

Leftover Magic Dosa – Breakfast Recipe

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Dosa is a savory crepe, popular in South India. It is made from rice batter, semolina (rava), maida(APF) and flavored with cumin, pepper, green chilly, onion and ginger. This is my mom's recipe. This tasty, quick dosa is very easy to make in minutes. If you have left over dosa batter, then try this recipe and enjoy !!!!

Ingredients

2 Cups of Leftover Dosa Batter

4 Tbsp of Maida/ All Purpose Flour
2 Tbsp of Sooji / Rava/ Semolina
1/2 Red Onion, Grated
1 Inch Ginger, grated
2 Green Chillies, Finely Chopped
1/2 Tsp of Cumin
1 Medium Size Carrot, Grated
1 Sprig of Curry Leaves, Finely Chopped
Pinch of Hing / Asafoetida
6 Pepper corns, Crushed
Salt to taste
1/2 Cup – 1 Cup of Water or as needed
Oil as needed



Servings : 6 – 7 Dosa

Method

- Grate the onion, ginger and carrot, keep this aside.
- Crush the peppercorns.
- Chop the green chillies and curry leaves finely.
- In a wide bowl, add leftover dosa batter, rava, maida, grated onion, ginger, carrot, chopped green chillies, curry leaves. pepper corns, cumin, hing, salt and water. Batter should not be too thick or too watery.
- Let the batter sit in countertop for 30 mins.
- Heat a dosa pan or griddle, pour a ladleful of batter in a circular motion starting from center to the periphery. Drizzle some oil over dosa or in sides. Cook both sides until it turns crisp.
- Crispy dosa is ready to serve.



Tips

- Serve this dosa with coconut chutney or podukadalai chutney or tomato chutney or sambar.
- Always mix the dosa batter before you make dosa, because rava will settle at the bottom.
- Always cook dosa in a medium flame.
- You can add ghee to dosa for a great taste.



**Puli Aval / Tamarind Poha
Recipe / Tamarind Red Rice
Flakes – Breakfast Recipe**

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Red rice flakes are made from a red rice. It is more common to find the flakes (poha) made of white rice. Rice flakes has a earthy flavor, chewy texture and light rose in color. Healthy alternative to white rice flakes, having a high nutritional contents. This is a healthy breakfast recipe because of high in fiber & nutrition. Good for kids and adult. Try this recipe and enjoy.

Ingredients

1 and 1/2 Cup of Sigappu Aval / Poha / Red Rice Flakes

Gooseberry size of Tamarind

To Temper

3 Tsp of Oil

1 Tsp of Mustard

1 Tsp of Urad Dal
2 Tsp of Channa Dal / Bengal Gram / Kadalai Paruppu
2 Tbsp of Roasted Peanuts
2 Big Red Chillies
Pinch of Asafoetida / Hing
1/4 Tsp of Turmeric Powder
1/4 Cup of Onion, Chopped
Few Curry Leaves
Salt to Taste
Water as needed



Puli Aval

Method

Soaking & Preparation

- **Extract the juice from tamarind by soaking tamarind in hot water for 15 mins.**
- **In a blender, add aval / poha / rice flakes, make it into a coarse consistency, don't powdered it.**
- **Wash the aval / poha and drain the water.**
- **Now soak the aval / poha in tamarind water. Soak it for**

10 mins.

Tempering

- In a pan, add oil, red chillies (Break it), mustard seeds, urad dal, channa dal, asafoetida & curry leaves. After they splutter, add onion, fry for 1-2 mins until it turns golden brown color.
- Add roasted peanuts, turmeric powder and salt.
- Add tamarind – poha mixture and mix gently. Check the salt. Turn off the stove.
- Puli aval is ready to eat.



Tips

- Don't over soak the rice flakes, it will turn soggy

while cooking.

- Adding peanuts are optional.
- You can follow the same recipe with white rice flakes.
- Soaking time for white flakes is 2 – 3 mins.
- You can add any vegetables of your choice.
- Adjust the tanginess according to your taste.

Health Benefits of Red Rice Flakes

- Red rice flakes are very good for the people with heart disease, diabetes and weight loss.
- Low in cholesterol, high in fiber, vitamins and minerals.



Vegetarian Sandwich with Soy Crumbles and Mushroom

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Vegetarian Sandwich with Soy Crumbles and Mushroom Recipe

Healthy and protein packed sandwich is a perfect substitute for meat because of the presence of soy crumbles and mushroom in it. This sandwich is really delicious, quick to make recipe. You can have this either for breakfast or lunch or dinner. Enjoy this delicious and hearty complete protein substitute sandwich with a bowl of soup, potato chips and soda.

Ingredients

4 Whole Wheat Bread
1/2 Cup of Soy Crumbles (Meatless Ground)
5 Whole Baby Bella Mushroom, Sliced
2 Roma Tomatoes, Sliced
4 Romaine Lettuce
1 Medium Size Onion, Chopped
1/2 Tsp of Red Chilly Flakes
1 Tsp of Garlic Powder
Salt and Pepper to taste
3 Tsp of Oil / Butter
4 Tbsp of Mayonnaise / Vegennaise
Honey Mustard or Dijon Mustard

Method

- Heat oil in a pan, add red chilly flakes and chopped onion, saute this for 2 mins until it turns golden brown.
- Add soy crumbles, mushroom, garlic powder, salt and pepper, cook this for 3 – 5 mins. Once it done, keep this aside.

For the sandwich build

- Apply mayonnaise or vegennaise on each side of bread.
- Place sauteed soy crumbles and mushroom over mayonnaise on each side of bread.
- Place slice tomatoes and lettuce over the top of sauteed soy crumbles and mushroom. Apply honey mustard or Dijon mustard over the top of tomatoes.
- Assemble your sandwich by gently pressing the two slices of bread together.
- Toast the bread in skillet with lid and grill until it changes color and flip over; Hot sandwich is ready to eat.



Tips

- Serve it with a bowl of any soup or potato chips.
- Use any sort of cheese or bread of your choice.

- For dressing, you can use ranch or red wine vinaigrette.

Health Benefits of Vegetarian Sandwich

Vegetarian sandwich consists of soy crumbles and mushroom placed between two slices of bread, Mushrooms are high in protein and anti-oxidants, low in calories and fat. Soy crumbles are best alternative to beef or any meat, also good for cardiovascular or digestive system.

