

## 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, Pappadum  
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  
Vicko  
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