

KUZHI PANIYARAM – INDIAN BREAKFAST RECIPE



Savory batter dumplings or kuzhi paniyaram cooked on a concave griddle, is a famous dish from Tamilnadu and it is a breakfast recipe. You can use dosa batter to make paniyaram but this recipe is little different and I got this recipe from Taj connemara cook book. Kuzhi paniyaram can be made sweet or spicy. Here is the spicy version.

Ingredients

For The Batter

200 gms of Boiled Rice

200 gms of Raw Rice

**50 gms of Split Black Gram (Urad Dal)
Salt to taste**

For the Tempering

**2 Teaspoons of Oil
1/2 Teaspoon of Mustard Seeds
50 gms of Onions, Chopped
2 Green Chillies, Chopped
1 Tsp of Grated Ginger (Opt)
1 Tbsp of Grated Coconut
1 Sprig Curry Leaves**

Method

For The Batter

- Soak the 2 rice varieties and split black gram in water for 45 mins.
- Drain and wash in running water twice.
- Grind it to a smooth paste, adding adequate water for a pouring consistency.
- Let the batter ferment for about 5-6 hrs.

For the Tempering

- Heat oil and crackle mustard seeds, add chopped onions, chopped green chilli, ginger, grated coconut and curry leaves. Saute and set aside.

For The Dumplings

- Add the temperings and salt to the batter.



- **Pour the batter in the preheated, oil-greased kuzhi paniyaram kadai (Concave griddle) and cook till done.**



- **Turn over the dumpling with the help of a skewer and cook the other side.**



- Remove the dumpling from the griddle after it turns golden brown color and
- Ready to serve with [tomato chutney](#).



Tips

- You can also use dosa batter to make paniyaram along

with tempering items.

- Best side dishes are coconut chutney and [tomato chutney](#).
- Don't cook paniyaram in high flame, which will turn paniyaram brown and leaving uncooked on inside.
- You can refrigerate batter for a week.
- For a healthier version, add grated carrot and chopped spinach to the batter.

Health Benefits of Rice and Urad Dal

- Provides energy and aids in digestion.
- Urad dal is rich in protein and good for heart.



sending this recipe to [Kitchen Meets girl](#)

Multigrain Chapathi – Chapathi Recipes



Multigrain means it includes several types of grains. In this recipe, I used multigrain cereal which has oats, barley, wheat and rye. This is a healthy alternative to regular wheat chapathi, having once or twice a week in diet is good for health. This can be served with any raita or dal.

Ingredients

- 1 Cup of Whole Wheat Flour
- 1/2 Cup of Multigrain Cereal, roasted and powdered
- 1 Tbsp of Oil
- 1 Cup of Warm Water
- Salt as needed

Method

- In a pan, dry roast the cereal until it turn color and aromatic. Cool it for 5-10mins and then grind it to a fine powder.
- In a wide bowl, add wheat flour, multigrain cereal powder, salt, oil and warm water. Mix well. Knead the dough with your hand. Keep it aside for 15-30 mins.
- Heat a tawa or chapathi pan. Meanwhile make a equally sized balls out of the dough and roll it into a circular thin chapathi.
- Carefully place the chapathi on the heated pan. You will see tiny bubbles rises on the surface of roti.
- Now it's time to flip the chapathi with a spatula. Once first flip is done, apply oil or ghee on the upper surface and spread all over the chapathi.
- Flip again in 30 secs and apply some oil. Press chapathi gently with a spatula and cook till brown spots appear on both the sides of the roti.
- Chapathi is done when both sides are brown and crispy. Remove it from pan and place it in serving dish.
- Repeat the same process with each ball of dough.
- Hot multigrain chapathi is ready to serve.

Tips

- Serve with any dal or onion raita.
- Adding warm water to flour makes chapathi soft.

- You can add butter instead of oil.
- You can also add vegetables of your choice, to make veggie multigrain chapathi.

Health Benefits of Multigrain Chapathi

- Multigrain foods will be high in complex carbohydrates and protein. Complex carbs are great for energy production, and this can help with exercise and losing weight.
- The levels of protein will aid the body in tissue repair and production of antibodies that will help fight sickness or infection.
- In addition, they will contain nutrients, fiber and essential minerals like magnesium, copper and iron. Multigrains that contain whole grains will be filled with essential fatty acids, B-vitamins, starch and fiber. Magnesium will help build strong bones and teeth. It will also help with metabolism. Fiber is great in helping the body stay regular and maintaining a healthy colon.

Adding Multigrains to a Diet

- Multigrains can be added to any meal throughout the day.
- At breakfast you could start with a multigrain oatmeal with some blueberries mixed in or any fruits.
- At lunch you could have a peanut butter and strawberry jam on two slices of multigrain bread and then
- At dinner you could have a healthy portion of multigrain rice or chapathi with dal.



[Poori / Puri with Potato Masala](#)



Poori is a famous recipe in India. It is a puffed Indian bread, made with wheat or maida, salt and water. Dough is then rolled out into circle and then deep fried in oil. It is often served for weekend breakfast. Good accompaniment for poori is potato based curries, dal and channa masala.

Ingredients

2 Cups of Wheat Flour
1 Tsp of Oil
Salt as per taste
Cold Water as required
Oil for deep frying

Method

- **In a wide bowl, add wheat flour, salt, oil, mix well.**

Add little by little water, knead well, until you get tough dough. Leave aside for 1/2 hr.

- Make a equally sized balls out of the dough, roll it out with a rolling pin make sure it should be thick.
- Heat oil in a frying pan, gently drop one by one. While frying, gently press on sides with a spatula, so that poori puffs up. Also cook on other sides, until it turns to golden brown color.
- Gently take out, drain the oil and keep it in a bowl with a paper towel at the bottom.
- Hot puffed poori is ready to serve.

POTATO MASALA



Ingredients

2 medium size Boiled Red potatoes
1 Large Onion (Sliced Lengthwise)
2 Medium Size Tomatoes
1/2 Tsp of Turmeric Powder
3/4 Tsp of Red Chilly Powder
Few Coriander Leaves to Garnish
3 Drops of Lemon juice
Salt to taste

To Grind

2 Green Chillies
1/2 Inch of Ginger

To Temper

1 Tbsp of Oil
1 Tsp of Mustard
3/4 Tsp of Fennel Seeds
Few Curry Leaves

Method



- Heat a pan with oil, add mustard, fennel seeds and curry leaves, wait let it crackles for 1 min.
- Add sliced onion and salt, fry for a 1-2 mins.
- Add chopped tomatoes, ground green chillies-ginger paste, fry for 2-3 mins until it gets mushy and raw smell vanishes.
- Add turmeric powder, chilly powder, sauté well for a min.
- Add potato, mix well until it gets completely coated with masala. Add little water and keep it covered and cook for 5 mins.
- Once it done, check the salt and switch off the stove, garnish with cilantro and lemon juice. mix well.
- Hot poori potato masala is ready to serve.

Tips

- Serve with hot, puffy poori.
- Don't add too much of water to the flour, as poori absorbs more oil while frying.
- You can add little rawa to the flour, to make crispy poori.
- You can use either red or yellow potatoes to make masala.
- You can also add wheat flour or gram flour, for thickening the potato masala.
- You can also add green peas to this potato masala recipe.
- You can spread the masala over the dosa, to get masala dosa.



**POTATO MASALA
WITH POORI**

foody-buddy.blogspot.com