

Red Aval Laddu / Poha Ladoo Recipe

Red Aval laddu / Poha Ladoo is my most favourite among ladoos, it is such easy and simple recipe. This aval ladoo needs just few minutes for preparation and with just 3 ingredients. So if you are looking for easy and quick sweet recipe for krishna jayanthi and Diwali, give this ladoo a try and let me know how it turned out.

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Red Aval Laddu

Preparation Time : 15 mins
: 10 ladoos

Cooking Time : 10 mins

Makes

Ingredients

- 1 Cup of Red Aval
- 1/2 Cup of Powdered Sugar
- 1/4 Cup of Ghee (Clarified Butter)
- 2 Tbsp of Milk

- 10 Cashews, Chopped
- 3 Cardamom

Method

- Heat a pan, dry roast the red aval over medium heat, until golden brown in colour. Let it cool down.
- Transfer the roasted poha to mixie jar and grind it finely. On the other side, grind the sugar and cardamon to a fine powder.
- Heat ghee, roast the cashews. In a bowl, mix ground aval (poha), sugar, melted ghee, milk and cashews. Mix well and make laddoo out of it.
- Yummy aval laddu is ready. Store it in an airtight container.

Tips

- You can make laddoo with brown sugar or jaggery.
- Use white aval or red aval to make laddoo.
- Adjust the amount of sugar to your taste.
- Add ground coconut for great taste.

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Poha Ladoo Recipe

tags : aval laddu,easy aval laddu recipe,poha laddoo recipe,poha laddu,aval laddoo recipe,poha laddoo,easy poha laddu,krishna jayanthi recipes,aval recipes,poha recipes,sweets for krishna jayanthi,gokulashtami recipes,easy laddoo for krishna jayanthi,quick laddoo recipes

Mango Rice / Maangai Sadam / Raw Mango Masala Rice

In India, summer has started.. When I think of summer, three things comes to my mind, they are mangoes, hot weather and vacation. Variety of mangoes started flooding the market. So I bought raw and ripened mangoes. I made this easy one pot meal (variety rice) with mango, it is very simple to make rice dish with less ingredients and it tastes more like [south Indian Lemon Rice](#) . In this mango rice recipe, the mango gives a tangy taste and it is counter balanced with aromatic masala which has red chillies, ginger, coconut and cumin in it. You can make this mango rice for ugadi festival menu, and it is perfect to pack for kids and adults lunch box.



- **Preparation Time** : 15 Mins
- **Cooking Time** : 10 Mins
- **Servings** : 2 People

Ingredients

To Grind

- 4 Red Chillies
- 1 Inch of Ginger
- 1 Tsp of Cumin
- 2 Tbsp of Grated Coconut
- Few Curry Leaves
- 6 Small Onions(Shallots)

To Temper

- 1 Tsp of Mustard
- 1 Tsp of Urad Dal
- 1 Tsp of Channa Dal (Bengal Gram)
- Pinch of Hing

Other Ingredients

- 2 Cups of Cooked White Rice
- 1 Cup of Grated Mango
- 2 Tbsp of Gingelly Oil
- 1/2 Tsp of Turmeric Powder
- Salt as needed

Method

- Cook the white rice in a pressure cooker for 3 whistles. Open the lid and cool down the rice.
- Wash and grate the raw mango finely.
- Grind all the ingredients listed under " To Grind " without adding water.

- Heat a pan with oil, add mustard seeds, urad dal, channa dal and hing, after it sizzles and dal changes color, in a medium flame, add turmeric powder, fry for a min. Add grated mango, ground masala and salt fry for 5 mins until raw smell vanishes. Turn off the flame.
- Finally add white rice and little oil, gently mix well make sure not to break the rice grains. Check for salt.
- Garnish with coriander leaves and serve hot with [potato fry](#) or papad or appalam.

Tips

- Add peanuts or cashews nuts if you prefer.
- You can use basmathi rice or raw rice or left over rice.
- Cool down the freshly cooked rice before mixing it with masala.

Health Benefits of Raw Mango

- Green mangoes are silver bullet to gastro intestinal problems.
- Rich in vitamin B & C.
- Due to the presence of vitamin C, it strengthens the immune system.
- Useful in the treatment of scurvy.
- Cures blood and liver disorders.



Mango Rice

[Nei Appam Recipe | Kulli Appam Recipe](#)



Nei appam recipe / Kuli appam recipe is a traditional sweet made from rice, jaggery, cardamom, coconut and ghee. In this nei appam recipe, I have used mashed banana which gives softness and a nice taste to the appam. This nei appam is a easy sweet recipe prepared during festival occasions like karthigai deepam, onam and krishna jayanthi. This kuli appam recipe was soft and delicious and we loved it very much. So do try this nei appam recipe and enjoy :-):-)



Happy Karthigai Deepam !!!!!

Preparation Time : 1 Hr

Cooking Time : 20 mins

Makes : 11 Appam

Ingredients

- 1/2 Cup of Rice Flour
- 1/2 – 3/4 Cup of Jaggery
- 2 Tbsp of Grated Coconut
- 3 Cardamom
- 1 Banana (Puvanpalam)
- Pinch of Salt

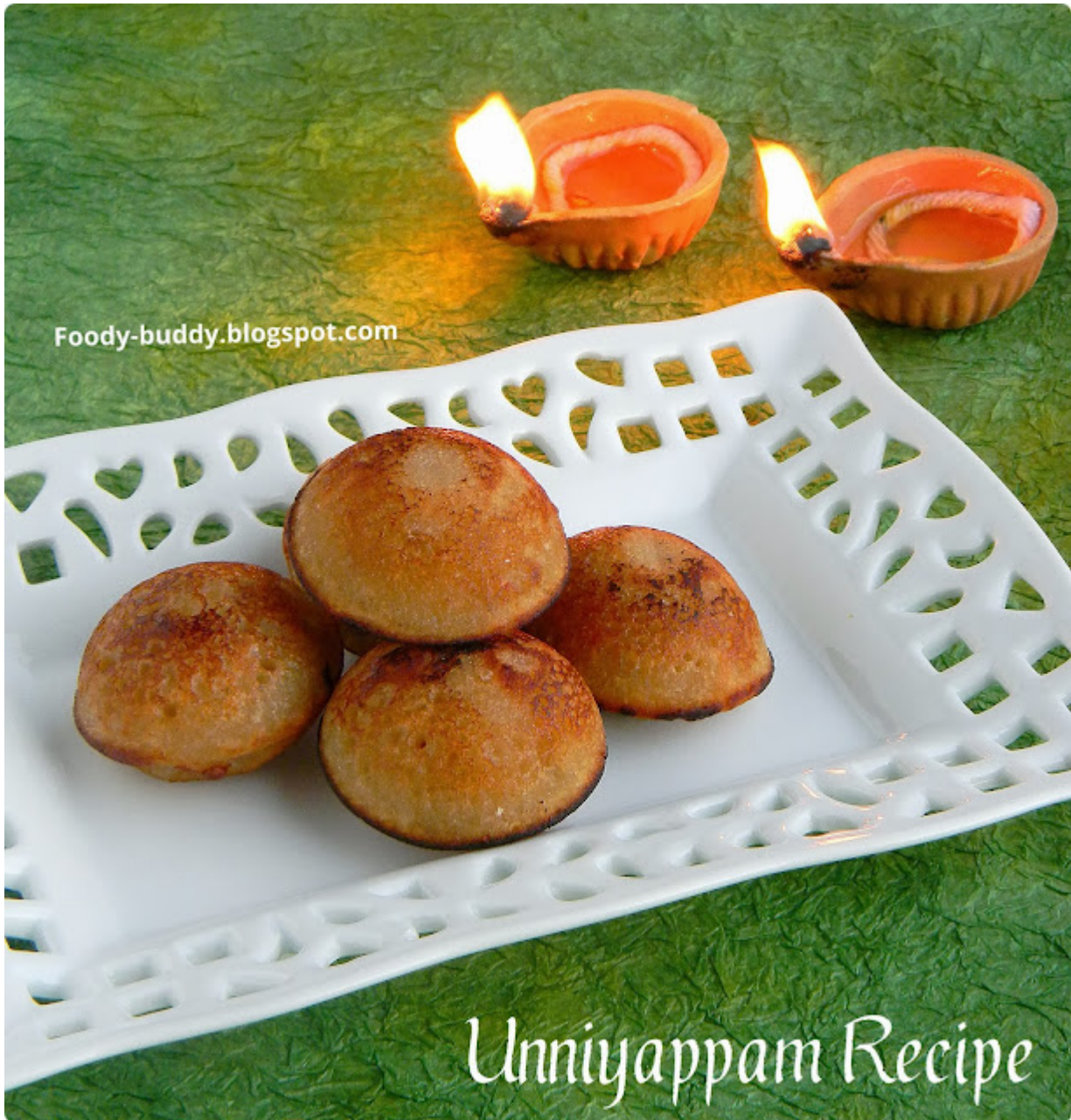
- Pinch of Baking Soda (optional)
- Ghee/Oil as Needed

Method

- Peel the banana, grind it to a smooth paste along with cardamom in a mixie(blender).
- In a mixing bowl, add rice flour, salt, mashed banana and coconut
- Heat 1/4 cup of water in a pan, add the jaggery to it. Mix well until the jaggery melts completely. Filter this in a strainer to remove the dirt. Pour this into a rice mixture. Add enough water and mix well until you get smooth batter consistency, little thicker than dosa batter.
- Keep the batter untouched for 30 – 60 mins. After 1 hr, add baking soda, mix well.
- Heat ghee / oil in a paniyaram pan, pour spoonful of batter into each hole of the pan. Fry until it turns golden brown color on one side, flip it to other side and cook for few mins.
- Fluffy, soft appam is ready to serve.

Tips

- You can deep fry the sweet appam in oil or ghee.
- You can use maida or wheat flour in place of rice flour.
- Banana gives soft texture to the appam.
- You can even add coconut bits instead of grated coconut.
- You can grind jaggery along with banana.
- If you don't want banana, just skip it.
- Baking soda gives softness to appam.



Tags : [Appam Recipe](#), [sweet appam](#), [how to make sweet appam](#), [neyyappam recipe](#), [uniyappam recipe](#), [karthikai deepam recipe](#), [easy recipe for onam](#), [unni appam](#), [easy appam recipe](#), [indian sweets](#), [onam recipe](#), [kulli appam recipe](#), [how to make nei appam](#)