

TOMATO RICE | THAKKALI SADHAM



Tomato which are actually a fruit not a vegetable loaded with all kinds of health benefits for the body. Tangy tomato rice is a one part meal. Pureed tomatoes are sauted with spices and added to rice. It goes well with raita or potato fry or papad. It's great to pack for lunchbox.

Ingredients

- 1 Cup of Cooked Rice(I used basmati rice)**
- 3 Big Tomatoes**
- 2/3 Cup of Chopped Big Onion**
- 2 Green Chillies**
- 2 Tsp of Ginger Garlic Paste**
- 1 Tbsp of Sambhar Powder**
- Few Cashews and Peanuts**
- Salt and Water as needed**

To Temper

- 1 Tbsp of Oil
- 1 Tbsp of Ghee
- 1 Tsp of Mustard
- 1 Tsp of Urad Dal
- 1 Tsp of Fennel(Big Cumin)
- Few Curry Leaves
- Pinch of Asafoetida
- 1 Red Chilly

Method



- In a blender, add chopped tomatoes and make a puree. Keep it aside.
- Heat oil and ghee in a pan and add mustard seeds. Let it crackle and add urad dal, channa dal and curry leaves.
- Add fennel, red chillies and asafoetida one by one and allow it to fry in the same oil. [careful not to burn the fennel]
- Add chopped onions and green chillies and saute for few mins.
- Add ginger garlic paste, saute for few secs. Add cashews and peanuts. Fry well.
- Add tomato puree and sambhar powder, saute for few mins and add little water, cover pan with a lid. Cook in

medium flame until oil separates. check the salt and turn off the stove.

- Finally add cooked rice to tomato gravy and mix well. Make sure not to break the rice.
- Tomato rice is ready. Enjoy with onion raita or any vegetable fry or spicy pickle !!!

Tips

- Use chopped tomatoes, instead of puree.
- Use shallot(small onion) instead of big onion
- Add ginger instead of ginger garlic paste.

Health Benefits of Tomatoes

- Rich in vitamin A and C and antioxidants
- Lowers blood sugar level and blood pressure.

Jeera Vegetable Pulao – Jain Style

JEERA VEGGIE PULAO



Vegetable Pulao is a one pot meal, easy to make recipe. This recipe is authentic which has no onion and no garlic in it. This tastes different from our usual vegetable pulao recipe. I make this dish for lunch and it can be done in min. This can be served with raita or any spicy subzi

Ingredients for Jeera Rice



1 cup Basmati Rice
1.5 cups of water

- 2 Tbsp Oil/Butter**
- 3 Tsp of Cumin Seeds**
- 1 Shah Jeera(opt)**
- 1 Bay leaves**
- 2 Cloves**
- 1 Big Cinnamon**
- 2 Big Elaichi/ Small Cardamom**
- 1 Teaspoon of Salt**

Ingredients for Masala



- 3 Tblsp oil/Butter**
- 1 Tsp cumin/Jeera**
- 1/4 Cup of Peas**
- 1/4 Cup of Carrot**
- 1/4 Cup of Beans**
- 5-6 Panner Cubes**
- 1 tsp of Salt**
- 1/2 tsp of Garam Masala**
- 1 tbsp Lemon Juice**
- 2 tbsp Chopped Cilantro**

To Grind

- 2 Green Chillies**
- 1/2inch of Ginger**

Method

Making of Jeera Rice



- Wash and soak the basmathi rice for 1/2 hr.
- Heat the oil in a pan/cooker. Test the oil by adding one cumin seed; if seed crackles then your oil is ready. Add cumin seeds.
- The sheer smell of cumin seeds frying in hot oil makes it more appetizing .
- Add cloves, cinnamon, cardamom, bay leaves and stir for few seconds.
- Next add the rice. Stir-fry for 2 minutes.
- Add required water and salt, bring to a rolling boil and turn the heat to low. Cover the pan. If you use cooker just close the lid and wait for the whistle.
- In stove top, Cook for about 15 minutes, or until the rice is tender and the water has evaporated. Turn off the heat and fluffy rice is ready.

Making of Vegetable Masala

- Take a big pan and heat the oil. Test the heat by adding one cumin seed to the oil. If it crackles then oil is ready.
- Add cumin seeds and then add "To Grind" ginger chillies paste. Fry for about 2 minutes.

- Add peas, carrots, paneer and beans. Let them cook for about 4-5 minutes, by closing the lid. Stir occasionally and wait till vegetables are soft.
- Add garam masala and stir well.
- Turn off the heat and add lemon juice.
- Finally transfer the jeera rice into the vegetables masala Hot Vegetable Pulao is ready.
- Garnish the rice with chopped cilantro or coriander leaves and fried cashews.

Tips

- You can add onion and garlic if you want.
- Serve it with onion raita or any raita of your choice.



MOONG DAL RICE | PAASI PARUPPU SADHAM



Moong Dal Rice is a one pot meal, very quick to make, yummy, nutritious and easy to digest recipe. I make this dish for lunch or dinner. You can serve with Raita or Potato fry.

Ingredients

3/4 Cup of Rice
1/4 Cup of Moong Dal
10 Small onion
2 Green Chillies
1 Big Tomato
3 Big Garlic Cloves
1 Tsp of Turmeric
3 Tbsp of Chopped Cilantro/Coriander Leaves
2 Cups of Water
Salt as needed

To Temper

2 Tbsp of Oil/Ghee
1 Tsp of Mustard
1 Tsp of Urad Dal
1 Tsp of Cumin/Jeera
1/2 Tsp of Fennel/Sombu
2 Red Chillies
Few Curry Leaves
A Pinch Of Asafoetida

Method



Ingredients

▪ Heat oil in a pan/cooker and add mustard seeds. Let it

crackle and add urad dal and curry leaves.

- Add cumin, fennel, red chillies and asafoetida one by one and allow it to fry in the same oil. [careful not to burn the cumin seeds, otherwise it goes bitter]
- Saute onion and garlic till they become light golden brown. Add chopped chillies, tomatoes, turmeric and salt to the mixture and cook until oil separates and then add moong dal and saute for 2 minutes.
- Add rice and 2 cups of water and cook until it is done

Tips



- Dry roast moong dal (without oil) to a light golden color and soak it for 10 minutes in hot water before cooking. It will lead to soft dal texture, nice aroma and taste.

- You can add ghee while serving it instead of cooking with it.
- To get even richer paruppu sadam, add 1/2 a cup of coconut milk while cooking the dal.

Health Benefits of Moong Dal Rice

- A dish of basmati rice with moong dal combines carbohydrates, protein, fiber and fats for a healthy, balanced meal.
- 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.