

Samai Ven Pongal Recipe / Little Millet Pongal



Samai pongal is a healthy Indian breakfast dish. This samai ven pongal recipe (Little millet pongal) is a nutritious dish as it has got samai (little millets) and moong dal in it and it tastes more like ven pongal recipe. I made this samai pongal recipe in a pressure cooker so it takes very less time to cook. You can follow the same recipe to make kuthiravalli pongal or varagu pongal recipe.

To make samai venpongal recipe, you need samai, moong dal and

spices. Tempering with spices like pepper, cumin, grated ginger makes pongal more flavorful. My amma told this recipe, I followed so it came out so good and flavorful.

If you are looking for healthy breakfast recipe, then do try this samai ven pongal recipe at home. Also check my [godhuma rava pongal \(cracked wheat pongal\)](#)

Health Benefits of Samai (Little Millet)

- This millet is gluten free and it is packed with vitamins and minerals.
- Acts as a prebiotic and feed microflora of inner ecosystem.
- It is alkaline in nature.
- Digest quickly.
- Provides serotonin to sooth your mood.
- Helps to hydrate your colon

Ingredients for Samai Ven Pongal Recipe

- 3/4 Cup of Samai (Little Millet)
- 1/4 Cup of Moong Dal
- 3.5 Cups of water
- 1 Tsp of Grated Ginger
- 1 Tsp of Whole Pepper
- 1 Tsp of Cumin
- Few Curry Leaves
- Pinch of Hing
- Few Cashews
- 1/4 Cup of Ghee
- 2 Tbsp of Milk

Method for Samai Ven Pongal Recipe

- In a pressure cooker, add samai, moong dal, milk and water. Cook it for 4 whistles. Open the cooker after the pressure release on its own.
- Fry the cashews in ghee until it turns golden brown and keep it aside.
- Heat ghee in a pan, when it is hot, add grated ginger, pepper, cumin, curry leaves and hing, after it pops up and nice aroma comes, add cooked dal and samai and keep mixing gently in a low flame and let it be in stove for few mins.
- Finally add roasted cashews and ghee, mix well.
- Hot, yummy healthy samai pongal is ready to serve.

Tips

- If you find your pongal is dry, add little more oil or ghee.
- You can also make pongal with kuthiravalli or varagu.
- Adjust the amount of water according to your wish.
- You can even roast the moong dal before you pressure cook.
- Add any nuts of your choice.

Little Millet Pongal



MINT PARATHA RECIPE



Pudina Paratha

This green coloured mint paratha / pudhina paratha is a flavorful and tasty paratha recipe made with whole wheat flour, mint leaves, green chillies, ginger and other spices. This mint paratha recipe is very simple to make, a nice alternative to regular chapathi and it is filling for dinner. This is the first time I tried this mint chapathi, it tasted yummy with [lima beans curry](#) and [raita](#). Try this pudhina paratha at home and let me know how it turned out.

Mint Paratha Recipe / Pudhina

Paratha Recipe

Ingredients For Mint Paratha Recipe

Preparation Time: 40 mins Cooking Time: 30 mins Serves: 9 Parathas

- 2 Cups of Whole Wheat Flour
- 1/4 Tsp of Cumin Powder
- 1/2 Tsp of Flax seed Powder
- 1 Tsp of Ghee (Clarified Butter)
- 2 Tsp of Oil
- Salt as needed
- 1 Cup of Warm Water

To Saute and Grind

- 3/4 Cup of Mint Leaves
- 2 Green Chillies
- 1/2 Inch Ginger, Grated

Method for Mint Paratha Recipe

- Wash the mint leaves, green chillies and ginger. Heat a pan with oil, saute the mint leaves, ginger and green chillies for few mins. Transfer it to a blender and grind it smooth by adding little water.
- In a mixing bowl, add whole wheat flour, cumin powder, flax seed powder, salt, ghee, oil and the ground mint mixture, mix all together with a fork, now add warm water little by little, start mixing with a fork or spoon. After it cool down, Knead it into a smooth dough, keep it covered and let it rest it for 30 mins.
- Heat a pan, meanwhile divide the dough into equal parts. Roll into thick parathas and transfer it to the hot pan. Cook both the sides of paratha until brown spots appears add some oil over the parathas.

- Repeat the same process for the rest of the dough.
- Serve it with any side dish of your choice. We had with [lima beans curry](#) and [onion raita](#).

Tips

- You can use dried mint leaves too instead of fresh mint leaves.
- Add ajwain or cumin for easy digestion.
- If you don't have flax seed powder, just leave it and add cumin powder alone.



MINT PARATHA

Tags: [mint paratha](#), [mint paratha recipe](#), [pudhina paratha](#), [pudhina paratha recipe](#), [how to make mint paratha at home](#), [prepare pudhina paratha](#), [easy paratha recipe](#), [chapathi recipe](#)

HOTEL STYLE ONION RAVA DOSA RECIPE



Onion Rava Dosa is a favourite dosa recipe in our house. My Sister in law is a rava dosa expert, whenever we run out of dosa batter at home, she makes this rava dosa for quick

breakfast option. Rava means semolina or sooji. This rava dosa recipe is not an instant version, it requires soaking time but dosa will come out thin and crispy. But the best part of this rava dosa recipe is that it does not need any fermentation, very easy to make dosa for breakfast. You can make this rava dosa plain or add spices and onion to the batter to make it more flavorful.

To make **Hotel Style onion rava dosa recipe**, you need rava (sooji), maida(all purpose flour) , rice flour for crispness, onion for little sweet taste, ginger and cumin for digestion, green chillies and black pepper for spiciness. You can add water to the batter or watery buttermilk that adds little sour taste to rava dosa.

If you are not getting netted texture and crispy dosa, add some more water to the batter and make rava dosa.

No dosa batter at home, craving for nice breakfast dish, then try this hotel style onion rava dosa recipe at home with [tiffin sambar](#), [tomato chutney](#) and [coconut chutney](#)

Ingredients For Hotel Style Onion Rava Dosa Recipe

For Soaking

- 2 Cups of Maida
- 1 Cup of Rava
- 1/2 Cup of Rice Flour
- Salt as needed
- Water or buttermilk as required

Other Ingredients

- 1 Inch of Ginger, Grated
- 2 Big Onion, Finely Chopped
- 1 Tsp of Cumin (Jeera)
- 1 Tsp of Black Pepper

- 2 Green Chillies

For Seasoning

- 1 Tsp of Oil
- 1 Tsp of Mustard
- 1 Tsp of Urad Dal
- Few Curry Leaves

Method To Make Hotel Style Onion Rava Dosa Recipe

- In a bowl, combine maida, rava, rice flour, salt and water. Mix well everything, cover the bowl and soak it for 6 hrs.
- Crush the peppercorns in mortar and pestle.
- Heat a pan with oil, add mustard, urad dal and curry leaves, after it splutters, add grated ginger, chopped onion, chopped green chillies, fry well for few mins and add it to the batter, then add cumin, crushed pepper, required water to the batter and mix it. The batter should be watery.
- Heat dosa pan, when it is smoking hot, take laddle full of batter and start pouring the batter from outside rim of tawa towards center.
- Add 1 tsp of oil around the dosa. Larger holes will appear in this dosa, do not fill the holes, if you add extra batter to cover the holes, then your dosa won't be crispy.
- Cook the dosa on other side and drizzle some oil around dosa, wait until it turn crisp.
- Hot, crispy onion rava roast is ready to serve with your favourite chutneys like [tiffin sambar](#), [tomato chutney](#) or [coconut chutney](#)

Tips

- If you don't want green chillies, just add black pepper alone.
- To get crispy dosa, the batter should be watery in consistency.
- Always mix the batter before pouring dosa, because rava will get settle at the bottom.
- Always use fine rava like bombay rava.
- If you are health conscious, add wheat flour in place of maida.
- For buttermilk – add 1/4 cup of sour yoghurt (curd) to 2 cups of water.
- I recommend to use iron skillet instead of non stick dosa pan.
- If dosa sticks to dosa pan, add some more rice flour to the batter.



Tags : [rava dosa](#), [rava dosa recipe](#), [onion rava dosa recipe](#), [hotel style onion rava dosa recipe](#), [how to make onion rava dosa at home](#), [make hotel style crispy onion rava dosa recipe](#), [crispy rava dosa](#), [rava dosa not coming](#), [prepare rava dosa](#), [restaurant style rava dosa recipe](#), [dosa recipe for breakfast](#)