions; it is shaped and flattened by hand
- ❖ Akki rotti - A thick, flat pancake-like dish made with a dough of rice flour, chillies, onions and salt; shaped and flattened by hand prior to cooking
- ❖ Jolada rotti
- ❖ Ragi mudde - Big steamed dumplings made by adding Ragi flour to boiling water with salt to taste.
- ❖ Gunpongalu - Also known as Gundupongla, Mane Kaavali (Skillet with houses), or Poddu. It is made with a rice batter (similar to dosa) and cooked in a special skillet with holes.
- ❖ Chapathi - flat unleavened bread made from atta flour, water, oil and salt, rolled out into the desired shape
- ❖ Dosa, masala dosa(Mysuru), benne dosa(Davangere) ,rave dosa, paper dosa, plain dosa, vegetable dosa, onion dosa, set dosa, neer dosa(Mangalooru), godhi dosa, ragi dosa, menthey dosa.
- ❖ Variants of Idli - like Mallige idli, Thatte idli, rave idli, masala idli, and others.

PALYA or SIDE DISHES

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| ❖ Hurali kaayi palya | ❖ Hurali palya |
| ❖ Hurali appala | ❖ Badnekaayi palya |
| ❖ Bendekaayi palya | ❖ Allugade palya |

KOSAMBARI

Kosambari is a unique Kannadiga dish resembling salads and is prepared using simple ingredients such as lentils, green chillies and finely chopped coriander. The dish is generally finished with a tempering of mustard seeds and asafotida. Common variants include kosambari made with the above ingredients in addition to grated cucumber or carrot.

SWEET & SPICY DISHES

- ❖ Menasinakaayi gojju
- ❖ HuNuse gojju - made with tamarind
- ❖ Bendekaayi gojju - boiled ladies-finger vegetable (okra) cooked in a gravy sweetend with jaggery and soured by tamarind.
- ❖ Tomato gojju - cooked cut or mashed tomato with a sweet-sour gravy.
- ❖ EeruLLi(Onion) & Tomato gojju - cooked cut or mashed tomato mixed with cut onion with a sweet-sour gravy.

- ❖ Haagalakaayi gojju - Bittergourd pieces marinated with salt and turmeric to remove some bitterness cooked with a sweet and sour gravy.
- ❖ Thondekaayi gojju

SAARU (Main Course)

- ❖ Obbatinna saaru - made from the left over broth while preparing the sweet obbattu.
- ❖ Hurali saaru - made from horse gram
- ❖ Bas saaru - made from the broth of boiled lentils and spring beans
- ❖ Mosoppinna/HuLisoppu saaru - made from lentils and spinach
- ❖ meNasina saaru - rasam made from pepper, turmeric, and other spices
- ❖ BeLe saaru - has toor dal as one of the ingredients
- ❖ Kadale kaaLinna saaru- Kadale KaaLu refers to chickpeas also known as garbanzo beans. The Indian variety is dark in colour but sweeter than the white garbanzo beans. The saaru is a gravy prepared with onions, coconut, tamarind, cilantro and a combination of various spices like garlic, ginger, clove, cinnamon, poppy seeds, star anise, fennel, chillies and coriander.
- ❖ Hesara KaaLinna saaru
- ❖ Halasande saaru- Halasande refers to black eyed peas. The saaru is a gravy prepared with onions, coconut, tamarind, cilantro and a spice combination known as "Huli Pudi" also known as Sambar Powder.
- ❖ Avarekai saaru- Avarekai is the Indian beans or lilva is a savored as a delicacy. The season stretched from late December to March. These beans have a strong flavor and the gravy is highly spicy.
- ❖ Haagalakaayi & kadale KaaLina saaru: Haagalakai is the bitter gourd or the Indian bitter gourd. The gravy contains large amounts of jaggery (raw cane sweetener), spices and coconut to balance the bitterness of the vegetable.

OTHERS

- ❖ Bele thovve - cooked toor dal, turmeric, salt, garnished with oil-fried mustard and curry leaves.
- ❖ Southekai thovve - cucumber dices cooked with toor dal, turmeric, salt, garnished with oil-fried mustard and curry leaves.
- ❖ Heerekai thovve - de-seeded Ridge Gourd cooked with toor dal, turmeric, salt, garnished with oil-fried mustard and curry leaves.
- ❖ Thumbuli - spicy gravy
- ❖ Uppittu - variants of which include avarekalu uppittu and chow chow bath.

SWEETS

- ❖ Suggi
- ❖ Huggi - cooked rice & chana or moong, with coconut, milk, elakki and sweetened with bella (jaggery)
- ❖ giNnu - sweetened, flavoured & steam boiled colostrum of cow, buffalo or goat
- ❖ Kajjaya - goes very well with milk and ghee. Resembles Adirasa in Tamil Nadu or the Kerala Neyyi Appam. A dough is made of rice flour and jaggery and donuts are deep fried in Ghee (clarified butter)
- ❖ Kari Kadabu - deep fried or steamed pastry with sweet filling
- ❖ Modaka - deep fried or steamed pastry with sweet filling
- ❖ Karjikaayi - deep fried crisp pastry with dry sweet filling
- ❖ UnDe - ball shaped sweets with the following variations :
 Chikkina unDe - eLLu and bella C
 higaLi unDe - made from eLLu
 Rave unDe - made from semolina
 Shenga unDe - made from peanut
 Mandakki unDe - made from mandakki
 Avalakki unDe - made from avalakki
 Ladoo - made of flour and other ingredients formed into balls that are dipped in sugar syrup.
 Tambittu - made from the flour of dried-raw wheat and jaggery.
 Sikkinunde - made from jaggery, dried coconut and maida .

- ❖ Paayasa - milk & jaggery/sugar based porridge, with the following variations :
beLe - made from split chana or moong
jeerige
gasa-gase
sabbakki
shavige
rice
jack fruit
Hesarubele of the Mungbeans
Kadalebele or Chick peas
cashew, almond and other nuts.
- ❖ obbattu or hOLige - stuffed or plain sweet flat bread/pancake/crepe with variations including :
beLe Obbattu - made from lentils or chana
Kaayi Obbattu - made from coconut, or peanut in northern karnataka
- ❖ haalu-puri - from milk sugar and floured batter.
- ❖ sajjige - boiled semolina sweetened with sugar or jaggery and mixed with cooked fruits like banana or pine apple
- ❖ sakkare achhu - little sugar statues/toys made during Sankranti
- ❖ Haalubaayi - marinated rice ground with jaggery and coconut to form a semi solid that melts in the mouth.
- ❖ basundi
- ❖ mysore pak
- ❖ dharwad pedha
- ❖ karadantu
- ❖ sheekaraNi - pulp of ripe fruit (usually mango or banana) with additions such as sugar, elakki, jaakayi/jaapatri, milk,etc
- ❖ Damrottu - From sweet pumpkin
- ❖ Kunda - prepared from thickened milk, a speciality from BeLagaavi
- ❖ Balushahi
- ❖ Sweet Pastries - The following can be grouped together. These are often accompanied by milled sugar, and/or warm milk flavoured with saffron and almonds.
mandige - huge flat leavened pastry. It is quite a treat to watch chefs making large (>36 inches in diameter) pastries with bare hands and baking them on upturned clay pots over fire.
chiroti, pheni - fluffy & leavened pastry, sometimes called *padaru* pheni because it is leavened.
shaavige chiroti - vermicelli pastry.
? kesaribhath - rice (or semolina in southern karnataka) cooked with sugar/jaggery, cardamom, saffron, milk, dry fruits, and sometimes fresh fruits like banana, mango and pineapple.

PICKLES

Pickles are usually raw seasoned vegetables & sea food, but there are cooked varieties as well called Bisi Uppinakayi(hot pickle). The seasoning varies from plain salt to spices like green chilli, red chilli powder, black pepper, whole and powdered mustard seeds, coriander seeds, etc. They are significantly differ from North Indian pickles or achar in that considerably less oil is usually used in the pickles; salt is the main preservative.

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| ❖ Mavinkayi - Raw green mango | ❖ Midi Mavinkaayi - Immature raw mangoes, usually used whole |
| ❖ Amtekayi | ❖ Iralekayi |
| ❖ Nimbekayi - Whole and sliced lemon and lime❖ | ❖ Gaja Nimbekayi - A larger variety of lemon, resembling a grape fruit |
| ❖ Bettada Nellikayi | ❖ Nellikayi |
| ❖ Tomato | ❖ Heralikayi - a green citrus fruit, only the peel is used in the pickle. |
| ❖ Hagalakayi - bitter gourd | ❖ Prawn, shrimp & crab, especially in coastal areas |

SNACKS

- ❖ Bonda or Bajji - deep fried vegetables (and sometimes chicken and seafood) in batter
- ❖ Vadey - Ambode, Sabbakki vadey, Bele vadey etc.
- ❖ Chakkuli
- ❖ Nippattu
- ❖ Kodubale
- ❖ baaLaka - deep fried vegetable & fruit chips or wafers. The vegetables are usually dried and seasoned with spices, and even butter milk. Common candidates are potato, sweet potato, yam, cassava, ripe jack fruit, banana, plantain, chilli, varieties of suitable green bean pods (usually *gori kaayi/chaLLe kaayi*), etc.

NON-VEGETARIAN DISHES

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| ❖ KoLi bas saaru | ❖ Mutton chop curry |
| ❖ Meatball curry/ Kaima Saaru | ❖ Lamb curry |
| ❖ Mutton pulao | ❖ Chicken pulao |
| ❖ Fish curry | ❖ Liver fry |
| ❖ Koli Saaru/ Chicken Curry | |

UDUPI CUISINE

Udupi cuisine takes its name from Udupi, a city on west coast of Karnataka. Udupi cuisine has its origin in Ashta mathas of Udupi founded by Shri Madhvacharya. Its core is a vast range of creative dishes emphasizing local vegetables and fruits.

MALENADU CUISINE

Although many refer to the malenadu cuisine as an amalgam of Coorgi and Mangalorean cuisine, it has its own distinct style. The word "Malenaadu" means "land of mountain ranges". The cuisine is heavily influenced by the variety of fruits and vegetables available in the rich forests of western ghats. The ingredients like tender bamboo shoots, colocassia leaves, turmeric leaves, raw jackfruit are easily found in the Sahyadri ranges. Steaming is a favored the method of cooking in malenaadu. More often than not there is minimal use of oils in malenaadu cuisine.

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| ❖ Kotte Kadabu | ❖ Kadabu | ❖ Chicken Saaru |
| ❖ Chicken Fry | ❖ Voththu Shaavige with chicken curry | |
| ❖ Voththu shaavige with ghasghase paayasa or kaayi haalu - Steamed rice noodles with a sweet payasa or sweetened coconut milk. | | |
| ❖ Voththushaavige uppittu - Steamed rice noodles stir fried with oil, mustard seeds, onions, green chillies and curry leaves. | | |
| ❖ Akki rotti - rice rotti / flat bread made with rice. | ❖ Bamboo shoot pickle -Kalule` uppinakayi | |
| ❖ Bamboo shoot curry - Kalule` palya | ❖ Halasina haNinna kadabu, paayasa | |
| ❖ Halasina haNinna happla | ❖ Maavina midi uppinnakkayi | |
| ❖ Halasina haNinna dose - jackfruit dose | ❖ Akki Tari Kadabu - breakfast dish made with broken rice. | |
| ❖ Gangala dose - steamed dosa | ❖ Angu or Thode-daaga - very thin sweet crepe made with a thin batter of rice and jaggery. | |
| ❖ Kaayi Holige - a dessert made with fresh coconut ,jaggery and maida. | | |
| ❖ Haalu Payasa - rice pudding, falvored with turmeric leaves and cardamom. | | |
| ❖ Haalu Hittu - semi-soft milk pudding made with milk, rice paste and sugar. | | |
| ❖ Kesina Soppina Palya - A side dish prepared using colocasia leaves as the main ingredient. Served with akki rotti. | | |
| ❖ Thumbuli - a cool saaru usually made in summer using yogurt, ginger, pepper and other spices. Served with steamed rice. | | |

- ❖ Maaldi - a coarse cereal made from ground whole wheat, jaggery, black til and other ingredients. Usually served in a bowl with either milk or ghee.
- ❖ Aralu pudi - a rice cereal made of ground toasted / puffed rice, sugar etc. Usually served in a bowl with warm milk. This cereal is also used as a filling in a special dessert called hurulu kadabu.
- ❖ Hoorulu kadabu - A traditional dessert made with aralu pudi, jaggery, coconut and other ingredients. The mixture is shaped and steamed in turmeric leaves.
- ❖ Kaadu mavina haNnina saaru - a sweet and sour saaru made with whole tiny ripe mangoes. Served with cooked rice.

KODAGU CUISINE

Kodagu's staple food is rice. Traditional dishes include

- ❖ PanDi curry or pork curry
- ❖ Kadambuttu or steamed rice dumplings
- ❖ KoLi saaru or chicken curry
- ❖ Bimbale curry or Bamboo shoot curry
- ❖ Paputtu or steamed rice cake
- ❖ Nool puttu and koLi curry

MANGALLOORU CUISINE

Coconut is widely used in the mangalore cuisine. Traditional dishes include

- ❖ KaNe fry or lady fish fry
- ❖ KoRi roti Crisp flat rice pancake roasted on griddle without oil . Can be stored up to 6 months. Usually served with chicken curry,
- ❖ Patrode, a special dish prepared by steaming stuffed colocasia leaves.
- ❖ Neer dosa, A soft thin pancake made of batter of boiled rice, coconut milk and salt
- ❖ Appam
- ❖ Beeja manoli upkari, or tendli and cashewnuts poriyal
- ❖ wheat halwa
- ❖ Maavina Saaru preserved salted mango fruit cooked whole in a base of steam-cooked toor dal, eatend with red rice or Indian bread.
- ❖ Saala - preserved salted jackfruit shallow fried with traditional oil-mustard seasoning. Eaten as a snack, or as dry vegetable in a meal.

Manni is a traditional dessert made of rice, coconut and jaggery. It can also can be made of various flavours such as vegetables.

NAVAYATH CUISINE

The Navayath Cuisine can be primarily found in the coastal districts of Karnataka, mainly in Uttara kannada and Udupi. Rice, coconut, sea food, eggs, poultry, and mutton are widely used in the Navayath cuisine. Traditional dishes include

- ❖ Ambut Lukha or fish curry prepared with coconut and spices.
- ❖ Chambat Poli or flat rice pancake prepared by spreading batter on banana leaves and roasting on griddle with little oil . Usually served with mutton curry,
- ❖ Navari, a special dish prepared by spreading rice batter with coconut filling stuffed in turmeric leaves. Filling may be sweet or spicy and cooking may be by steaming or by roasting on a griddle.
- ❖ Shaofa pana appam, A soft thin pancake made of batter of rice, coconut milk and fennel leaves
- ❖ Mudkule Rice dough cooked in Prawn curry.
- ❖ Bhatkal Biryani, made of fish, shrimps, chicken or mutton with rice. It is famous globally.
- ❖ Bhatkal halwa
- ❖ Mushroom curry from seasonal natural mushroom from nearby forest is a delicacy during monsoon.

- ❖ Amaty Godan or payasam, made of hog plum, rice flour, and jaggery cooked in coconut milk.
- ❖ Shinonya Nevari is a preparation of rice and coconut batter filled in mussels with spices and steamed like idlis.

SPECIALITIES

A typical Karnataka meal has many delicacies like Kosambari, a salad made of the broken halves of the soaked green moong dal (lentil) minus its skin, spiced with salt, green chili and mustard seed (oggarane) and mixed with tiny scrapings of coconut, cucumber and carrot and dressed with a little lime juice. Then there are the playas which are vegetables steamed or boiled to retain the original color and flavor. Sometimes, huli is replaced with a milder kootu. Tamarind is taboo for kootu, which is spiced with lots of pepper, cumin seeds and ground coconut. Also, no Kannada meal is complete without saarua clear pepper broth.

Other popular Karnataka specialties are bisi bele huli anna, which is created out of rice, dal, tamarind, chili powder, and cinnamon, the gojjua vegetable, most popularly bitter gourd, cooked in tamarind juice and jaggery with chili powder in it, chitrannarice with the juice of lime, green chili and turmeric powder and sprinkled with fried groundnuts and coriander leaves, and Majjige huli with tove which has vegetables in a buttermilk base.

Breakfast foods in Karnataka include the popular uppittu (upma in Tamil) made of roasted semolina and laced with chilies, coriander leaves, mustard and jeera (cumin seed). Karnataka's exclusive dosa, served in some restaurants catering to the middle class is the famous set or a pile of four dosas served on a banana leaf, and topped with coconut chutney, potatoes, and two small pats of butter.

Kesari bhath (a halwa made of semolina, sugar, and saffron), chiroti and Mysore pak are among the favorite sweets in Karnataka. But the piece de resistance is the obbattu or holigeaflat, thin, wafer-like chappati filled with a mixture of jaggery, coconut and sugar and fried gently on a skillet. Along with payasa (south Indian kheer), obbattu is always served with celebratory meals in Karnataka. Other delectable sweets that come out of the Kannada kitchen are the shavige payasa made of vermicelli and sugar, hesaru bele made with green gram dal, and baadami hallu, which is, crushed almonds mixed with milk, sugar and saffron.

SPECIAL OCCASION

Potha Parban is a day given to feasting on homemade sweets, pancakes and puffed rice. Instead of the daily fare of rice and fish curry, the rice harvest is made festive with the addition of jaggery syrup, coconut candy and condiments, to create a variety of recipes for this day. Platefuls of specialties are exchanged between neighbors, relatives and sent as gift hampers to in-laws