

# ONAM

[recipes.malayali.me/onam](http://recipes.malayali.me/onam)

**ONAM** – is the regional festival of Keralites. **Onam Sadhya – a vegetarian banquet** is the centre of attraction for Onam. The Sadhya is served on Fresh Plantain Leaves. Here is a photo of **Onam Sadhya**. We didn't get Fresh Plantain Leaves and so had to adjust with Paper Leaves 😊



There can be anywhere between 13-25 dishes for Onam and this number can be higher. 😊 The most common Onam Dishes are:-

1. Rice
2. **Sambar**
3. **Parippu Curry**
4. **Rasam**
5. **Pulissery**
6. **Aviyal**
7. Thoran – **Cabbage, Beans, Cabbage & Carrot, Kovakka, Vazhachundu Payaru Thoran, Peechinga Thoran**
8. **Puliyinji**
9. Inji Curry
10. **Mathanga Payaru Erissery, Vellarikka Payaru Erisher**
11. **Kaalan**
12. **Olan**

13. Kootu Curry
14. **Mixed Vegetable Theeyal, Mushroom Theeyal**
15. Pachadi – **Pineapple Pachadi, Ripe Plantain (NenthraPazham) Pachadi, Vellarikka Pachadi**
16. Kichadi – **Carrot Kichadi**
17. **Mulaka Pachadi**
18. Mezhkkupuratti – **Cherupayaru Mezhkukupuratti, Achinga Mezkuvaratti**
19. **Moru Kachiyathu, Vellarikka Moru Curry**
20. **Injithairu**
21. Pappadam
22. Achaaru
23. Chammanthi – **Uppu Manga Chammanthi**
24. Upperi (Kaaya Varuthathu)
25. SharkaraVaratti
26. Pazham
27. Payasam – **Cherupayaru Payasam, Semiya Payasam, Sharkkara Payasam, Aval Payasam, Nurukku Godhambu Payasam**
28. Pradhaman – **Mambazha Pradhaman**

Sambar

Dal/Parippu Curry

Rasam

Ethapazham Pulissery

Aviyal

Cabbage Thoran

Beans Thoran

Kovakka Thoran

Puliyinji

Mathanga Payaru Erissery

Vellarikka Payaru Erishery

Kaalan



Olan

Mixed Vegetable Theeyal

Mushroom Theeyal

Pineapple Pachadi

Nenthra Pazham Pachadi

Carrot Pachadi

Mulaka Pachadi

Cheru Payaru Mezhkkuvaratti

Achinga Mezhkkupuratti

Moru Kachiyathu

Vellarikka Moru Curry

Uppu Maanga Chammanthi

Cherupayaru Payasam

Semiya Paysam

Aval Payasam

Nurukku Godhambu Payasam

Mambazha Pradhaman



These are the dishes we had for Onam 2009.

1. Rice
2. **Sambar**
3. **Ethapazham Pulissery**
4. **Aviyal**
5. **Cabbage Carrot Thoran**
6. **Mathanga Payaru Erisseriy**

7. [Pinepple Pachadi](#)
8. [Kaalun](#)
9. [Mixed Vegetable Theeyal](#)
10. [Injithairu](#)
11. [Mulaka Pachadi](#)
12. Pappadam
13. Sharkkara Varatti
14. Kaya Varuthathu – Banana Chips
15. Achaar
16. Palada Paysam

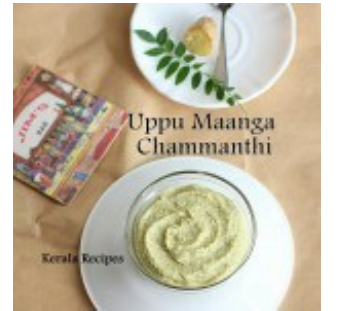
I will be uploading all the recipes one by one.







### Vellarikka (Cucumber, Moru Curry)



### Aval/Poha Payasam



