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22ND YEAR Rajyotsava CELEBRATIONS



SANGAMADA BANDHU BANDHAVARIGELLA

“37th Karnataka Rajyotsavada HARDIKA SHUBHASHAYAGALU”

“ರಾಜ್ಯೋತ್ಸವದ ಹಾರ್ದಿಕ ಶುಭಾಶಯಗಳು”

Executive Committee

<i>President</i> Uma Nagabhushan 314-846-6754	<i>Vice President</i> N S Srikanta 314-692-7832	<i>Secretary</i> Deepthi Venkatram 636-579-9597	<i>Treasurer</i> Malathi Reddy 314-576-1083
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Raman Srinivas 314-846-2907	Latha Vishwanath 636-394-7403	Shobha Dixit 636-536-4844	Venugopal Talkad 314-892-1939	Sujatha Manjunath 636-536-4561
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Dear Sangama members,

Sangama will be celebrating the 37th anniversary of Karnataka Rajyotsava on **November 17th, 2007** at the Parkway Northeast Middle School @ Ladue & 270 (details further down in the newsletter). As parts of the Rajyotsava, we have arranged a wonderful evening to showcase the achievements of Kannadigas. Other than our jobs, we all have different hobbies – some people are creative writers, others play music, some are good at drama/dance. Others collect art items, some create art out of disposables (ಕನದಿಂದ ರಸ), cross-stich, weaving, painting, etc. So here is your opportunity to showcase your talents.

The theme for the evening is: **Celebration of the hobbies and creativity of Kannadigas**

So, please bring your artwork or other creative items to the program. Please come in early, display them for all members to enjoy. Some of you have seen the handiwork of Nagabhushan Joshi (Gopinath's father). Gopinath has graciously agreed to bring his father's artwork and show it on that day.

If you want any more details, please call Srikanta at 314-692-7832 for details. Thanks.

2. As usual, Rajyotsava day is the day of ನಳವಾರ. The day men do the cooking, and the wives and significant others can enjoy and critic the food. The food committee consisting of Venugopal, Malathi Reddy, and Latha Vishwanath have come up with the menu for the evening (see page 2 for details on the assignments and what you should make and bring to the program). You can take the help of your mate, but would appreciate the husbands making the food. This way we can enjoy men's cooking.
3. As the theme suggests, we have entertainment (hobbies of our members) planned for the evening. Srinivas and Deepthi Venkatram along with 2 young MCs will entertain you for the evening. Also, we have a new author in our midst. A Sangama member has written a book on the Wedding rituals, and plans to release the book that day. Latha will host a ಒರಟು competition.
4. Sangama membership has declined (some members have not paid their dues). To cover the costs of renting the hall, the committee will charge an entrance fee for guests. All members are admitted free, but if you do bring a guest the fee will be \$ 10 per family. Come down and have a wonderful evening.

Details for the program:

Event: **Celebration of the hobbies and creativity of Kannadigas**

Place: [Parkway Northeast Middle School @ Ladue & 270](#) (click on the link for map)

Time: 05:00 to 06:00 PM - Exhibition and showcasing the hobbies

06:00 to 07:00 PM - Dinner (Kitchen will be closed promptly at 7:00 PM)

07:00 to 09:00 PM - Program

Looking forward to meeting you all on the 17th. If you need further details, please contact one of the committee members.

Sangama 2007 Committee

Recipe for MysorePak

Ingredients:

- ❖ Besan/Gram flour-1 cup(Any cup you choose for measurement)
- ❖ Sugar-2 cups
- ❖ Ghee – 3 cups(in liquid form)
- ❖ A pinch of yellow color (optional)
- ❖ You can add 2 cups ghee and 1 cup vegetable oil also (optional) instead of 3 cups ghee.
- ❖ Water or Milk- ½ cup

Procedure:-

Sieve the besan and remove all the knots. Then heat thick bottomed vessel and add the besan and fry for a couple of minutes on a medium flame. Put the besan aside and allow it to cool. In a thick bottomed vessel add water or milk and sugar, and stir well, then add the besan, while adding besan keep stirring and see to it no lumps are formed. Now, slowly start adding ghee little by little and keep stirring.

Whenever you feel the mixture is getting dry, add ghee and keep stirring .At one point of time the besan mixture will not absorb ghee anymore, and it will start leaving the sides of the vessel, and you can see small bubbles formed around the circumference of the mixture, which is an indication that it is done, but continue stirring for a couple of more minutes. If you want a slightly dark one, you can mix for a couple of more minutes. Pour it in a plate greased with ghee . Allow it to cool well. Then cut it into pieces.

The whole process will take around 45 minutes and should be done on a medium flame. By the end almost all the ghee will be consumed. Any ghee not absorbed by the mixture will collect on the sides of the plate.

Food assignments

Item	Members name(s)	Item	Members name(s)
<i>Poori (50 each)</i>	Prasad Mayenkar Harish Sundaram Vittal Bhat Niranjan Raju Deepak Rao Krishna Pramod	<i>Saghu (4 quarts each)</i>	Shankar Sastry M.K. Sateesha Shadaksharappa Gowdara N.S. Srikanta T.V. Venkatesh S. Manjunath
<i>Bisibelebath (5 quarts each)</i>	Shankar D. Rao Suri Palamand S. Seshadri Raghu Pandurangi Natarajan Ramachandran Bangalore Venkataraman	<i>Mosaru Bajji or Raitha (4 quarts each)</i>	B.N. Premchandra Ganesh Kishore Jagadish Atri Ravi Nayak Parag Hukeri
<i>Kosumbari (4 quarts)</i>	Aravind Upadya Vinayaka Sharma Jaya Ramanuja Raman Srinivas Sunil Katharaju	<i>Mosaranna(6 quarts each)</i>	Srikanth Patlu Shashidara Krishnaswamy Devadas Bhat
<i>Pakoda (50 each)</i>	Ananth Manepalli Bhaskar Subbarao Ramakrishna Venkatesh Somaprasad Hosahalli Sripal Hungi Krishna Reddy V.Viswanath	<i>Happala (50 each)</i>	Kumar Malali Uma Kolandai Harish Atreya Prasanna Kasturi Purushotham Bhattacharya Smitha Rao
<i>Jamun (50 each)</i>	Keelara Gopal Ramakrishna Rao S. Hariprasad Nagarajan Gururaj Venugopal Talkad Vinod Shenoy	<i>Soda (2 x 2 liter bottles)</i>	Ravi Kumar Vivek Kumaraswamy Madhukar Mohan K.K. Sankaran Surendra Shenoy

If you are unable to bring the item allocated to you, or if you have not been assigned an item and would like to bring please call:

Latha Viswanath (636-394-7403)

Malathi Reddy (314-576-1083)

Venugopal Talkad (314-892-1939)

Recipe for Gojavalakki (by Deepthi Venkatram)

Ingredients

- ❖ Avalakki/Poha (coarsely powdered)- 2 cups(rice cooker cup)
- ❖ Tamarind – Size of a small lemon(if using paste 2-3 teaspoons)
- ❖ Jaggery- Same as tamarind
- ❖ Rasam powder- 2 1/2 tsps.(if hot)/ 3 tsps. (if mild)
- ❖ Peanuts – ½ cup
- ❖ Curry leaves- 2 strings
- ❖ Turmeric- ¼ tspn.
- ❖ Mustard- ½ tspn.
- ❖ Chanadal-1 tspn.
- ❖ Urad dal- 1tspn.
- ❖ Asafoetida- 1 pinch.
- ❖ Oil- 6-8 tsps.
- ❖ Salt to taste.

Procedure:-

Put around 3 rice cooker cups of water for boiling in a thick bottomed vessel. Add the tamarind paste,(or if using hard tamarind , soak in ½ glass of luke warm water for about 10-15 minutes and squeeze out the juice, do this 2-3 times to get all the juice and trash the pulp). When the water starts to boil, add turmeric powder, jaggery, rasam powder, Salt and allow it to boil on a medium for 7-8 mts or till the raw smell goes. Take the vessel off the stove and the powdered Avlakki to it and mix well. Let it sit for 10-12 minutes. If it is hard poha it needs more time, other wise 10-12 minutes is sufficient. Heat oil in a kadai, then add peanuts , when start to turn golden brown in colour add Chanadal, uraddal, mustard, asafoetida, curry leaves and fry for 1 minute. Then add the avalakki to this which would have absorbed all the water and become soft, and mix well. Before mixing the avalakki to the seasoning you can shut off the stove.(if you feel it is still hard and rough you can heat around ¼ cup of water and add to it and then mix it with the seasoning.). You can either serve it hot or cold, it tastes good both ways. Garnish with grated coconut and coriander leaves.

Sangama
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