

# Jowar Dosa Recipe / Cholam Dosai / Sorghum Dosa



Sorghum are called Jowar in Hindi and vellai cholam in tamil. It is really healthy to include white millet in our diet as they are high in protein and fiber. Yesterday I made this jowar dosa recipe /cholam dosai for breakfast by referring my note-book. It is a nice alternative to regular rice dosa. Guess what ? this sorghum dosa is good for diabetic people and prevents cholesterol, also it is vegan and gluten-free dosa recipe. This dosa is not only healthy, they are amazing in taste when you serve with [tomato chutney](#) or [onion chutney](#) or

[sambar](#). So try this jowar dosa / cholam dosai for breakfast, your family will love it for sure.

# How to make Cholam Dosai / Jowar Dosa

## Ingredients for Jowar Dosa Recipe

Preparation Time : 8 hrs soaking + 1 hr    Cooking Time: 30 mins    Serves:10

- 1 Cup of Vellai Cholam / Sorghum / Jowar
  - 1 Cup of Idly Rice
  - 1/2 Cup of Urad Dal
- 1/2 Tsp of Fenugreek Seeds
  - Salt to taste

## Method for Jowar Dosa Recipe

- Soak both jowar and rice together in water for overnight.
- Soak urad dal and fenugreek seeds separately in water for overnight.
- Grind urad dal and fenugreek seeds by adding adequate water to a smooth paste.
  - Grind jowar (cholam) and rice together by adding adequate water to a smooth batter.
- In a bowl, mix both the batter and salt, allow it to ferment for 6 hrs or overnight.
- Heat the griddle, pour ladleful of batter and spread it in circular motion.
  - Drizzle oil around the dosa, and cook till it turns golden brown, flip it to other side and cook for few mins
- Remove the dosa from the pan and serve with [tomato chutney](#) and [sambar](#).

### Tips

- Always cook dosa in a medium flame.
- You can add grated carrots to the batter to make it healthy.

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## Cholam Dosai

Tags: [cholam dosai](#), [jonnalu dosa](#), [sorghum dosa](#), [jowar dosa](#), [jowar dosa recipe](#), [dosa recipes](#), [vellai cholam recipes](#), [south Indian breakfast recipe](#), [how to make cholam dosai](#), [prepare jhowar dosa recipe](#).

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# Pasiparuppu Javarisi Payasam / Moong Dal Sago Payasam



Pasiparuppu Javarisi Payasam / Moong Dal Sago Payasam is a traditional and delicious South Indian dessert made with moong dal, sago, jaggery, ghee and nuts. I love any kind of payasam. Usually I make [pasiparuppu payasam](#) or [sago payasam](#) or [pumpkin](#)

[payasam](#) during festivals. Two months back, when my mother in law made this Pasiparuppu javarisi payasam for amavasai, I loved it to the core. They are fingerlicking good and tasty. Love the idea of adding sago along with moong dal. Both are very good for health and it cools our body. Yesterday was our wedding anniversary so I made this payasam using pressure cooker and I used coconut milk which makes it more rich and flavorful, we both loved it. Try this easy payasam for any special occasion and let me know in comment box how it turned out.

## How to make Pasiparuppu Javarisi Payasam

# Ingredients for Pasiparuppu Javarisi Payasam

1/3 Cup of Moong Dal  
1/4 Cup of Sago  
3/4 Cup of Jaggery  
Pinch of Salt  
1 Tbsp of Ghee  
2 Tbsp of Coconut, Grated  
2 Tbsp of Thick Coconut Milk  
3 Cardamom, Crushed  
Few Cashews and Raisins

## Method for Pasiparuppu Javarisi Payasam

In a pan, dry roast the moong dal until they turn golden brown and aromatic. Transfer it to a bowl, add sago and water and soak it for 1/2 hr.

In a pressure cooker, add dal, sago, salt and enough water, about 1.5 cups. Cook for 3 whistles and turn off the flame.

In a pan, add jaggery and 1/2 cup of water, cook in a medium flame until jaggery dissolves completely. Strain it and keep it aside.

Heat another pan, add a 2 tsp of ghee, when it is hot, add cashews, raisins, fry well until it turns golden brown, add coconut, fry for a min and transfer it to a plate.

Open the lid of the cooker, heat the cooker, in a medium flame, add jaggery and mix well, boil it for 3-5 mins.

Add roasted cashews, raisins, coconut, crushed cardamom and remaining ghee, mix well. Cook it for a min.

Finally add coconut milk, give a quick stir and turn off the flame.

Serve payasam hot or cold.

### Tips

Dry roasting the moong dal gives an aromatic flavor.

After you add coconut milk, do not boil it for long time, it starts curdling.

If you don't have coconut milk, add cow's milk to payasam.

Adjust sweetness according to your taste..I prefer payasam to be more on sweeter side so I added 3/4 cup.

Add any nuts of your choice like almonds or walnuts.

I used pressure cooker , you can also make it in pan. But it takes little more time.

# Moong Dal Sago Payasam



Tags: [pasiparuppu payasam](#), [pasiparuppu javarisi payasam](#), [moong dal payasam](#), [moong dal sago payasam](#), [pasiparuppu payasam recipe](#), [moong dal kheer recipe](#), [how to make pasiparuppu javarisi payasam](#), [prepare pasiparuppu javarisi payasam](#), [payasam recipe](#), [easy payasam recipe](#), [south indian payasam](#), [payasam with coconut milk](#), [traditional payasam recipe](#)

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# Stir-Fried Vegetables / Vegetarian Stir Fry



This is a hearty, colourful and flavorful vegetable stir-fried vegetables. Every week I make this vegetarian stir fry for lunch or dinner. They are easy to make with fresh veggies, healthy and takes less time to cook. I like stir fry because of its simplicity and balance of flavors. I made this stir fry

with vegetable on hand. You can use any vegetables of your choice like snow peas, bok choy, baby corn and chestnuts. Here I used super firm tofu, shallow fried and added to this dish. If you get deep fried tofu in your nearby store add that instead. For vegetarian and vegan, they are the best source of protein. Served over a bed of rice. Try this easy vegetable stir fry to make quick lunch or dinner on the table with minimal clean up..Even beginner can do this stir fry vegetables easily.

# Ingredients for Stir Fried Vegetables

- 8 Oz Super Firm Tofu
  - 1 Big Broccoli
- 1 Green Bell Pepper, Diced
  - 3 Mushroom, Diced
  - Handful of Spinach
- 2 Garlic Cloves, Crushed
- 1/2 Yellow Onion, Chopped
- 1/2 Tsp of Red Chilli Flakes
  - Pinch of Sugar
- Salt and Pepper to taste
  - Green Onion, Chopped

## Sauce

- 1 Tsp of Dark Soy Sauce
- 1 Tsp of Vegetarian Oyster Sauce
  - 2 Tsp of Light Soy Sauce
- 2 Tsp of Corn Starch or Rice Flour

## To Marinate

- 1/2 Tsp of Garlic Powder
  - 2-3 Tsp of Soy Sauce
- Salt and Pepper to taste

## To Shallow Fry

- 2 Tbsp of Vegetable Oil

# Method for Stir Fried Vegetables

- Cut the tofu into small cubes. In a bowl, add tofu, garlic powder, soy sauce, salt and pepper. Mix well and marinate it for 30 mins.
- Heat a pan with oil and shallow fry the tofu till it turns golden brown on both sides. Remove from pan and keep it aside.
- In a bowl, make a sauce by adding ingredients listed under " to sauce". Mix well.
- Heat a pan with oil, when it is hot, add red chilli flakes, garlic and onion, fry it for 2 mins, add broccoli, mushroom, bell pepper, sugar, salt and pepper, fry it for 2 mins, cover and cook for another 3 mins, then add spinach and tofu, fry it for another 2 mins.
  - Add sauce, cook for another 3 mins and turn off the flame.
  - Serve the stir fried vegetables with rice.

## Tips

- Add any vegetables of your choice like chestnuts, napa cabbage, bok choy, bamboo and baby corn.
- Adjust the amount of soy sauce, salt and pepper according to your taste.

# Stir Fried Vegetables with Rice



Tags: [stir fried vegetables](#), [stir fried vegetables with rice](#), [vegetarian stir fry](#), [chinese vegetarian recipe](#), [one pot meal](#).