

# Ulundu Vadai / Medu Vada / South Indian

Pinit



*Ulundu vadai / medu vada is a traditional south Indian snack. Medu vada are crispy on outside and soft on inside. Ulundu vadai are made from urad dal batter. Green chillies, ginger, curry leaves, pepper and onion are mixed into the batter. medu vadai is wheel-shaped with a hole in the middle. Ulundu vadai / urad dal vada is bland and so it is usually enjoyed with chutney or sambar.*

# Ingredients for Ulundu Vadai

Number of servings : 10

- Black Split Urad Dal – 1/2 Cup
- Ginger – 1/2 Inch
- Green Chillies – 2
- Salt to taste
- Water as needed( ~ 2 Tbsp)
- Crushed Pepper – 1 Tsp
- Shallots or Small Onion – 7
- Few Curry Leaves
- Oil for deep frying

## Method for Medu Vada

- Soak the urad dal for 1 hour in enough water.
- Drain the water and wash the dal and remove the skin.
- Take a mixie or grinder or food processor, transfer urad dal, green chillies and ginger to it. Add a lit bit of water. Grind it until smooth consistency. Make sure don't add too much of water, because vadai will absorb more oil in that case.
- Once the batter is ready, add chopped onions, curry leaves, salt and crushed pepper. Mix Well with spoon or by hand.
- Heat oil in a shallow pan. Take a zip lock bag or Milk cover or banana leaf or polythene sheet and have a cup of water in bowl on sides.
- Just wet your hands, take a small sized batter and place it in the zip lock bag greased with water. Make a hole in the middle and carefully transfer it to the hot oil. Continue the same process for each vadai.

Here is the video on how to make vadai..

- Fry the vadai till it turns golden brown color on both sides.
- Serve hot along with sambar and coconut chutney.



## Tips

- If your batter is watery, add a tsp of rice flour to it or refrigerate the batter for 30 mins to 1 hour.
- You can use white or black urad dal to make vadai.
- Don't add too much of water, because vadai absorbs too much of oil.

- You can shape vadai either in Zip lock bag or in palm of your hand
- If you don't get shape, the easy & best way is to drop the batter with a spoon into the oil.

## Health Benefits of Urad dal

- Urad dal provides energy to the body.
- Rich in protein.
- Enhances digestion because of high in fiber content.
- Boost heart health because of high in magnesium level.

Tags : medu vada,ulundu vadai recipe,ulundu vada,medhu vadai recipe,ulundu vadai tips,ulundu vadai recipe with video,how to make medu vada step by step,how to make ulundu vada video,medu vada recipe,step by step ulundu vadai recipe.



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# Puli Aval / Tamarind Poha Recipe / Tamarind Red Rice Flakes – Breakfast Recipe

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*Red rice flakes are made from a red rice. It is more common to find the flakes (poha) made of white rice. Rice flakes has a earthy flavor, chewy texture and light rose in color. Healthy alternative to white rice flakes, having a high nutritional contents. This is a healthy breakfast recipe because of high in fiber & nutrition. Good for kids and adult. Try this recipe and enjoy.*

## Ingredients

1 and 1/2 Cup of Sigappu Aval / Poha / Red Rice  
Flakes

Gooseberry size of Tamarind

## To Temper

3 Tsp of Oil

1 Tsp of Mustard

1 Tsp of Urad Dal

2 Tsp of Channa Dal / Bengal Gram / Kadalai Paruppu

2 Tbsp of Roasted Peanuts

2 Big Red Chillies

Pinch of Asafoetida / Hing

1/4 Tsp of Turmeric Powder

1/4 Cup of Onion, Chopped

Few Curry Leaves

Salt to Taste

Water as needed



Puli Aval

## Method

### Soaking & Preparation

- Extract the juice from tamarind by soaking tamarind in hot water for 15 mins.
- In a blender, add aval / poha / rice flakes, make it into a coarse consistency, don't powdered it.
- Wash the aval / poha and drain the water.
- Now soak the aval / poha in tamarind water. Soak it for 10 mins.

### Tempering

- In a pan, add oil, red chillies (Break it ), mustard seeds, urad dal, channa dal, asafoetida & curry leaves. After they splutter, add onion, fry for 1-2 mins until it turns golden brown color.
- Add roasted peanuts, turmeric powder and salt.
- Add tamarind – poha mixture and mix gently. Check the salt. Turn off the stove.
- Puli aval is ready to eat.



### Tips

- Don't over soak the rice flakes, it will turn soggy while cooking.
- Adding peanuts are optional.
- You can follow the same recipe with white rice flakes.
- Soaking time for white flakes is 2 – 3 mins.
- You can add any vegetables of your choice.
- Adjust the tanginess according to your taste.

### Health Benefits of Red Rice Flakes

- Red rice flakes are very good for the people with heart disease, diabetes and weight loss.
- Low in cholesterol, high in fiber, vitamins and minerals.



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## [Vegetarian Sandwich with Soy Crumbles and Mushroom](#)





## **Vegetarian Sandwich with Soy Crumbles and Mushroom Recipe**

*Healthy and protein packed sandwich is a perfect substitute for meat because of the presence of soy crumbles and mushroom in it. This sandwich is really delicious, quick to make recipe. You can have this either for breakfast or lunch or dinner. Enjoy this delicious and hearty complete protein substitute sandwich with a bowl of soup, potato chips and soda.*

## Ingredients

4 Whole Wheat Bread  
1/2 Cup of Soy Crumbles (Meatless Ground)  
5 Whole Baby Bella Mushroom, Sliced  
2 Roma Tomatoes, Sliced  
4 Romaine Lettuce  
1 Medium Size Onion, Chopped  
1/2 Tsp of Red Chilly Flakes  
1 Tsp of Garlic Powder  
Salt and Pepper to taste  
3 Tsp of Oil / Butter  
4 Tbsp of Mayonnaise / Vegennaise  
Honey Mustard or Dijon Mustard

## Method

- Heat oil in a pan, add red chilly flakes and chopped onion, saute this for 2 mins until it turns golden brown.
- Add soy crumbles, mushroom, garlic powder, salt and pepper, cook this for 3 – 5 mins. Once it done, keep this aside.

## For the sandwich build

- Apply mayonnaise or vegennaise on each side of bread.
- Place sauteed soy crumbles and mushroom over mayonnaise on each side of bread.
- Place slice tomatoes and lettuce over the top of sauteed soy crumbles and mushroom. Apply honey mustard or Dijon mustard over the top of tomatoes.
- Assemble your sandwich by gently pressing the two slices of bread together.
- Toast the bread in skillet with lid and grill until it changes color and flip over; Hot sandwich is ready to eat.



## Tips

- Serve it with a bowl of any soup or potato chips.
- Use any sort of cheese or bread of your choice.
- For dressing, you can use ranch or red wine vinaigrette.

### Health Benefits of Vegetarian Sandwich

Vegetarian sandwich consists of soy crumbles and mushroom placed between two slices of bread, Mushrooms are high in protein and anti-oxidants, low in calories and fat. Soy crumbles are best alternative to beef or any meat, also good for cardiovascular or digestive system.

VEGETARIAN SANDWICH WITH SOY CRUMBLES AND MUSHROOM



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