

Milagu Jeeragam Sadam / Pepper Cumin Rice – Lunch Box Recipe



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Black pepper and Cumin are the most important culinary spices in the world. Black pepper has a century long history of use and cultivation across all the continents of the world. While millions of people consume pepper in their food every day, most do not realize that black pepper is also an important medicinal spice that can be used to treat a wide variety of physical symptoms and diseases. Most important is black pepper should be consumed safely in moderate quantities. Adding pepper along with cumin or turmeric is a great natural

way to enhance overall body health. Black pepper stimulates the taste buds in such a way that an alert is sent to the stomach to increase the hydrochloric acid secretion, thereby improving the digestion. Whereas the cumin boosts the power of liver, thereby it detoxifies the body.

Coming to this recipe, it can be done in minutes, easy, flavorful and a healthy dish. Also good for cough/cold/sore throat. This is my mom's recipe and this rice dish is prepared with black pepper, cumin, curry leaves and rice. The sharp spiciness from pepper corns, aromatic curry leaves and flavorful cumin along with rice gives an irresistible authentic flavor.

Ingredients

To Make A Pepper Mix

- 2 Tsp of Black Pepper Corns**
- 1 Tsp of Cumin, Whole**
- 1 Tbsp of Toor Dal / Pigeon Dal/ Thuvaram Paruppu**
- 1 Red Chilly, Big**

To Temper

- 2 Tsp of Gingelly Oil / Indian Sesame Oil**
- 1 Tsp of Mustard Seeds**
- 1/2 Tsp of Urad Dal**
- Pinch of Hing/ Asafoetida / Perungayam**
- 2 Sprig of Curry Leaves**

Other Ingredients

- 1 Tsp of Clarified Butter / Ghee**
- 2 Cups + 1/4 Cup of Cooked Rice**
- Salt to taste**

Method

To make a pepper mix

- Heat a pan over medium heat, when hot, add pepper corns, cumin, toor dal and red chilly. Roast it without oil, stirring continuously, until it turns to light brown color and the aroma comes, for about 3-5 mins. Turn off the flame. Let it cool down for 5 mins.
- Grind this spices to a fine powder in a blender/ mixie or spice grinder.
- I used only 5 tsp of pepper powder for this rice.



Tempering

- Heat oil in a pan over medium heat, when hot, add mustard seeds, urad dal, asafoetida (hing) and curry leaves. After mustard seeds splutters, urad dal changes color, turn off the flame.

Mixing of spice mix and rice



- In a wide bowl, add the tempering items, over that add the boiled rice, top of the rice, add 5 Tsp of pepper mix, salt and ghee. Fluff the rice gently with a spoon. Do not break the rice while mixing. Check the salt and add accordingly.
- Transfer to the serving dish and serve it with potato chips or any vegetable kootu.



Tips

- Adjust spicyness according to your taste. I used only 5 tsp of pepper mix.
- Do not use pre – ground pepper powder, use fresh pepper corns.
- Store the remaining powder in an airtight container. Whenever you crave for this rice, just mix it with rice and ghee.
- Do not break the rice while mixing.
- Adding ghee/ clarified butter gives a nice flavor to the dish.
- You can add bengal gram/chenna dal while tempering.
- Adding cashews gives a rich taste to the rice.

Health Benefits of Pepper and Cumin

Cumin

- Good for digestion, mental function and respiration.
- Strengthens the immune system.
- Rich in iron, so good for blood health.
- Healthy herbs for a women of all ages.
- Anti-carcinogenic properties.
- Boosts the metabolic rate.

Black Pepper

- Aids in digestion.
- Helps to fight cancer, fight tooth decay and good for weight loss.
- Powerful antioxidant and natural anti depressant.
- Relieves cough and cold
- Reduces inflammation.
- Good for skin.

Pepper Cumin Rice



sending this recipe to [My Cooking Journey](#) and [Zesty South Indian Kitchen](#)



*Favorite Recipes Event: #13
One Pot Meal*

**At
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& Zesty South Indian Kitchen

From July 1st to July 31st

Yummy Strawberry Lemonade Iced Tea

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Strawberry season is here, it coincides with the days of summer. I just loved, how beautiful this strawberry iced tea looks. This healthy, refreshing iced tea has a nice flavor of fresh and sweet strawberries and tartness of lemon. Enjoy this cold iced tea on a summer evening , it makes you relax and feels energetic.

Ingredients

10 Strawberries
3 Lipton Bags

3 Cups of Water
3 Tsp of Lemon Juice
3-4 Tbsp of Sugar or to taste
Ice Cubes

Method

- **Boil 3 Cups of water in a kettle, pour this hot water to the tea pot. Put 3 tea bags to the tea pot. Cover the tea pot and leave it for 5 mins. After that remove the tea bags from the tea pots. Let it cool down for 10 mins.**
- **In a blender, add strawberries, blend it to a smooth paste without adding water.**
- **Strain the purred berries and discard the seeds.**
- **In a pitcher, Mix together the purred strawberries, tea, sugar and lemon juice. In this stage, you can add more water if you want.**
- **Transfer this to a serving glass with ice cubes or refrigerate it for 15 mins.**
- **Garnish with sliced strawberry and enjoy.**



Strawberry Lemonade Iced Tea

Tips

- Adjust the level of sweetness according to your taste.
- You can use Stevia instead of regular white sugar.
- If you find your ice tea is thick, make it thin by adding more water.
- Use chilled club soda in place of water for a different taste.
- You can add mint for a extra flavor.



Health Benefits of Stawberries

Source : Healthdiaries.com and Besthealthmag.ca

- **The fiber in strawberries helps to keep digestion regular and lowers the blood pressure.**
 - **High in anti-oxidants and excellent source of vitamin C.**
 - **It boosts the immunity.**
 - **It has anti-cancer and anti-inflammatory properties.**
 - **Good for eyes and bone health.**
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Eggless Vanilla Sponge Cake Using Yogurt / No Egg No Butter Recipe / Step by step Procedure

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Eggless vanilla sponge cake using yogurt / no egg no butter cake recipe is very easy to make cake for birthday parties. Last week was my friend's birthday, so I surprised her by baking this Eggless vanilla sponge cake. She was really amazed and happy to see the vanilla sponge cake. She tasted it

and said it was “out of the world”. This recipe is originally by Nita Mehta and has been blogged by many bloggers. I really love this cake recipe as it was egg free and no butter added. Also it turned super soft and moist. Try this egg less cake recipe and let me know your feedback.

Ingredients

1.5 Cups of Maida/ All Purpose Flour
1 Cup of Thick Yogurt or Curd
1 Cup of Sugar
1/2 Tsp of Baking Soda
1 and 1/4 Tsp of Baking Powder
1/2 Cup of Cooking Oil
1 and 1/2 Tsp of Vanilla Essence
1 Tbsp of Milk for brushing the top.

Method

- In a bowl, add sugar and curd/yogurt, wait until all sugar completely dissolves. Now add baking powder, baking soda to the sugar-curd mixture and stir well.



- **Keep it aside for 3 – 5 mins and you can able to see the bubbles appears at the top. Now add the vanilla essence, cooking oil and stir well.**
- **Add maida/ All Purpose Flour, slowly to the sugar – yogurt mixture. Beat well with a whisk or forks until it turns thick and creamy as you see in the pic.**



- **Preheat oven to 350 degree F. Meanwhile grease the pan with oil and all purpose flour and pour the batter to the baking pan. I used 8" * 8" square pan.**



- **Bake it in preheated oven for 30-35 mins.**



- Check it by inserting fork or tooth prick in the center of the cake, if it comes out clean, then your cake is ready. Just brush the top of the cake with 1 tbsp of milk, 10mins before the ending time to get a nice polishing glaze.
- Allow the cake to cool down for 10mins, then carefully take it out from the pan and enjoy !!!!



Tips

- Don't keep the batter to sit for long time after mixing, as baking soda reacts faster and makes your cake harder.
- Always use curd at room temperature and curd should be thick.
- If your cake turns browning too much on the top, just cover it with aluminium foil and bake it for another 5 mins, it comes out good.
- You can refrigerate the cake and keep it for 2-3 days.
- You can also add nuts to the batter, for extra richness and crunchy taste.

Health benefits of Vanilla

- Vanilla extract contains small amounts of B-complex groups of vitamins such as niacin, pantothenic acid, thiamin, riboflavin and vitamin B-6.
- Reduces anxiety and stress
- Vanilla extract has been used to help calm patients with queasy stomachs.

