

Easy Puttu Recipe (kerala style)

Puttu is a famous breakfast dish, popular in Kerala, Tamilnadu and sri lanka which is made by steaming rice flour in puttu maker. Puttu recipe is healthy and delicious breakfast dish. This puttu powder I used here is made with red rice flour and wheat.. There are lot of readymade puttu products like white rice pottu podi, chemba potu podi , ragi puttu podi are available in all departmental stores like Nilgiris. We usually make puttu with rice flour, this time I tried puttu with chemba puttu flour which is more healthier because of its fibre content. Here I used [nirapara chemba puttu flour](#).

To **make easy puttu recipe** at home, the secret lies on the moisture content of the flour. Ingredients needed are red rice flour, coconut, water and salt. To make soft puttu, you need puttu maker. I learnt this kerala style puttu recipe from my mom. and I love to eat puttu for weekend breakfast. But my favourite is sweet version of puttu, where I use jaggery, cardamom and steamed puttu and eat that for breakfast or for evening snack. I will post the sweet easy puttu recipe in the future.

Since puttu tastes bland on its own, so always serve puttu with kadala curry or cherupayar (green gram curry), papad and banana is the another combo to serve puttu. Let us learn how to make authentic kerala style – easy puttu recipe.

Also check other popular kerala breakfast Dishes : [appam](#), [idiyappam](#)

How to make Soft Red Rice Puttu

Recipe / Sivappuarisi Puttu



Preparation Time : 10 mins Cooking Time : 10 mins
Serves : 3

Ingredients for Easy puttu recipe (kerala style)

- 2 Cups of Chemba Puttu Flour (sigappuarisi maavu)
- 1 Cup of Grated Coconut

- Warm Water as required (approximately 3/4 cup)
- Salt as needed

Method To Make Easy Puttu Recipe (kerala style)

- In a bowl, add red rice flour with required salt. Sprinkle water little by little and mix gently until you get crumble texture and moist. There should not be any lumps. Use mixie and blend it for 5 secs. Keep it aside for 10 mins.

How to fill puttu maker

- Take the puttu maker (puttu kuzhal), grease it with oil. Layer the puttu kuzhai, place the perforated lid first, then add 3 tbsp of grated coconut, then add 2 fistful of puttu maavu until the mould is halfway filled. Then again add another layer of grated coconut and fill up the rest with flour. Close the mould with a lid.
- Now fill the pressure cooker with water and close it with a lid. Place the mould on top of the pressure cooker. Steam it for 10-12 mins. After you get a nice aroma of steamed puttu, switch off and wait for 3-5 mins.
- Hold the puttu mould parallel to the serving plate. With the help of long thin metal rod, push the bottom disc so that puttu slides down the plate.
- Serve hot with kadala curry or green gram curry, papad and banana.

Tips

- If you don't have time to make side dish, just add ghee, sugar and banana.
- **If you take the flour in your hand and press it, it should hold shape and when you put it back, it should fall loosely. That is a right consistency of puttu**

flour.

- You can make puttu with homemade rice puttu flour or storebought puttu flour. If you are using **homemade puttu flour**, **roast the flour before making puttu**.
- You can follow the same method to make any kind of puttu like wheat puttu, ragi puttu, corn puttu or rice puttu. At home, we use [nirapara pottu podi](#).
- If you don't have puttu maker at home, steam it in **idly maker** or use **coconut shell** that easily fits to pressure cooker.
- Don't add water at once while mixing the flour.
- Consistency should be crumble and should have a good moisture content. Don't add too much of water while mixing.



Tags : [puttu recipe](#), [puttu](#), [kerala style puttu](#), [easy puttu recipe kerala style](#), [srilankastyleputtu](#), [puttu recipe with rice flour](#), [puttu recipe with red rice flour](#), [red riceflourputtu](#), [sigappuarisiputtu](#), [how to make puttu](#), [how to make kerala puttu recipe](#), [make red rice puttu](#), [prepare sigaparisiputtu](#), [traditional puttu recipe](#) ,[kerala rice puttu](#), [steamed rice cake](#), [make soft puttu](#), [puttu recipe tamil](#), [puttu with kadala curry](#), [prepare soft puttu recipe](#), [authentic keralabreakfast recipes](#), [puttu recipe with chemba rice podi](#)

[Oats Pongal Recipe For Breakfast](#)

Oats Pongal Recipe



Oats pongal is a healthy Indian breakfast recipe. This oats pongal is very nutritious dish, as it has oats and moong dal and it tastes more like venpongal recipe. I made this pongal in pressure cooker, so it takes only less time to cook and to have breakfast.

To make oats pongal recipe, you need oats, moong dal and spices. I love dishes with moong dal, as they are light to digest and easy to cook. Tempering with spices like pepper, cumin, green chilly and ginger makes oats pongal more flavorful. I usually make oats idly, [oats dosa](#), [oats upma](#) and

[oats panyaram](#). My friend told this recipe so I followed, it came out so good. You can have oats pongal for breakfast or lunch or dinner.

If you are trying for healthy breakfast recipe, then try this [oats pongal recipe for breakfast](#). It goes well with [coconut chutney](#) or [sambar](#)

How to make oats pongal recipe

Preparation Time : 30 mins Cooking Time :
15 mins Serves : 3

Ingredients for oats pongal recipe

- 1/2 Cup of Oats (I used quaker)
- 1/4 Cup of Yellow Moong Dal
- 5 Cashews, Broke into pieces
- Salt to taste
- Ghee to fry oats and cashews
- 3/4 – 1 cup of Water

To Temper

- 2 Tsp of Oil / Ghee
- 1 Tsp of Whole Cumin
- 1 Tsp of Whole Black Pepper
- 1 Green Chilly
- 1 Tsp of Ginger, Finely Chopped
- Pinch of Asafoetida
- Few Curry Leaves



Method to make oats pongal

- Soak the moong dal in water for 15 mins.
- Pressure cook the dal with 3/4 cup of water and cook for 4 whistles until it turns soft.
- Fry the cashews in ghee until golden brown colour.
- Fry the oats in ghee for 2 mins until it changes colour

and aroma comes.

- Heat a pan with ghee, add all the ingredients listed under " To Temper". Fry it until it splutters.
- Add water and salt, let it come to boil, now add oats, cook until it turns soft.
- Add cooked moong dal, mix well and cook until it reaches semi-thick consistency. Turn off the flame. Finally add fried cashews and give a quick stir.
- Serve hot with [coconut chutney](#) or [sambar](#).

Tips

- You can also cook both dal and oats together in cooker.
- Adjust the amount of water according to your wish.
- You can add grated vegetables like carrot or spinach leaves to this pongal.
- Use 3/4 cup of milk in place of water while cooking oats.

Health Benefits of Oats

- Oats are good source of dietary fiber.
- Oats contains one of the best source of Inositol, which is important maintaining for blood cholesterol level.
- It acts as an antidepressant.

Oats Pongal



@foodybuddy

Tags : [oats recipes](#), [oats pongal recipe](#), [oats pongal](#), [oats diabetic friendly recipe](#), [quaker oats recipes](#), [saffola oats recipe](#), [Indian oats breakfast recipe](#), [oats diet recipes](#), [oats recipe in tamil](#), [easy oats recipes](#), [how to make oats pongal](#), [prepare oats pongal recipe](#), [oats recipe for dinner](#)

Oats Paniyaram / Indian Oats Breakfast Recipe

Among South Indian breakfast recipes, my favourite dish is kuzhi paniyaram. This oats paniyaram is in my to do a list for long time. Last week I tried this oats recipe from [other blog](#). It came out so good and tasty. Love to eat this oats paniyaram for breakfast as it was very healthy and has oats and mixed lentils. This oats paniyaram is really soft on inside and crispy on outside. You can do this oats paniyaram for breakfast or dinner or for evening snack. Also perfect to pack for lunch box for kids and a bachelor friendly recipe.

Health Benefits of Oats

- Lowers cholesterol levels.
- Reduces the cardiovascular disease.
- Enhances immune responses to infection.
- Lowers type 2 diabetes.
- Controls the blood pressure.
- Increase appetite control hormones.

©foodybuddy



Oats Paniyaram Recipe

Soaking Time : 4-6 hrs
Preparation Time : 15 mins

Cooking Time : 15 mins Serves : 4

Ingredients to Oats Paniyaram Recipe

- 1.5 Cups of Quaker oats
- 1/2 Cup of Toor Dal
- 1/2 Cup of Channa Dal
- 2 Tbsp of Urad Dal
- 2 Tbsp of Moong Dal
- 2 Medium Sized Onions, Finely Chopped
- 1 Inch of Ginger, Finely Chopped
- 1 Tsp of Fennel Seeds
- 8-10 Red Chillies
- Few Curry Leaves and Coriander Leaves
- 1/4 Tsp of Asafoetida
- Salt to Taste
- Oil to Fry

Method

- Soak the dals together for overnight or atleast hrs. Wash the dals in running tap water and keep it aside.
- In a blender (mixie), powder the oats, red chillies, fennel and ginger. Finally add the dals and water, grind it. The batter to be in pouring consistency.
- Add chopped onion, curry leaves, coriander leaves, asafoetida and salt. Mix it well.
- Heat the paniyaram pan, add tsp of oil to each hole, when it is hot, add batter, cover and cook it in medium flame until it turns golden brown colour. Flip it to other side and cook.
- Hot and yummy oats paniyaram is ready to serve for breakfast with side dishes like tomato chutney or onion tomato chutney or mint coconut chutney.

Tips

- For healthier version, add grated vegetables like carrot, beetroot to the batter.
- Replace green chilies in place of red chilies.
- Adding asafoetida is to reduce flatulence and digestive disorders.

*Dats
Paniyaram*



©foodybuddy

Technorati Tags ; [Paniyaram Recipe](#), [oats paniyaram](#), [instant oats paniyaram](#), [oats paniyaram recipe](#), [indian oats breakfast recipe](#), [oats recipe](#), [south indian breakfast ideas with oats](#), [breakfast recipe](#), [oats dishes](#), [snack with oats](#)