

INDIAN LIST

Grains, Lentils,

Beans

Aval (Puffed /Flattened Rice)
Bajra Flour
Besan (Dhal Flour)
Black Channa
Black Whole Urad
Black-Eyed Bean
Broad Beans
Broken Wheat
Channa Dhal
Corn Flour (Makki Ka Atta)
Dried Green Peas
Horsegram
Kidney Beans
Maida (Plain Flour)
Masoor
Moong Dahl Green
Moth
Ragi Flour
Rice - Basmati Rice
Rice - Brown
Rice - Fragrant
Rice - Parboiled
Rice - Ponni
Parboiled
Rice - Thai White
Rice Flour
Roasted Channa
Dhal
Sago
Semiya (Wheat Vermicelli)
Semolina (Cream Of Wheat)
Soy Nuggets
Toor Dahl
Urad [All]
White Channa
Wholewheat Flour (Atta)
Yellow Mung Dahl [All]

Prayer Items

Indian (Holy) Basil -
Dark/Green
Karpooram
(Soodam)
Kum Kum
Rose Water
Saambri Incense
Sandalwood Paste
Vibhooti

Spices

Aniseed
Fennel seeds
Asafoetida (Powder)
Thymol Seeds
[Omam]
Black Pepper
Dried Old Ginger-
Suklu
Dried Red Chillies
(Long)
Fenugreek Seeds
Jeera (Cumin Seed)
Mustard Seed - Black
Pachai Karpuram
Pomegranate Seed
& Powder
Poppy Seeds
Saffron Threads
Sesame Seed - Black
Sesame Seed - White
Small Green
Cardamom
Star Anise
Black Cummin Seeds

Spice Mixes,

Seasonings

Black Salt Rock
Chaat Masala
Channa Masala
Chicken Curry
Masala
Chilli Powder
Coarse-Fine
Coconut (Grated)

Fish Curry Masala

Garam Masala
Powder
Idli/Thosai Powder
Kokam (Garcinia Indica)
Mutton Curry
Masala
Rasam Powder
Rock Salt [Black]
Ground Sambhar
Powder
Tamarind Paste

Sweet Stuff:

Confectionery
Jaggery
Kalkandu (Rock Sugar)
Red Sugar
Vegetables & Greens
Banana Flower
Bottlegourd
Butter Beans
Curry Leaf
Fenugreek Leaf
(Methi)
Green Mango
Indian Yam
Radish
Raw (Green) Banana
Raw Papaya
Snake Gourd

Fruit

Custard Apple
Date
Mango (Canned)
Sugarcane

Cooked Foods

Appalam, Pappadam
Idli
Murukku [Rice Flour Stick]
Roti Pratha
Vadai

Beverages

Bru Coffee
Ginger Tea
Jaljeera
Masala Tea

Oils

Coconut Oil
Ghee
Mustard Oil
Sesame Oil [Til]

Pickles

Amla (Indian Gooseberry)
Green Mango
Lemon
Lime
Mixed Veg
Young (Green)
Pepper

Toiletries

Chandrika Bath Soap
Henna Powder For Hair Colouring
Herbal Toothpaste
Vicco
Mehendi Powder
Mysore Sandal Soap
Sandal Wood
Powder
Toothpaste [Dabur Meswak]

Others

Chyawanprash
Paakku, Seeval-Betel
Nut
Paneer (Amul - Processed)
Red Food Colour
Samahan Ayurvedic
Powder
Supari For Poosa