

These traditional snacks and sweets hold a special place in cultural and social life. They are commonly prepared during festivals and happy occasions, adding joy and flavour to celebrations. In many Telugu households, such items are also lovingly prepared and sent along with the bride to her in-laws' home, symbolizing care, continuity of tradition, and the sharing of familial warmth.

Across both Telugu states –Telangana and Andhra Pradesh– these dishes are widely relished and form an important part of festive food culture. Similar varieties can be found throughout India in slightly modified forms, and they may be known by different names in different regions. This reflects regional tastes and ingredients while preserving the essence of tradition.

Thus, these foods not only connect families but also highlight the rich diversity and unity of Indian culinary heritage.



Nuvvu Laddu



Garjalu



Murukulu



Karam Appalu

Nuvvu Laddu (Sesame Laddus)

- Sesame seeds - 1 cup
- [Jaggery](#) – ½ cup
- Cardamom powder - a pinch

Preparation

1. Dry roast sesame seeds until they begin to crackle.
2. Melt jaggery in a pan to form a thick syrup.
3. Add roasted sesame seeds and cardamom powder.
4. Mix well and shape into small laddus while still warm

Garjalu (Sweet Stuffed Pastry)

- [Maida](#) (refined flour) - 1 cup
- Grated coconut - 1 cup
- [Jaggery](#) – ½ cup
- Cardamom powder - a pinch
- Oil - for deep frying

Preparation

1. Prepare a soft dough using maida and water.
2. Cook coconut and jaggery to make the filling.
3. Roll small discs, place filling, and seal the edges.
4. Deep fry until golden brown.

Murukulu (Crispy Spiral Snack)

- Rice flour - 2 cups
- Gram flour - ½ cup
- Oil - 1 tbsp
- Sesame seeds - 1 tsp
- Carom seeds - 1 tsp
- Salt - to taste
- Water - as needed
- Oil - for deep frying

Preparation

1. Mix all ingredients into a soft dough.
2. Fill the dough into a *murukulu press* (a special mould made of steel or aluminium or brass).
3. Press spirals directly into hot oil.
4. Fry until golden and crisp.

Karam Appalu (Spicy Appalu)

- Rice flour - 1 cup
- Gram flour - 2 tbsp
- Red chilli powder - 1-2 tsp
- [Ajwain](#) (carom seeds) ½ tsp
- Sesame seeds - 1 tsp
- Hot oil - 1 tbsp
- Salt - to taste
- Water - as needed
- Oil - for deep frying

Preparation

- Mix all dry ingredients in a bowl.
- Add hot oil and mix well.
- Add water gradually to form a soft dough.
- Shape into small discs.
- Deep fry until golden and crisp.

Contributor

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