

SPECIAL CURD/YOGURT RICE OR THAYIR SADAM – LUNCH BOX RECIPES

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Special creamy curd rice is my all time favorite. I cannot live without curd/yogurt even for a single day. Because I love curd and butter milk, it makes me refreshing. This is

my favorite lunch box recipe too during school and college days and best combo to this rice are mango pickle and mor milakai.

Curd rice can be prepared in a unique style where rice is boiled, mashed, mixed with a thick curd, milk (to lessen the sour flavor of yogurt), butter and salt and then tempered it with a tadka (seasonings) roasted in a spoon of hot oil. Finally garnishing, it vary from region to region and it range from grated carrots, pomegranate seeds, raisins, grapes, grated raw mango and boondi. It can be served lukewarm or chilled.

This is a one pot meal, quick to make and easily digestible food recipe and perfect for lunch box.

Ingredients

2/3 Cup of Cooked Rice

1 Cup of Yogurt / Thick Curd

1/4 Cup of Milk (Full Fat Milk- Boiled and cooled to room temperature)

1 Tbsp of Butter

1 Tbsp of Cashews, Finely Chopped

Salt to Taste

To Temper

2 Tsp of Oil

1 Tsp of Mustard

1 Tsp of Urad Dal

2 Red Chillies

Pinch of Hing

Few Curry Leaves

1 Green Chilly, Chopped

1/2 Inch Ginger, Finely Shredded

1/4 Cup of Onion, Finely Chopped
1 Medium Size Carrot, Finely Shredded
Few Cilantro Leaves, Finely Chopped

Method

- **Mash the over cooked rice in a masher without any lumps.**
- **Add curd/yogurt, butter, cashews and salt to the mashed rice. Mix them well.**
- **Now add milk a little by little while mixing the rice. Add little more milk if needed.**
- **Heat oil in a pan, add red chillies, wait until it turns dark brown color. Add mustard and urad dal to oil, after it splutters, add curry leaves, hing, green chilly and shredded ginger to it. Saute well for a min.**
- **Add chopped onion, shredded carrot and chopped cilantro. Saute for 1 min. (Don't overcook for a long time)**
- **Now pour this seasonings over the curd rice. Mix well.**
- **Creamy special curd rice is ready.**
- **Serve with pickle and mor milakai.**
- **It taste really great if you consumed after 3 to 4 hours.**



Tips

- You can add fruits like pomegranate or grapes to your rice.
- Adjust spiciness according to your taste.
- Adding butter gives richness to the dish.
- Please don't add curd/yogurt to the hot rice as it kills the friendly bacteria (Lactobacillus) in curd.
- If you prepared curd rice in advance for lunch box, add milk to the curd as milk removes sourness to the curd. If you eat curd rice immediately after preparation, then there is no need to add milk.

Health Benefits of Curd Rice

- **Helps improve the digestion**
- **Helps strengthen the immune system**
- **Consuming curd increases the capacity to absorb the nutrients and minerals from other food stuffs**
- **Especially helpful for those who are lactose intolerant**
- **Helps get strong bones and teeth as its calcium content is high. It helps fight against osteoporosis.**
- **Helps minimize the risk of high blood pressure.**
- **Fight-off unfriendly bacteria that cause food poisoning and travellers' tummy bugs.**
- **Eating live food regularly is the most effective way to restore the balance of intestinal bacteria called "flora"**



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LEMON IDIYAPPAM/LEMON SEVAI – BREAKFAST RECIPE



Idiyappam is a culinary specialty from southern part of India. It is a steamed food and can be served for dinner or breakfast. It is made of rice, salt and water. I already made detailed post on [how to make Plain idiyappam](#). You can make recipes from idiyappam and this recipe is a savory version in which I used lemon juice and some seasonings. Try this recipe and enjoy....

Ingredients

**2 Cups of Idiyappam
Juice of 1 Medium Sized Lemon
1/2 Tsp of Turmeric Powder
Salt to taste**

To Temper

**2 Tsp of Gingelly Oil
1 Tsp of Mustard
1 Tsp of Urad Dal
1 Tsp of Chenna Dal
2 Red Chillies
Pinch of Asafoetida
Few Curry Leaves**

Method

- In a small bowl, add turmeric powder, lemon juice and salt to it. Mix well with a fork.
- Heat oil in a pan, add mustard seeds, when they splutter, add all the rest of the ingredients listed under " To Temper " Saute for a min until dal turns golden brown.

- In a medium flame, add the lemon juice mix, give a quick stir and add [plain idiyappam](#) and mix well. Turn off the stove.
- Serve hot with coconut chutney.



Tips

- Use green chillies instead of red chillies for extra spiciness.
- Adjust salt and lemon juice according to your taste.
- Add nuts of your choice like peanuts, cashews etc

Health Benefits of Steamed Lemon Idiyappam

- Eating steamed food helps the body to keep fit and healthy.
- Steamed Idiyappam are advised for sick and older people, as it doesn't give strain to the stomach.
- Steamed Foods are easily digestible.
- Lemon juice rich in Vitamin C, it is also essential for maintaining a fully functional immune system, aiding digestion and fighting cancer.
- Lemon juice is well known for it's antioxidants and anti-cancer properties



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KOLLU DAL AND KOLLU RASAM – KOLLU RECIPE



KOLLU PARUPPU / HORSE GRAM DAL – DAL RECIPES

Horse gram is a healthy and nutritious lentil, which is very common in India. This legume which is reddish brown color helps in reducing unwanted fats and also helps in reducing weight. Rich in iron, protein and dietary fiber that helps to regulate blood glucose and blood pressure.

Horse gram dal is very common in my pantry as it was rich in

nutrients and fibers. I love the taste and flavor of Kollu or Horse gram dal. Eating dal along with hot rice and a tsp of ghee, is just really out of the world.

Ingredients

To Pressure Cook

**1/2 Cup of Horse Gram
2 Medium Size Tomatoes, Chopped
1/2 Tsp of Turmeric powder
1/2 Tsp of Salt
1 Tsp of Vegetable Oil
2 Cups of Water**

To Temper

**2 Tsp of Oil
1 Tsp of Mustard
1 Tsp of Urad Dal
5 Small Onions
1 Medium Size Onion, Finely Chopped
2 Garlic, Finely Chopped
2 Red Chillies
Handful of Curry Leaves
Pinch of Hing/Asafoetida**

To Garnish

Few Sprig of Cilantro Leaves

Method



- Soak the dal for 1-2 hrs.
- Take a cooker, add all the ingredients listed under " To Pressure cook ". Cook for 5-7 whistles and then switch off the stove.
- If you want to make rasam, then drain the water from the dal and keep it aside.
- Heat the oil in a pan, add mustard. When the seeds starts popping, add urad dal, red chillies, curry leaves, pinch of hing, chopped onion and garlic, fry until it turns golden brown.
- Finally add dal and salt, mix well. Bring it to boil for 5 minutes and switch off the stove.
- You can grind coarsely by adding little water or mash it with wooden masher, if necessary
- Garnish with cilantro leaves and serve hot with rice.

HORSE GRAM DAL



[HORSE GRAM RASAM / KOLLU RASAM](#)

HORSE GRAM RASAM



Kollu Rasam is a traditional dish in southern part of India. This kollu or Horse gram has a earthy flavor by itself, combining spices, tomato and crushed garlic to it, makes rasam a divine taste. Kollu rasam or Horse gram soup is good for sore throat, fever and cold.

Ingredients

- 1 and 1/2 Cup of Dal Water**
- 2 Tsp of Rasam Powder**
- 1 Tsp of Lemon Juice**
- 2 Crushed Garlic**

To Temper

- 2 Tsp of Oil**

2 Red Chillies
1 Tsp of Mustard
1 Tsp of Urad Dal
Pinch of Asafoetida/ Hing
Handful of Curry Leaves

To Garnish

Few Sprig of Cilantro Leaves

Method

- **Take the water from the boiled dal and add enough salt to it. Keep it aside.**
- **Heat the oil in a pan, add mustard seeds. When the seeds starts popping, add urad dal, red chillies, curry leaves, pinch of hing . Now add dal water and rasam powder.**
- **Keep the flame in medium and wait till the bubbles start forming.**
- **Once you see the bubbles starts forming on the top of the flame and add lemon juice to it and then garnish with cilantro leaves.**
- **Immediately close the pan to let not the smell go off.**



Tips

- You can drink this rasam as a soup. It soothes your throat problems or cold.
- Add 2 tsp of dal to rasam will enhances the flavor.
- Lentils should be cooked well. You should be able to mash it with your hand.
- While serving with rice add a tsp of ghee.
- You can also make kollu chutney. That recipe will be updated shortly.

Health Benefits of Horse Gram

- Horse gram is used to treat rheumatism to worm removal and treating conjunctivitis

- It helps in lowering cholesterol levels.
- It has phenols which helps in reducing weight.
- Helps in eliminating kidney stones.



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