Kale Dosa Recipe / Kale Recipe Indian Style



Kale Dosa recipe is a nice crispy Indian pancake. This is simple to make, nutritious dosa. Kale is called as Queen of greens, is loaded with powerful antioxidants, minerals, rich source of vitamin A, C and K, lowers cholesterol and good for heart. When I first tasted this green, I didnt like it but my husband insisted me to eat this green as it is a nutritional powerhouse. After trying for 2-3 times, I started to like it

so every weekend when I go for grocery shopping, I will grab a big bunch of kale leaves. Recent days, I am trying lot of recipes with kale leaves. One of my favourite is kale dosa recipe, I really like the unique taste and its lovely green colour. Also check my kale guacamole salad recipe which was published last year in **St.Louis Post dispatch newspaper (US)**. If you get kale leaves in your place, try this kale dosa recipe for week day or weekend breakfast, everyone in your family will like it for sure. Try the same recipe with other greens like spinach instead of kale. Serve this dosa with coconut chutney or any chutney of your choice. I had it with sambar.

Also check my other dosa recipes

- Tomato toor dal dosa
- Adai
- Spongy Aval (poha) dosa
- Onion Rava Dosa (hotel Style)
- Quinoa Dosa
- oats dosa (Instant)
- Oats Aval Dosa
- Bajra Dosa
- Leftover Magic Dosa
- Masala Wheat Dosa
- Pesarattu / Green Moong Dosa

Kale Dosa Recipe

Kale Dosa Recipe



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Prep time
10 mins
Cook time
20 mins
Total time
30 mins

Kale dosa recipe / Kale Indian recipe is a crispy and delicious dosa made with kale leaves. It tastes great with aany chutney of your choice.

Author: Gayathri Ramanan
Recipe type: Breakfast
Cuisine: Indian
Serves: 8

Ingredients

- 2.5 Cups of Dosa Batter
- 2 Cups of Kale
- 1 Tsp of Cumin
- 2 Red Chilly
- ¼ Tsp of Ground Pepper
- Salt to taste

Instructions

1. In a blender, add all the ingredients except dosa batter and grind it along with water. Pour this into the dosa batter. The batter should not be watery or thick.

2. Heat a dosa pan or griddle, pour a laddleful of dosa batter and spread it like dosa in circular motion. Drizzle a tsp of oil over dosa or in sides. Cook both the sides until it turns crisp and golden brown colour.
3. Kale dosa is ready to serve.

Notes
Serve this dosa with Tomato chutney or Onion chutney or Green Chutney.
You can add grated carrots to the batter if you wish.
You can avoid red chilies and add green chillies, if you want more spicy side. You can also make dosa without chilly.



Tags: kale dosa , kale dosa recipe, kale Indian recipe, how to make kale dosa at home, prepare kale dosa, kale recipe ideas, healthy breakfast.

SAMAI KANJI RECIPE /LITTLE MILLET PORRIDGE



SAMAI KANJI RECIPE / Little millet porridge is a delicious,

healthy gruel made with little millet, dal and mild spices. You can make the same kanji with varagu or kuthiravalli or thinai. This millet porridge is a perfect summer coolant, very creamy and mildly spiced, it has a slight taste of samai pongal. I have used buttermilk for creaminess instead you can also use milk. Adding carrot is to enhance the nutrition.
If you don't have millets at home, replace it with rice. I love to drink ragi koozh or kambu koozh for breakfast but for a change I had this samai kanji for yesterday breakfast along with small onion. They are very easy to digest, very filling and cholesterol free. Perfect kanji recipe for diet and diabetic people.

MILLET RECIPES IN FOODYBUDDY

1. **How to cook varagu rice.**
2. **Samai bisibelabath**
3. **Samai Idly**
4. **Samai Pongal**
5. **Cholam Dosai (jowar dosa)**
6. **Kambu (bajra) roti**
7. **Kambu Dosai**
8. **Quinoa Dosai**
9. **Quinoa Biryani**
10. **Quinoa Pessarattu**
11. **Quinoa kuzhi paniyaram**
12. **Ragi Koozh (porridge)**
13. **Ragi Sevai**
14. **Ragi almond ladoo**

SAMAI KANJI RECIPE /LITTLE MILLET PORRIDGE

5.0 from 1 reviews
SAMAI KANJI RECIPE /LITTLE MILLET PORRIDGE



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Prep time
15 mins
Cook time
10 mins
Total time
25 mins

samai kanji recipe / little millet porridge is a perfect summer coolant, healthy, gluten free and cholesterol free. Are you bored with cereals for breakfast, have this millet kanji. You can feel energetic and active.

Author: Gayathri Ramanan
Recipe type: Breakfast
Cuisine: Indian
Serves: 2

Ingredients

- 2 Tbsp of Saamai (little millet)
- 2 Tbsp of Moong dal (yellow)
- 1.5 Cups of Water
- 1 Carrot, chopped
- Pinch of Asafoetida
- 1 Tsp of Cumin
- 1 Tsp of Black Pepper (coarsely ground)
- 4 Garlic Cloves, Chopped
- Few Curry Leaves

- Salt to taste
- 1 Tsp of Oil
- 1.5 Cups of Buttermilk

Instructions

1. Soak both the little millet and moong dal in water for 15 mins. Drain the water, wash it and keep it aside.
2. Chop the garlic and carrots. Coarsely ground the pepper in mortar and pestle.
3. Heat a cooker with oil,when it is hot, add cumin, asafoetida, black pepper and curry leaves, after it pops up.
4. Add garlic cloves,carrot fry it for few mins.
5. Add saamai, moong dal, water and salt. Cook it for 3 whistles. Open it, after pressure releases.
6. Cool it for 15 mins, before adding buttermilk.
7. Saamai kanji is ready to drink with small onion or have it plain.

Notes
You can make the same kanji with any kinds of millets.
Add any vegetables of your choice.
If you love masala flavor, temper it with clove, cinnamon.
To enjoy plain kanji, avoid moong dal.



Gongura Rice Recipe / Pulicha

Keerai Sadham



Gongura Rice Recipe / Pulicha keerai sadham / Sorrel leaves rice is a tasty, easy south Indian variety rice dish that can be prepared very quickly at home. Gongura in telugu / Pulicha keerai in tamil / sorrel leaves is very famous in Andhra Pradesh. Gongura leaves are sour in taste and high in vitamins, minerals and anti-oxidants. This is my mom's recipe. You can make a lot of interesting recipes with gongura leaves like gongura pickle, gongura chutney. I already posted gongura chutney (pulich keerai thuvaiyal) in my blog.

This gongura rice tastes great with appalam, vadam, chips or fry. You can prepare this rice with leftover rice too. You can pack this variety rice for travel or lunch box.

How to make Gongura Rice Recipe

5.0 from 1 reviews
Gongura Rice Recipe / Pulicha Keerai Sadham



Save Print
Prep time
10 mins
Cook time
20 mins
Total time
30 mins

Gongura Rice Recipe / Pulicha Keerai Sadham is a tasty, easy south Indian variety rice. You can pack this for travel or lunch box.
Author: Gayathri Ramanan
Recipe type: lunch
Cuisine: Indian
Serves: 4
Ingredients

- 3 Cups of Cooked Rice
- 1 Bunch of Gongura Leaves (Pulicha Keerai)

- To roast and grind
- 1 Tbsp of Gingelly Oil
- 12 Red chilies
- 14 Garlic cloves
- Handful of Coriander Seeds
- 2 Tsp of Cumin
- 1 Tsp of Fenugreek Seeds
- To Temper
- ¼ Cup of Gingelly Oil or vegetable oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Pinch of Asafoetida
- Few Curry Leaves

Instructions

1. Remove the gongura leaves from the stem, wash it in tap water and keep this aside.
2. Heat oil in a pan, roast all the ingredients listed under ” To roast and grind” list, fry for 2-3 mins in a medium flame till color changes and aroma comes. Turn off the flame. Let it cool for 5 mins.
3. In the same pan, add gongura leaves, saute this for few mins until leaves shrinks and color changes. Turn off the flame. Let them cool down for 5 mins.
4. In a blender, add the roasted spices, grind it to a coarse powder. To the same blender, now add sauted gongura leaves and salt, grind it to a smooth paste.
5. Heat oil in a pan, when it is hot, add mustard seeds, urad dal, curry leaves and asafoetida, when it splutters, add the ground paste, saute well for 2 mins and turn off the flame. Gongura thokku is ready.
6. In a deep bowl, add the cooked rice, let it cool for 15 mins. Add gongura thokku, gently mix well with rice. You can add a tsp of ghee if you want.

Notes
Add peanuts while tempering, it gives a nice taste.

I used long red chillies (Neeta milagai). You can also use round one (gundu milagai).
If you want more tangy side, add tamarind.
If you have leftover gongura paste, refrigerate it. It stays good for 2 weeks.



Tags: Gongura Rice Recipe, Pulicha keerai sadham, how to make gongura rice at home, sorrel leaves rice recipe, south Indian variety rice, andhra style gongura recipe, gongura recipes, leftover rice recipe, lunch box recipe.