

# Rice portions and methods to cook

## Karuppu kavuni

- Wash rice thoroughly
- 1:3 - rice: water
- Soak Karuppu Kavuni overnight
- 7-8 whistles
- Can be eaten as lunch rice with any gravy/side dish

## Rathasali

- Wash rice thoroughly
- 1:3 - rice: water
- Minimum soak for 2-3 hour, best results if soaked overnight
- 7-8 whistles
- Can be eaten as lunch rice with any gravy/side dish



**NAMMA  
RUDHRA  
FARMS**

*Rudhra Farms is an organic farm based in Theri Dist., Cumbum. We grow and sell traditional Tamil Rice varieties and cold pressed copra coconut oil.*

### RICE VARIETIES

- Mysore Mali (Parboiled White polished rice)
- Sivan Samba (unpolished or semi polished)
- Thooyamali (unpolished or semi polished)

### Unpolished varieties

- Rathasali
- Karuppu Kavuni
- Karunguruvai
- Poongar
- Pavazhachemmani



## Mysore Mali, Sivan Samba

### Cooker

- Mysoremalli rice 1 glass
- Water 3 glass
- Soak for 30mins
- Pressure cook for 5 to 6 whistles

### Open cooking

- Soak rice for 1 hr
- 1 glass of mysoremalli
- 5 to 6 glasses of water
- Boiling it till rice becomes soft

## LIST OF RECIPES

1. IDLY/DOSA/PANNIYARAM BATTER
2. AAPAM
3. IDIAPPAM
4. KOZHUKATTAI
5. PUTTU
6. COCONUT MILK KANJI

PLS NOTE: Some Rice variety may or may not be available according to stock and season.

Rathasali is by far the best unpolished rice variety that we enjoyed having for lunch as it is softer than other unpolished varieties; but everyone is encouraged to try all rice varieties!



## Recipes with our Rice varieties

### Idly/Dosa/ Panniyaram batter



## Karuṅṅu Kavuni/ Rathasali IDLY/DOSA /PANNIYARAM PORTIONS

### Ingredients

- Traditional Rice – 1 portion
- Mysore Mali / Thooyamalli Rice – 3 portions
- Urad Dal – 1 portion
- Fenugreek Seeds – 1 teaspoon
- Salt – to taste
- Water – as required

### Method

- Wash both types of rice thoroughly and soak them together in water for 6–8 hours.
- Wash urad dal separately and soak it along with fenugreek seeds for 4–6 hours.



- Grind the soaked urad dal and fenugreek seeds along with the soaked rice into a batter.
- Mix both batters together in a large bowl.
- Add salt as required and mix well.
- Cover and allow the batter to ferment overnight (8–12 hours) in a warm place until it rises and becomes airy.

Can be used to make idlies or dosas. Serve hot with coconut chutney, sambar, or podi.



Super soft Rathasali Idly



Crispy Rathasali Dosa





## Recipes with our Rice varieties

### Idly/Dosa/ Panniyaram batter



Pavazhachemmani Idlies



## Pavazhachemmani/ Poongar/Karunguruvai IDLY/DOSA /PANNIYARAM PORTIONS

### Ingredients

- Traditional Rice – 2 portions
- Mysore Mali / Thooyamalli Rice – 2 portions
- Urad Dal – 1 portion
- Fenugreek Seeds – 1 teaspoon
- Salt – to taste
- Water – as required

### Method

- Wash both varieties of rice thoroughly and soak them together in enough water for 6–8 hours.
- Wash urad dal separately and soak it along with fenugreek seeds for 4–6 hours.

- Grind the soaked urad dal and fenugreek seeds along with the soaked rice into a batter.
- Mix both batters together in a large bowl.
- Add salt as required and mix well.
- Cover and allow the batter to ferment overnight (8–12 hours) in a warm place until it rises and becomes airy.

Can be used to make idlies or dosas. Serve hot with coconut chutney, sambar, or podi.



## Recipes with our Rice varieties

### Aapam

Poongar/ Karunkuruvai  
/Rathasali /Karuppu  
Kavuni/Pavalachemmani  
**AAPAM**

#### Ingredients

- Traditional Boiled Rice (any of the above varieties) – 1 portion
- Raw White Rice – 1 portion
- White Whole Urad Dal – ¼ portion
- Fenugreek Seeds – 1 teaspoon
- Flattened Rice Flakes (Aval/Poha) – ¼ cup (optional)
- Salt – to taste
- Water – as required

Karuppu Kavuni Aapam



#### Method

- Wash the boiled rice, raw rice, fenugreek, (and flattened rice flakes, if using) and urad dal thoroughly.
- Soak all the ingredients together in enough water for about 8 hours.
- Drain the soaked ingredients.
- Grind everything into a smooth, slightly flowing batter, adding water as needed.
- Transfer the batter to a large bowl.
- Add salt and mix well.
- Cover and allow it to ferment for 6–8 hours or until the batter becomes light and slightly bubbly.

This recipe yields soft, lacy-edged aapams with a fluffy center, rich in flavor and gentle on the stomach—perfect for a wholesome meal.



## Recipes with our Rice varieties

### Idiyappam

Soft Poongar Idiyappam



## Pavazhachemmani/ Poongar/Rathasali/Karunguruvai IDIYAPPAM

### Ingredients

- Traditional Rice Powder (red/black rice) – 1 portion
- Mysore Malli Rice Powder – 1 portion
- Water – 2 portions (ratio 1:1:2)
- Salt – to taste
- Oil – 2 teaspoons

### Method

- Wash both traditional rice and Mysore Malli rice thoroughly.
- Soak them together for 4–6 hours.
- Drain, dry partially, and grind into a fine powder OR buy Traditional (red/black) rice powder from Namma Rudhra Farms
- In a pan, bring water to a boil.
- Add salt and 2 teaspoons of oil.
- Once the water reaches a rolling boil, switch off the flame.

- Immediately add the rice powder mixture to the hot water.
- Stir continuously and quickly to avoid lumps until it comes together as a soft dough.
- While the dough is still warm, grease the idiyappam maker lightly.
- Fill it with the dough and press directly onto greased idli plates or steaming plates in circular motions.
- Steam the pressed idiyappam for about 8–10 minutes until cooked through.
- Serve hot with coconut milk, kurma, vegetable stew, or sweetened coconut for a traditional touch.

These idiyappams are soft, non-sticky, and made with nutrient-rich traditional rice, offering a wholesome and authentic taste.



Rathasali Rice kanji and puttu powder





## Recipes with our Rice varieties

### Kozhukattai

## Any Rice Variety KOZHUKATTAI

### Ingredients

- Traditional Rice – 1 portion
- Water – 1½ portions
- Oil – 2 tablespoons
- Mustard Seeds – 1 teaspoon
- Curry Leaves – a few
- Ginger – a small piece (finely chopped)
- Onion – optional, finely chopped
- Fresh Coriander Leaves – a handful, chopped
- Salt – to taste

### Method

- Wash the traditional rice and soak it for about 10 minutes.
- Drain completely and let it dry slightly.
- Grind the rice to a coarse rava-like texture
- Heat 2 tablespoons of oil in a pan.
- Add mustard seeds, curry leaves and chopped ginger, sauté until fragrant.

- Run the ground rice and the tempering with a chilly (add or reduce according to your spice level) in a mixy. ~ this is 1portion.
- Pour in 1.5 portions of water and add salt.
- Add chopped onion (optional) and fresh coriander leaves.
- Cook on medium heat, stirring continuously to prevent lumps.
- Continue until the mixture thickens and comes together into a soft, slightly firm dough-like consistency.
- Allow the mixture to cool slightly until warm.
- Grease your hands and shape into small oval or cylindrical dumplings.
- Place the shaped Kozhukattai on greased idly plates or steaming plates.
- Steam for about 10 minutes until fully cooked.

This Kozhukattai is wholesome, lightly spiced, and easy to digest—perfect for a healthy breakfast



Mysore mali  
Kozhukattai



Karuppu Kavuni Kozhukattai



Rathasali sweet and spicy  
kozhukattai



## Recipes with our Rice varieties

### Puttu



## Any Rice variety PUTTU

### Ingredients

- Traditional rice puttu maavu – 1 cup
- Grated Coconut – ½ to ¾ cup
- Salt – to taste
- Water – as required

### Method

- In a bowl, add rice flour and salt.
- Sprinkle water little by little and mix with your fingers.
- The texture should resemble moist sand—when pressed, it should hold shape but crumble easily.
- In a puttu maker (puttu kutti), start with a layer of grated coconut.
- Add a layer of the prepared flour.
- Continue layering (coconut → flour → coconut → flour), ending with coconut on top.



Karuppu Kavuni Rice



- Attach the puttu maker to a steamer or pressure cooker (without whistle).
- Steam for about 5–7 minutes until you see steam coming out and the puttu is cooked.
- Gently push out the puttu onto a plate.

Serve hot with:

- Kadala curry (black chana curry)
- Banana and sugar
- Coconut milk and jaggery

Our Puttu is a light, steamed dish that is naturally gluten-free, fiber-rich, and made with minimal ingredients—perfect for a healthy and traditional breakfast.



Karuppu Kavuni Rice  
puttu powder



## Recipes with our Rice varieties

### Coconut Milk Kanji

## Karuppu Kavuni & Rathasali Coconut Milk Kanji

### Ingredients

- Karuppu Kavuni Rice – 1 glass
- Green Gram Dal – ¼ cup
- Coconut Milk – 2 glasses
- Water – 6 glasses
- Ghee – 1–2 teaspoons
- Cumin Seeds – 1 teaspoon
- Crushed Pepper – 1 teaspoon
- Ginger – small piece (finely chopped)
- Salt – to taste

### Method

- Wash the Karuppu Kavuni rice thoroughly.
- Soak it overnight (8–10 hours).
- Drain the soaked rice.
- Grind it into a coarse texture (similar to broken rice, not a fine paste).
- Add ghee, cumin seeds, pepper, and chopped ginger in a pressure cooker or heavy-bottomed pan.
- Sauté until aromatic.
- Add green gram dal to the pan and roast gently until it releases a nutty aroma.

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- Sauté until aromatic.
- Add green gram dal to the pan and roast gently until it releases a nutty aroma.

### Cooking the Kanji

- Add the coarsely ground rice to the pan along with the roasted dal and spices.
- Pour in 6 glasses of water and add salt.
- Mix well.
- Pressure cook for 4–5 whistles or until the rice and dal turn soft and porridge-like.
- Once the pressure releases, open the lid.
- Add 2 glasses of coconut milk and mix well.
- Simmer for a minute if needed, without boiling too much.

This traditional porridge made with Karuppu Kavuni rice is rich in antioxidants, highly nutritious, and comforting—perfect for a wholesome, healing meal.





## About

### *Namma Rudhra Farm*

An organic initiative started by our founders Mr. Balagurunathan and Mrs. Lakshmi Priya in 2020 to promote traditional rice varieties, natural living, sustainability, health-conscious choices, eco-friendly practices, and preserving indigenous agricultural heritage.

## Featured Products

- Organic Traditional Rice Varieties
- Cold pressed Organic Coconut Oil

**FSSAI**  
*certified*

*From Farm, To Home*

High quality, clean and naturally grown Organic Traditional Rice varieties.

## Our Mission

Food must be medicine

Normalize guilt and fear free eating

Naturally grown produce at affordable rates

Create a health conscious community

## Services



Wholesale & Retail



National and International Delivery



PDF guide for recipes



Instagram and WhatsApp chat services available