

# THENGAI SADAM | COCONUT RICE RECIPE WITH DAL



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Coconut rice is my husband's favorite rice dish. This is very easy to make one pot meal that can be done in 15 mins if your cooked rice are ready. This recipe is my husband grand ma's recipe. I really love this rice because of the addition of secret ingredient (moong dal) which makes this rice protein rich and colorful. Here I used coconut oil for tempering the spices, so it makes the rice more flavorful. Best accompaniment for this coconut rice are [colocasia roast](#) or [potato roast](#) or papad (appalam). I had it with [cauliflower fry](#).

## Ingredients

1/4 cup and 2 Tbsp of Coconut (Fresh or Dry), I used desiccated coconut  
2 Tbsp of Moong Dal  
1 Cup of Water  
2 Cups of Cooked Rice (Pressure Cooked)  
1 Medium Size Red Onion, Finely Chopped  
2 Green Chillies  
1/2 Tsp of Turmeric Powder  
Salt to Taste

## To Temper

1 Tbsp of Coconut Oil  
1 Red Chilly, Big  
1 Tsp of Mustard  
1 Tsp of Urad Dal  
1 Tsp of Chana Dal (Bengal Gram)  
1 Sprig of Curry Leaves

## Method

- Heat a pan with water, add moong dal, turmeric powder and little salt, cook in medium flame for 10-15 mins until the dal gets cooked.
- Heat a pan, dry roast the coconut until it turns to light brown color, remove it from pan and keep this aside.
- Heat a pan with oil, when it is hot, add red chilly(break it), mustard seeds, urad dal, bengal gram, curry leaves, after mustard seeds splutters, add chopped onion and green chillies, fry this for few mins until it turns golden brown. Add cooked moong dal, fry for a min, add cooked rice and little salt, mix well with dal and spices. Finally add roasted coconut to the rice, mix

well and turn off the flame.

- Protein rich coconut rice is ready to serve with any [colocasia fry](#) or [potato roast](#) or appalam.



### Tips

- You can also make coconut rice without onion and dal.
- Adjust the number of green and red chilly according to your taste buds.
- You can use nuts like peanuts and cashews while tempering.

### Health Benefits of Coconut

- Quick energy boost.
- High in dietary fiber.
- Improves heart health.
- It has anti-bacterial, anti-fungal & anti-parasitic

properties.

- Coconut oil can improve blood cholesterol level, boosts brain function.



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**VEGETABLE BIRYANI RECIPE IN**

# COOKER



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Love to eat vegetable biryani, but feeling lazy to do on a weekend or busy weekdays, then try this easy vegetable biryani recipe in cooker. As name suggest, this biryani is very easy to make and is loaded with lots of healthy vegetables and aromatic spices. This is one of my favourite one pot meal which is rich in taste yet simple to make because of the addition of ghee( clarified butter)and milk. You can also make this biryani with an alternate flavor profile by adding coconut milk, but in this preparation I added cows milk. Making vegetable biryani recipe in pressure cooker is very easy ... just temper the spices in ghee , throw some onion,

tomatoes, green chillies, all the colourful veggies and salt, saute for few mins, finally add required water and rice and cook until done( pressure cookers might vary ) . Hot flavourful vegetable biryani recipe is ready in minutes. It goes well with spicy gravies like [aloo palak](#), [korma](#), [cucumber raita](#) or potato chips.

### **Ingredients For Vegetable Biryani Recipe in cooker**

- 1 Cup of Basmati Rice
- 2 Carrots, Finely Chopped
- 15 Beans, Finely Chopped
- 1 Medium Size Potato, Cubed
- 1/4 Cup of Green Peas (Frozen)
- 1 Big Red Onion, Finely Chopped or 2 Mediumsize Red Onion
- 4 Garlic Cloves, Big
- 1 Inch of Ginger
- 3 Green Chillies
- 2 Tomatoes, Finely Chopped
- 1 Tbsp of Curd (Yogurt)
- 7 Mint Leaves
- Handful of Coriander Leaves, Finely Chopped
- 1 Tbsp of Lemon Juice
- Salt to taste
- 1.5 Cups of Milk

### **To Temper**

- 1.5 Tbsp of Ghee
- 2 Cloves
- 1 Cinnamon, Medium Size
- 1 Cardamom
- 1 Bay Leaf

### **Method**

- Soak basmati rice in water for 30 mins, drain and wash the rice in tap water for 2 times. Keep aside.

- Wash and finely chop the vegetables, onion and tomatoes. Slit the green chillies. In a blender, add ginger and garlic and make a ginger garlic paste.
- Take a pressure cooker, heat ghee, when it is hot, add cloves, cardamom, cinnamon, fry for a min. Add chopped red onion, slited green chillies and salt, fry for 2 mins, until onion turns golden brown. Add ginger garlic paste, fry for few mins until raw smell vanishes.
- Add chopped tomato, mint leaves and coriander leaves, saute until tomatoes turns soft and mushy.
- Add carrots, beans, potato and peas, saute this for few mins. Add curd and rice, saute this for few secs.
- Add milk, check the salt. Close the lid and pressure cook it for 2 whistles. Turn off the flame.
- Open the cooker, add lemon juice, mix gently with fork.
- Serve hot with any spicy gravies like [aloo palak](#), [korma](#) or [cucumber raita](#) and potato chips.

Pressure Cooker

## Vegetable Biryani



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### Tips

- You can use small onions instead of large onions.
- Use coconut milk in place of cows milk to get a rich taste.
- If you don't have whole spices, just add 1 tsp of garam masala.
- Don't break the rice while mixing.
- If you are weight conscious, add oil in place of ghee.
- If you feel lazy to grind ginger garlic paste, finely chop the ginger and garlic, add it to the oil, saute

well until raw smell vanishes.

- Don't have pressure cooker, then try biryani in stove top. For that you need a heavy bottomed pan with perfect fitting lid then follow the above recipe and cook in a low flame.
- You can also use nuts to garnish.

### **Health Benefits of Vegetables and spices**

- Vegetables are home for antioxidants.
- Vegetables are packed with soluble and insoluble fibers.
- They are rich in vitamins and minerals.
- Spices like cinnamom has anti microbial property and controls sugar levels.
- Cardamom good for heart burn and increases blood circulation.
- Cloves good for teeth pain, boosts metabolism and immune system.



Tags : [Biryani recipe](#), [biryani](#), [easy biryani](#), [vegetable biryani](#), [vegetable biryani recipe](#), [vegetable biryani recipe in pressure cooker](#), [easy vegetable biryani in cooker](#), [vegetable biryani recipe in cooker](#), [how to make vegetable biryani](#), [how to prepare vegetable biryani](#), [foodybuddy recipes](#), [rice varieties](#), [lunch box biryani](#), [pressure cooker biryani](#).

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**WHEAT FLOUR IDIYAPPAM |**  
**GODHUMAI IDIYAPPAM | HEALTHY**  
**BREAKFAST DISH**



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Idiyappam is also called Sevai in tamil and string hoppers in English. It is a popular food in Kerala and Tamilnadu, India. Usually everyone makes idiyappam with rice flour, but this idiyappam is made with wheat flour. I have already posted the recipe for Plain / [rice idiyappam](#).. This wheat flour idiyappam is a healthy, delicious and a steamed food, which is very good for our health. My amma makes it often for weekend breakfast. It is favorite food for all ages and even it can be eaten by sick people. This wheat idiyappam must be good and healthy food for diabetic people. You can eat this idiyappam in sweet version or savory version for breakfast or dinner. I already posted the savory version, [lemon idiyappam](#). If you want sweeter version, try it with sweetened coconut milk... Try this wheat(godhumai)sevai / Wheat String hoppers for breakfast and stay healthy..

### **Ingredients**

- 1 Cup of Wheat Flour

- 1 Cup of Water
- 1/2 Tsp of Salt
- 1 Tsp of Oil / Ghee
- 1/2 Cup of Coconut Grating

**Yield** : 12 Idiyappam

### **Method**

- Heat a pan, fry the whole wheat flour in a medium flame for 5-7 mins until you find the flour turning dark brown at the bottom of pan. Turn off the flame.
- Transfer the flour to the mixing bowl.



- Heat a pan with water, oil/ghee and salt, let it boil for few mins, it should not be too hot.. Turn off the flame. Pour the water to the bowl containing wheat flour. Mix well with a fork/spoon. Let it cool down.
- Knead the flour as you do for chapathi dough. If you feel your dough is dry, you can add 2 Tbsp of Water and knead it again.



- Now it's time to take idiyappam press, grease well with oil on inside. Take dough in cylindrical form and place it in idiyappam press.
- Hand press the dough into swirls onto the greased idly plates with coconut gratings. Steam this in idly cooker for 10 mins.



- Carefully invert the plate to a casserole.
  - Repeat the process for the rest of the dough.
  - Serve hot with sweetened coconut milk or [vegetable korma](#) or [curry](#).
    - you can eat idiyappam in sweet version or savory version.
1. In Sweet version – Eat idiyappam with coconut milk, sugar and cardamom. Or eat it with ghee, sugar and idiyappam.
- Savory version- you can make lemon idiyappam or idiyappam biryani.

# Godhumai Idiyappam



## Tips

- Always grease idly plates and inner part of the idiyappam press with oil.
- Don't steam the idiyappam for a long time, as it makes idiyappam rubbery.
- Here I used Aashirvaad atta to make this idiyappam.

## Health Benefits of Whole Wheat

- Rich in fiber, helps in proper functioning of digestive tract and lowers the cholesterol and metabolic syndromes.
- Reduce the risk of cardiovascular disease.
- Reversing the weight gain process.

- Lowers the risk of diabetes.
- Excellent laxative properties.
- It has powerful antioxidant, which is vitamin E, good for skins.

