

# KANDARAPPAM RECIPE | SWEET APPAM



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Kandarappam recipe is a deep fried sweet appam recipe made with rice, dhal, cardamom, jaggery and coconut. This is a traditional Chettinadu sweet appam recipe made for all festival occasions.

To make kandarappam recipe, I used palm jaggery for sweetness. kandarappam really taste good when it is served hot, it is crispy on outside and sponge on inside. Also it tastes good on next day. Try this delicious sweet appam and here is the recipe.

## Ingredients for kandarappam recipe

- 1/2 Cup of Raw Rice(Pacha arisi)
- 1/4 Cup of Urad Dal
- 3/4 Cup of Jaggery, I used Palm Jaggery (Karupaati)
- Pinch of Salt
- 3 Tbsp of Grated Coconut
- 2 Cardamom, Powdered
- 3 Cups of Oil for Frying

## Method for sweet appam recipe

- Soak the rice and urad dal in water for 2 hrs. Drain the water and wash it in tap water for 2 times. Leave it aside.
- Put it in a blender(mixie) and grind it to a fine, thick batter. Add cardamom, pinch of salt, jaggery and coconut, grind it for another 10 mins.
- Transfer the batter to a bowl, the batter should be in dosa batter consistency.
- Heat oil in a shallow pan, once it is hot, keep the flame in medium, slowly pour in spoonful of batter to the oil, when the appam rises to the top, turn it over, cook it for another 1 min and remove it from pan. Drain it in paper towel. It should be in brown color and got curled/wavy borders.
- Make the remaining kandarappam in the same way and serve hot.

## Tips

- If your batter is watery, leave the batter in refrigerator for 30 mins and then start cooking.
- Adjust the amount of sweetness according to your taste.
- Always cook appam in a medium flame and fry one appam at a time to get a nice shape and taste.
- If you are in diet, don't want to deep fry ? then you can cook the appam in non stick paniyaram pan with less

oil, I tried with this batter, it tastes yummy.

## Health Benefits of Rice and Urad Dal

- Rice are rich in carbs, provides energy and good for brain.
- Urad dal provides energy to the body.
- Rich in protein.
- Enhances digestion because of high in fiber content in dal.
- Boost heart health because of high in magnesium level in dal.



tags : [kandarappam](#), [kandarappam recipe](#), [how to make](#)

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## [Pasta Salad with low fat 1000 Island Dressing](#)



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This creamy and delicious tri-color Cold Pasta Salad low-fat 1000 Island Dressing is really great in taste and very filling. Here I used 1000 Island dressing, which is a salad dressing and condiment, used on sandwiches and salad. It is widely used in restaurant and diners in US. It has mayonnaise, olive oil, lemon juice, tomato ketchup and salt in it.

Source : [Wikipedia](#) – Origin of the name 1000 Island dressing comes from thousand island between the US and Canada in St. Lawrence river. In 1000 island area, fishing guide wife, made this condiment for her husband dinner. Often in this version, actress May Irwin requested the recipe after enjoying it, that how the dressing got popular.

This low fat 1000 island dressing with pasta is creamy and a treat to your taste buds. Also it is great to pack this dish for lunch box.



# **Ingredients – Pasta Salad with low fat 1000 Island Dressing**

- 1/2 Cup of Tri-color Pasta
- 2-3 Cups of Water
- 1 Tsp of Oil
- Salt as Needed

## **For 1000 Island Dressing**

- 7 Tbsp of Low Fat Mayonnaise / Vegennaise
- 2 Tbsp of Ketchup
- 2 Tbsp of Lemon Juice
- 1 Tbsp of Minced Onion
- Dash of Salt and Pepper
- 2 Tsp of Olive Oil

## **Other Ingredients**

- 1/4 Cup of Broccoli Florets
- 5-6 Mushrooms
- 1 Tsp of Oil
- Green Olives to garnish

*Pasta with  
1000 Island Dressing*



## **Method – Pasta Salad with low fat 1000 Island Dressing**

- Bring 2-3 Cups of water to a rolling boil, add salt to taste.
- Add tri-color pasta to the water, add oil and stir gently.
- To get authentic pasta taste, boil uncovered for 10- 12 mins and stir occasionally. once it done, just drain the water and keep it aside.
- Heat oil in a pan, add mushroom and broccoli, saute this for 2 mins. Keep this aside.
- In a wide bowl, add all the ingredients listed under “1000 Island Dressing” give a quick stir. Now add pasta,

broccoli and mushroom, toss well, make sure the pasta are well coated with dressings.

- Refrigerate it for 15 mins and serve cold with olive on top.



### Tips

- You can follow the same recipe with any kind of pasta.
- You can use any vegetable like carrot, tomato and lettuce.
- If you get fresh parsley leaves, you can add it to the dressing.

Recipe Source : Epicurious

sending recipe to [thisgalscooks](http://thisgalscooks.com)



# Kondakadalai (Channa) Sundal Recipe



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kondakadalai (channa) Sundal recipe is a south Indian salad made with different legumes. Kondakadalai sundal recipe / channa sundal recipe / chick peas salad is a easy and healthy evening snack. Also we make kondakadalai sundal recipe for festival occasions particularly for Navarathri and Vinayaka chaturthi..kondakadalai Sundal recipe can be prepared either with white or black chickpeas. Both channa sundal are rich in

protein and nutritious. Here it comes the recipe for kondakalai (channa) sundal recipe.

## **Ingredients for sundal recipe**

- 1/2 Cup of Channa / Kondakadalai / Chick Peas
- 1 Tbsp of Coconut

### **To Temper**

- 2 Tsp of Oil
- 1 Red Chilly
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Pinch of Asafoetida
- Few Curry Leaves

## **Method for kondakadalai sundal recipe**

- Soak chick peas in salt water for overnight (8hrs). Next day, wash it in cold water and pressure cook by adding salt, oil and water, for 2 whistles , simmer it for 35 mins in low flame. After that, turn off the flame. Let the pressure release on its own.
- Heat a pan with oil, add red chilly, mustard seeds, urad dal, after it splutters, add asafoetida and curry leaves, followed by channa, salt and coconut, mix well and fry for 1-2 mins.
- Healthy Channa sundal is ready to eat.



### **Tips**

- You can use green chilly instead of red chilly.
- You can add chopped onion while tempering.

### **Health Benefits of Sundal / Chickpeas**

- High in fiber, iron and protein.
- Rich in manganese and folate.
- Stabilizes blood sugar and low in glycemic index.
- Reduce the risk of Heart disease.
- Prevents breast cancer.
- Due to high in fiber and low in GI, they are good for weight loss

## Channa (Chickpeas) Sundal



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