MASAL VADAI RECIPE / KADALAI PARUPPU VADAI / AAMA VADAI



Masal Vadai / Masala vadai / paruppu vadai / aama vadai is a popular South Indian addictive snack. In south Indian homes, during festival occasions, they make either urad dal vada or paruppu vadai. To make this masal vadai, you need channa dal and other ingredients like fennel seeds, ginger, garlic, onion and coriander leaves . I am not a big fan for this vadai, but I like it so once in a while I make it at home. Two yrs back in my in-laws house, they had a cook, she makes the best tea kadai style masala vadai for mor kulambu. I would say it was a tastiest vadai I ever tasted in my life. Next time, when I

meet her, I should get a recipe from her. Also I love the masala vadai in Kovai Express train, which runs from chennai to coimbatore. When the vendor sells vadai and cross our seats, the aroma itself makes us hungry. We often travel in that train, when ever we travel, my father buy that vadai for us, it will be palm size, big vadai with lots of onions, both my parents love that paruppu vadai. We usually we don't eat snacks from outside but this is an exception. This aama vadai goes well with evening tea or as side dish for any variety rice like lemon rice or tamarind rice or tomato rice or curd rice. If you got leftover vadai, you can make an another fabulous dish called vada curry which I have posted in my blog, check that for recipe. It goes well with idly or dosa.

How to make Masal vadai recipe/ Paruppu vadai / Aama Vadai

5.0 from 1 reviews
MASAL VADAI RECIPE / KADALAI PARUPPU VADAI / AAMA VADAI



Save Print
Prep time
3 hours 10 mins
Cook time
30 mins
Total time

3 hours 40 mins

Masal Vadai / Masala vadai / paruppu vadai / aama vadai is a popular South Indian delicious snack. This aama vadai goes well with evening tea or as side dish for any variety rice like lemon rice or tamarind rice or tomato rice or curd rice.
Author: Gayathri Ramanan
Recipe type: snacks
Cuisine: Indian
Serves: 7
Ingredients

- ⅓ Cup of Channa Dal (Bengal gram / Kadalai paruppu)
- ½ Inch of Ginger
- 2 Garlic cloves
- 2 Red Chilly
- 8 Small Onions, Finally Chopped
- ½ Tsp of Fennel Seeds
- ¼ Tsp of Asafoetida
- ½ Tbsp of Rice Flour
- Few Coriander Leaves
- Few Curry Leaves
- Salt to taste

Instructions

1. Soak the channa dal for 3 hrs, wash it twice in tap water and keep it aside.
2. In a mixie jar (blender), add all the channa dal (Leave 1 tbsp of Channa dal in a bowl), ginger, garlic, red chiily and salt. Grind this coarsely, sprinkle very little water, make sure it should be thick. Transfer the mixture to a bowl, add that whole 1 tbsp of channa dal, chopped onion, fennel seeds, asafoetida, rice flour, salt, coriander leaves and curry leaves. Mix everything together, do not add water. The batter should be thick and crumbly.
3. Heat oil in a pan to deep fry.
4. Keep a bowl with water, wet your hands and make a lemon

sized balls out of the mixture and keep the ball in your palm of your left hand and flatten it with your right hand.

5. When the oil is hot, add the vadai, fry it in a medium flame on both sides until it turns golden brown colour. Drain it in a paper towel.
6. Hot, yummy paruppu vadai is ready to eat with tea.

Notes
If you are a spicy lover, add lot of green chilly in place of red chilly.
Rice flour is added for binding.
Adding ginger, asafoetida and fennel seeds is for easy digestion.
If your vada batter is dry, sprinkle little water.
If your batter is wet, add little more rice flour.
Always cook in a medium flame. If you cook in high flame, the inner part won’tt get cooked and it tastes raw.
If you have mint, you can add that too.
You can also make vadai with big onions.



Tags: masal vadai, masala vadai, kadalai paruppu vadai, aama vadai, paruppu vadai recipe, how to make masala vadai, masala vadai recipe, prepare masala vadai at home, masal vadai recipe, tea kadal style masala vadai recipe, masala vadai in tamil, easy vadai recipes, south indian snack, evening snack, kids recipe., diwali recipes

Easy Ragi Almond Ladoo Recipe



Looking for some healthy sweet recipe for diwali, then try this easy ragi almond ladoo recipe. Ragi is called Finger millet in english. Ragi are rich in calcium, fiber and they

are good for weight loss and to reduce cholesterol.

To make this ragi ladoo (pearl millet ladoo), you need some ragi flour, sugar, ghee and nuts. You can use store bought ragi flour or sprouted ragi flour to make this ladoo. You can add powdered jaggery instead of powdered sugar for sweetness. Though they don’t look appetising, they are very nutritious and healthy ladoo recipe to make for diwali 2014.

How to make Ragi Almond Ladoo Recipe

Preparation Time : 10 mins Cooking Time : 10 mins Serves : 10 ladoos

Ingredients for Ragi Almond ladoo recipe

- 1 Cup of Ragi Flour (Finger Millet)
- 3/4 cup of Powdered Sugar
- 1 Tbsp of Milk
- 3 Tbsp of Ghee (Clarified Butter)
- 1/2 Tsp of Cardamom Powder
- Few Cashews to garnish.
- 7-10 Almonds

Method for Ragi Almond ladoo recipe

- Heat ghee in a pan, roast the almonds, grind it to a coarse powder.
- In the same pan, roast the ragi flour for 5 mins in a low flame. Transfer this roasted ragi flour to a bowl.
- Add powdered sugar, warm ghee, milk, powdered almond powder, cardamom powder, mix well .
- Take this mixture and roll into small laddos. Garnish with cashews.

- Yummy and healthy ragi laddo are ready to serve.

Tips

- You can add powdered jaggery instead of powdered sugar.
- Follow the same recipe to make kambu ladoo (pearl millet ladoo)
- While making ladoo, make sure the mixture is warm so that it binds.
- You can use any nuts of your choice like pistachios, hazelnut, walnut etc.
- To enhance taste of this ladoo, additionally you can add sesame seeds or peanuts.



.Tags : ragi ladoo, ragi ladoo recipe, ragi almond recipe,

easy ragi ladoo, how to make ragi ladoo , prepare ladoo for diwali, pearl millet ladoo recipe, millet recipe, ladoo recipe, easy diwalli sweet recipe, sweet recipe for diwali2014,

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Carrot Halwa Recipe / Gajar Halwa



This is my 300th post, to celebrate this special occasion, I made this carrot halwa. Carrot Halwa recipe is very famous Indian Dessert (sweet) in India. Gajar Halwa / Gajrala with milk is made across India on all special occasions like Diwali, New Year, holi and for family function. You can make carrot halwa in different ways like in pressure cooker, in

microwave or in stove top. I already posted the recipe for carrot halwa / gajar ka halwa in microwave. In this carrot halwa recipe, I used red Delhi carrots, you can use any carrots to make this halwa like ooty carrots or the one which available in market. The carrots are cooked in milk, ghee and sugar in a slow flame in a open pan for an hour which turns into delicious and tongue tingling halwa. This carrot halwa was very pleasing to eyes and tastes heavenly with nuts on top. I personally love to eat carrot halwa with ice cream on top. Make this carrot halwa at home and enjoy…



Ingredients for carrot halwa

- 12 Delhi Carrots, Grated
- 1 and 3/4 Cup of Sugar
- 5 Cardamom
- 1/4 Cup Ghee (clarified butter)
- 10 Cashews
- 1/2 Litre Milk (2 %)
- 2 Tbsp of Ghee to fry carrots



Method

- Wash, peel and grate the carrots (gajar).
- Heat ghee in a pan, add grated carrots, fry it for 2-3 mins.
- In the same pan, add grated carrots and milk, on a medium high flame, bring the mixture to boil and then simmer it and keep on stirring in between.
- After 25 mins, the mixture started thickening, and milk reduced, add cardamom, sugar and ghee, stir well and cook for another 10-15 mins till milk evaporates

completely.

- Add cashews and mix well. Turn off the flame.
- Serve gajar halwa hot or cold.

Tips

- Stays good in refrigerator for 2 days.
- You can also make gajar (carrot) halwa in microwave.
- Another variation is use condensed milk in place of milk to get rich, delicious halwa.
- You can use any variety of carrots to make this halwa.
- Adjust sugar according to your taste.



Health Benefits of Carrot

- Good for the eyes.
- Prevents cancer.
- Vitamin A and antioxidant in carrot protect the skin from sun damage.
- Prevents heart disease and stroke.
- It has anti-aging property.

Carrot Halwa Recipe / Gajar Halwa With Milk



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Prep time
15 mins
Cook time
35 mins
Total time
50 mins

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Author: Gayathri Ramanan
Recipe type: Dessert
Cuisine: Indian
Serves: 4
Ingredients

- 12 Delhi Carrots, Grated
- 1 and ¾ Cup of Sugar

- 5 Cardamom
- ¼ Cup Ghee
- 10 Cashews
- ½ Litre Milk (2 %)
- 2 Tbsp of Ghee to fry carrot

Instructions

1. Wash, peel and grate the carrots (gajar).
2. Heat ghee in a pan, add grated carrots, fry it for 2-3 mins.
3. In the same pan, add grated carrots and milk, on a medium high flame, bring the mixture to boil and then simmer it and keep on stirring in between.
4. After 20 mins, the mixture started thickening, and milk reduced, add cardamom, sugar and ghee, stir well and cook for another 10-15 mins till milk evaporates completely.
5. Add cashews and mix well. Turn off the flame.
6. Yummy carrot halwa is ready.
7. Serve gajar halwa hot or cold.

Notes
Stays good in refrigerator for 2 days.
You can also make gajar (carrot) halwa in microwave.
Another variation is use condensed milk in place of milk to get rich, delicious halwa.
You can use any variety of carrots to make this halwa.
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