

Missi Roti | Savory Indian Bread | Roti Recipe



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Missi Roti is a savory Indian bread made with a combination of whole wheat flour, besan flour and spice powders. This roti is very healthy, high in protein and quite filling too. It tastes so good with [Spinach dal](#) or [sarson ka saag](#) or [raita](#). I had it with [black eyed peas mushroom gravy](#).

You can make this roti recipe for lunch or dinner. It is also perfect travel food.

Ingredients

1 Cup of Whole Wheat Flour (Atta)
1/4 Cup of Besan Flour (Kadalai Maavu)
1 Tsp of Salt
1/2 Tsp of Red Chilly Powder
1/4 Tsp of Turmeric Powder
1 Tsp of Coriander Powder
1/2 Tsp of Garam Masala
Pinch of Ajwain
1/4 Cup of Finely Chopped Onion
2 Green Chillies, Finely Chopped
1 Tbsp of Finely Chopped Coriander Leaves
2 Tsp of Oil
Water as needed

Method

- In a bowl, mix both the flours, turmeric powder, coriander powder, red chilly powder, ajwain, garam masala, chopped onion, green chilly, chopped coriander leaves, oil, salt and water, knead well to make a soft dough. Keep aside for 15-20 mins.
- Make a equally sized balls out of the dough. Roll out each ball into a circular shape with a rolling pin.
- Heat a pan, carefully place the rolled roti in the hot pan, cook the roti's in medium heat. When bubbles starts appearing, apply oil and flip it to the other side, cook till brown spots appear on both the sides of the roti.
- Remove it from pan and place it in serving dish. Repeat the same process with each ball of dough.
- Serve Immediately.

Missi Roti Recipe



Tips

- Serve with any dal or yogurt or any subzi.
- If your dough is dry, you can add some more oil or water.
- If you want more spicy, you can increase the quantity of red chilly powder.

Health Benefits of Whole Wheat Flour

- Rich in fiber, helps in proper functioning of digestive tract and lowers the cholesterol and metabolic syndromes.
- Reduce the risk of cardiovascular disease.
- Reversing the weight gain process.

- Lowers the risk of diabetes.
- Excellent laxative properties.

Missi Roti



[Rava Ladoo](#) | [Rava Laddu](#)
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Rava Ladoo



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Rava ladoo / Rava Laddu Recipe is a delicious Indian sweet made using semolina, sugar, coconut and ghee. Every year my mom used to make this rava ladoo for diwali. She makes the perfect rava laddu recipe using chiroti rava, it just melts in the mouth. Since I don't get that rava in my place, I made with normal rava which we use for upma. With just household ingredients, you can make this rava ladoo in a very less time. Do try this rava laddu recipe (Semolina Balls) to your family for diwali and enjoy :-):-)

Makes : 7 Ladoos

Ingredients for rava ladoo

- 3/4 Cup of Rava / Sooji / Semolina

- 1/2 Cup of White Sugar
- 1/4 Cup of Coconut (Fresh/Dry)
- 1/2 Cup of Milk or 1/4 cup of milk and 1/4 cup of water
- 2 Whole Cardamom
- Few Roasted Cashews and Almonds
- 3 Tbsp of Ghee (Clarified Butter)



Method for rava laddu recipe

- Heat a pan with ghee, add rava, roast it in a low flame until nice aroma comes and color changes. Keep stirring continuously, do not burn it while roasting. Let it cool down and grind it in a mixie(blender) to a fine powder. Also grind the sugar along with cardamom(elaichi).



- Transfer both the powdered sugar and roasted rava to a large bowl. Heat a pan, slightly roast the coconut for a min and transfer this to a bowl. Heat ghee in a pan and pour it to the bowl. Add some roasted cashews and almonds.



- Heat milk in a pan in a medium flame, sprinkle the milk and mix it. Make small size balls out of the mixture. If you find your mixture is dry, sprinkle some more warm milk and make rava balls.
- After it cool down, store it in an airtight container.



Tips

- Always roast the rava in medium flame, otherwise it

would burn and become tasteless.

- Adding milk reduces shelf life so if you want to keep it for long time, add more ghee and avoid milk and coconut.
- Always store it in an airtight container.
- Instead of milk, you can use mix of water and milk.
- Adjust the amount of sugar according to your taste.
- You can add saffron, that will give you colorful ladoo.



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Black-Eyed Peas With Mushroom **| Lobhiya Khumb Masala – Side** **Dish For Roti**



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Black eyed peas also known as Lobhiya in Hindi or Karamani in Tamil. This is very easy to make side dish for roti. I really love the combination of black eyed peas and mushroom, as both are rich in protein and fiber and makes a satisfying meal with rice. You can cook the black eyed peas either in pressure cooker or crock pot. Addition of spice powder to the black eyed peas makes it more flavorful and tasty. Try this Karamani Kalan Masala with rice or chapathi and let me know how it turned out. Also check my other recipe

of [black eyed peas curry](#) in south Indian style

Ingredients

3/4 Cup of Black Eyed Peas / Karamani
3/4 Cup of White Mushroom, Sliced
3 Cups of Water plus 1/2 tsp of Salt for cooking
dried peas
2 Tbsp of Vegetable Oil
1 Tsp of Cumin Seeds
2 Red Chilly
1 Inch of Cinnamon Stick
1 Big Red/White Onion, Finely Chopped
2 Big Garlic Cloves, Finely Chopped
2 Big Tomatoes, Finely Chopped
2 Tsp of Coriander Powder
1 Tsp of Cumin Powder
1/2 Tsp of Turmeric Powder
1/2 Tsp of Red Chilly Powder
Salt to taste
2 Tbsp of Chopped Fresh Coriander (Cilantro) Leaves

Method

- Soak the black eyed peas in water for 8 hrs. Drain the water, wash it in tap water for 2 times.
- In a pressure cooker, add black eyed peas, salt and water, cover and pressure cook for 2 whistles and simmer it for 25 mins. Once it done, turn off the flame.
- Heat the oil in a pan over medium heat, add cumin seeds, red chilly and cinnamon stick and let them sizzle for 10 secs. Add the onion, salt, garlic and cook, by stirring frequently until it turns soft and golden brown, for 2-3 mins. Add mushroom and fry for 2 mins. Add coriander

powder, red chilly powder, cumin powder and turmeric powder, fry for a min. Add little water and chopped tomato, fry for a min. Cover and cook for 8-10 mins until it turns soft and mushy.

- Add the cooked black eyed peas to the tomato – mushroom mixture and simmer, cook it uncovered for 10 mins. Stir in the fresh coriander leaves. Serve hot with roti.



Tips

- You can use dried beans or frozen or canned beans to make this curry.
- If you don't have red chilly powder, replace it with cayenne pepper.
- Add salt while frying onion, so it helps to cook onion faster.
- If you don't want mushroom in your curry, try with some

other vegetables like brinjal or potato.

Health Benefits of Black Eyed Peas

- They are a source of good protein (23-32%) and dietary fiber.
- They have low glycemic index
- Rich source of lysine and tryptophan
- It has minerals like K, Mg, Ca, P and Fe
- The protein isolates are known to lower plasma cholesterol
- Light brown, red and black – eyed varieties are rich in antioxidants.
- The flavonoids in beans may help reduce heart disease and cancer risk.
- Phytosterols present in the beans help reduce blood cholesterol levels.

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Karamani Kalan Masala