QUINOA PESARATTU RECIPE / THINAI PESARATTU



Quinoa Pesarattu Recipe / Thinai pesarattu / Foxtail Millet Pesarattu is a simply delicious and healthy south Indian breakfast dish loaded with lot of proteins and low in carbs. It goes well with tomato chutney or any chutney of your choice. I had it with coconut chutney. There are different kinds of quinoa available in market. Here I used Red Quinoa, you can also use white quinoa. This non fermentation dosa is prepared with quinoa and green moong dal spiced up with green chilly and ginger. You can have this pesarattu for both

dinner or breakfast. Also check my other quinoa recipes – quinoa vegetable biryani, quinoa dosa, quinoa paniyaram

How to make Quinoa Pesarattu Recipe

QUINOA PESARATTU RECIPE / THINAI PESARATTU



Save Print
Prep time
8 hours
Cook time
30 mins
Total time
8 hours 30 mins

Quinoa Pesarattu recipe /Thinai (foxtail millet) pesarattu is a simple delicious and healthy south Indian breakfast dish loaded with proteins and low in carbs. It goes well with tomato or any chutney of your choice.
Author: Gayathri Ramanan
Recipe type: BRAKFAST
Cuisine: Indian
Serves: 8
Ingredients

- ½ Cup of Red Quinoa
- ½ Cup of Green Moong Dal
- 1 Inch of Ginger
- 2 Green Chilly
- 1 Tbsp of Rice Flour
- 1 Tsp of Roasted Cumin

- 1 Onion, Finely chopped
- Pinch of Asafoetida
- Salt to taste
- Few Coriander Leaves, Chopped
- Water as needed

Instructions

1. Soak both moong dal and quinoa in water for overnight.
2. Drain the water and wash it. Grind it into a fine paste along with ginger and green chilly.
3. Chop the onion. Add onion, rice flour, asafoetida, roasted cumin, salt and coriander leaves to the batter. Mix well.
4. The batter should neither be too thick nor too thin. It should be in dosa batter consistency.
5. Heat a dosa pan, take the laddleful of batter, pour it in the centre, spread it in a circular motion. Drizzle a tsp of oil around pesarattu. Flip it to the other side. Drizzle another tsp of oil to it.
6. Once cooked remove it from dosa pan. Repeat the same process for the rest of the batter.
7. Serve hot with any favourite chutney.

Notes
You can replace thinai (foxtail millet) in place of quinoa.
Use either red chilly or green chilly for spicy taste.



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Tags: quinoa pesarattu recipe, thinai pesarattu, foxtail millet pesarattu recipe, how to make quinoa pesarattu recipe, easy breakfast recipe, healthy dinner recipe, pesarattu recipe, quinoa recipes, quinoa breakfast recipe.

Barley Adai Recipe / Barley

Indian Recipe



Barley is a wonderfully versatile grain with a nutty flavor and chewy consisitency. Barley are very good for health, they are high in fiber and selenium, also it lowers cholesterol, blood pressure, blood sugar and prevents cancer. Barley Adai Recipe is a popular south Indian crepe made with barely, rice

and lentils. You can see my traditional recipe for Adai made with drumstick leaves. I followed the same adai recipe and included barley to it. This barley adai tastes delicious and a healthy breakfast dish and it does not need any fermentation. Adai goes well with chutney or podi. Barley adai recipe is good for people with diabetes and those who want to reduce weight. Barley are very cheap and nutritious so try to include in your diet.

How to make Barley Adai Recipe

Barley Adai



Save Print
Prep time
4 hours
Cook time
30 mins
Total time
4 hours 30 mins

Barley Adai is a south Indian savory crepe and a healthy

breakfast dish with a goodness of barley, rice and lentils. Served with chutney or podi.
Author: Gayathri Ramanan
Recipe type: Breakfas
Cuisine: South Indian
Serves: 7
Ingredients

- 1 Cup of Barley Pearls
- ½ Cup of Rice
- ½ Cup of Toor Dal
- ½ Cup of Chana Dal (Bengal Gram)
- 7 Red Chilies
- 4 Garlic or 1 Inch Ginger
- Salt and water as needed
- Other Ingredients
- 1 Tsp of Cumin
- 1 Red Onion, Finely Chopped
- Handful of Curry Leaves, Finely Chopped
- Handful of Coriander Leaves, Finely Chopped
- Pinch of Hing (Asafoetida)
- 3 Tbsp of Coconut

Instructions

1. Soak the dals, rice, barley and red chillies in a water for 4 hrs or overnight.
2. Nextday, wash it twice in water and in a mixie, add dals, rice, barley, red chilies, garlic, salt and water. Grind it coarsely . Transfer this mixture to a bowl. Just before making adai, add everything listed under “other ingredients”. Mix well and check for salt.
3. Heat a tawa, spread little oil, pour ladle full of batter, spread it like thick dosa, drizzle some oil on sides, cook it until you get golden brown color, flip it to other side and cook for another 2 mins in low flame .
4. Crispy, flavourful adai is ready to serve with coconut chutney or avial or podi.

Notes
Always use small onion for great taste.Here shallots are little expensive so I used Large onion.
Replace barley pearls with barley flour.
To make more healthy, add grated vegetables like carrot, radish.
Cook on low flame to get crispy also it takes more time to cook than normal dosa.
Adjust the no of red chillies according to your taste.



Tags: barley adai, barley adai recipe, adai recipe, barley recipe, barley indian recipe, healthy breakfast recipe, breakfast ideas, south Indian vegetarian breakfast recipe, recipe with barley.

Jowar Dosa Recipe / Cholam Dosai / Sorghum Dosa



Sorghum are called Jowar in Hindi and vellai cholam in tamil. It is really healthy to include white millet in our diet as they are high in protein and fiber. Yesterday I made this jowar dosa recipe /cholam dosai for breakfast by referring my note-book. It is a nice alternative to regular rice dosa. Guess what ? this sorghum dosa is good for diabetic people and

prevents cholesterol, also it is vegan and gluten-free dosa recipe. This dosa is not only healthy, they are amazing in taste when you serve with tomato chutney or onion chutney or sambar. So try this jowar dosa / cholam dosai for breakfast, your family will love it for sure.

How to make Cholam Dosai / Jowar Dosa

Ingredients for Jowar Dosa Recipe

Preparation Time : 8 hrs soaking + 1 hr Cooking Time: 30 mins Serves:10

- 1 Cup of Vellai Cholam / Sorghum / Jowar
- 1 Cup of Idly Rice
- 1/2 Cup of Urad Dal
- 1/2 Tsp of Fenugreek Seeds
- Salt to taste

Method for Jowar Dosa Recipe

- Soak both jowar and rice together in water for overnight.
- Soak urad dal and fenugreek seeds separately in water for overnight.
- Grind urad dal and fenugreek seeds by adding adequete water to a smooth paste.
- Grind jowar (cholam) and rice together by adding adequate water to a smooth batter.
- In a bowl, mix both the batter and salt, allow it to ferment for 6 hrs or overnight.
- Heat the griddle, pour ladleful of batter and spread it in circular motion.
- Drizzle oil around the dosa, and cook till it turns golden brown, flip it to other side and cook for few mins .
- Remove the dosa from the pan and serve with tomato chutney and sambar.

Tips

- Always cook dosa in a medium flame.
- You can add grated carrots to the batter to make it healthy.



Tags: cholam dosai, jonnalu dosa, sorghum dosa, jowar dosa, jowar dosa recipe, dosa recipes, vellai cholam recipes, south Indian breakfast recipe, how to make cholam dosai, prepare jhowar dosa recipe.