

Easy Uppu Urundai recipe / Kara Kollukattai

Pinit



Easy Uppu urundai recipe / kara kozhukattai are tasty and healthy snack for kids and adults. My mom used to prepare and give me this uppu urundai when I come back from school. This easy uppu urundai recipe is quick to make snack from rice flour. There are two versions sweet kollukattai and savory kollukattai. Sweet are made with coconut and jaggery filling. Savory / kara kozhukattai are made with rice flour and tempered with spices.

Ingredients for easy uppu urundai

recipe

- 1 and 1/2 Cup of Rice Flour
- 1 Cup of Water (The amount of water depends on the quality of rice flour so adjust accordingly)
- 2 Tbsp of Coconut Flakes
- Salt to taste

To Temper

- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- 1 Tbsp of Bengal Gram Dal
- 3 Red Chillies
- Pinch of Asafoetida
- Few Curry Leaves
- 1/4 Cup of Chopped Red Onion

Other Ingredients

- Few Cilantro Leaves

Method to make kara kozhukattai recipe

- Heat oil in a pan, add all the ingredients listed under " To Temper" After they splutter, switch off the stove and transfer all the tempering items to a bowl containing rice flour, salt, cilantro and coconut flakes.
- In the meantime, boil the water to 100 degree C.
- Pour this to a bowl containing rice flour and tempering items. Mix well with a wooden spoon or a fork. Let this cool down for 5 mins.

- Knead well and make a soft and smooth dough.



- Heat idly pan in a stove. Meanwhile, make a equally sized balls out of the dough. Place this in a idly plate and steam it for 10 mins. Switch off the stove.



- Check it by inserting a tooth prick if it comes out clean then your rice balls are ready.
- Serve hot with [peanut chutney](#) or any chutney of your choice.



Uppu Urundai

Tips

- You can also make rice dumplings with rice batter instead of using rice flour.
- You can add nuts of your choice.
- You can also do this dumplings with fillings like you do for [sweet kollukattai](#).



Health Benefits of Rice Flour

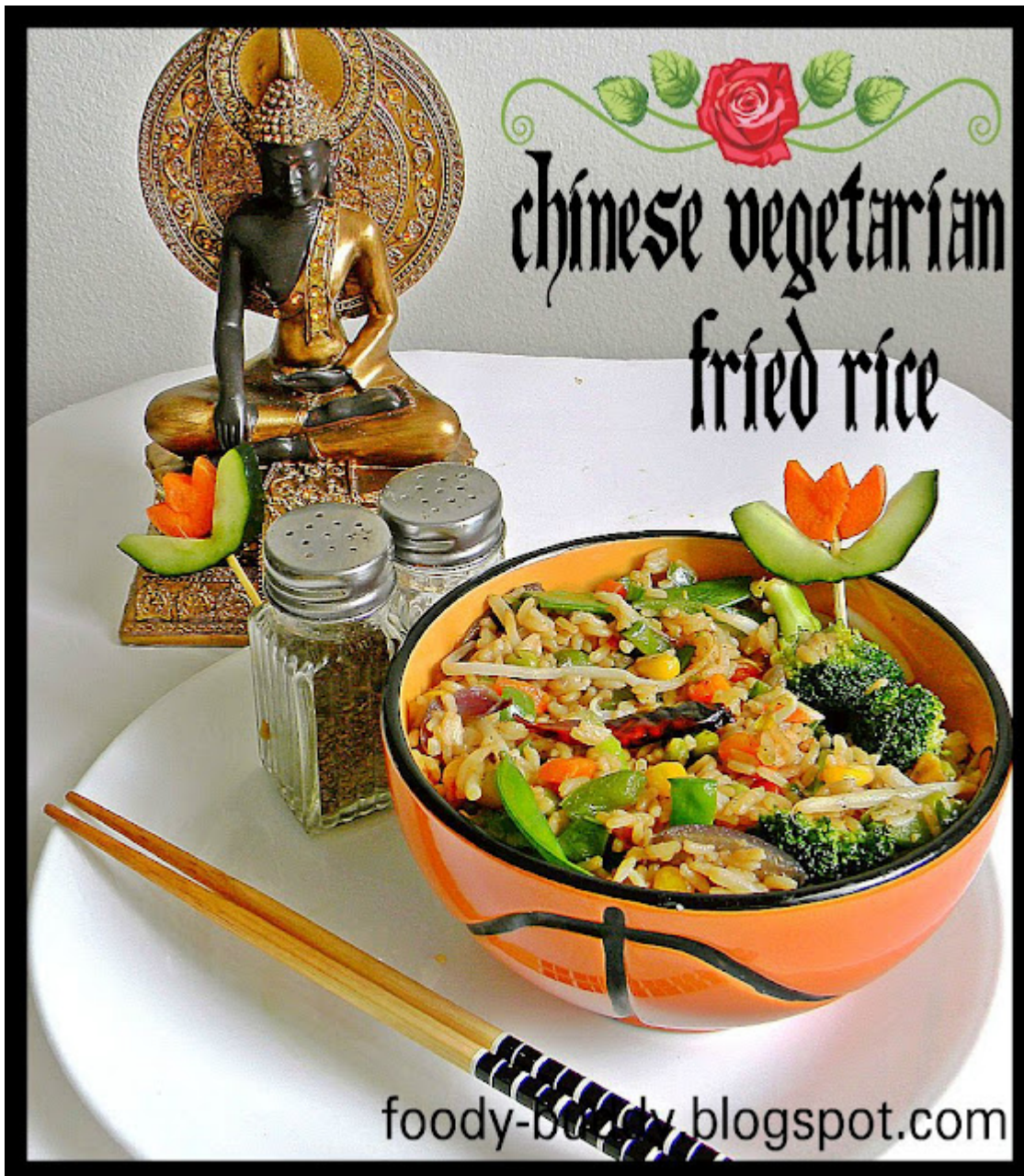
- Rice are great source of carbohydrates, it acts as a fuel to the body and normal functional of brain.
- Excellent source of vitamins and minerals.
- Low in sodium, good for high blood pressure people.



tags : [uppu urundai recipe](#), [easy uppu urundai recipe](#), [kara kozhukattai recipe](#), [how to make uppu urundai](#), [prepare kara kozhukattai](#), [prepare easy uppu urundai recipe](#), [kara kozhukattai recipe for vinayagar chaturthi](#), [kollukattai recipes for pillaiyar chaturthi](#), [kollukattai recipes](#), [neer urundai](#), [steamed rice balls](#).

[Chinese Vegetarian Fried Rice](#)





Fried rice is an Asian-inspired dish that has become so popular and now available all over the world. I'm a big fan of this rice. Making it is simple; combine cooked rice with sauteed vegetables and meat of your choice, season with soy sauce and ready to serve. I love to eat this rice on cold winter night.

Try this recipe and let me know your feedback.

Ingredients

2 Cup of Cooked Rice / Leftover rice
2 Red Chillies

2 Chopped Garlic Cloves
2 Tbsp of Finely Chopped Onion
1/4 Cup of Finely Chopped Carrot
1/4 Cup of Peas
1/4 Cup of Green Bell Pepper/Capsicum
1/4 Cup of Broccoli Florets
2 Tbsp of Corn
7 Snow Peas, chopped or whole
1/4 Cup of Bean Sprouts
2 Green Onion
1 Tsp of Black Bean Paste(opt)
1 Tbsp of Low Sodium Soy Sauce
1 Tbsp of Tamari
1/2 Tsp of Sugar
1/2 Tsp of Salt
1/2 Tsp of Pepper
2 Tbsp of Vegetable Oil/Butter/Corn Oil/Sesame oil

Method



- **Soak, wash the rice and cook it in pressure cooker for 3 whistles along with carrot, peas and water or use left over rice.**
- **Heat oil in a wok or large pan and add red chillies and garlic. Saute for 2 Mins until red chillies turns dark**

brown.

- **Add onion to a pan and saute for 2 mins.**



- **Add all veggies(broccoli, bell pepper, corn, snow peas and white part of green onion) saute this for 2 mins. Sprinkle some water and cook this for 3 Mins by placing lid on top.**
- **Now add pepper, salt, sugar, black bean paste(opt), tamari and soy sauce. Mix well with veggies. Cook it for another 2 mins.**
- **Finally add the rice. once you add your rice to the wok, turn the heat to high. Your wok or pan has to be so hot that it makes every single grain of rice to jump and dance off in the wok. Stir-fry tossing continuously for about 5 minutes (adding in more soy sauce and black pepper if needed to suit taste).**
- **When the rice is heated through, add the bean sprouts into the pan. Mix thoroughly. Finally add the green part of green onion. Serve hot.**



Tips

- Don't add hot rice while making fried rice, it should be cold.
- If you want to get exact Chinese flavor add black bean paste, fish or oyster sauce and sesame oil.
- You can also add more vegetables like mushroom, baby corn and bamboo shoots to get a great taste.
- Soy sauce comes in light or dark. "light" is little saltier than "dark". If you use "dark" soy sauce, your rice looks dark brown in color also different taste.
- Basically soy sauce are high in sodium level, for the health reasons, I used low sodium soy sauce.
- Soy sauce are made of 50% soy beans and 50% wheat. But Tamari are made of 100% Soy beans and no wheat in it. So tamari is ideal for people following gluten free diet .



Health Benefits of Fried Rice

- Making fried rice at home is a more nutritious rather than buying a takeout order from a restaurant .
- You can boost the vitamin, mineral and nutrient content of your dish by using brown rice instead of white rice to add fiber and get the nutritional benefits of whole grains.
- Instead of using high fat meat, use a low fat meat substitute, scrambled eggs or more vegetables. Finally, keep salty condiments to a minimum and don't fry the rice in more than a couple tablespoons of oil to reduce total fat and calories.



Related Recipes

1. [Chinese Egg Fried Rice](#)
2. [Indo-Chinese Fried Rice](#)

[Aloo Methi \(Potato with](#)

Fenugreek Leaves) - How to make Aloo Methi Recipe- No onion No garlic recipe



Aloo methi is a classic Indian dish made with potatoes, aromatic fenugreek leaves and spices. This delicious and flavorful dish is packed with protein, Iron and vitamins. Enjoy this dish with [roti](#) or [paratha](#) or [jeera rice](#).

Ingredients

- 3 Medium Size Golden Yellow Potatoes**
- 2/3 Cup of Fenugreek Leaves**
- 2 Tsp of Coriander Powder**
- 1 Tsp of Red Chilly Powder**

1/2 Tsp of Turmeric Powder
1/2 Tsp of Kitchen King masala
Salt as needed

To Temper

3 Tsp of Oil
1 Tsp of Cumin / Jeera
Pinch of Asafoetida

Method

- Wash the potatoes and cut into cubes, boil them along with salt in a steamer or microwave.
- Wash and roughly chop the methi leaves.
- Heat a pan with oil, add cumin seeds, after they crackles add asafoetida, in a medium-low flame add coriander powder, turmeric powder, red chilly powder and kitchen king masala, give a quick stir.
- Immediately, add methi leaves(fenugreek leaves), saute this for 1 min.
- Add boiled potatoes, mix well with the masala, sprinkle some water and salt, cook it for 5 – 7 mins in medium flame by covering the pan. Do stirring one or two times in between. once it done, switch off the stove.
- Aloo methi (Potato with Fenugreek Leaves curry) is ready to serve.



Aloo Methi

Tips

- Serve with [paratha](#) or [jeera rice](#) or [Vegetable pulao](#)
- You can add onion or garlic, if you want.
- If you want tangy side, add chopped tomatoes or Amchur Powder(mango powder)
- You can use sambhar powder instead of turmeric, red chilly powder and coriander powder.
- Dried methi leaves can be used in place of fresh fenugreek leaves.

Health Benefits of Potato and Fenugreek Leaves

- Potatoes are rich in vit A,C and fiber and good for brain function.
- Fenugreek leaves are good source of vitamins, minerals, protein and iron. Also good for lactating mothers.

Aloo Methi



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