# Easy Puttu Recipe (kerala style)

Puttu is a famous breakfast dish, popular in Kerala, Tamilnadu and sri lanka which is made by steaming rice flour in puttu maker. Puttu recipe is healthy and delicious breakfast dish. This puttu powder I used here is made with red rice flour and wheat.. There are lot of readymade puttu products like white rice pottu podi, chemba potu podi , ragi puttu podi are available in all departmental stores like Nilgiris. We usually make puttu with rice flour, this time I tried puttu with chemba puttu flour which is more healthier because of its fibre content. Here I used nirapara chemba puttu flour.

To **make easy puttu recipe** at home, the secret lies on the moisture content of the flour. Ingredients needed are red rice flour, coconut, water and salt. To make soft puttu, you need puttu maker. I learnt this kerala style puttu recipe from my mom. and I love to eat puttu for weekend breakfast. But my favourite is sweet version of puttu, where I use jaggery, cardamom and steamed puttu and eat that for breakfast or for evening snack. I will post the sweet easy puttu recipe in the future.

Since puttu tastes bland on its own, so always serve puttu with kadala curry or cherupayar (green gram curry), papad and banana is the another combo to serve puttu. Let us learn how to make authentic kerala style – easy puttu recipe.

Also check other popular kerala breakfast Dishes : appam, idiyappam

## How to make Soft Red Rice Puttu

# Recipe / Sivappuarisi Puttu




**Preparation Time : 10 mins  Cooking Time : 10 mins  Serves : 3**

## Ingredients for Easy puttu recipe (kerala style)

- 2 Cups of  Chemba Puttu Flour (sigappuarisi maavu)
- 1 Cup of Grated Coconut

- Warm Water as required (approximately 3/4 cup)
- Salt as needed

## Method To Make Easy Puttu Recipe (kerala style)

- In a bowl, add red rice flour with required salt. Sprinkle water little by little and mix gently until you get crumble texture and moist. There should not be any lumps. Use mixie and blend it for 5 secs. Keep it aside for 10 mins.

### How to fill puttu maker

- Take the puttu maker (puttu kuzhal), grease it with oil. Layer the puttu kuzhai, place the perforated lid first, then add 3 tbsp of grated coconut, then add 2 fistful of puttu maavu until the mould is halfway filled. Then again add another layer of grated coconut and fill up the rest with flour. Close the mould with a lid.
- Now fill the pressure cooker with water and close it with a lid. Place the mould on top of the pressure cooker. Steam it for 10-12 mins. After you get a nice aroma of steamed puttu, switch off and wait for 3-5 mins.
- Hold the puttu mould parallel to the serving plate. With the help of long thin metal rod, push the bottom disc so that puttu slides down the plate.
- Serve hot with kadala curry or green gram curry, papad and banana.

## Tips

- If you don’t have time to make side dish, just add ghee, sugar and banana.
- **If you take the flour in your hand and press it, it should hold shape and when you put it back, it should fall loosely. That is a right consistency of puttu**

**flour.**

- You can make puttu with homemade rice puttu flour or storebought puttu flour. If you are using **homemade puttu flour, roast the flour before making puttu**.
- You can follow the same method to make any kind of puttu like wheat puttu, ragi puttu, corn puttu or rice puttu. At home, we use nirapara pottu podi.
- If you don't have puttu maker at home, steam it in **idly maker** or use **coconut shell** that easily fits to pressure cooker.
- Don't add water at once while mixing the flour.
- Consistency should be crumble and should have a good moisture content. Don't add to much of water while mixing.



Tags : puttu recipe, puttu, kerala style puttu, easy puttu recipe kerala style, srilankastyleputtu, puttu recipe with rice flour, puttu recipe with red rice flour, red riceflourputtu, sigappuarisiputtu, how to make puttu, how to make kerala puttu recipe, make red rice puttu, prepare sigaparisi puttu, traditional puttu recipe ,kerala rice puttu, steamed rice cake, make soft puttu, puttu recipe tamil, puttu with kadala curry, prepare soft puttu recipe, authentic keralabreakfast recipes, puttu recipe with chemba rice podi

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# Alleppey Mixed Vegetable Curry / Vegetable Curry cooked in Coconut Milk




A simple alleppey mixed vegetable curry is very easy to make with lots of colorful veggies cooked in a rich and creamy coconut milk. I love coconut milk based dishes because of its rich and delicious in taste. I got this recipe from my neighbour uncle, he is a chef at star hotel in Chennai. He gave me one book which has a lot of vegetarian dishes. This is one of the dish which I tried from that book. This coconut milk based vegetable curry is supposed to be little watery but I made it thick with little sauce. I cooked the veggies in a coconut milk by the time I open the pan, vegetables has absorbed all the coconut milk. When I tasted the vegetable it was so soft and yummy because of addition of coconut milk which adds a nice flavor to the curry and makes it more appetizing. Try this alleppey vegetable curry cooked in a coconut milk and serve it with chapathi or roti or phulka or rice. Just roll it with chapathi and eat it for lunch or

dinner.

## Ingredients

2 Medium Size Carrots, Finely Chopped
1/4 Cup of Peas
10 Green Beans, Chopped
1 Medium Size Potato, Chopped
3 Big Mango Pieces
1/2 Cup of Red Onion, Chopped
10 Curry Leaves
1 Inch of Ginger, Minced
2 Green Chillies, Slit
1/2 Tsp of Turmeric Powder
1 Tsp of Red Chilly Powder
Salt to Taste
1 Cup of Water
3/4 Cup of Thick Coconut Milk
1 Tbsp of Coconut Oil

## Method

- Heat coconut oil in a pan, add curry leaves, chopped onions, ginger and green chillies. Saute this for 2-3 mins until onion turns golden brown.
- Add raw mango slices and saute this for 2 mins.
- Add all the vegetables (carrot, beans, peas and potato), saute this for 2 mins in a medium high flame. Add turmeric powder and red chilly powder and saute for a min.
- Add the coconut milk and a cup of water, give a quick stir, cover the pan and cook for 7-10 mins until the vegetables turns soft. Turn off the heat.
- Serve hot with chapathi or rice.

## Tips

- Adjust the amount of red chilly powder and chilly according to your spicy level.

- You can make this curry thin by adding little more water and coconut milk and cook for few mins.
- Addition of mango pieces gives a tangy taste to the curry.

## Health Benefits of Mixed Vegetable

- The nutrients in vegetables are vital for health and maintenance of your body.
- Eating a diet rich in vegetables may reduce risk for stroke, other cardiovascular diseases and type-2 diabetes.
- Eating a diet rich in vegetables as part of an overall healthy diet may also protect against certain cancers.
- The high levels of potassium in vegetables may reduce the risk of developing kidney stones and help to decrease bone loss.


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Allepey Mixed Vegetable
Curry In Coconut Milk