

# KUZHI PANIYARAM – INDIAN BREAKFAST RECIPE



*Savory batter dumplings or kuzhi paniyaram cooked on a concave griddle, is a famous dish from Tamilnadu and it is a breakfast recipe. You can use dosa batter to make paniyaram but this recipe is little different and I got this recipe from Taj connemara cook book. Kuzhi paniyaram can be made sweet or spicy. Here is the spicy version.*

## **Ingredients**

### **For The Batter**

**200 gms of Boiled Rice**

**200 gms of Raw Rice**

**50 gms of Split Black Gram (Urad Dal )  
Salt to taste**

### **For the Tempering**

**2 Teaspoons of Oil  
1/2 Teaspoon of Mustard Seeds  
50 gms of Onions, Chopped  
2 Green Chillies, Chopped  
1 Tsp of Grated Ginger (Opt)  
1 Tbsp of Grated Coconut  
1 Sprig Curry Leaves**

### **Method**

#### **For The Batter**

- Soak the 2 rice varieties and split black gram in water for 45 mins.
- Drain and wash in running water twice.
- Grind it to a smooth paste, adding adequate water for a pouring consistency.
- Let the batter ferment for about 5-6 hrs.

#### **For the Tempering**

- Heat oil and crackle mustard seeds, add chopped onions, chopped green chilli, ginger, grated coconut and curry leaves. Saute and set aside.

#### **For The Dumplings**

- Add the temperings and salt to the batter.



- **Pour the batter in the preheated, oil-greased kuzhi paniyaram kadai (Concave griddle) and cook till done.**



- **Turn over the dumpling with the help of a skewer and cook the other side.**



- Remove the dumpling from the griddle after it turns golden brown color and
- Ready to serve with [tomato chutney](#).



### Tips

- You can also use dosa batter to make paniyaram along

with tempering items.

- Best side dishes are coconut chutney and [tomato chutney](#).
- Don't cook paniyaram in high flame, which will turn paniyaram brown and leaving uncooked on inside.
- You can refrigerate batter for a week.
- For a healthier version, add grated carrot and chopped spinach to the batter.

### Health Benefits of Rice and Urad Dal

- Provides energy and aids in digestion.
- Urad dal is rich in protein and good for heart.



sending this recipe to [Kitchen Meets girl](#)

