

WHEAT FLOUR IDIYAPPAM | GODHUMAI IDIYAPPAM | HEALTHY BREAKFAST DISH



[Pin it](#)

Idiyappam is also called Sevai in tamil and string hoppers in English. It is a popular food in Kerala and Tamilnadu, India. Usually everyone makes idiyappam with rice flour, but this idiyappam is made with wheat flour. I have already posted the recipe for Plain / [rice idiyappam](#).. This wheat flour idiyappam is a healthy, delicious and a steamed food, which is very good for our health. My amma makes it often for weekend breakfast. It is favorite food for all ages and even it can be eaten by sick people. This wheat idiyappam must be good and healthy food for diabetic people. You can eat this idiyappam in sweet version or savory version for breakfast or dinner. I already posted the savory version, [lemon idiyappam](#). If you

want sweeter version, try it with sweetened coconut milk... Try this wheat(godhumai)sevai / Wheat String hoppers for breakfast and stay healthy..

Ingredients

- 1 Cup of Wheat Flour
- 1 Cup of Water
- 1/2 Tsp of Salt
- 1 Tsp of Oil / Ghee
- 1/2 Cup of Coconut Grating

Yield : 12 Idiyappam

Method

- Heat a pan, fry the whole wheat flour in a medium flame for 5-7 mins until you find the flour turning dark brown at the bottom of pan. Turn off the flame.
- Transfer the flour to the mixing bowl.



- Heat a pan with water, oil/ghee and salt, let it boil for few mins, it should not be too hot.. Turn off the flame. Pour the water to the bowl containing wheat

flour. Mix well with a fork/spoon. Let it cool down.

- Knead the flour as you do for chapathi dough. If you feel your dough is dry, you can add 2 Tbsp of Water and knead it again.



- Now it's time to take idiyappam press, grease well with oil on inside. Take dough in cylindrical form and place it in idiyappam press.
- Hand press the dough into swirls onto the greased idly plates with coconut gratings. Steam this in idly cooker for 10 mins.



- Carefully invert the plate to a casserole.
- Repeat the process for the rest of the dough.
- Serve hot with sweetened coconut milk or [vegetable korma](#) or [curry](#).
 - you can eat idiyappam in sweet version or savory version.

1. In Sweet version – Eat idiyappam with coconut milk, sugar and cardamom. Or eat it with ghee, sugar and idiyappam.
- Savory version- you can make lemon idiyappam or idiyappam biryani.



Tips

- Always grease idly plates and inner part of the idiyappam press with oil.
- Don't steam the idiyappam for a long time, as it makes idiyappam rubbery.
- Here I used Aashirvaad atta to make this idiyappam.

Health Benefits of Whole Wheat

- 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.
- It has powerful antioxidant, which is vitamin E, good for skins.



Idly Chaat | Chaat With Leftover Idly | Indian Tea Time Snack



Idly is a soft rice cake and a popular south Indian comforting breakfast dish. Chaat means savory snack. If you get bored of doing idly upma and podi idly with leftovers, then you should give a try with idly chaat. This idly chaat recipe is made with leftover idly. Seriously, they are so tasty, golden crispy on outside and soft bite on inside. I bet your kids will love this chat for sure. If you have leftover idly sitting on your fridge, then try this crispy idly

chat..yum..yum.. and enjoy with hot cup of [tea](#)..



Ingredients

- 2 Big Idly
- 2 Tbsp of Red Onion, Finely Chopped
- 2 Tbsp of Tomato, Finely Chopped
- 1 Tbsp of Carrot, Finely Chopped
- 2 Tbsp of Omapodi (Sev)
- 1/2 Tsp of Lemon Juice
- 1/2 Tsp of Black Pepper or to taste
- Black Salt to taste
- Tomato Ketchup (optional), before serving
- 1 Tbsp of Oil
- 2 Tsp of Butter or Ghee

Method

- Dice the leftover idlies.
- Heat oil and ghee in a non stick pan, swirl the pan so that it coats all the surface of the pan. In a medium heat, place diced idlies to the pan, wait until it turns

golden brown. Flip the idly to the other side with spoon and wait till it turns golden brown on other side. Turn off the flame and transfer it to the serving bowl.

- Now sprinkle some chopped onion, tomato, carrot, black pepper and black salt. After that, add lemon juice and coriander leaves, gently give a quick stir. Add tomato ketchup before serving.
- Hot golden crispy idly chaat is ready to serve...Enjoy with hot cup of [tea](#) :-):-)



Tips

- Always use leftover idly instead of fresh idly because they turn soggy.
- You can deep fry the idly instead of shallow frying.
- If you have leftover idly in fridge, then leave it outside for 1hr and then do the chat.

- You can grate the carrots instead of cutting them.
- Add tomato ketchup at the end, because it makes idly soggy and you cannot feel the crispy texture of idly.
- You can add kara boondhi instead of sev (Oma podi).
- You can use red chilly powder for spicy taste.



sending recipe to [Priyavirundhu](#) and [gayathricookspot](#)

EASY THAYIR SEMIYA | CURD

SEMIYAA



[Pin it](#)

Hmmm...I Love curd(Yogurt)...I cannot live without it even for a single day...Here I used vermicilli (Semiya) which is a type of pasta thinner than spaghetti. You can make lot of dishes with vermicilli like [vermicilli biryani](#), vermicilli payasam. This is very simple dish made with vermicilli, curd and spices. This recipe is similar to curd rice .Try this semiya bagala bath(Yogurt Vermicilli) with mango pickles.

Ingredients

To Cook Semiya

1/2 Cup of Semiya
1 and 1/4 Cup of Water
Salt
1/2 Tsp of Oil

To Saute

3 Tbsp of Red Onion, Finely Chopped
2 Green Chillies, Finely Chopped
1/2 Inch Ginger, Grated
3/4 Cup of Curd
2 Tsp of Butter

To Temper

1 Tsp of Oil
1 Tsp of Mustard Seeds
Pinch of Asafoetida
Few Curry Leaves

To Garnish

Few grated carrot
2 Grapes

Method

- Heat water in a pan, add salt and a tsp of oil, bring it to a boil, add semiya to a boiling water, Stir well. Cover and cook for 5 mins until the semiya absorbs all the water.
- After it is cooked, keep this aside.
- Allow it to cool, add curd, mix well.
- Heat oil in a pan, add mustard seeds, hing and curry leaves, when they pop up, add onion, saute for few mins, add ginger and green chillies, saute this for few mins. Now add the temperings to the semiya.

- Finally add butter and give a quick stir.
- Transfer it to a bowl and refrigerate it for 15 mins. Serve chill.
- Finally garnish with grapes and grated carrot.



Tips

- If you use unroasted vermicelli, then you need to dry roast it in a pan and then cook it.
- You can use raisins and cashews, for extra flavor to the dish.
- Adjust the number of green chilly according to your taste.

- If you are planning to prepare curd semiya for lunch box, then add 1/2 cup of milk and 1/4 cup of curd.
- Don't ever add curd to the hot semiya, in that case, live cultures get lost in the curd.



Semiya Bagala Bhath