

Mullu Murukku Recipe



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Mullu Murukku is a popular snack in Southern part of India. Mullu means “thorn” Murukku means Crispy rice snack. This mullu murukku resembles like thorns, hence the name. This mullu murukku is usually prepared during festival occasions like Diwali and Krishna jayanthi. This instant murukku recipe is very easy, delicious and simple to make murukku and it is really crispy and tasty. In this method, I used store bought rice flour to make this murukku. Other flour I used is besan flour which is also store bought. This is very simple procedure as you do not need to make rice flour at home, and hence it is a time saving murukku recipe, I have given step by step picture to easily understand the recipe. It involves very simple procedure, just mix the store bought flours, butter, red chilly powder, hing and salt. and make easy mullu murukku

recipe with the help of murukku press. Adding asafoetida is to help for easy in digestion. Try this store bought rice flour murukku and here is the recipe.



Preparation and Cooking Time : 1 Hr
Yield : 12-15 Murukku

Ingredients for mullu murukku recipe

- 3/4 Cup of Rice Flour
- 1/4 Cup of Besan Flour(Kadalai Maavu)
- 1 and 1/4 Tsp of Red Chilly Powder
- 1/4 Tsp of Asafoetida(Hing)
- 1 Tbsp of Butter
- 1/2 Tsp of Salt or to taste
- 1/4 Cup +2 Tbsp of Water
- 1 Tsp of Hot Oil
- 3 Cups of Vegetable Oil To Deep Fry



Method for instant murukku recipe

- Sieve both the rice flour and besan flour in a bowl.
- Melt the butter in a microwave for 10 secs.
- In a bowl containing flours, add red chilly powder, asafoetida, melted butter, salt, hot oil and water, mix well. Knead it to get a soft, smooth dough.



- Grease the murukku press with oil, on inner wall of the

press. Place the dough into murukku press, with star sign plate at the bottom.

- Meanwhile, heat oil in a kadai/ shallow pan.



- In a counter top, place the parchment paper or milk cover or polythene sheet, grease it with some oil, squeeze murukku in a circular motion as shown in the picture. Make sure you seal the end of the murukku.
- When the oil is hot (325 Degree F) Gently take with your hand and carefully drop the murukku into the oil. Cook the murukku on both sides till “Ssh” sound ceases and they turn golden brown color. Always cook murukku in a medium flame. Once it done, drain it in a paper towel.



- Repeat the same process for the rest of the dough. Store it in a airtight container after it completely cool down.
- Crispy & Tasty Murukku is ready to enjoy ☐



Tips

- Always cook murukku in a medium flame.
- Adjust the amount of red chilly powder and salt according to your taste.
- If you are an expert, you can also press murukku directly to oil.
- You can also add cumin, if you like. I added asafetida, for easy digestion.
- If you are planning to make in larger scale, then cover the dough with wet cloth, otherwise it get dried soon.
- If you don't have butter, add ghee.

- If you are vegan, add hot oil instead of butter.
- If you don't have store bought rice flour, you can also make it in your home with raw rice. It involves soaking , air drying and then ground it into a fine flour.



Health Benefits of Rice and Besan Flour

- Rice gives fast and instant energy, regulate and improve bowel movements, boosts the skin health, aids in metabolism and digestion, blood pressure management and prevents constipation.
- Besan flour are good source of vitamins, proteins and minerals like magnesium, iron and phosphorous. Iron acts as an antioxidant and helps in the production of collagen, magnesium helps to relax muscles and maintain blood circulation. Phosphorous combined with calcium helps in building of bones.



Tags: murukku,murukku recipe,mullu murukku, mullu murukku recipe,how to make murukku,mullu murukku recipe south indian,maida murukku,maida mullu murukku,how to make mullu murukku,gokulashtami recipes,krishna jayanthi recipes,easy murukku recipe,prepare murukku recipe

KANDARAPPAM RECIPE | SWEET APPAM



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Kandarappam recipe is a deep fried sweet appam recipe made with rice, dhal, cardamom, jaggery and coconut. This is a traditional Chettinadu sweet appam recipe made for all festival occasions.

To make kandarappam recipe, I used palm jaggery for sweetness. kandarappam really taste good when it is served hot, it is crispy on outside and sponge on inside. Also it tastes good on next day. Try this delicious sweet appam and here is the recipe.

Ingredients for kandarappam recipe

- 1/2 Cup of Raw Rice(Pacha arisi)
- 1/4 Cup of Urad Dal
- 3/4 Cup of Jaggery, I used Palm Jaggery (Karupaati)
- Pinch of Salt
- 3 Tbsp of Grated Coconut
- 2 Cardamom, Powdered
- 3 Cups of Oil for Frying

Method for sweet appam recipe

- Soak the rice and urad dal in water for 2 hrs. Drain the water and wash it in tap water for 2 times. Leave it aside.
- Put it in a blender(mixie) and grind it to a fine, thick batter. Add cardamom, pinch of salt, jaggery and coconut, grind it for another 10 mins.
- Transfer the batter to a bowl, the batter should be in dosa batter consistency.
- Heat oil in a shallow pan, once it is hot, keep the flame in medium, slowly pour in spoonful of batter to the oil, when the appam rises to the top, turn it over, cook it for another 1 min and remove it from pan. Drain it in paper towel. It should be in brown color and got curled/wavy borders.
- Make the remaining kandarappam in the same way and serve hot.

Tips

- If your batter is watery, leave the batter in refrigerator for 30 mins and then start cooking.
- Adjust the amount of sweetness according to your taste.
- Always cook appam in a medium flame and fry one appam at a time to get a nice shape and taste.
- If you are in diet, don't want to deep fry ? then you can cook the appam in non stick paniyaram pan with less

oil, I tried with this batter, it tastes yummy.

Health Benefits of Rice and Urad Dal

- Rice are rich in carbs, provides energy and good for brain.
- Urad dal provides energy to the body.
- Rich in protein.
- Enhances digestion because of high in fiber content in dal.
- Boost heart health because of high in magnesium level in dal.



tags : [kandarappam](#), [kandarappam recipe](#), [how to make](#)

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Pasta Salad with low fat 1000 Island Dressing



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This creamy and delicious tri-color Cold Pasta Salad low-fat 1000 Island Dressing is really great in taste and very filling. Here I used 1000 Island dressing, which is a salad dressing and condiment, used on sandwiches and salad. It is widely used in restaurant and diners in US. It has mayonnaise, olive oil, lemon juice, tomato ketchup and salt in it.

Source : [Wikipedia](#) – Origin of the name 1000 Island dressing comes from thousand island between the US and Canada in St. Lawrence river. In 1000 island area, fishing guide wife, made this condiment for her husband dinner. Often in this version, actress May Irwin requested the recipe after enjoying it, that how the dressing got popular.

This low fat 1000 island dressing with pasta is creamy and a treat to your taste buds. Also it is great to pack this dish for lunch box.



Ingredients – Pasta Salad with low fat 1000 Island Dressing

- 1/2 Cup of Tri-color Pasta
- 2-3 Cups of Water
- 1 Tsp of Oil
- Salt as Needed

For 1000 Island Dressing

- 7 Tbsp of Low Fat Mayonnaise / Vegennaise
- 2 Tbsp of Ketchup
- 2 Tbsp of Lemon Juice
- 1 Tbsp of Minced Onion
- Dash of Salt and Pepper
- 2 Tsp of Olive Oil

Other Ingredients

- 1/4 Cup of Broccoli Florets
- 5-6 Mushrooms
- 1 Tsp of Oil
- Green Olives to garnish

*Pasta with
1000 Island Dressing*



Method – Pasta Salad with low fat 1000 Island Dressing

- Bring 2-3 Cups of water to a rolling boil, add salt to taste.
- Add tri-color pasta to the water, add oil and stir gently.
- To get authentic pasta taste, boil uncovered for 10- 12 mins and stir occasionally. once it done, just drain the water and keep it aside.
- Heat oil in a pan, add mushroom and broccoli, saute this for 2 mins. Keep this aside.
- In a wide bowl, add all the ingredients listed under “1000 Island Dressing” give a quick stir. Now add pasta,

broccoli and mushroom, toss well, make sure the pasta are well coated with dressings.

- Refrigerate it for 15 mins and serve cold with olive on top.



Tips

- You can follow the same recipe with any kind of pasta.
- You can use any vegetable like carrot, tomato and lettuce.
- If you get fresh parsley leaves, you can add it to the dressing.

Recipe Source : Epicurious

sending recipe to [thisgalscooks](http://thisgalscooks.com)

