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

