

# LEMON IDIYAPPAM/LEMON SEVAI – BREAKFAST RECIPE



*Idiyappam is a culinary specialty from southern part of India. It is a steamed food and can be served for dinner or breakfast. It is made of rice, salt and water. I already made detailed post on [how to make Plain idiyappam](#). You can make recipes from idiyappam and this recipe is a savory version in which I used lemon juice and some seasonings. Try this recipe and enjoy....*

## Ingredients

2 Cups of Idiyappam  
Juice of 1 Medium Sized Lemon  
1/2 Tsp of Turmeric Powder  
Salt to taste

## To Temper

2 Tsp of Gingelly Oil  
1 Tsp of Mustard  
1 Tsp of Urad Dal  
1 Tsp of Chenna Dal  
2 Red Chillies  
Pinch of Asafoetida  
Few Curry Leaves

## Method

- In a small bowl, add turmeric powder, lemon juice and salt to it. Mix well with a fork.
- Heat oil in a pan, add mustard seeds, when they splutter, add all the rest of the ingredients listed under " To Temper " Saute for a min until dal turns golden brown.
- In a medium flame, add the lemon juice mix, give a quick stir and add [plain idiyappam](#) and mix well. Turn off the stove.
- Serve hot with coconut chutney.



### **Tips**

- **Use green chillies instead of red chillies for extra spiciness.**
- **Adjust salt and lemon juice according to your taste.**
- **Add nuts of your choice like peanuts, cashews etc**

### **Health Benefits of Steamed Lemon Idiyappam**

- **Eating steamed food helps the body to keep fit and healthy.**
- **Steamed Idiyappam are advised for sick and older people, as it doesn't give strain to the stomach.**
- **Steamed Foods are easily digestible.**
- **Lemon juice rich in Vitamin C, it is also essential for**

maintaining a fully functional immune system, aiding digestion and fighting cancer.

- Lemon juice is well known for it's antioxidants and anti-cancer properties



*GR*