

MAPLE™

COOK BOOK

Karnataka



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Introduction

For close to fifty years, at Group Welkin, we have been adding value to clients across every conceivable industry and business entity. We have become a corporate gifting staple for hundreds of discerning organizations, who count on us as their one stop solution provider. Over the past fifteen years, our flagship brand, Maple, has touched the lives of over two million homes and families, with our boutique Kitchenware and Household appliances.



MAPLE™

Welcome to MAPLE's journey through Karnataka's rich cuisine — a land of bold flavors, fragrant spices, and timeless traditions.

From spicy North Karnataka dishes to coastal coconut-infused curries, this cookbook brings you authentic tastes from one of India's most diverse culinary regions.

Let Karnataka's flavors inspire your kitchen!



BISI BELE BATH



Indian Taste

Bisi Bele Bath


Ingredients

- Rice – 1 cup
- Toor dal – 1/2 cup
- Tamarind – small lemon-sized ball
- Mixed vegetables – 1.5 cups (carrot, beans, peas, etc.)
- Bisi Bele Bath powder – 3 tbsp
- Mustard seeds – 1/2 tsp
- Curry leaves – 1 sprig
- Hing – a pinch
- Ghee – 2 tbsp
- Cashews – for garnish
- Salt – to taste



Instruction

- Cook rice and dal separately.
- Soak tamarind in warm water and extract juice.
- Boil vegetables with salt and turmeric.
- Mix dal, rice, vegetables, tamarind water, and Bisi Bele Bath powder.
- Simmer for 10 minutes.
- In ghee, splutter mustard seeds and curry leaves. Pour over the dish with fried cashews.

 **Preparing**
15 Minutes

 **Cooking**
30 Minutes

 **Serving**
04 Minutes



RAGI MUDDU WITH SOPPINA SAARU

Special Salad Indian Taste

Ingredients

Ragi Mudde:

- Ragi flour – 1 cup
- Water – 2.5 cups
- Salt – to taste


Ingredients

Soppina Saaru:

- Mixed greens (spinach, amaranth) – 2 cups
- Toor dal – 1/2 cup
- Tomato – 1
- Tamarind – a small piece
- Green chilies – 2
- Mustard, cumin, garlic – for tempering

Instruction

- Boil water with salt, stir in ragi flour, cover.
- Mix thoroughly, remove lumps, shape into balls.
- Cook dal and greens.
- Blend with tomato, tamarind, and spices.
- Add tempering and serve hot with mudde.

 **Preparing**
10 Minutes

 **Cooking**
20 Minutes

 **Serving**
2-3 Minutes

NEER DOSA & COCONUT CHUTNEY

Best Choice



Neer Dosa & Coconut Chutney

Ingredients

For Dosa:

- Raw rice – 1.5 cups (soaked 4–5 hours)
- Grated coconut – 1/2 cup
- Salt – to taste

For Chutney:

- Grated coconut – 1 cup
- Green chilies – 2
- Ginger – small piece
- Salt, mustard seeds, curry leaves

Instruction

- Grind soaked rice and coconut into a watery batter.
- Heat a pan, pour a thin layer, cook one side only.
- For chutney, grind all ingredients and temper with mustard and curry leaves.



Akki Rotti



Akki Rotti

Ingredients

- Rice flour – 1.5 cups
- Grated coconut – ¼ cup
- Onion – 1 (finely chopped)
- Green chilies – 2 (chopped)
- Coriander, curry leaves
- Jeera – 1 tsp
- Salt – to taste

Instruction

1. Mix all ingredients with warm water to form soft dough.
2. Spread on banana leaf or directly on pan.
3. Cook both sides on medium flame with oil.
4. Serve with chutney or pickle.



Preparing
10 Minutes



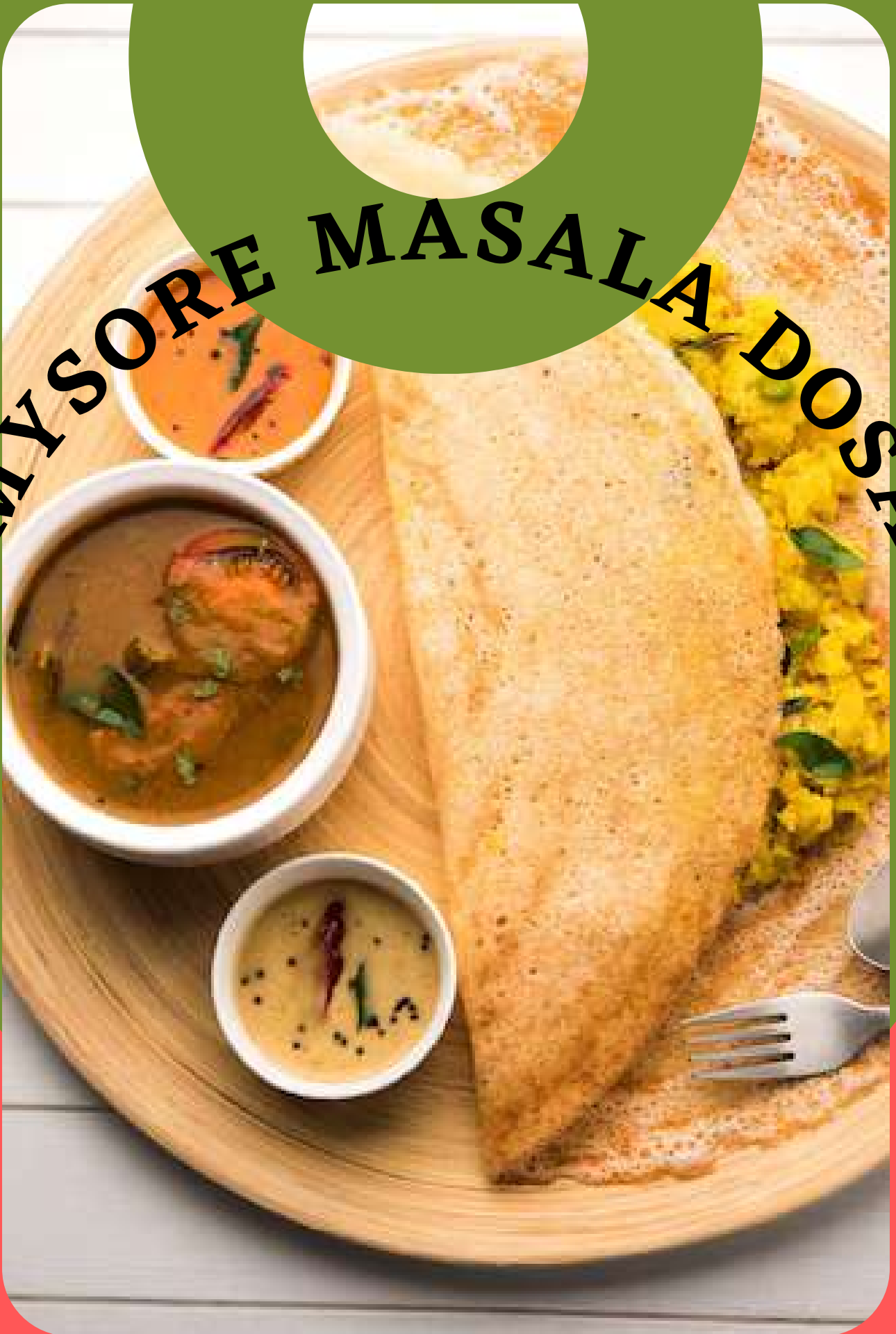
Cooking
15 Minutes



Serving
03 Minutes



MYSORE MASALA DOSA



Mysore Masala Dosa

Ingredients

- Dosa batter (rice and urad dal)
- Potato masala (boiled potatoes, onion, mustard, turmeric)
- Red chutney (dry red chili, garlic, onion paste)
- Ghee or oil

Instruction

1. Spread dosa batter thin.
2. Smear red chutney, add potato filling.
3. Fold and serve with coconut chutney & sambar.

 **Preparing**
10 Minutes

 **Cooking**
15 Minutes

 **Serving**
03 Minutes



CHITRANNA

(Lemon Rice)

- 🕒 Prep Time: 10 mins
- 🔥 Cook Time: 10 mins
- 🍴 Serves: 3-4

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Chitranna (Lemon Rice)

Ingredients

- Cooked rice – 2 cups
- Lemon juice – 2 tbsp
- Green chilies, mustard, urad dal, chana dal, curry leaves
- Turmeric – ¼ tsp
- Peanuts – handful
- Salt – to taste

Instruction

1. Temper mustard, dals, chilies, peanuts, and curry leaves.
2. Add turmeric, rice, and salt.
3. Mix and squeeze lemon juice. Serve.





MANGALORE CUCUMBER CURRY (SOUTHEKAYI HULI)

Mangalore Cucumber Curry (Southekeyi Huli)

Ingredients

- Mangalore cucumber – 2 cups (chopped)
- Toor dal – ½ cup
- Tamarind – lemon-sized
- Jaggery – 1 tsp
- Coconut – ½ cup
- Sambar powder – 1 tbsp
- Mustard, curry leaves – for tempering

Instruction

1. Cook dal and cucumber separately.
2. Add tamarind water, sambar powder, jaggery. Simmer.
3. Add coconut paste. Temper and serve.



Preparing
15 Minutes



Cooking
25 Minutes



Serving
04 Minutes



KOSAMBARI

(Moong Dal Salad)



Kosambari (Moong Dal Salad)

Ingredients

- Moong dal – ½ cup (soaked)
- Cucumber – 1 (chopped)
- Coconut – ¼ cup
- Green chili – 1
- Lemon juice – 1 tbsp
- Mustard & curry leaves – for tempering

Instruction

1. Mix dal, cucumber, coconut.
2. Add lemon juice and salt.
3. Temper mustard and curry leaves. Mix well.



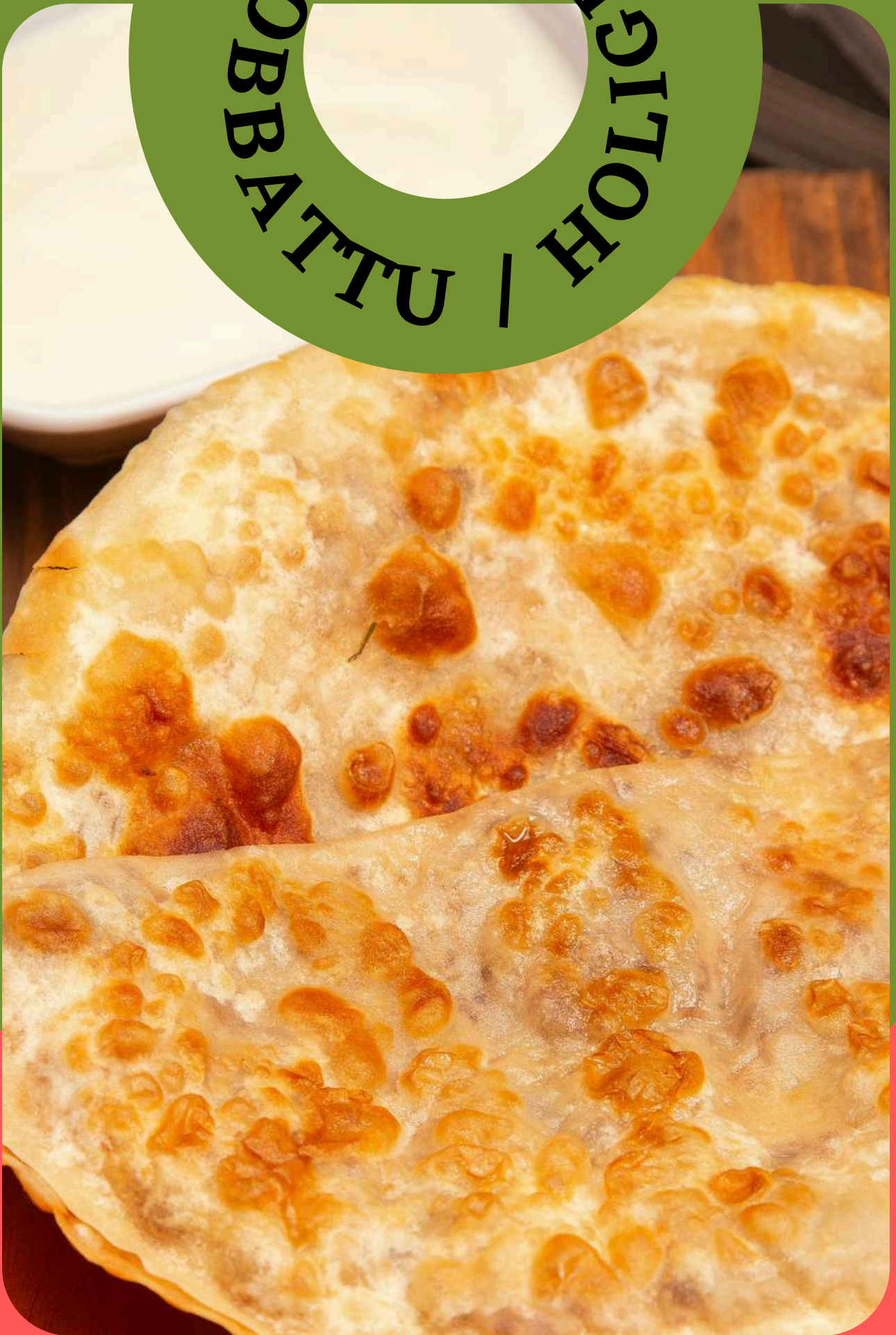
Preparing
10 Minutes



Serving
02 Minutes



ОББАТОН / NELLE



Obbattu / Holige

Ingredients

- Maida – 1 cup
- Chana dal – 1 cup
- Jaggery – $\frac{3}{4}$ cup
- Cardamom powder – 1 tsp
- Ghee – as needed

Instruction

1. Soak and cook dal. Drain, mash with jaggery and cardamom.
2. Knead dough with maida. Rest 30 mins.
3. Fill dal mix into dough. Roll flat and cook on tawa with ghee.



Preparing
45 Minutes



Cooking
30 Minutes



Serving
14 Minutes



Rava Kesari



Rava Kesari

Ingredients

- Rava (semolina) – 1 cup
- Sugar – 1 cup
- Water – 2.5 cups
- Ghee – 3 tbsp
- Cashews, raisins – for garnish
- Cardamom powder, saffron (optional)

Instruction

1. Roast rava in ghee until aromatic.
2. Boil water, add to rava slowly. Stir well.
3. Add sugar, cardamom, and saffron. Cook till thick.
4. Garnish with ghee-fried cashews and raisins.



Preparing
05 Minutes



Cooking
15 Minutes





Thank You for Cooking with Us!

Thank you for discovering the rich and diverse culinary traditions of Karnataka with us.

From the coastal flavors of Mangaluru to the hearty meals of North Karnataka, we're grateful to have been a part of your kitchen journey.

For more regional inspirations and cooking ideas, follow us at:

👉 www.mapleideas.com

Cooking goes beyond just making food — it's about preserving traditions, bringing families together, and creating flavorful memories. With our thoughtfully designed cookware and appliances, we strive to make your time in the kitchen more joyful, effortless, and inspiring.

Stay Connected

We'd love to see what's cooking in your kitchen! Share your photos, stories, and feedback with us on social media. 📸 Tag us @mapleideas and use #CookingWithMaple

Happy cooking - may your meals always carry the warmth of Karnataka and the love of home!

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