

MAPLE™

CookBook

Kerala



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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.



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Welcome to MAPLE's curated journey into the heart of Kerala's cuisine — a land of coconut groves, backwaters, and some of the most fragrant, spice-laden recipes in India.

Kerala's traditional dishes blend local produce, coconut in all forms, and a masterful use of spices. Whether you're a seasoned chef or a curious beginner, this book is your guide to soulful meals inspired by God's Own Country.



Avial is a star of Kerala's Sadya (feast) — served with rice and papadam.



AVIAL

(Mixed Vegetable Coconut Curry)

Ingredients

- Mixed vegetables – 2 cups (carrot, beans, raw banana, drumstick)
- Grated coconut – 1 cup
- Green chilies – 3-4
- Cumin seeds – 1 tsp
- Curd – 1/2 cup (slightly sour)
- Curry leaves – 1 sprig
- Coconut oil – 1 tbsp
- Turmeric powder – 1/2 tsp
- Salt – to taste

- 🕒 Prep Time: 15 minutes
- 🔥 Cook Time: 20 minutes
- 🍴 Serves: 3-4

Avial

Instruction

- Cook vegetables with turmeric and salt in minimal water till tender but not mushy.
- Grind coconut, green chilies, and cumin to a coarse paste.
- Add the paste to the cooked vegetables. Simmer for a few minutes.
- Mix in the curd and remove from heat (avoid boiling after curd is added).
- Drizzle coconut oil and curry leaves on top. Cover and let it rest for flavors to blend.








Erissery

(Pumpkin & Lentil Curry)

Ingredients

- Pumpkin – 2 cups (cubed)
- Yellow moong dal – 1/2 cup
- Grated coconut – 3/4 cup
- Cumin seeds – 1 tsp
- Garlic – 2 cloves
- Red chilies – 2
- Mustard seeds – 1 tsp
- Curry leaves – 1 sprig
- Coconut oil – 1 tbsp
- Salt – to taste

 Prep Time: 10 minutes
 Cook Time: 25 minutes
 Serves: 3

Erissery (Pumpkin & Lentil Curry)

Instruction

1. Rinse moong dal and cook with water until soft.
2. Add pumpkin cubes, salt, and cook until tender.
3. Grind coconut, cumin, and garlic to a coarse paste. Add to the pot and simmer for 5 minutes.
4. In a separate pan, heat coconut oil. Splutter mustard seeds, add red chilies and curry leaves.
5. Pour the tempering over the curry. Mix and serve hot.

Thorán (Cabbage Stir-Fry with Coconut)



🕒 Prep Time: 10 minutes
🔥 Cook Time: 15 minutes
🍴 Serves: 2-3

Ingredients

- Cabbage – 2 cups (shredded)
- Grated coconut – 1/2 cup
- Green chilies – 2 (slit)
- Mustard seeds – 1/2 tsp
- Curry leaves – 1 sprig
- Turmeric – 1/4 tsp
- Coconut oil – 1 tbsp
- Salt – to taste

Thorán (Cabbage Stir-Fry with Coconut)

Instruction

1. Heat oil in a pan, add mustard seeds. Once they splutter, add curry leaves.
2. Add cabbage, turmeric, and salt. Mix well.
3. Cover and cook on low heat for 5 minutes.
4. Add grated coconut and green chilies. Mix and sauté for another 5–7 minutes until soft but not mushy.
5. Serve hot with rice.



Kerala Fish Curry

A cozy stew of veggies cooked with fermented yak or cow milk cheese — earthy, tangy, and warming.



Ingredients

- Fish (seer or pomfret) – 300g (cleaned, cut)
- Tamarind – lemon-sized ball (soaked in warm water)
- Chili powder – 1.5 tsp
- Turmeric powder – 1/2 tsp
- Fenugreek seeds – 1/4 tsp
- Garlic – 5 cloves (crushed)
- Shallots – 6 (sliced)
- Curry leaves – 1 sprig
- Coconut oil – 1.5 tbsp
- Salt – to taste

🕒 Prep Time: 10 minutes

🔥 Cook Time: 20 minutes

🍴 Serves: 3-4

Instruction

1. Soak tamarind and extract the juice.
2. Heat coconut oil in a clay pot or deep pan. Add garlic, shallots, and curry leaves. Sauté till soft.
3. Add chili powder, turmeric, and fenugreek seeds. Stir for a few seconds.
4. Pour tamarind extract and bring to a boil.
5. Add fish pieces gently. Cover and simmer on low heat for 10–15 minutes until fish is cooked and flavors blend.



🕒 **Prep Time: 15 minutes**

🔥 **Cook Time: 30 minutes**

🍴 **Serves: 4**

Puttu & Kadala Curry



Ingredients

For Puttu:

- Puttu podi (rice flour) – 2 cups
- Water – as needed
- Salt – to taste
- Grated coconut – 1/2 cup

For Kadala Curry:

- Black chickpeas – 1 cup (soaked overnight)
- Onion – 1 large (sliced)
- Tomato – 1 (chopped)
- Grated coconut – 1/2 cup (roasted and ground with water)
- Chili powder – 1 tsp, coriander powder – 2 tsp, turmeric – 1/2 tsp
- Mustard seeds – 1/2 tsp
- Curry leaves – 1 sprig
- Coconut oil – 1 tbsp

Puttu & Kadala Curry

Instructions for Puttu:

1. Sprinkle water on puttu podi while mixing by hand until the texture resembles wet sand.
2. Layer puttu maker with coconut and flour alternately.
3. Steam for 5–7 minutes or until cooked.

Instructions for Curry:

1. Pressure cook chickpeas until soft.
2. Heat oil, splutter mustard seeds, add onions, curry leaves. Sauté till golden.
3. Add tomatoes and spices. Cook till oil separates.
4. Add ground coconut paste, mix well.
5. Add chickpeas and water to desired consistency. Simmer 10 minutes.



Appam with Vegetable Stew

🕒 Prep Time: 20 minutes

🔥 Cook Time: 25
minutes

🍴 Serves: 3-4

Appam with Vegetable Stew

For Appam:

- Fermented appam batter made from rice and coconut

Instructions:

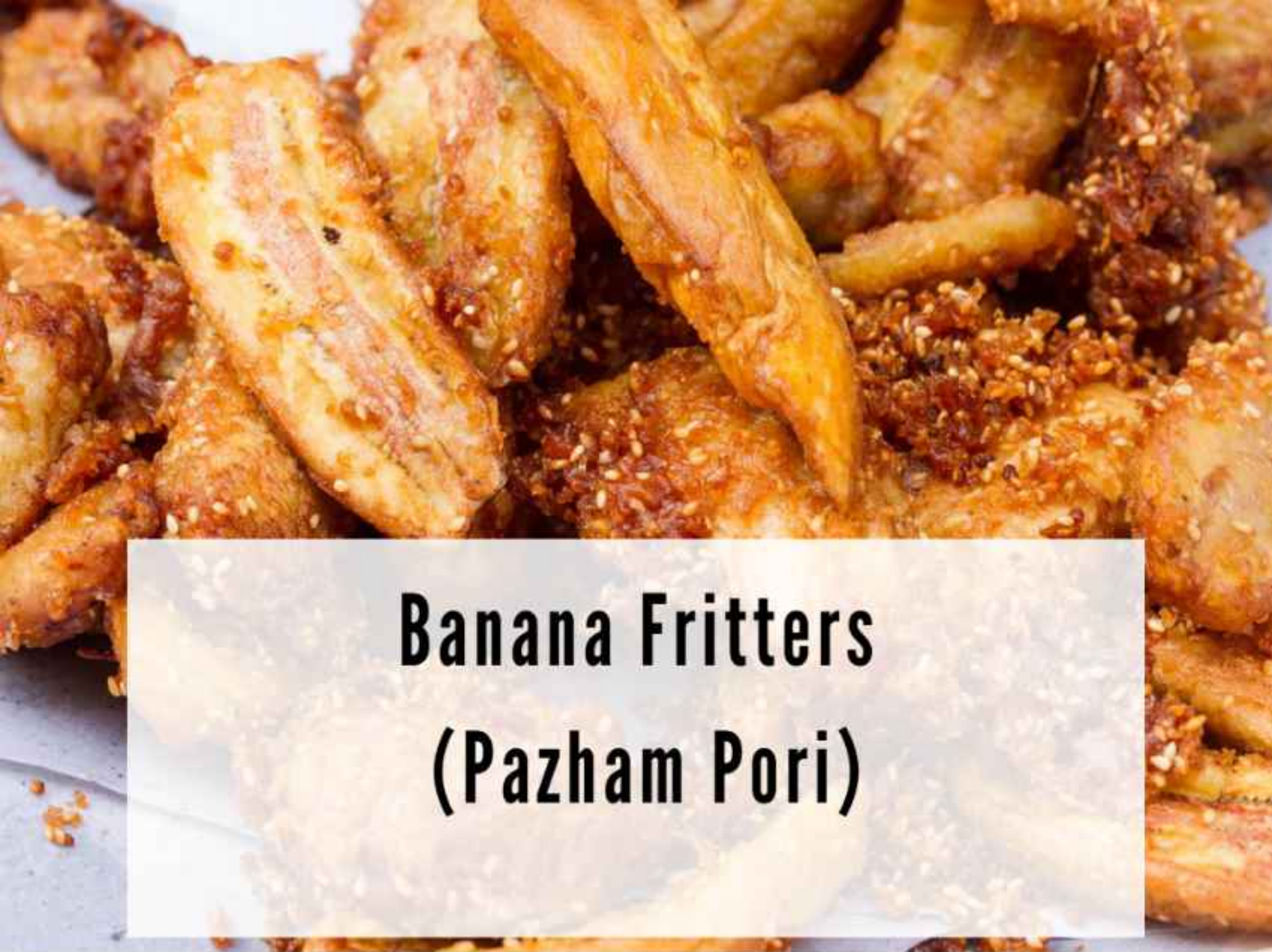
1. Heat appam pan, pour batter in the center, swirl to form thin edges.
2. Cover and cook on low heat till soft in center and crisp on edges.

Instructions:

1. Heat oil, sauté onion, green chili, ginger, cinnamon, and cloves.
2. Add vegetables and salt, sauté lightly.
3. Add thin coconut milk (if available) and cook till veggies are tender.
4. Stir in thick coconut milk. Heat gently. Do not boil.

Ingredients


- Mixed vegetables - 2 cups
- Onion - 1 (sliced)
- Green chili - 1 (slit)
- Ginger - 1 tsp (julienned)
- Cinnamon - 1 small stick, Cloves - 2
- Coconut milk - 1 cup (thick)
- Coconut oil - 1 tbsp
- Salt - to taste




Banana Fritters (Pazham Pori)

Ingredients

- Ripe Kerala banana – 2
- Maida – 1 cup
- Sugar – 2 tsp
- Turmeric – a pinch
- Water – as needed
- Oil – for deep frying

 **Prep Time: 10 minutes**

 **Cook Time: 10 minutes**

 **Serves: 2-3**

Banana Fritters (Pazham Pori)

Instruction

1. Peel bananas and slice lengthwise.
2. Mix maida, sugar, turmeric, and water into a smooth, thick batter.
3. Dip banana slices in batter. Deep fry till golden and crisp.

Ada Pradhaman (Rice & Jaggery Payasam)

Ingredients

- Rice ada – 1 cup
- Jaggery – 1.5 cups
(melted in 1/2 cup water)
- Coconut milk – 2 cups
(1st and 2nd extract)
- Ghee – 2 tbsp
- Cashew nuts & raisins –
for garnish



🕒 Prep Time: 15 minutes

🔥 Cook Time: 30 minutes

🍴 Serves: 4

Ada Pradhaman (Rice & Jaggery Payasam)

Instruction

1. Cook rice ada in boiling water. Drain and rinse.
2. Mix ada with jaggery syrup. Simmer for 5-10 minutes.
3. Add second extract of coconut milk. Cook for a few more minutes.
4. Finally, add thick (first) coconut milk. Heat without boiling.
5. Fry cashews and raisins in ghee. Add to payasam and mix.

KALAN (YAM AND RAW BANANA CURRY)



Ingredients

- Raw banana – 1 (peeled and diced)
- Elephant yam – 1 cup (diced)
- Curd – 1 cup (sour)
- Grated coconut – 3/4 cup
- Cumin seeds – 1 tsp
- Green chilies – 2
- Turmeric powder – 1/2 tsp
- Black pepper powder – 1/4 tsp
- Mustard seeds – 1/2 tsp
- Curry leaves – 1 sprig
- Fenugreek seeds – 1/4 tsp
- Coconut oil – 1 tbsp
- Salt – to taste

Kalan

(Yam and Raw Banana Curry)

Instruction

- Cook yam and banana with turmeric, pepper, and salt in minimal water until soft.
- Grind coconut, green chilies, and cumin to a smooth paste.
- Add this paste to the cooked vegetables and simmer for 5 minutes.
- Lower the flame, add well-beaten curd. Stir continuously. Do not allow it to boil.
- In another pan, heat oil, splutter mustard seeds, fenugreek seeds, and curry leaves.

Ulli Theeyal

(Shallot Tamarind Curry)



Ingredients

- Shallots – 15–20 (peeled)
- Grated coconut – 1 cup
- Tamarind – small lemon-sized ball
- Dried red chilies – 2–3
- Coriander seeds – 2 tsp
- Fenugreek seeds – 1/4 tsp
- Turmeric powder – 1/4 tsp
- Mustard seeds – 1/2 tsp
- Curry leaves – 1 sprig
- Coconut oil – 1 tbsp
- Salt – to taste

 **Prep Time: 15 minutes**

 **Cook Time: 25 minutes**

 **Serves: 3**

Ulli Theeyal (Shallot Tamarind Curry)

Instruction

1. Dry roast grated coconut, coriander seeds, and red chilies till dark brown. Cool and grind to a fine paste.
2. Soak tamarind in warm water and extract juice.
3. Heat oil in a pan, splutter mustard seeds. Add curry leaves and shallots. Sauté until they turn soft.
4. Add turmeric and the ground coconut paste. Mix well.
5. Pour in tamarind extract and required salt. Simmer for 10–15 minutes until the curry thickens and oil separates.
6. Serve hot with steamed rice.



MAPLE™

Thank You for Cooking with Us!

Thank you for exploring Kerala's rich culinary heritage with us. For more regional flavors and kitchen inspiration, follow us at:
www.mapleideas.com

Cooking is not just about preparing food; it's about creating memories, sharing love, and celebrating traditions. With our cookware and appliances, we aim to make your cooking experience even more enjoyable and efficient. We believe that the right tools can transform your kitchen into a place of creativity and joy.

Stay Connected

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Happy cooking, and may your meals always be filled with flavor and love!

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