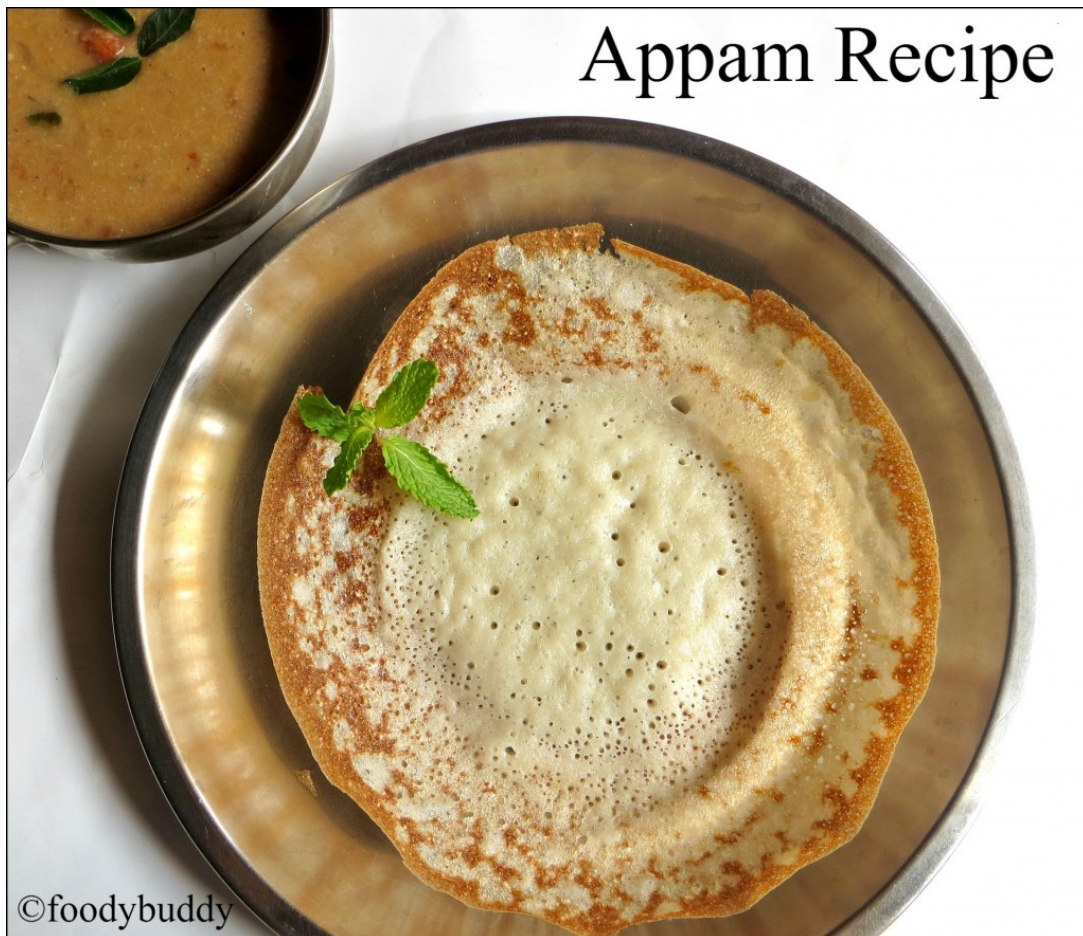


Appam Recipe / Appam Without Yeast



Appam Recipe / Appam without yeast is a traditional breakfast dish in Kerala and Tamilnadu. There are many types of appam. This recipe is called Vella Appam. The main ingredients in appam recipe without yeast is rice and dal. I learnt this recipe from my mom. is my favourite dish for breakfast and we used to eat this appam once in a week. Appam can be served with coconut milk, kurma, kadala curry and Veggie Stew.

Ingredients for Appam Recipe

- 1 Cup of Raw Rice
- 1 Cup of Boiled Rice
- 1/2 Cup of Urad Dal
- 2 Tbsp of Fenugreek

- Pinch of Baking Soda
- Salt and Water as needed

Method



- Soak raw and boiled rice together in one vessel, urad dal and fenugreek together in another vessel for overnight.
- Grind urad dal, fenugreek, raw and boiled rice until you get smooth batter, if you find batter is thick, add enough water so that everything gets smooth.
- This would take 1/2 hr to 1 hr. Once it done, add salt to the batter and mix well. Leave this batter on counter for overnight fermentation.
- When you are ready to make appam, most important part is add a pinch of baking soda to your batter and mix well.
- If your appam batter is thick add some water and make the batter watery.
- Heat a pan (Appam Kadai) Apply some oil in it. Take 2 laddlefule of batter and pour it in the middle. Immediately rotate the pan in clockwise and anti-clockwise so that the batter evenly coat all the sides of a pan and appear in cup shape. Cover it with a lid.

Keep the stove in medium flame and wait for 2 mins. If you keep it for 2 more mins, your appam will be in reddish brown colour and crispy.

Appam is ready, serve it hot with coconut milk or veggie korma.

You can see "[veggie korma recipe](#)" in my blog.



Coconut Milk and Veggie Korma

View my video on "Making of Appam"

Tips

- Soak dal and rice for 5 hrs, if you forget to keep it

for overnight.

- Add yeast if you are in cold countries where batter cannot ferment even if you keep batter outside for long time.
- Don't add too much of baking soda it makes appam struck to the pan.



[Vermicilli \(Semiya\) Biryani /
Semiya Biryani](#)



Vermicelli upma is a simple, tasty and nutritious breakfast recipe. Bambino vermicelli is full of bright vegetables which makes it a feast for the eyes.

Ingredients



1 Cup of Vermicilli/Semiyaa
1/2 cup of Finely Chopped Onion
2 or 3 Finely Chopped Green Chillies
1/2inch of Finely Chopped Ginger
1 Clove
1 Cinnamon
1 Cardamom
1 Bay Leaf
Handful of Curry Leaves
Handful of Mint
1 tsp of Turmeric
1/4 cup of ChoppedCarrot
1/4 cup of Peas
1 Chopped Tomato
Few Sprigs of Cilantro
1 cup of Coconut Milk
1 cup of Water
2 Tbsp of Oil
Salt as needed

Method





- Roast the vermicelli with a tsp of ghee in medium flame, evenly without changing its colour (if it roasted vermicelli), you can also skip this part.
- Heat a pan with oil and temper it with clove, cinnamon, cardamom and bay leaf.
- Add chopped onion fry till onion turns golden colour. Now add turmeric to it.
- Add Chopped chillies, ginger, mint and cilantro. saute it well
- Now add the chopped carrot, peas and tomato. Leave it for few mins in medium flame.
- Add the coconut milk and water, bring to boil, add required salt.
- Then add the roasted vermicelli. Stir it nicely.
- Let it boil till it absorbs all the coconut milk and then keep the flame in low and cook covered for 4-5 minutes.
- Garnish with chopped coriander leaves.



Tips

- Ratio of Vermicilli and Water is 1:2
- Coconut Milk gives richness to your dish. You can use water instead of Coconut milk
- If you like more masala in your recipe add some garam masala powder to it.

Health Benefits Of Vermicilli

- Vermicelli is very good for our health. It is good in taste and it is liked by almost every people.
- It has high carb content which contains complex carbohydrates in the form of starch which gives us energy