

IDIYAPPAM / SEVAI / STRING HOPPERS - BREAKFAST RECIPE - Step by step procedure



Idiyappam is a culinary speciality from Tamilnadu, Kerala, coastal areas of Karnataka and SriLanka. It is made of rice, salt, oil and water. It is generally served as the main course for dinner or breakfast along with sweetened coconut milk, [vegetable korma](#) or [curry](#). I love to eat with sweetened cardomom flavored coconut milk. I make idiyappam for sunday breakfast, if I don't have dosa batter at home. Idiyappam is a steamed food and a healthy dish with less oil.

Ingredients

2 Cups of Idiyappam Flour or Raw Rice Flour
2 Tsp of Vegetable Oil or Ghee
Water as needed (1and 1/2 to 2 Cups)
Salt to taste

Method

- Boil water in a kettle.
- Take rice flour in a wide bowl. Add salt and oil to the rice flour. Mix well.



- Add hot water (80 degree C) to flour, mix well with a fork or wooden spatula. Let it cool for 5 mins, then knead well with your hand. If you feel your dough is dry, you can add some more oil and water and knead it again.



- **Make your dough non-sticky and it should be smooth. Keep it covered for 10 mins.**



- **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. Steam this for 5-7 mins.**



- **After a min, take it out from the idly plate, transfer this to a casserole. Repeat the process for the rest of the dough.**
- **Serve hot with sweetened coconut milk or [vegetable korma](#) or [curry](#).**



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.
- You can make variety of dishes like puli idiyappam or lemon idiyappam or coconut idiyappam.

Health Benefits of Steamed 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.**

JR

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Hi Friends,

Thank you for reading my post. Your comments and feedback is very valuable and highly appreciated. Please leave

your valuable comments and feedback for this post. Thanks Gayathri.

[Channa Rice / Chickpeas Pulao](#) [/ Sundal Biryani](#)



This is my mom's recipe, who is a great cook. This flavorful chickpeas rice is highly nutritious because of its high in protein and fiber. Enjoy this yummy, healthy, one pot meal either for lunch or dinner.

Ingredients

2/3 Cup of Soaked and Boiled Chick Peas / Channa
1 Cup of Basmati Rice
1 Large Onion, chopped
2 Roma Tomatoes, Chopped
2 Garlic Cloves
3/4 Tsp of Ginger Garlic Paste
2 Tsp of Coriander Powder
1/2 Tsp of Red Chilly Powder
3/4 Tsp of Garam Masala
1 Cup of Coconut Milk
1/2 Cup of Water
Salt to taste

To Grind

2 Green Chillies
Few Sprigs of Mint Leaves

To Temper

1 Tbsp of Ghee
2 Cloves
1 Cinnamon Stick
1-2 Cardamom
1 Bay Leaves
Few Curry Leaves

To Garnish

Few Cilantro Leaves

Method



- Soak chick peas in salt water for overnight. Next day, wash it in cold water and Pressure cook for 8-10 whistles and then switch off the stove.
- In a blender, grind green chillies and mint, to a paste. keep it aside.
- Heat ghee in a cooker, add all the ingredients below "To Temper" one by one, fry for a min.
- Add chopped onion and salt, fry for 1-2 mins until it turns golden brown.
- Add garlic cloves and ginger garlic paste, fry until raw smell vanishes.
- Add tomatoes, ground paste, coriander, red chilly powder and garam masala, fry for a 1-2 mins.
- Add boiled chick peas, mix well with masala.
- Add required coconut milk and water, mix well and check

the salt. Cover the cooker with a lid and pressure cook for 1 whistles. Turn off the stove.

- Garnish with cilantro.
- Hot chick peas or Channa Pulao is ready to serve with raita.

Tips

- Rice and water ratio is 1: 1.5 cups of water or coconut milk.
- For extra tangy taste, add few drops of lemon juice at the end.
- Ginger garlic paste is more sufficient for this rice. Adding garlic cloves is optional.
- You can throw green chillies and mint, directly to oil, instead of grinding.

Health Benefits of ChickPeas

- High in fiber and protein.
- Low in glycemic index.
- Reduce the risk of Heart disease.



sending recipe to [gayathri cook spot](#) and [WTML march 2013](#)



[Puli Sadham](#) | [Puliyodharai](#) |

Tamarind Rice



Tamarind rice/ Puliyogare/ Puliyodharai is a famous and traditional dish in southern part of India. Puli means sour taste and ogara means rice, thus it means sour tasting rice. This dish is made with boiled rice mixed with tamarind juice and spice powder. This rice is served as prasad in many south Indian temples. Also it's a famous picnic lunch.

Ingredients

**1 Cup of Boiled Rice
Lemon Size Tamarind
1/2 Tsp of Jaggery
Salt as needed**

To Grind – I

2 Tbsp of Red Chillies
1 Tbsp of Coriander Seeds
1 Tbsp of Cumin
1 Tbsp of Fenugreek
Few Curry Leaves
1 Tbsp of Black Pepper
1/2 Tsp of Turmeric Powder
1/2 Tsp of Asafoetida

To Grind – II

2 Tsp of Coriander Seeds

To Temper

2 Tbsp of Sesame Oil or Gingelly Oil
1 Tsp of Mustard
1 Tsp of Urad Dal
1 Tbsp of Channa Dal
Few Curry Leaves
Pinch of Asafoetida
3 Tbsp of Roasted Peanuts
Few Cashews
1/2 Tsp of Turmeric Powder

Method

Soak tamarind in warm water for 15-20 mins and then extract the tamarind juice from it. keep it aside.

Powder -I



Heat a pan and dry roast all the " To Grind - I" ingredients to a golden brown and grind it into a fine powder. Only 2 tbsp is needed for this recipe and the remaining powder can be stored in a airtight container. In future, you can use this powder to make rasam.

Powder -II

Heat a pan and dry roast all the " To Grind - II" ingredients to a golden brown and grind it into a fine powder. Keep it aside.

Making of tamarind Sauce (Pulikachal)



Heat a pan with tamarind juice, allow it to boil for 10 mins until raw smell vanishes or the volume reduced by half. Add 2 tbsp of powder I, stir well until the mixture gets thick. Once it done, switch off the stove.



- Heat a wide pan with oil, add the " To Temper " ingredients in the same order and fry until it turns light brown color. Add powder II and fry for a min. Add tamarind mixture, salt and jaggery. Stir well until the mixture gets thick like in the below photo. Switch off the stove. Let it cool down for 15-20 mins.



- Finally add the required boiled rice to the pan, drizzle little oil on top and give a quick stir. Let it rest for 30 mins before you serve.



Tamarind Rice/ Pūliyogare

Tips

- Water ratio for basmati rice is 1 :1.5 Cups of water.
- You can use powder I as rasam powder.
- Adding jaggery is optional. Adding jaggery is to balance the sourness of the tamarind juice.
- You can store the remaining tamarind sauce in the refrigerator, it will stay for 3-5 days.

Health benefits of Tamarind

- Tamarind has more health benefits it contains essential volatile chemical compounds, vitamins, fibers and minerals.
- Rich in tartaric acid, a powerful antioxidant.
- Acts as a blood purifier.

