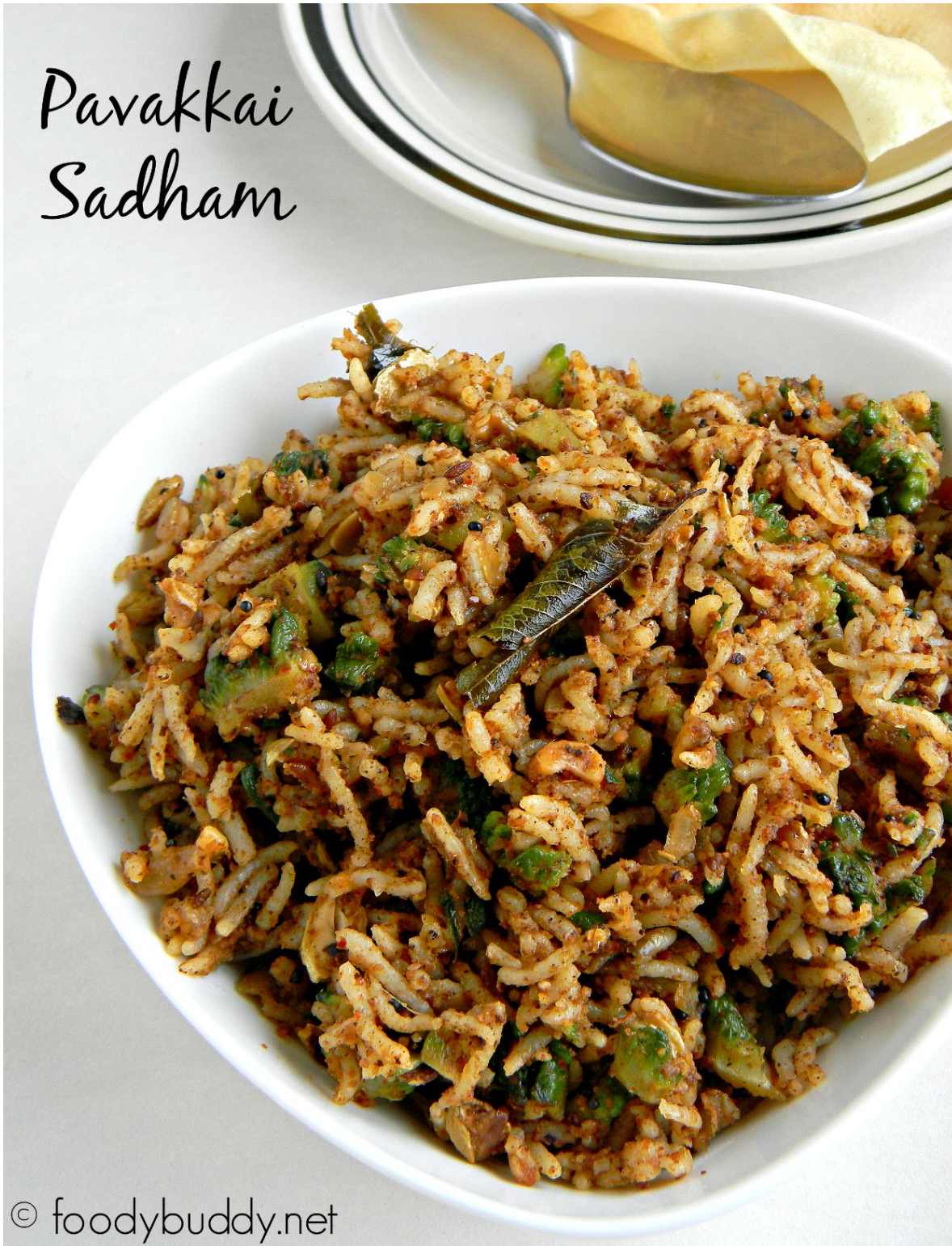


Bittergourd Masala Rice Recipe / Pavakkai Sadham / Bittergourd Recipe

*Pavakkai
Sadham*



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Bittergourd masala rice recipe / Pavakkai Sadham / Karela Rice

is a simple and tasty one pot meal that can be made very quickly. This rice is very flavorful because of spices added to it like coriander seeds, clove, cinnamon, cardamom, bengal gram, urad dal and red chilies. I love bittergourd so nowadays am trying a lot of recipes with bittergourd. Bittergourd are very good for our health and it cures and prevents a lot of diseases like respiratory disorders, cancer, diabetes, constipation, kidney diseases and heart diseases. Try to include bittergourd twice a month to stay healthy. If you are a bittergourd fan like me ☐ , you will love this rice for sure. You can also make this pavakkai sadham to pack for lunch box. Serve this bittergourd rice with appalam and [raita](#).

Also Check my other bittergourd recipes

- [Bittergourd 65](#)
- [Bittergourd Stir Fry](#)

How to make Bittergourd Masala Rice Recipe

Bittergourd Masala Rice Recipe / Pavakkai Sadham / Bittergourd Recipe



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Prep time

10 mins

Cook time

20 mins

Total time

30 mins

Bittergourd masala rice / Pavakkai sadham / Karela Rice is a flavorful one pot meal. Serve this with raita and appalam.

Author: Gayathri Ramanan

Recipe type: lunch

Cuisine: Indian

Serves: 2

Ingredients

- 1 Cup of Cooked Basmati Rice
- 2 Bittergourds, Finely Chopped
- 1 Tsp of Oil
- 2 Tsp of Ghee
- 1 Tsp of Mustard Seeds
- 1 Tsp of Cumin Seeds (Jeera)
- Pinch of Asafoetida (Hing)
- Few Curry Leaves
- $\frac{1}{8}$ Tsp of Turmeric Powder
- $\frac{1}{2}$ Onion, Finely Chopped
- 2 Garlic Cloves, Finely Chopped
- Pinch of Sugar or Jaggery
- Salt to taste
- 1.5 Tsp of Lemon Juice or to taste
- To Roast and grind
- 2 Tsp of Coriander Seeds
- 2 Tsp of Chenna Dal (Bengal Gram)
- 2 Tsp of Urad Dal
- 3 Red Chilies
- 2 Tsp of Coconut (grated)
- 1 Clove
- 1 Cinnamon (medium)
- 1 Cardamom
- 5 Cashews

Instructions

1. Heat a pan, dry roast all the ingredients listed under "

to roast " until it turns golden brown. Cool it and grind it to a fine powder.

2. Heat a pan with oil and ghee, add mustard seeds, cumin, curry leaves and asafoetida, after it pops up, add onion and garlic, fry well until it turns golden brown.
3. Add bittergourd pieces and salt, fry well until it get cooked.
4. Add ground masala powder and turmeric powder, fry well with bittergourd, add little water, sugar and enough salt, mix well. Turn off the stove.
5. Add cooked rice, little oil and lemon juice, gently mix it with fork.
6. Hot, yummy bittergourd masala rice is ready.

Notes

You can also add a tsp of tamarind paste while cooking instead of lemon juice.

Add chopped peanuts in the end while mixing.(optional)

Adding ghee gives a nice taste.

Do not break the rice while mixing

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Bittergourd Masala Rice

Tags: [bittergourd rice](#), [bittergourd masala rice recipe](#), [pavakkai sadham](#), [karela rice](#), [bittergourd recipes](#), [how to make bittergourd rice at home](#), [prepare bittergourd rice](#), [pavakkai recipes](#) [karela recipes](#), [recipes with bittergourd](#), [lunch box rice recipe](#), [office goers lunch box](#), [one pot meal](#).

Godhumai Rava Semiya Payasam Recipe / Cracked Wheat Payasam



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Godhumai Rava
Payasam

Godhumai Rava Semiya Payasam Recipe / Cracked Wheat Payasam is a yummilicious traditional dessert prepared with godhumai ravai (cracked wheat), jaggery, vermicelli, ghee and nuts. Cracked wheat or broken wheat is also called as godhumai ravai (samba godhumai) in tamil, daliya in hindi, godhambu rava in malayalam and godhuma rava in telugu. This payasam is one of my favourite and this is a winner recipe. When I was doing my college, they conducted cookery competition, in which I prepared this payasam and got first prize. That day I used coconut milk in my godhumai payasam for rich and creamy taste. But in this recipe, I used only regular cows milk. I used jaggery as sweetener, you can also use palm jaggery or sugar. This is a very easy samba godhumai payasam even beginners or bachelor can try this during festival occasion. Today is onam so I would like to share traditional recipe. So here comes the recipe of godhumai ravai payasam ☐

How to make Godhumai Rava Semiya Payasam Recipe

Godhumai Rava Semiya Payasam Recipe / Cracked Wheat Payasam



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Prep time

10 mins

Cook time

20 mins

Total time

30 mins

Godhumai Ravai Semiya Payasam Recipe / Cracked Wheat Payasam is a yummilicious traditional sweet, made during festivals like onam.

Author: Gayathri Ramanan

Recipe type: Dessert

Cuisine: Indian

Serves: 2

Ingredients

- $\frac{1}{4}$ Cup of Godhumai Rava (Cracked Wheat / Broken Wheat)
- 2 Tbsp of Semiya (Vermicelli)
- $\frac{1}{2}$ Cup of Jaggery
- Pinch of Salt
- 3 Tsp of Ghee (Clarified Butter)
- 2 Cardamom, Crushed
- 1.5 Tbsp of Coconut
- Few roasted Cashews and raisins
- $\frac{1}{2}$ Cup of Boiled Milk
- 1 cup of water

Instructions

1. Heat a pan, roast the cracked wheat for few mins and add $\frac{1}{2}$ cup of water and a pinch of salt, cover and cook until it turns soft. Remove it from flame and keep it aside.
2. Heat a pan, roast the semiya and add less than $\frac{1}{2}$ cup of water, cover and cook it for 5-10 mins or until it turns soft . Remove it from flame and keep it aside.
3. Heat a pan, add ghee, roast the cashews, raisins and coconut. Keep is aside.
4. Heat the same pan, add jaggery and water, wait until it melts. now add cooked cracked wheat, cooked semiya, ghee, cashews, raisins, coconut, crushed cardamom, simmer it for 5-10 mins or until it turns thick. Add milk, mix well, cook it in a simmer for few mins and

turn off the stove.

5. Hot, yummy godhumai ravai semiya payasam is ready to serve.

Notes

You can also make it in pressure cooker, rather than cooking in stove top.

For vegan version, add almond milk or soy milk.

Add sugar or palm jaggery instead of jaggery.

If you are using bigger variety of broken wheat, it is better to grind in a mixie to make it fine for easy cooking.

Add any nuts of your choice.

If you have coconut milk, add it in place of cows milk for rich and creamy payasam.

If you don't like vermicelli, just avoid it and add cracked wheat alone.



Broken Wheat Vermicelli Payasam

Tags : [Cracked Wheat Semiya Payasam Recipe](#), [broken wheat payasam recipe](#), [cracked wheat payasam](#), [godhumai ravai semiya payasam recipe](#), [samba godhumai payasam](#), [traditional onam payasam](#), [onam recipe](#), [godhambu rava payasam](#), [godhuma rava payasam](#), [daliya kheer](#), [payasam recipe](#), [easy payasam recipe](#), [festival payasam](#), [healthy payasam](#), [broken wheat kheer](#), [payasam with jaggery](#)

Mint Mushroom Biryani Recipe / Easy Mint Biryani



Mint mushroom biryani recipe / easy mint biryani is a flavorful one pot meal that can be done very quickly. Who doesn't like mint flavor ? the aroma of mint while cooking in cooker makes us feel hungry, right ? I love mushroom ☐ , So I used mushroom along with mint in this biryani. you can add any vegetables like peas or carrots and customize the recipe. I

already posted [mint pulao recipe](#). This easy mint biryani has a dominant flavor of mint, mildly spiced and with dollop of ghee absolutely it tasted rich and yummy. You can pack this mint biryani for kids lunch box or office goers lunch box. Serve them with [raita](#) or [potato kurma](#).

Also try my other biryani recipes

- [Mushroom biryani](#)
- [Coconut milk biryani](#)
- [Mixed Vegetable Biryani](#)
- [Easy Vegetable Biryani](#)
- [Kuska Biryani](#)

How to make Mint Mushroom Biryani Recipe

Mint Mushroom Biryani / Easy Mint Biryani



[Save Print](#)

Prep time

20 mins

Cook time

15 mins

Total time

35 mins

Mint Mushroom Biryani is a flavorful one pot meal made from fresh mint leaves and mushroom. Serve this biryani with raita or potato kurma.

Author: gayathri ramanan

Recipe type: main lunch

Cuisine: Indian

Serves: 2

Ingredients

- 1 Cup of Basmathi Rice
- 7 Baby Bella Mushroom or any mushroom, Chopped
- 2 Tsp of Oil
- 2-3 Tsp of Ghee(clarified butter)
- 3 Cloves
- 1 Big Cinnamon Stick
- 1 Cardamom (Green)
- 1 Black Cardamom
- $\frac{1}{2}$ Tsp of Fennel Seeds
- 1 Bay Leaf
- 1 Red Onion, Chopped
- 2 Tsp of Ginger Garlic Paste
- 1 Tsp Coriander Powder
- $\frac{1}{2}$ Tbsp of Lemon Juice
- Salt to taste
- 2 Cups of Water
- 1 Tbsp of Fried Onions (optional)
- To Grind
- _____
- 1 Cup of Mint Leaves (Fresh), Tightly packed
- $\frac{1}{4}$ Cup of Coriander Leaves
- 3 Green Chilly

Instructions

1. Soak the basmati rice for 20 mins, drain the water and wash it twice in tap water. Keep it aside.
2. In a blender (mixie), add green chilly, mint, coriander leaves and water, grind it to a fine paste.
3. Heat a cooker with oil and add 2 tsp of ghee, when it is

hot, add cloves, cinnamon, cardamom (black and green), bay leaf and fennel seeds, fry it for few secs.

4. Add onion and little salt, fry until it turns golden brown.
5. Add ginger garlic paste, fry until raw smell goes off.
6. Add ground mint paste, coriander powder and mushroom, fry well for 2 mins.
7. Add basmati rice, water, salt and fried onions, mix well. Cook this for 2 whistles in a pressure cooker.
8. Open the cooker, add lemon juice and ghee, gently mix well with fork.
9. Hot, flavorful mint mushroom biryani is ready to serve with raita.

Notes

You can use any vegetables of your choice like carrots or potato or peas.

Adding ghee gives a rich taste.

Adding lemon juice is must because that gives tartness to this biryani. Please dont avoid it.

I used 3 green chilly, if you want less spicy. Reduce it to 2. Green chilly adds a flavor to this rice.

If you want, you can add garam masala.

Mint Mushroom Biryani



Tags: [mint mushroom biryani](#), [mint mushroom biryani recipe](#), [easy mint biryani](#), [quick biryani recipe](#), [how to make mint mushroom biryani at home](#), [prepare mint biryani](#), [mint recipes](#), [biryani recipes](#), [lunch box rice dishes](#), [mushroom biryani with mint](#), [cooker mint biryani](#), [kids lunch box ideas](#)