

Bajra Dosa / Kambu Dosa / Pearl Millet Dosa – Dosa Recipes



Bajra or Kambu is a pearl millet widely grown in India which is high in nutritional contents. Bajra/Millet are rich in protein, iron and vitamin B. There are two methods to make bajra dosa, one is by soaking whole bajra seeds, rice and urad dal to make bajra dosa batter. Other method is by combining bajra flour and dosa batter flour. I don't get whole

bajra seeds in my place. All I get is bajra flour so I have some left over dosa batter at home, so I added bajra flour to make a healthy and nutritional dosa. Here is a recipe and enjoy ☐

Ingredients

**1 Cup of Bajra Flour
2 and 1/4 Cups of Dosa Batter
Salt to taste
Oil and water as needed
1 Medium Size Onion, Finely grated**

Method

- **In a bowl, add bajra flour, dosa batter, grated onion and salt.**
- **Add water little by little and mix well without forming lumps.**
- **Batter should not be thick but little thin in consistency.**
- **Heat a dosa pan or griddle, pour a ladleful of butter and spread it like dosa. Drizzle some oil over dosa or in sides. Cook both sides until it turns crisp.**
- **Bajra dosa is ready to serve.**



Tips

- **Serve this dosa with tomato chutney or Onion chutney or Green Chutney.**
- **You can add grated carrots and curry leaves to the batter.**
- **You can grind and add green chillies, if you want spicy side.**

Health Benefits of Bajra

- **Eating bajra provides us with disease fighting phytochemicals that lower cholesterol, antioxidants, plenty of fibre, folate, iron, magnesium, copper, zinc, vitamins-E and B-complex, thiamine, riboflavin and niacin. It is a gluten free grain.**
- **Good for diabetic patients.**
- **Helpful for cardiovascular health.**



[Beetroot Pulao- Lunch Box Recipe](#)



Beetroot Pulao is one of my favorite rice which is super nutritious, delicious and beautiful to look rice. Beetroot rice is a one pot meal made with onion, tomatoes and aromatic Indian spices. This is my mom's recipe and I do this flavorful dish for lunch. Good to pack for lunch box. It goes well with raita (onion or carrot or cucumber) and appalam or rice crackers.

Ingredients

- 1 Cup of Basmathi Rice**
- 1 Large Beetroot, Diced**
- 1 Large Onion, Finely Chopped**
- 2 Green Chillies, Finely Chopped**
- 2 Medium Size Tomatoes, Puree**
- 1 Tsp of Red Chilly Powder, Heaping**

1/2 Tsp of Garam Masala Powder
2 Tbsp of Yogurt/ Thick Curd
2 Garlic Cloves, Crushed
1/2 " Ginger, Crushed
5-6 Mint Leaves
1 Tbsp of Lemon Juice
1 and 1/2 Cup of Water
Salt to taste

To Temper

3 Tsp of Oil or Ghee
1/2 Tsp of Fennel / Sombhu
1 Medium Size Cinnamon
2 Cloves
1 Cardamom

To Garnish

Few Sprig of Cilantro / Coriander leaves, Chopped

Method



- **Soak rice for 30 mins, wash and drain it. Keep this aside.**
- **Heat oil / ghee in a cooker, add all the ingredients listed under " To Temper " add one by one and fry for a**

min.

- Add ginger- garlic paste, fry until raw smell vanishes.
- Add chopped onion, green chillies, mint and little salt, fry for 1-2 mins until it turns golden brown color.
- Add chopped tomatoes and fry until oil separates.
- Add chopped beetroot, mix well with the onion and tomatoes and cook for 1-2 mins by adding little water.
- Add sambhar powder and garam masala, saute it for 1-2 mins with onion-tomato- beetroot mixture.
- Add thick curd to it and mix well.
- Add soaked and washed rice, to it and fry well masala.
- Add required water and salt. Cover the cooker with a lid and pressure cook for 2 whistles and switch off the stove.
- Finally add some lemon juice to the rice and mix well.
- Garnish it with chopped cilantro / Coriander leaves.



Tips

- Serve this dish with onion or carrot raita.
- Rice and water ratio is 1 : 1.5 Cups of water or coconut milk.
- You can use fried onion instead of raw onions.
- Adjust spicyness according to your taste.
- Adding ghee gives a nice flavor to the rice.

Health Benefits of Beets

- They are zero in saturated fat and trans fat.
- They are high in carbohydrates.
- Rich in vitamin A, C, sodium, magnesium, iron, phosphorous and folic acid.
- Beet has a natural pigment called betacyanin, helps to fight against cancer.
- Blood purifier.

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PARUPPU URUNDAI KUZHAMBU RECIPE

Paruppu Urundai Kulambhu



Paruppu urundai kuzhambu recipe is a traditional kulambu recipe from Tamilnadu. Lentil Balls are made from soaked toor and chenna dal, then it was cooked in gravy containing onions, tomatoes, tamarind juice and spices. This is my mom's recipe, she is a great cook because whatever she makes at home, it turns out good and tasty..I really miss all my mom's recipes.

This paruppu urundai kuzhambu recipe is very healthy, delicious and super nutritious but a lengthy process . Just give it a try and let me know the feedback.

Ingredients for paruppu

urundai kuzhambu recipe

To Make a Lentil Balls (Paruppu Urundai)

1 Medium Size Onion, Finely Chopped
3 Garlic Cloves, Finely Chopped
1/2 Tsp of Fennel (Sombhu)
1/2 Tsp of Cumin (Jeeragam)
1 Tbsp of Coconut Flakes
Few Curry Leaves, Finely Chopped
Few Coriander Leaves, Finely Chopped

To Grind

1/4 Cup of Toor Dal (Thuvaram Paruppu)
1/4 Cup of Chenna Dal (Kadalai Paruppu)
3 Red Chillies
Pinch of Asafoetida
Salt to Taste

To Make a Gravy

To Saute & Grind

10 Small Onions, Finely Chopped
2 Medium Size Tomatoes, Finely Chopped
< 1/4 Tsp of Fennel (Sombhu)
< 1/4 Tsp of Cumin (Jeeragam)
3 Tsp of Sambhar Powder (Heaping)
2 Tsp of Oil

To Temper

3 Tsp of Oil
1 Tsp of Mustard

**1 Tsp of Urad Dal
Few Curry Leaves**

Other Ingredients

**Gooseberry size of Tamarind
Pinch of Jaggery or Sugar**

**Method – paruppu urundai
kuzhambu recipe**

To Make Lentil Balls

- **Soak toor and chenna dal for 2 hrs. Wash thoroughly in cold tap water and keep it aside.**



- **Take a mixie jar, add toor dal, chenna dal, red chillies, asafoetida and salt. Grind it coarsely by adding very little water. Make sure the ground mixture should be thick.**



- In a bowl, add ground dal mixture, add chopped onion, chopped garlic, fennel, cumin, chopped curry leaves, chopped coriander leaves and coconut flakes. Mix well with spoon or hand.
- Make medium size balls out of the ground mixture, after you done. Keep it aside.



To Make Gravy

- Extract juice from the tamarind by keeping tamarind in hot water for 15 mins. Keep this aside.

Saute & Grind



- Heat a pan with oil, add chopped onion, saute this for 1-2 mins.
- Add tomatoes, cumin, fennel, saute this for a min.
- Add Sambhar Powder, saute for a 1-2 mins. Switch off the stove. Let this mixture cool down for 5 mins. Grind this mixture to a smooth paste.

Tempering



- Heat a pan with oil, add mustard , urad dal and curry leaves, after they splutter, add tamarind juice, bring to a rolling boil. At this moment, add the ground paste , mix well, add salt, jaggery and more water. Bring it to rolling boil (10 mins), add the lentil balls (paruppu urundai). Cook it for another 10- 12 mins in a medium flame. Switch off the flame.



- **Serve hot with rice and ghee or gingelly oil.**



Tips

- **Adding jaggery is optional, it gives mild sweetness.**
- **Add more water to the gravy, let it come to rolling boil, before you add lentil balls.**
- **You can add more red chillies, if you want a spicy side.**

- You can steam the lentil balls in idly cooker, before you add it to the gravy or you can add directly to the gravy.

Health Benefits of Lentils

- Lentils are high in fiber and protein, and low in fat. Eating lentils and other foods that are rich in soluble dietary fiber can help decrease high cholesterol
- A dish of basmati rice with lentils combines carbohydrates, protein, fiber and fats for a healthy, balanced meal. The rice provides carbohydrates for quick-release energy.



tags : [paruppu urundai kuzhambu recipe](#), [how to make paruppu urundai kuzhambu](#), [prepare urundai kuzhambu](#), [traditional tamil kuzhambu recipe](#), .