

### Methods to use Nanneer in your home cooking

1. To detoxify all your vegetables from chemical impurities and microbial load.

Mix 50 ml of Nanneer in one litre of water and soak the cut vegetables for minimum 10 to maximum 15 minutes.

2. Mix 50 ml of Nanneer when you prepare your wheat or maida batter for all types of Indian roti and puri.
3. Mix 25ml of Nanneer when you soak your rice separately and 25 ml of Nanneer when you soak ulloor dhal separately. When you grind rice mix 25 ml of Nanneer and when you grind Ulloor dhal mix 25 ml of Nanneer to prepare the idly, dosa batter.
4. Mix 50 ml of Nanneer when you start to cook the rasam, kuzhambu, kuruma or any other gravy. Mix 25 ml of Nanneer when you boil toor dhal and again mix 25 ml of Nanneer when you start to cook your sambhar.
5. Add 30 ml of Nanneer when you start to cook all your vegetables that is varuval or porial or kuttu.
6. Add 50 ml of Nanneer when you start to cook various types of dhal.
7. Add 50 ml of Nanneer in one litre of water and soak the washed chicken, mutton, fish, prawn, beef, pork or other bird meat for 20 minutes minimum. While cooking add 50 ml of Nanneer for the same.
8. For all deep fried snacks add 40 ml of Nanneer per kg of flour used for preparing your batter to avoid rancid.
9. Use 40ml of Nanneer per kg of flour to prepare the idiyappam batter.
10. Use 40ml of Nanneer for Rava or any other Upma before the start of cooking.
11. Add 40 ml of Nanneer for preparing pongal or dhal kichidi while cooking.
12. Add 50 ml of Nanneer per kg when you are preparing all types of sweets , payasam (Kheer) and other sugar mixed desserts.
13. Add 40 ml of Nanneer per litre for all fruit juice including lemon juice.
14. Add 40 ml of Nanneer in the milk before taking it up for boiling.
15. To enjoy the best tea , coffee, curds and butter milk use 10ml of Nanneer while preparing tea decoction and same 10 ml for preparing filter coffee decoction.
16. Add 10 ml of Nanneer for complan, boost or horliks.
17. Add 20 ml of Nanneer with water to soak chenna , rajma and other seeds for any dish preparation with them and add 20ml of Nanneer while cooking them.
18. For various types of vada – add 30 ml of Nanneer while soaking all types of dhal and 30 ml of Nanneer while grinding them preparing batter for vadas and Bonda.
19. Add 40 ml of Nanneer to mixed with chenna dhal powder while preparing your batter for any type of Baji.
20. Add 25 ml of Nanneer to soak the rice for 30 minutes and add 25 ml of Nanneer while cooking to prepare all your vegetarian variety rice.
21. Add 40 ml of Nanneer to all your Non vegetarian items while cooking them for biriyani and add 40 ml Nanneer after you mix the rice while cooking to prepare the biriyani.

Thanking You,  
Dr.C.K.Nandagopalan.