

# ROOMALI ROTI RECIPE / QUICK RUMALI ROTI



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Roomali roti or rumali roti is a thin flat bread popular in south Asia. The term “Rumali” means “Hand Kerchief” the name suggests that the roti has to be rolled out as thin as possible. It is made with whole wheat flour and maida (All purpose flour). This roomali roti is soft, yummy in taste and a nice alternative to regular chapathi. It goes well with [dal makhani](#) or any side dish of your choice. I had it with kala chana masala. I will be posting the recipe for kala chana in my next post.

Recipe Source : Chef Sanjay Thumma

## Ingredients

- 1 Cup of Wheat Flour
- 1 Cup of Maida / All Purpose Flour
- 2 Tbsp of Oil
- 1/2 Cup and 2 Tbsp of Water or as needed
- Salt to taste

## Make a paste of ghee and maida

- 1 Tbsp of Ghee/Oil
- 1 Tbsp of Maida/All Purpose Flour

**Yield** : 10 Roti's

## Method

- In a bowl, mix both the flours, oil, salt and water to make a soft dough. Keep aside for 15-20 mins.
- Make a equally sized balls out of the dough.



- Using rolling pin, roll out 1 ball about 5-6" in diameter as thin as possible. Add a tsp of ghee(oil)-maida paste to the center of roti and spread it evenly.
- Roll the second roti to the same size of first roti. After that, place the second roti over the first roti. Roll out both the roti together to a very thin roti. Repeat the procedure to the rest of the dough.



- Heat a pan, pan should be super hot, carefully place the rotis to the hot pan, cook both the sides quickly.
- Remove from heat and immediately separate two rotis and fold it to triangle shape and keep it in casserole.



- Serve it with [dal makhani](#) or chana masala or any side dish of your choice.



## Tips

- Roll the roti as thin as possible.
- Your dough should be soft, otherwise it makes the roti hard.
- You can make roomali roti in 2 different ways. First method is what I made in this recipe. In second method, invert the shallow pan and heat it, when it is extremely hot, spray some salt water over it and carefully place the thin roti, cook both the sides, do not keep it for a long time, fold into triangle and keep it in casserole. I tried this method last month and here is the pic .



## Health Benefits of Whole Wheat

- Rich in fiber, helps in proper functioning of digestive tract and lowers the cholesterol and metabolic syndromes.
- Reduce the risk of cardiovascular disease.
- Reversing the weight gain process.
- Lowers the risk of diabetes.
- Excellent laxative properties.
- It has powerful antioxidant, which is vitamin E, good for skins.



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**WHEAT FLOUR IDIYAPPAM |**  
**GODHUMAI IDIYAPPAM | HEALTHY**  
**BREAKFAST DISH**



[Pin it](#)

Idiyappam is also called Sevai in tamil and string hoppers in English. It is a popular food in Kerala and Tamilnadu, India. Usually everyone makes idiyappam with rice flour, but this idiyappam is made with wheat flour. I have already posted the recipe for Plain / [rice idiyappam](#).. This wheat flour idiyappam is a healthy, delicious and a steamed food, which is very good for our health. My amma makes it often for weekend breakfast. It is favorite food for all ages and even it can be eaten by sick people. This wheat idiyappam must be good and healthy food for diabetic people. You can eat this idiyappam in sweet version or savory version for breakfast or dinner. I already posted the savory version, [lemon idiyappam](#). If you want sweeter version, try it with sweetened coconut milk... Try this wheat(godhumai)sevai / Wheat String hoppers for breakfast and stay healthy..

### **Ingredients**

- 1 Cup of Wheat Flour

- 1 Cup of Water
- 1/2 Tsp of Salt
- 1 Tsp of Oil / Ghee
- 1/2 Cup of Coconut Grating

**Yield** : 12 Idiyappam

### **Method**

- Heat a pan, fry the whole wheat flour in a medium flame for 5-7 mins until you find the flour turning dark brown at the bottom of pan. Turn off the flame.
- Transfer the flour to the mixing bowl.



- Heat a pan with water, oil/ghee and salt, let it boil for few mins, it should not be too hot.. Turn off the flame. Pour the water to the bowl containing wheat flour. Mix well with a fork/spoon. Let it cool down.
- Knead the flour as you do for chapathi dough. If you feel your dough is dry, you can add 2 Tbsp of Water and knead it again.



- Now it's time to take idiyappam press, grease well with oil on inside. Take dough in cylindrical form and place it in idiyappam press.
- Hand press the dough into swirls onto the greased idly plates with coconut gratings. Steam this in idly cooker for 10 mins.



- Carefully invert the plate to a casserole.
  - Repeat the process for the rest of the dough.
  - Serve hot with sweetened coconut milk or [vegetable korma](#) or [curry](#).
    - you can eat idiyappam in sweet version or savory version.
1. In Sweet version – Eat idiyappam with coconut milk, sugar and cardamom. Or eat it with ghee, sugar and idiyappam.
- Savory version- you can make lemon idiyappam or idiyappam biryani.

# Godhumai Idiyappam



## Tips

- Always grease idly plates and inner part of the idiyappam press with oil.
- Don't steam the idiyappam for a long time, as it makes idiyappam rubbery.
- Here I used Aashirvaad atta to make this idiyappam.

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**[Oats Dosa / Instant Dosa  
Recipe / Indian Breakfast  
Recipe](#)**

# Oats Dosa



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Oats dosa is one of my favorite breakfast dish, as it is so crispy, tasty and healthy. In this dosa preparation, roast the oats and sooji, mix all the ingredients in a bowl along with enough water and make a dosa. Here you don't need anything to soak, grind or ferment the rice and dal to make dosa. This instant dosa can be made in a jiffy. This post was in my draft for a long time and here it comes the crispy, healthy oats recipe.

## **Ingredients**

3/4 Cup of Oats  
1/2 Cup of Rice Flour

1/4 Cup of Rava (Sooji)  
1/4 Cup of Maida  
1 Tsp of Whole Black Pepper  
1 Tsp of Whole Cumin  
1/3 Cup of Red Onion, Finely Chopped  
2 Green Chillies, Finely Chopped  
10 Curry Leaves  
Salt to Taste  
3 Cup of Water

## Method

- In a medium flame, heat a pan and dry roast the sooji and oats separately, for 2-3 mins until color changes and nice aroma arises.
- In a mixie( Spice grinder), grind the oats to a fine powder.
- In a wide bowl, add sooji, oats powder, rice flour, maida, onion, pepper, cumin, green chillies, curry leaves, salt and water. Mix well with a spoon or fork and the batter should be too watery, not thick. Let the batter sit for 30 mins.
- Heat a griddle (Dosa pan), just sprinkle the batter with your hand, in a circular motion to the pan, drizzle some oil over the dosa or on sides. When it is cooked, flip carefully to the other side. Cook both the sides until it turns crisp. After it is cooked, remove from heat.
- Repeat the process for the rest of the batter.
- Serve this dosa with [tomato chutney](#) or any chutney of your choice.

## Tips

- Here I used multigrain cereal which has 80% of oats and 20% of other grains.
- Always cook dosa in a medium flame.
- Adjust the number of green chilly according to your

spicy level.

- You can also spread dosa batter with laddle, just pour the batter to the pan in a circular motion like you do for rava dosa.
- Consistency of batter should be watery as we do for rava dosa.
- You can also add 2 tbsp of curd to give a nice flavor to dosa.

### **Health Benefits of Oats**

- Lowers cholesterol levels.
- Reduces the cardiovascular disease.
- Enhances immune responses to infection.
- Lowers type 2 diabetes.
- Controls the blood pressure.
- Increase appetite control hormones.



