



Kerala
God's Own Country

BRDC

MESMERIZING
Malabar

Manna from malabar

THE CUISINE OF KASARAGOD

www.bekaltourism.com



Manna from malabar

The cuisine of kasaragod

Wherever you go in this land, it offers you a full spectrum of mouth-watering tastes, and pampers you with a range of delicacies found nowhere else in the world. Small wonder that Kerala is called God's Own Country. The northernmost part of this southern state of India is especially rich in cuisine, and is world famous for the gustatory pleasures it offers. Countless tourists converge towards Malabar every year, eager to taste the indigenous fare served here. Kasaragod, one of the centres of Malabari cuisine, is a popular destination for those who love to savour traditional dishes like Chicken Sukka, Ottupola, Neerdosha and Neypathal.

Chicken Sukka

This is a local variety of chicken curry. Rich in ingredients, Chicken Sukka can be eaten with any dish and enjoyed at any time of the day. The list of items that go into making it is rather long but that is what makes the curry special. Onions and grated coconut are used in abundant quantities. With the addition of Kashmiri chillies, powdered peppercorn, green chillies and slivers of ginger, the dish acquires a spectacularly incomparable range of pungency. Spices like cinnamon and cloves, and other ingredients like curry leaves, salt, turmeric powder and coriander powder combine to give Chicken Sukka a taste that is guaranteed to tickle your taste buds.



Ottupola

The dough used to make Ottupola is prepared by grinding raw rice, grated coconut, a dollop of cooked rice and a bit of salt to medium-thick consistency. The mixture is then poured into a special shallow earthen pan and baked till the pancake turns golden yellow. Gourmets claim that its special taste comes with following the traditional method of preparation, the earthen pan and the chulha adding to the unique flavour.

Neerdosha

The dough of Neerdosha is made out of the same ingredients that are used to make Ottupola. The difference is that the quantity of cooked rice is halved and the batter is relatively runny. The pancake is baked on an iron griddle.



Neypathal

This is made from fine rice powder or rice dough. A thick batter is prepared, mixing it with grated (mature) coconut, onions, cumin and a bit of salt. It is then poured into a thin piece of white cotton cloth, and patted into a small pancake before being transferred into a wok of boiling oil. The fried snack is now ready for consumption.



Malabar Delicacies

- Unnakkaya
- Muttamala
- Arikadukka
- Adukka Orotti
- Malabar
Dum Biriyani



To experience Malabar,
Download mobile app
www.bekaltourism.com



Unnakkaya

A delicious, sweet and traditional Kerala snack that originates from the Malabar region, it is a deep friend combination of bananas and a host of organic ingredients sprinkled together.



Muttamala

This yellow coloured dish is visually similar to noodles and involves an elaborate preparation in which egg yolks are cooked in sugar syrup.





Arikadukka

This speciality from Malabar involves delicately spiced mussels, where the freshness of locally sourced seafood truly complements the entire culinary experience beautifully.

Adukka Orotti

This pan-cooked flatbread is made with rice, egg and coconut milk and is a popular tea time snack in all of God's Own Country.



www.bekaltourism.com



Malabar Dum Biriyani



Imagine soft, succulent and high-grade chicken/mutton being cooked perfectly in a specialised spice blend, with techniques that have been passed down for centuries. This is essentially how the world famous Malabar Dum Biriyani is made, with natural ingredients heightening the overall flavour of the dish.

www.bekaltourism.com



Unnakkaya



Muttamala



Kallumakkaya



Adukka Orotti