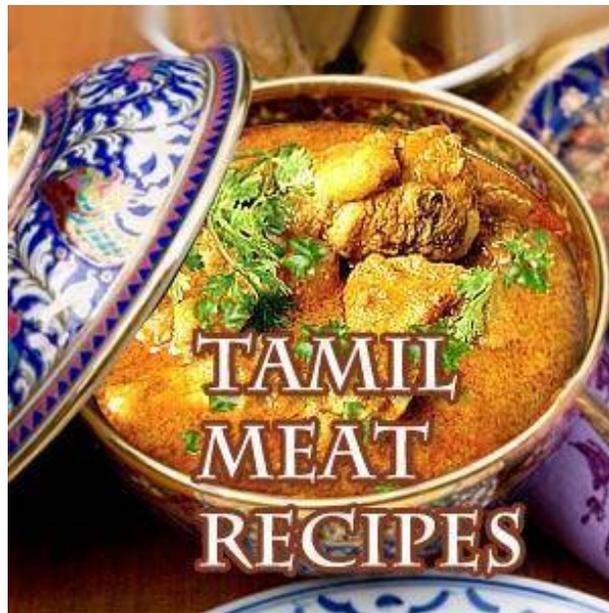




Free e-book

Tamil Non Vegetarian Recipes



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Chicken Briyani

The aromatic flavor of authentic Tamil Muslim biryani wafts in When you are done with this recipe...



Fish Kuzhambu

Try this fish kuzhambu with steam rice and enjoy the special flavor....



Mutton Keema

This simple recipe for mutton Keema can be served either with Rice or roti...



Liver fry

Liver fry is a dry side-dish that accompanies rice or rotis. This recipe is simple and quick to make.....



Mutton Paaya

This simple yet nutritious dish Can be served with hot steamed Rice or parathas.



Mutton sukka

Try out this dry version of mutton and serve with hot rice. The mixture of Spices and ground masalas are sure To tantalize your taste buds.



Mutton chops

Mutton chops can be eaten with Roti or fried rice. Look up our Authentic recipe that is sure to Have your guests smacking their lips.



Pepper chicken

Make pepper chicken the easy and simple way.....



Mutton Kebab

Mutton kebabs can be served with Fried rice or other rice preparations. Check out this special recipe.

The rich culinary heritage of Tamil Nadu is characterized by the use of aromatic spices. The meat is cooked on slow heat to impart the rich flavor. These time-tested recipes merely whet your appetite. For elaborate regional recipes, please visit our parent sites.

Chicken Biryani



Chicken	- One & half kgs
Basmati Rice	- One and half kgs
Oil	- 600 gms
Ginger Garlic Paste	- 300 gms
Chilli Powder	- 50 gms
Green Chillies	- 15 pieces (medium sized)
Tomato	- 500 gms (Ripe NattuThakkali)
Mint	- 1 small bunch
Coriander	- 2 small bunches
Cloves	- 8 pieces
Cinnamon	- 1 medium sized stick
Cardamon	- 5 pieces
Onion	- 250 gms
Lemon	- 2 nos.
Curd	- 1 ltr.
Salt	- as per taste

Preparation

- ❖ Cut onion lengthwise. Divide into halves.
- ❖ Cut tomato into 4 pieces.
- ❖ Extract lemon juice and keep aside.
- ❖ Strip pudina leaves. Wash, cut and keep aside.
- ❖ Strip coriander leaves. Wash, cut and keep aside. Optional to include tender coriander stems.
- ❖ Wash chicken, drain water completely and keep aside.

Method:

1. Place the bigger vessel on the stove. Allow the bottom of the vessel to be heated well.
2. Add oil. Put cloves, cinnamon stick, and cardamon pieces. Wait for few seconds and as it splits add half the quantity of onions. Add full quantity of ginger, garlic paste.
3. Simmer and allow the onions, ginger and garlic paste to cook. This should take less than 10 minutes.
4. Add chicken. Sprinkle 2 teaspoons of salt and mix well. Add the remaining onions pieces.
5. Close the vessel with an aluminum lid. Continue to cook in low flame. Using a ladle, stir the contents of the vessel. Allow it to cook for 15 minutes.
6. Remove the lid. Add chili powder, green chilies, tomatoes, coriander, pudina, lemon juice and curd.
7. Stir well, close the lid and allow the contents to cook well. Continue to cook on low flame.
8. Occasionally stir the contents slowly. After about 20 minutes you may notice the oil separate.
9. Wash the basmati rice and let it remain soaked in water for not more than 10 minutes.

Chicken Biryani

10. At this juncture place the other vessel on the stove. Add water, 4 times the quantity of rice.
11. Allow the water to boil, add salt to taste. Remember you have added salt for the chicken gravy.
12. As the water starts to boil, transfer soaked rice. Close with a perfect lid. Cook on low flame.
13. When the rice is half cooked, without delaying quickly drain out water. Do not throw the drained water.
14. Immediately, transfer half cooked rice (sprinkle kesar powder over rice if required) to the chicken gravy. Slowly mix the contents. Ensure rice doesn't get smashed.
15. Put a dosa tava on the stove and place the vessel. Take a neat newspaper and place it on top of the vessel and then keep the lid. On top of the lid, place the drained water. The vessel is now airtight.
16. Simmer for about 5 – 10 minutes. Wait for few minutes and open lid. The aroma of biryani would confirm that the cooking is completed.
17. Serve hot with onion raitha or brinjal tamarind gravy.

Note: Preferably, use aluminium vessels for cooking authentic chicken biryani. Two aluminium vessels, one for cooking basmati rice (2 Kgs) and another for cooking the gravy (3 kgs) is required. The ingredients are the same for one to one and half kgs of chicken and equal quantity of basmati rice. This quantity serves 7-8 people. For mutton biryani, use mutton and follow the same method.



If you are a Biryani buff, dont miss our wonderful collection of tasty Andhra recipes. Check out the spicy curries bursting with the flavor of rich spices.

For Andhra Recipes - <http://www.come2india.org/andhra-cuisine.html>

Mutton Keema



Minced meat	- 150 grams
Onion (medium size)	- 1
Tomato (small)	- 1
Ginger garlic paste	- 1 tsp
Turmeric powder	- ¼ tsp
Chilli powder	- 1 tsp
Coriander powder	- 2 tsp
Oil	- 3 tsp
Salt to taste.	

Method

- ❖ Heat oil in a kadai or pan. Transfer finely chopped onions.
- ❖ Stir-fry, add ginger and garlic paste.
- ❖ Wait for onion to turn brown and then add finely chopped tomato pieces.
- ❖ Let the tomato turn soft. Add turmeric powder, chili powder and coriander powder. Mix well.
- ❖ Wait for few minutes. Transfer minced meat.
- ❖ Add ½ a glass of water and close the vessel with a tight lid.
- ❖ Cook on a low flame. Occasionally open lid and stir the contents slowly.
- ❖ In less than 15 minutes, the minced meat should be cooked.
- ❖ If gravy is required, stop cooking. Sprinkle coriander leaves before serving.
- ❖ If dry minced meat is required, allow it cook till the water is completely absorbed. Sprinkle coriander before serving.
- ❖ Minced meat gravy or dry can be served with rice or roti.

For Karnataka Recipes - <http://www.come2india.org/karnataka-cuisine.html>

Mutton chops



Mutton chops	-250 grams
Onion	-300 gms.
Ginger garlic paste	- 1 tsp (optional)
Green chillies	- 8 pieces (medium size)
Coriander	- 1 bunch (big)
Black pepper	- two spoons
Salt to taste.	

Preparation

- ❖ Finely cut onions and keep aside.
- ❖ Slit green chillies.
- ❖ Coarse grind pepper.
- ❖ Wash coriander. Chop leaves and stems and keep aside.
- ❖ Wash mutton chops. Drain well and keep aside.

Method:

- ❖ Place a 4-litre pressure cooker on the stove. Add oil.
- ❖ Add finely chopped onions.
- ❖ Stir-fry. Add ginger garlic paste.
- ❖ Allow the onion to turn brown. Add slit green chillies.
- ❖ Fry for two minutes. Transfer mutton chops.
- ❖ Stir the contents well. Cook on low flame for 5 minutes.
- ❖ Add the chopped coriander leaves.
- ❖ Add salt and pour water enough to cover the contents of the cooker.
- ❖ Cook on low flame.
- ❖ Wait for 5 whistles and then switch off.
- ❖ A good side dish for roti, plain rice, fried rice, dhal rice etc.

For Goa Food - <http://www.come2india.org/goa-food.html>

Mutton Paaya (Aatukaal Paaya)



Paya	-6
nos. Onions	-4 nos.
Tomato	- 2 nos.
Ginger garlic paste	- 50 gms
Chilli powder	- 2 tsp
Turmeric powder	-1/4 tsp
Coriander powder	- 3 tsp
Coriander leaves	- 4 tsp.
Oil	- 4 tbsps
Salt to taste.	

Preparation

- ❖ Wash paya. Drain water and keep aside
- ❖ Cut onions and tomatoes into small pieces
- ❖ Wash coriander. Cut and keep aside.

Method:

- ❖ Heat a 4-litre pressure cooker.
- ❖ Add oil and heat.
- ❖ Put onions, ginger garlic paste and fry well.
- ❖ Add finely cut tomatoes.
- ❖ Add turmeric, chili, dhania powder and salt.
- ❖ Allow the mixture to cook on low flame for 5-10 minutes.
- ❖ Transfer paya and coriander leaves. Cook for 5 minutes. Mix well.
- ❖ Pour water enough to cover the contents in the cooker.
- ❖ Continue to cook on low flame.
- ❖ Wait for 5-6 whistles and then switch off.
- ❖ Serve hot with idly, roti, iddiyappam, plain rice, dhal rice, fried rice, plain paratha.

Variation: Instead of cooking along mutton with other ingredients you can also pressure cook mutton separately along with salt, water and a spoon of red chilli powder until 8 whistles.

Liver fry



Mutton liver	-300 gms
Onion	- 2 nos.
Tomatoes	- 1 nos.
Ginger, Garlic paste	- 2 tsp.
Turmeric powder	- ¼ tsp
Chilli powder	- 2 tsp.
Oil	- 2 tsp
Salt to taste.	

Method:

- ❖ Heat a kadai/pan and pour oil
- ❖ Fry finely chopped onion.
- ❖ Add ginger, garlic paste.
- ❖ Add finely cut tomato.
- ❖ Let it turn soft.
- ❖ Add turmeric and chilli powder.
- ❖ Stir-fry well.
- ❖ Add liver pieces.
- ❖ Pour enough water to cover the contents (1/4 glass of water)
- ❖ Occasionally stir-fry. Cook on low flame.
- ❖ In less than 15 minutes, liver fry will be ready.
- ❖ Serve with nan, rotis, dhal rice, parathas etc.

Note: Add turmeric powder while washing liver. In case there is a small layer of skin, do remove it.

Pepper chicken



Boneless Chicken	-250 gms (medium pieces)
Onion	- 2 nos.
Tomatoes	- 2 nos.
Green chilli	- 3-4 nos.
Coriander	- medium bunch
Coconut	- 3 pieces.
Oil	- 150 gms.
Salt to taste	

Method:

- ❖ Make gravy of onion, tomatoes, green chilli, coriander and coconut.
- ❖ Use a medium size pressure cooker and heat it.
- ❖ Pour oil. Wait for 2 minutes
- ❖ Add chicken pieces.
- ❖ Allow the chicken pieces to shrink in size slightly.
- ❖ Add gravy, if required add ½ glass of water.
- ❖ Wait for 3 whistles.
- ❖ Open to check if water is well absorbed.
- ❖ If required, transfer to a kadai and cook on low flame till dry.



For Andhra chicken - <http://www.come2india.org/andhra-chicken.html>

Fish Kuzhambu



Fish	-250 gms.
Onion	-3 nos.
Garlic	- 3 pods.
Tomato	-1 no
Tamarind	- size of a small lemon
Turmeric powder	-1/4 tsp
Chilli powder	-1 tsp
Green chilli	-3 nos.
Coconut	-3 pieces (medium size)
Oil	-150 gms.
Mustard seeds	- ½ tsp
Salt to taste	

Method:

- ❖ Grind garlic, coconut and tomato and set aside.
- ❖ Add water to tamarind pulp measuring 2 glasses.
- ❖ To this, add turmeric powder, chilli powder and salt and keep aside.
- ❖ Pour oil in a pan. Add mustard seeds. Fry finely cut onion and green chilli pieces.
- ❖ Add tamarind water and then garlic, coconut and tomato masala.
- ❖ As it starts to boil, add fish.
- ❖ Do not cover. Let the contents cook on low flame.
- ❖ In 10 minutes fish kuzhambu will be ready to serve.
- ❖ Check if it has reached the desired consistency

Tips: Cooking in gingely oil and adding a spoonful of fenugreek seeds after mustard seeds adds zing to your dish.

For Garlic-rasam - <http://www.madrasi.info/garlic-rasam.html>

Mutton sukka



Mutton	- 250 gms (small pieces)
Onion	- 4 nos.
Tomatoes	- 2 nos.
Turmeric powder	- ¼ tsp
Chilli powder	- 2 tsp
Coriander powder	- 4 tsp.
Mint leaves	- 1 bunch.
Oil	- 150 grms.
Roasted gram	- 2 tsp
Aniseed	- 1 tsp
Cumin seed	- 2 tsp
Black Pepper	- 2 tsp.

Preparation

- ❖ Cut onions, tomatoes
- ❖ Strip mint leaves. Wash, drain water and keep aside.
- ❖ Wash mutton. Drain water and keep aside.
- ❖ Make coarse powder of aniseed, cumin seed and black pepper.
- ❖ Separately powder roasted gram.

Method:

- ❖ Use a pressure cooker. Add oil and heat
- ❖ Add onions and tomatoes.
- ❖ When it turns soft, add mutton pieces
- ❖ Stir-fry. Add chilli powder, coriander powder and turmeric powder.
- ❖ Add a spoonful of salt and mint leaves too.
- ❖ Add enough water to cover contents.
- ❖ Wait for 3 whistles.
- ❖ Take a pan. Heat 3 tbsp oil.
- ❖ Add gravy and let it turn dry.
- ❖ When water is totally absorbed, add green chilli, powdered aniseed, cumin seeds and black pepper powder. Then add powdered chutney dhal.
- ❖ Mutton sukka is ready. Serve hot with sambar rice, rasam rice or nan and rotis.

Variation: You can also cook mutton separately and then mix to the gravy and proceed.

Mutton Kebab



Minced meat	- 150
gms	
Onion	- 2 nos.
Tomatoes	- 2 nos.
Green chilli	- 2 nos.
Coriander	- 1 bunch
Coriander seeds (whole)	- 2 tsp
Mint	- 1
bunch	
Garlic	- 10
Pods	
Lemon	- 1 no.(big)
Bajra (flour)	- 1 cup.
Salt to taste	

Preparation

- ❖ Cut onions, tomatoes, green chillies and garlic pods finely into small pieces.
- ❖ Wash minced meat, drain water and keep aside.
- ❖ Wash coriander and mint leaves. Drain water and keep aside.
- ❖ Squeeze lemon. Keep aside lemon juice.

Method:

- ❖ Mix minced mutton, onions, tomatoes, green chilli, garlic pods, coriander and mint leaves, lemon juice, salt and refrigerate for ½ hour to 1 hour.
- ❖ Just before frying add bajra flour and mix well.
- ❖ Heat oil for frying kebabs.
- ❖ Make the mixed mixture into round shaped balls (lemon size) and slowly drop in the oil.
- ❖ Fry in low flame.
- ❖ Wait for the kebabs to turn light brown.
- ❖ Serve hot with tomato sauce or mint chutney or as a side dish for biryani, fried rice.

Epilogue

We have hundreds of Recipes, Diets, Cooking tips and related information in many of our online publications. It was suggested that we come out with a Book – compiling the rich information we have so meticulously written over the years. You will find one thing in all our publications – Painstaking attention to detail.

We present here – a small collection of Meat based Recipes (Non vegetarian) culled from the famed Chettinad in Tamil Nadu, South India. In India, Biryani – the aromatic rice is cooked along with equal portions of mutton spiced with exotic spices and cooked slowly – so that every morsel you eat has imbibed the flavor of all the ingredients. This recipe has been influenced greatly by the Moghalaya tradition and perfected over centuries.

We are sure that you will find these recipes just as exciting as we found them in our Kitchen.

You will find other great Recipes from our Online Publications:

1. [Women Health Issues](http://www.targetwoman.com/) : <http://www.targetwoman.com/>
2. [Explore India – India Travel Guide](http://www.come2india.org/) : <http://www.come2india.org/>
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