

RAVA IDLY – BREAKFAST RECIPES



Rava Idly is a nice variation to normal rice idly where the batter needs to be fermented, lots of preparation work whereas in rava idly preparation is so simple and easy and it can be made in matter of 20 minutes and also it tastes really delicious. This quick, instant idly mix can be more nutritious and flavorful if you add some vegetables and nuts. It can be served for breakfast or dinner along with creamy peanut chutney or coconut chutney.

Ingredients

- 3/4 Cup of Sooji / Rava**
- 3/4 Cup of Thick Curd / Yogurt**
- 1 Tsp of Mustard**

1 Tsp of Urad Dal
1 Tbsp of Channa Dal / Bengal Gram Dal
1" of Ginger, Grated
1 Long Green Chilly, Chopped
Few Curry Leaves
Pinch of Asafoetida
1/2 Tsp of Turmeric Powder
1 Medium Sized Carrot, Grated
1/4 Cup of Frozen Green Peas (Cooked in microwave for 2 mins)
2 Tbsp of Chopped Cilantro
1 Tbsp of Coconut Dry Flakes
Salt to taste
1/4 Tsp of Soda Bicarbonate
2 Tsp of Ghee or Oil
1/2 Cup + 2 Tbsp of Water
Few Cashews

Yield – 8 Idlies

Method

- Heat ghee / oil, add mustard, urad dal, channa dal, after they splutter, saute this till the dal turns golden brown. Add pinch of asafoetida, curry leaves and turmeric powder. Saute it for 30 secs.
- Add green chillies and ginger. Saute this for a min.
- Immediately add the grated carrot, peas and coconut flakes. Saute this for 1-2 mins
- Add rava and on low to medium heat, stir fry the rava constantly for 3-4 mins. Add chopped cilantro, saute this along with rava mixture. Take off from the heat and cool.



- **In a bowl containing curd, add this rava mixture and enough water, mix well. Let this sit for 25 mins.**
- **On 26th min, add baking soda, you can now able to see foams after 2 mins.**



- **Grease idli plates with oil. Place a roasted cashewnut on each of the greased idli plates and pour the rava batter over the cashewnut as shown in picture.**



- **Steam the rava idlis on medium flame for around 10 minutes. Turn off the heat and let it sit for 5 mts.**



- **Remove the rava idlis carefully with a spatula and serve hot with [peanut chutney](#).**



Tips

- Add any vegetable of your choice like beets, bell pepper..
- Add any nuts of your choice like walnuts or almonds.
- Don't allow the batter to rest for a long time, after adding baking soda.
- Add 2 or 3 Green Chilly, if you like spicy idly.
- Sodium bicarbonate can be replaced with eno salt.
- Don't add hot rava mixture to cold curd, as it kills live cultures of bacteria. Let rava mixture cool down for 4-5 mins and then add it to the curd.



Health Benfits of Semolina/ Rava

- Good source of protein and vitamin B and E
- Semolina is made from durum wheat, so it is digested slowly. This helps you feel full longer and prevents you from overeating.
- Semolina improves kidney function, thanks to its potassium content.
- Add some chopped vegetables to savory semolina idly and make a power-packed, as well as delicious, meal in a bowl.

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[Rajma Masala Recipe / Rajma Chawal / Rajma Recipe](#)

[RAJMA MASALA/ RAJMA CHAWAL-NORTH INDIAN RECIPES](#)



Rajma in Hindi literally means Red Kidney Beans. Rajma Masala recipe is a classic Punjabi Curry, cooked in a onion and tomato gravy with the addition of Indian aromatic spices. The most important thing is to cook rajma perfect in pressure cooker or crock pot to get perfect rajma curry. This is a protein and carb packed food as it can be served with plain rice or [cumin flavored rice](#) or [chapathi](#). Rajma chawal is a wonderful and comforting food for weekend lunch.

Ingredients

- 1 and 1/4 Cups of Rajma / Red Kidney Beans(soaked overnight, pressure cooked)
- 1/2 Tsp of Turmeric Powder
- 1 Tsp of Red Chilly Powder
- 2 Tsp of Garam Masala
- 2 Tsp of Dried Methi Leaves / Kasoori methi

2 Tsp of Oil
Salt to taste
Water as needed
Dollop of Butter to taste

To Grind

1 Large or 2 Medium Size Onions, Puree
2 Medium Sized Tomatoes, Puree
1 Inch Size Ginger
1 Green Chilly

Method

- Soak rajma for overnight in salted water for 8 hours, then in a pressure cooker or crock pot add rajma, enough water(~4-5 cups) and salt, cook this for 3 whistles, simmer it in a medium-low flame and keep it for 15 mins and switch off the stove. Now soft Rajma is ready.
- Put onion in a blender and make a puree by adding little water. Keep this aside
- Put tomato, ginger and green chilly in a blender and make a puree by adding little water. Keep this aside.
- Heat oil in a pan, add onion puree and salt to it, saute this for 1-2 mins until oil separates and changes color.
- Add tomato, ginger, green chilly puree, saute it and cook this for 2 mins until oil oozes out from sides.
- Add Turmeric powder, red chilly powder and garam masala, fry this along with onion-tomato mixture and cook it for 1 min.
- Add cooked rajma, mix well with the masala and add some water to it, let this mixture comes to a rolling boil and simmer it for 5 -7 mins. Adjust salt to taste.
- Using ladle, press some of the rajma (Mash it) this will help giving some thickness to the gravy.
- Crush some fenugreek leaves between palms and add this

to the masala and mix well.

- Finally add a dollop of butter and mix, cook for a min and switch off the stove.
- Before serving, garnish the dish with some fresh chopped red onion..
- Rajma masala is ready to serve with [jeera rice](#), yogurt and papad.



RAJMA MASALA

Tips

- Adding kasoori methi is optional. It gives aromatic twist to the gravy.
- You can add cream or butter, it gives rich taste to the gravy.
- If you have ginger garlic paste, use that instead of adding ginger alone.

- Always fry onion puree for 2 mins until raw smell vanishes. otherwise it spoils the dish.

Health Benefits of Rajma

- Good source of cholesterol lowering fibers which prevents blood sugar levels.
- When combined with rice, rajma makes fat free high quality protein.
- Lowers heart attack risk.
- Good source of vitamin B6,C and minerals
- Excellent food to be included in weight loss diet.
- 100 grams of boiled Rajma beans contain 140 calories. 5.7 grams of protein, 5.9 grams of fat and nearly 17.8 grams of carbohydrate



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SPINACH LACCHA PARATHA- STEP BY STEP PROCEDURE – BREAKFAST RECIPE



Palak laccha paratha is a easy, nutritious and

great in taste. This green colored wheat bread is cool to eyes and good to health is made with spinach puree, wheat flour and some spices. Healthy alternative to regular chapathi. It goes well with any [dal](#) , [raita](#) or [aloo mattar](#) or [Panner bhurji](#)

Ingredients

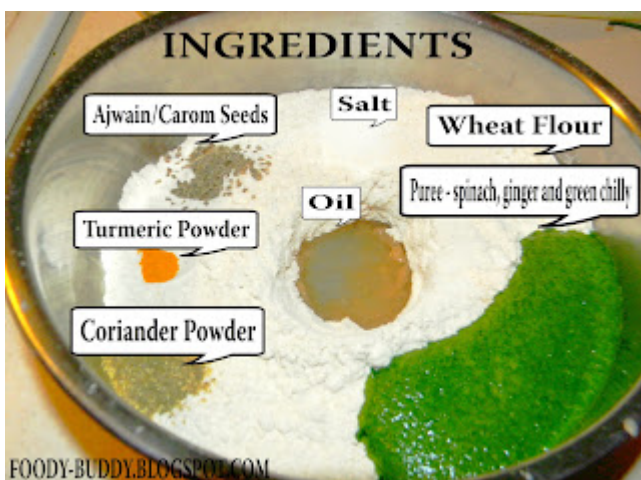
1 and 1/2 Cups of Wheat Flour
3 Tsp of Oil
1/2 Tsp of Ajwain / Carom Seeds
Pinch of Turmeric Powder
1 Tsp of Coriander Powder
Salt to Taste

To Make a Puree

1 and 1/4 Cup of Spinach
1/2 Inch of Ginger
1 or 2 Green Chilly

Put all the ingredients in a blender and make a puree by adding 1/2 Cup of Water

Method



- In a bowl, add wheat flour, carom seeds, turmeric powder, coriander powder, oil, spinach puree and salt.
- Mix well with a fork and make a dough like you do for chapathi. Keep aside for 30 mins.



- Heat a tawa or chapathi pan. Meanwhile make a equally sized balls out of the dough and roll it into a circular thin paratha.



- Put 1 Tsp of Oil and spread it evenly. Sprinkle some flour on it.



- **Pleat the roti on one side as shown in pic.**



- **Coil the pleated roti into round balls as shown in pic.**



- **Dip into flour and roll it gently.**



- **Carefully place the paratha on the heated pan. You will see tiny bubbles rises on the surface of roti.**
- **Now it's time to flip the paratha with a spatula. Once first flip is done, apply oil or ghee on the upper**

surface and spread all over the paratha. Flip again in 30 secs and apply some oil.

- Press paratha gently with a spatula and cook till brown spots appear on both the sides of the roti.
- Spinach Laccha paratha is done when both sides are brown and crispy. Remove it from pan and place it in serving dish. Repeat the same process with each ball of dough.
- Hot spinach laccha paratha is ready to serve.



Tips

- Serve with any [dal](#) or onion raita or [aloo mattar](#) or [lima beans curry](#) or [Paneer Bhurji](#)
- Adding ajwain helps in digestion.
- You can also add some yogurt to makes soft paratha .
- Add butter instead of oil.

Health Benefits for Spinach

- One cup of cooked spinach has 42 mg of calcium.
- Spinach is your best bet for folic acid, which helps keep cells all over the body growing and functioning well.
- It's an incredible non animal protein source of iron, which delivers oxygen all over the body, providing much-needed energy to kids' muscles.
- Spinach also helps regulate blood sugar and keeps your children's hearts healthy because it's high in potassium and magnesium.



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