

PATHOLI RECIPE



1. In a pan or bowl, mix the rice flour & salt with water to make a thick batter. The batter should be thicker than a dosa batter. It should not be runny when spread on the leaves. Depending on the quality of rice flour, you can add less or more water than what I have added in the recipe.



2. Mix the fresh grated coconut, powdered jaggery, cardamom powder and grated nutmeg in a plate or bowl. Note that I have used fine jaggery powder. If you chop jaggery, then cook it with the coconut and cardamom powder for 5 to 6 minutes on medium heat.



3. Now rinse all the turmeric leaves. Wipe them dry. Slice the stalks from the leaves. Take each leaf and with a pestle smash the middle vein of the each leaf. This helps in rolling the leaves easily. You can also scrape off the thick centre vein with a knife.

4. Now spread the rice batter on the leaf. Cover the complete leaf.

5. Add the coconut-jaggery filling in the centre of the leaf.



6. Fold one side down and press the edges. You can fold the leaves vertically or horizontally.

7. Since I had long leaves, I cut the leaves into 2 or 3 parts. If you have small leaves, you can keep them whole & intact.

8. Place the stuffed leaves on a idli steamer rack or any steamer lid or rack.



9. Steam these for some 10-12 minutes till done. You can use either the pressure cooker or idli cooker for steaming. remove once steamed. If you have a small steamer, you will have to repeat the whole process.



10. Then when they are warm, gently remove the turmeric leaves from the steamed rolls and serve warm.

Patholi can be had plain or with some ghee or milk.

TURMERIC LATTE



Ingredients

- 2 cups milk coconut milk, almond milk or cashew milk
- 1 tsp turmeric powder
- 1/3 tsp ground cinnamon
- 1/8 tsp ground ginger
- 1 tsp vanilla extract
- 2-3 tsp raw honey sweeten to taste
- Pinch ground black pepper

Instructions

1. Add all ingredients to a blender and puree for about 10-15 seconds.
2. Add to a stainless steel pot and warm turmeric latte on a low-medium heat until heated to your desired level of hotness
3. Remove from heat and pour into mugs. Use an electric milk frother to get a latte consistency.

RICE DUMPLINGS



Ingredients

- 3 tbs soy sauce
- 1 tsp ground fresh turmeric
- 2 tsp ground fresh ginger
- Salt to taste
- 8 x 50mm cotton twines

Instructions

1. Add 1/4C oil to a pot and add shallots to the oil. Turn the heat on medium, slowly cook and fry the shallots until crispy and golden.
2. Add the mushroom pieces to the oil and fry until fragrant, about 1 minute.
3. Add the soaked rice to the oil and stir in 1/2C of water, 3tbs of soy sauce, turn the heat on high and stir constantly. Cook until the liquid has been absorbed and rice is a bit translucent and al dente.
4. Add the ground turmeric, ginger and salt to taste. Remove from heat and let cool.
5. Fold the leaves and fill them with rice mixture. Tie and secure the dumplings.
6. Steam the dumplings on high heat for 40 minutes then serve.

TURMERIC PESTO



Ingredients

- 2 packed cups fresh parsley
- 25mm piece fresh turmeric, washed and chopped small
- 1/2 cup toasted pecans
- zest and juice from 1 lime
- 4 cloves garlic, crushed
- 2 tablespoons local raw honey
- 1/2 cup coconut oil (slightly melted)
- 1 1/2 cups shredded, unsweetened coconut
- 1 tablespoon sea salt

Instructions

1. In a small food processor or blender add parsley, turmeric, pecans, lime, garlic, honey and oil. Pulse a couple of times, then blend for about a minute, or until just combined. This should be a chunky pesto.
2. Transfer the pesto to a bowl and gently stir in coconut. Season with salt and pepper to taste, and add more lime juice if you like a more tart pesto

TURMERIC FLOWER SALAD



Ingredients

- 160 grams flower (10 medium sized flowers)
- 2 tablespoon perilla seed (roasted)
- 1 1/2 tablespoon chopped onions
- 1 tablespoon chopped ginger
- 1 tablespoon lemon juice
- salt to taste

Instructions

1. Take ten pieces of white turmeric flowers, boil them for about 3 hours in a deep saucepan. Then let it cool for about 10 minutes. Take out the boiled flowers from the saucepan and squeeze out the water from each flower. **(Note: the colour of the flower changes from pink to greyish purple and this turns the water greenish in colour)**
2. Now slice and chop these squeezed flowers into small pieces and place it in a bowl.
3. Next pre-heat a pan at medium heat and roast the perilla seeds for 10 minutes or till its aroma is released. Powder finely using a grinder. Using a mortar and pestle to powder will be better, as it will help the oil to ooze out of the seeds. This will give a smoothness to the salad and will add to the taste too.
4. Add the chopped onions and ground perilla seeds to the bowl and toss well. For adding more zest. mix in some chopped ginger and squeeze lemon juice to taste. Add salt to taste.