



Sambhar

13.1 Sambhar: It is an indispensable dish of South India and forms an integral part for idlis, Vadas and rice which is the main dish in South for breakfast, tea and main course. The lentils are main and can be cooked with any seasonal vegetable like okra, brinjal, drumstick etc. Onion, Tomatoes also form a part of this spicy soup. The sambar is also done in various methods like it depends on the south region wise.



Kumauni saag

13.2 Kumauni Saag: It is from the Himalayan state of Uttarakhand. It is basically a greens or spinach dish with fenugreek as ingredient.