

Green Peas Sundal Recipe / Pachai Pattani Sundal



Green Peas Sundal Recipe / Pachai Pattani Sundal is a healthy, protein rich snack good for kids and adults. You can try any pulses like kollu(Horse gram), mochai (field beans), rajma (red kidney beans) or kondakadalai (chickpeas) by following this sundal recipe. Allready I have posted few sundal recipes like [kondakadalai sundal](#), [Sprouted Navadhanya sundal](#) and

[peanut sundal](#) Here in this recipe, I used frozen green peas. You can also use fresh green peas, if you get. Try this easy sundal recipe for navarathiri.

How to make green peas sundal recipe

Green Peas Sundal Recipe / Pachai Pattani Sundal



[Save Print](#)

Prep time

3 mins

Cook time

10 mins

Total time

13 mins

Green Peas Sundal Recipe / Pachai Pattani Sundal is a healthy and delicious snacks that can be made in few mins. Great for kids and adults as snacks or for navarathiri occasion.

Author: Gayathri Ramanan

Recipe type: snacks

Cuisine: indian

Serves: 2

Ingredients

- $\frac{2}{3}$ Cup of Green Peas (Pachai Pattani) – Frozen
- 2 Tbsp of Freshly grated coconut
- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds

- 1 Tsp of Urad Dal
- Pinch of Asafoetida
- 2 Red Chilly
- Few Curry Leaves
- $\frac{1}{4}$ Tsp of Turmeric Powder
- $\frac{1}{4}$ Tsp of Red Chilly Powder
- Salt to taste
- $\frac{1}{4}$ cup of Water

Instructions

1. Wash the green peas and keep it aside.
2. Heat a pan with oil, when it is hot, add red chilly, after it changes color, add mustard seeds, urad dal, asafoetida and curry leaves, after it pops up add green peas and salt, fry well for secs.
3. Add turmeric powder, red chilly powder, fry well for a min.
4. Add water, cover and cook it for 5 mins.
5. Finally add coconut, mix well and turn off the flame.
6. Hot, delicious green peas sundal is ready to eat.

Notes

You can replace with any pulses by following the same recipe. If you don't want coconut, you can avoid it. If you like green chilly, add it and avoid red chilly powder. Do not avoid red chilly that gives a nice flavor.



Tags: [green peas sundal recipe](#), [pachai pattani sundal](#), [how to make pachai pattani sundal](#), [how to prepare sundal recipe for navarathiri](#), [easy navarathiri recipes](#), [sundal recipes](#)

[Bakery Style Thengai Bun Recipe / How to make Coconut Bun](#)



Coconut Bun (Bakery Style)

Time is flying, I can't believe that my blog FoodyBuddy (My best friend) turned 3 today...Happy Birthday FoodyBuddy ☺ ☺ ☺

I sincerely thank all my fellow bloggers, friends, foodies, casual visitors, family members and critiques as I progress in this virtual world of blogging ..This certainly has enriched my life, added color and has certainly given me something useful to share back with the community . Besides sharing my recipes in 3 years of blogging, I have also learnt a lot in cooking

techniques, learned many cuisines and I am trying to improve my food photography and presentation skills too ☐ Finally it is certainly a feeling of joy and satisfaction to learn that the recipes you share is appreciated by folks from the far corners of the world and I do want to thank my husband, my parents and my brother for their constant support and appreciation ...In this 3 years of blogging, am almost nearing to 500th post, won prizes and I want to thank [kumudham Snegithi](#) and [Deccan chronicle](#) for featuring my recipes this year.. Thank you everyone ☐

To enjoy this beautiful day I have posted Bakery style Thengai bun recipe / Coconut bun which is a Indian delicacy that I got introduced to as I grew up in southern India (Coimbatore). This bun is one of my favourite recipes close to my heart and it evokes nostalgic feelings of eating coconut bun in late evenings as dusk sets in . The aroma of coconut bun hot from the bakery makes my mouth salivate and eating fresh, hot bun filled with coconut flakes, sugar, tutti frutti and nuts takes one immediately to a happy place that I still cherish. Coconut bun goes well with tea (black or green) and I just want to share this recipe with everyone as it is very simple to make and also delicious.

Thengai Bun (bakery style)



© foodybuddy.net

Recipe Source: [Amuthiskitchen](#)

How to make Bakery style Thengai bun Recipe / Coconut bun picture tutorial



Bakery Style Thengai Bun Recipe / How to make Thengai Bun



[Save Print](#)

Prep time
1 hour 30 mins

Cook time

25 mins

Total time

1 hour 55 mins

Bakery Style Thengai Bun Recipe / Coconut Bun / Dilkush is

Author: Gayathri Ramanan

Recipe type: baking

Cuisine: Indian

Serves: 6

Ingredients

- 1 Cup of All Purpose Flour (maida)
- $\frac{1}{4}$ Cup of Whole Wheat Flour
- 5 Tsp of Sugar
- 1 Tsp of Instant Yeast (see notes)
- $\frac{1}{2}$ Cup of Warm Milk (see notes)
- 2 Tbsp of Water
- 3 Tsp of Oil
- 2 Tsp of Butter / Ghee
- Pinch of Baking Powder
- For Filling
- $\frac{1}{2}$ Cup of Sweetened Coconut Flakes (see notes)
- 7 Tsp of Sugar
- $\frac{1}{2}$ Cup of Tutti Frutti (see notes)
- 10 Roasted Cashews
- 2 Pinches of Cardamom Powder
- 3 Tsp of Ghee / Butter

Instructions

1. In a bowl, add all purpose flour, wheat flour, sugar, oil, instant yeast and baking powder. Mix well with a fork.
2. Add warm milk, water and butter. Mix well and start kneading to form sticky dough.
3. Cover the bowl with a towel and allow it to raise for 45 mins.
4. For the stuffing, take a bowl, add coconut flakes,

sugar, tutti frutti, cashews, cardamom powder and ghee. Mix everything well. Your stuffing is ready.

5. Now divide the dough into two equal parts.
6. Grease the baking pan with ghee (clarified butter), roll / pat the one part of the dough into 8" circle and place it into baking pan.
7. Spread the stuffing evenly throughout the dough.
8. Roll the other part of the dough into 8" circle and cover the stuffing. Seal the edges completely.
9. Allow this for second rise for 30 mins. Meanwhile preheat the oven to 375 F.
10. After 30 mins, brush the dough with ghee (butter) and bake it for 25 mins until the crust turns golden brown.
11. After you take out the bun from the oven, brush it with ghee and cool it for few mins.
12. Cut into desired slices and enjoy.
13. Hot, yummy coconut bun is ready to serve with tea.

Notes

Here I used sweetened coconut flakes. If you don't have that. Use regular grated coconut, toast it in a medium flame and add extra sugar.

I used roasted cashews. If it is not available for you. Roast the cashews in ghee and add it to the stuffing.

I used instant yeast, if you don't have that. You can use any kind of yeast but proofing of yeast is must so add the yeast in warm milk for 5 mins and then add it to the flour.

Tutti frutti adds crunchy taste. If it is not available for you. Add lot of nuts and raisins.

Always add warm milk. Raw milk might kill the yeast.

Do not skip cardamom, as it adds nice flavor to the stuffing.

Dilkush Bun



Tags: [thengai bun](#), [thengai bun recipe](#), [bakery style thengai bun recipe](#), [coconut stuffed bun](#), [dilkush bun recipe](#), [coconut stuffed tutti frutti bun](#), [how to make thengai bun at home](#), [how to make coconut bun](#), [coconut stuffed bun](#), [prepare thengai bun](#), [eggless thengai bun](#), [eggless coconut bun](#), [eggless baking](#), [bun recipe](#), [thengai bun seivadhu epadi](#), [thengai bun bakery style](#), [coconut bun bakery style](#)

[Pancha Khadya Modak Recipe /](#)

Khirapat modak



Pancha Khadya Modak Recipe / khirapat modak is a famous sweet modak(dumpling) from Maharashtra (India). Panchakhadya is a special neivedyam that is offered to Lord Ganesha on Ganesh Chaturti. Khirapat contains 5 main ingredients starting with kha in Marathi letter – Khobra(coconut), Kharik(dates), khaskhas(poppy seeds), khismis(raisins), khadisakhar(rock sugar). Mixture of these 5 ingredients combined together gives you this scrumptious modak. Try this pancha khadya modak for Ganesh Chaturti and let me know how you liked it.

How to make Pancha Khadya Modak

Pancha Khadya Modak Recipe / Easy Modak Recipe



[Save Print](#)

Prep time

5 mins

Cook time

10 mins

Total time

15 mins

Pancha Khadya Modak Recipe / khirapat modak is a famous sweet modak from Maharashtra. Panchakhadya is a special neivedyam that's offered to Lord Ganesha on Ganesh Chaturti.

Author: Gayathri Ramanan

Recipe type: Dessert

Cuisine: Indian

Serves: 3

Ingredients

- For outer covering
- $\frac{1}{3}$ Cup of Rice Flour
- Water as required
- Salt to taste
- 1 Tsp of Ghee
- For Filling
- $\frac{1}{4}$ Cup of Grated Coconut
- 1 Tbsp of Raisins

- 3 Tsp of Powdered Rock Candy (kalkandu)
- 5 Dates
- 1 Tsp of Khus Khus (Poppy seeds)
- Few Cashews, Chopped

Instructions

1. Dry roast the coconut until colour changes and keep it aside.
2. Dry roast the poppy seeds in a medium flame for few mins and keep it aside.
3. Remove seeds from dates, soak it in hot water for few mins and grind them coarsely.
4. In a mixie, powder the sugar and keep it aside.
5. Finally in mixie, add all the ingredients and grind it together. Khirapat filling is ready.
6. For the outer covering dough, bring the water to boil along with ghee. In a bowl, add rice flour and salt, add water slowly and keep mixing with spatula.
7. Let it cool it for 2 mins, it will be warm by now, start kneading to form a smooth dough. Keep covered to prevent from drying.
8. Make a equally sized balls out of the dough. Grease your hand with oil, take a ball and flatten it with your hand. Add a tsp of filling in the centre. Fold it and seal it in the centre. Repeat the same process for the rest of the dough.
9. Steam the modak in a idly pan or steamer for 10 mins.
10. Pancha Khadya Modak Recipe / khirapat modak is ready for neivedhyam.

Notes

Add any nuts of your choice.

If you don't have rock candy, replace it with regular sugar.

If you want, you can also add a pinch of cardamom powder or nutmeg powder.

Tags: [Pancha Khadya Modak](#) , [Panch Khadya Modak Recipe](#), [khirapat modak](#), [how to make khirapat modak at home](#), [how to make Panch Khadya Modak Recipe at home](#), [khirapat](#), [easy modak recipe](#),

[maharstrain style modak ganesh chaturthi recipes 2015](#), [vinayagar chaturthi recipes 2015](#).