

THENGAI SADAM | COCONUT RICE RECIPE WITH DAL



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Coconut rice is my husband's favorite rice dish. This is very easy to make one pot meal that can be done in 15 mins if your cooked rice are ready. This recipe is my husband grand ma's recipe. I really love this rice because of the addition of secret ingredient (moong dal) which makes this rice protein rich and colorful. Here I used coconut oil for tempering the spices, so it makes the rice more flavorful. Best accompaniment for this coconut rice are [colocasia roast](#) or [potato roast](#) or papad (appalam). I had it with [cauliflower fry](#).

Ingredients

1/4 cup and 2 Tbsp of Coconut (Fresh or Dry), I used desiccated coconut
2 Tbsp of Moong Dal
1 Cup of Water
2 Cups of Cooked Rice (Pressure Cooked)
1 Medium Size Red Onion, Finely Chopped
2 Green Chillies
1/2 Tsp of Turmeric Powder
Salt to Taste

To Temper

1 Tbsp of Coconut Oil
1 Red Chilly, Big
1 Tsp of Mustard
1 Tsp of Urad Dal
1 Tsp of Chana Dal (Bengal Gram)
1 Sprig of Curry Leaves

Method

- Heat a pan with water, add moong dal, turmeric powder and little salt, cook in medium flame for 10-15 mins until the dal gets cooked.
- Heat a pan, dry roast the coconut until it turns to light brown color, remove it from pan and keep this aside.
- Heat a pan with oil, when it is hot, add red chilly(break it), mustard seeds, urad dal, bengal gram, curry leaves, after mustard seeds splutters, add chopped onion and green chillies, fry this for few mins until it turns golden brown. Add cooked moong dal, fry for a min, add cooked rice and little salt, mix well with dal and spices. Finally add roasted coconut to the rice, mix

well and turn off the flame.

- Protein rich coconut rice is ready to serve with any [colocasia fry](#) or [potato roast](#) or appalam.



Tips

- You can also make coconut rice without onion and dal.
- Adjust the number of green and red chilly according to your taste buds.
- You can use nuts like peanuts and cashews while tempering.

Health Benefits of Coconut

- Quick energy boost.
- High in dietary fiber.
- Improves heart health.
- It has anti-bacterial, anti-fungal & anti-parasitic

properties.

- Coconut oil can improve blood cholesterol level, boosts brain function.



[AVAL VADAI | POHA VADA RECIPE](#)



Poha (Aval) Vadai

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I usually start most of my days either with poha or oats upma or cereals. When I was talking to my friend, the other day, she gave me this aval vadai recipe, since this aval vadai does not need any grinding and soaking part, immediately I want to give it a try, for my evening snack. Me and my husband really liked it, because it tasted almost like [medu vada](#) with crispy texture on outside and soft on inside. You can make this poha vada recipe either as a snack or for navarathri celebrations or diwali or krishna jayanthi. Also make this quick easy aval vada for unannounced guests. I bet kids will love this vadai for sure. Serve this easy aval vadai either with coconut chutney or tomato ketchup and [hot tea](#).

Ingredients for aval vadai

Yield : 9 Vadai

- 1 Cup of Thick Variety of Aval / Poha / Flattened Rice Flakes
- 1 Cup of Water
- 1 Medium Size Onion, Finely Chopped
- 2 Green Chilies, Finely Chopped
- 3 Tbsp of Thick Curd (Yogurt)
- 2 Tbsp of Rice Flour
- 2 Tsp of Besan Flour / Kadalai Maavu
- 1 Inch of Ginger, grated
- 1 Tsp of Whole Black Pepper
- Pinch of Asafoetida
- 1 Sprig of Curry Leaves
- 2 Tbsp of Cilantro (Coriander Leaves), Finely Chopped
- 1 Tsp of Salt or to taste
- Oil for deep frying

Method

- Soak the aval(poha/rice flakes) in water for 5 mins. Drain as much as water from aval, mash well with hand or with back of the spoon.



- To the mashed rice flakes, add chopped onion, green chilly, ginger, black pepper, asafoetida, curry leaves, chopped coriander leaves, salt, rice flour, besan flour and finally add thick curd, give a quick stir. Knead well with hand to form a thick batter. Make a balls out of the batter.



- Heat oil in a shallow pan. Take a zip lock bag or Milk cover or banana leaf or polythene sheet and have 1 cup of water in bowl on side.



- Just wet your right hand in water, place the batter ball in the center of zip lock bag greased with water. Make a hole in the middle of the batter and carefully transfer it to the hot oil. Deep fry them on medium heat, until it turns golden brown on both sides. Continue the same process for each vadai.
- Serve hot with coconut chutney or peanut chutney or tomato ketchup and **tea**.



Tips

- You can use thick or thin variety of aval / poha.
- To make this vadai, use white or red rice flakes.
- If you feel your batter is watery, add little more rice flour.
- Adjust the spiciness according to your taste.
- If you don't have besan flour, just use rice flour.
- Addition of rice flour gives crispy taste to vadai.
- You can also add 1/2 tsp of cumin or fennel seeds, for easy digestion. Instead I added asafoetida for digestion.



Tags : [aval vadai](#), [poha vadai](#), [how to make easy aval vadai](#), [prepare aval vadai](#), [krishna jayanthi recipe](#), [diwali vadai recipe](#), [vada for guest](#), [south indian vadai recipe](#), [aval vadai recipe](#)

[KESARI RECIPE | RAVA KESARI RECIPE](#)



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Kesari Recipe / Rava kesari Recipe / Sooji halwa is an easy and simple sweet prepared during important occasions like birthday, diwali, wedding and new year . This rava kesari is usually made with rava(semolina),sugar and ghee, though the ingredients are very simple and straight forward, the taste is captivating and can be very satisfying. This kesari recipe is my family favourite sweet and I am pleased to share my mom's recipe. Below rava kesari recipe is made by my mom for my blog and she also send some pictures of the recipe taken by my sister in law (subha). Thank you amma and subha for this tasty kesari recipe and mouthwatering photographs..

Ingredients for Kesari Recipe

- 1 Cup of Rava (Semolina)
- 1 Cup of Sugar
- 2 Cups of Water

- 1/4 Cup of Ghee (Clarified Butter)
- 2 Pinch of Orange Food Color
- 2 Green Cardamom
- Few Cashew Nuts
- Pinch of Salt

Method for Rava Kesari Recipe

- Heat 2 tsp of ghee in a non stick pan, roast it until it turns light brown and nice aroma arises. Transfer the roasted rava to a plate and keep it aside.
- Heat a pan with ghee, roast cashews and rasins, fry for a min. Keep this aside.
- Heat water in a pan, after it comes to a rolling boil, add food color to it, mix well, turn it to a medium flame, add roasted rava little by little to a boiling water, keep on stirring continuously, take care to avoid lumps and stir well.
- Cover and cook until rava are cooked. Add sugar and stir well for 3-4 mins to avoid lumps.
- Finally add ghee, pinch of salt, cardamom, roasted cashews and raisins
- Hot and yummy kesari is ready to eat.



Tips

- Adjust the amount of sugar according to your taste.
- Addition of ghee gives a nice aroma and taste.
- If you got lumps, don't worry, keep on stirring to avoid it and mash it later.
- You can use any food color to this kesari.
- If you got pineapple, blend it with water and add it in place of water and make kesari.
- You can also add saffron to kesari, if you have.



Rava Kesari Recipe

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