

Sprouted Navadhanya Sundal Recipe



Today I am posting easy sundal recipe for navarathiri is Mixed sprouts sundal / Sprouted Navadhanya sundal recipe. The word navadhanya refers to nava meaning nine, dhanyam -meaning grains. This sundal recipe is a combination of 9 sprouted legumes(white chickpeas, Mochai, Green Gram, Horse Gram, Rajma, black eyed peas, dried soy beans, white black eyed peas and black chickpeas and I bought this mixed sprouts from nearby Nilgiris supermarket. During navarathiri, sundal are

prepared from different legumes. I already posted [chickpeas sundal](#) and [peanut sundal](#). This navadhanya sundal recipe is very easy to make and also super healthy. You can make this sundal recipe for evening snack or after school snack for kids. Try this super healthy Sprouted Navadhanya sundal recipe and let me know how it turned out.

How to make Mixed Sprouts Sundal Recipe / Navadhanya Sundal Recipe

Preparation Time : 10 mins

Cooking Time : 15 mins

Serves : 3

Ingredients for Sprouted Navadhanya Sundal Recipe

- 1 Cup of Mixed sprouts
- 3 Tbsp of Coconut Grating
- Salt to taste

To Temper

- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- 2 – 3 Red Chillies
- Few Curry Leaves
- Pinch of Asafoetida

Method for Sprouted Navadhanya Sundal Recipe

- Cook the sprouted legumes by adding enough water and salt in pressure cooker for 3 whistles. Do not overcook.
- Heat a pan with oil, when it is hot, add red chillies, mustard seeds, urad dal, curry leaves, asafoetida, after it splutters, add cooked mixed sprouts, fry for few mins, finally add coconut gratings and mix well. Check the salt. Turn off the stove.
- Hot, delicious mixed sprouts are ready to serve for evening snack.

Tips

- You can use home made or store bought sprouts.
- You can use red chilly powder or green chillies in place of red chillies.
- Do not over cook the legumes. Cook the legumes either in pressure cooker or in open vessel.
- You can squeeze lemon at the end, for little tangy taste (optional)

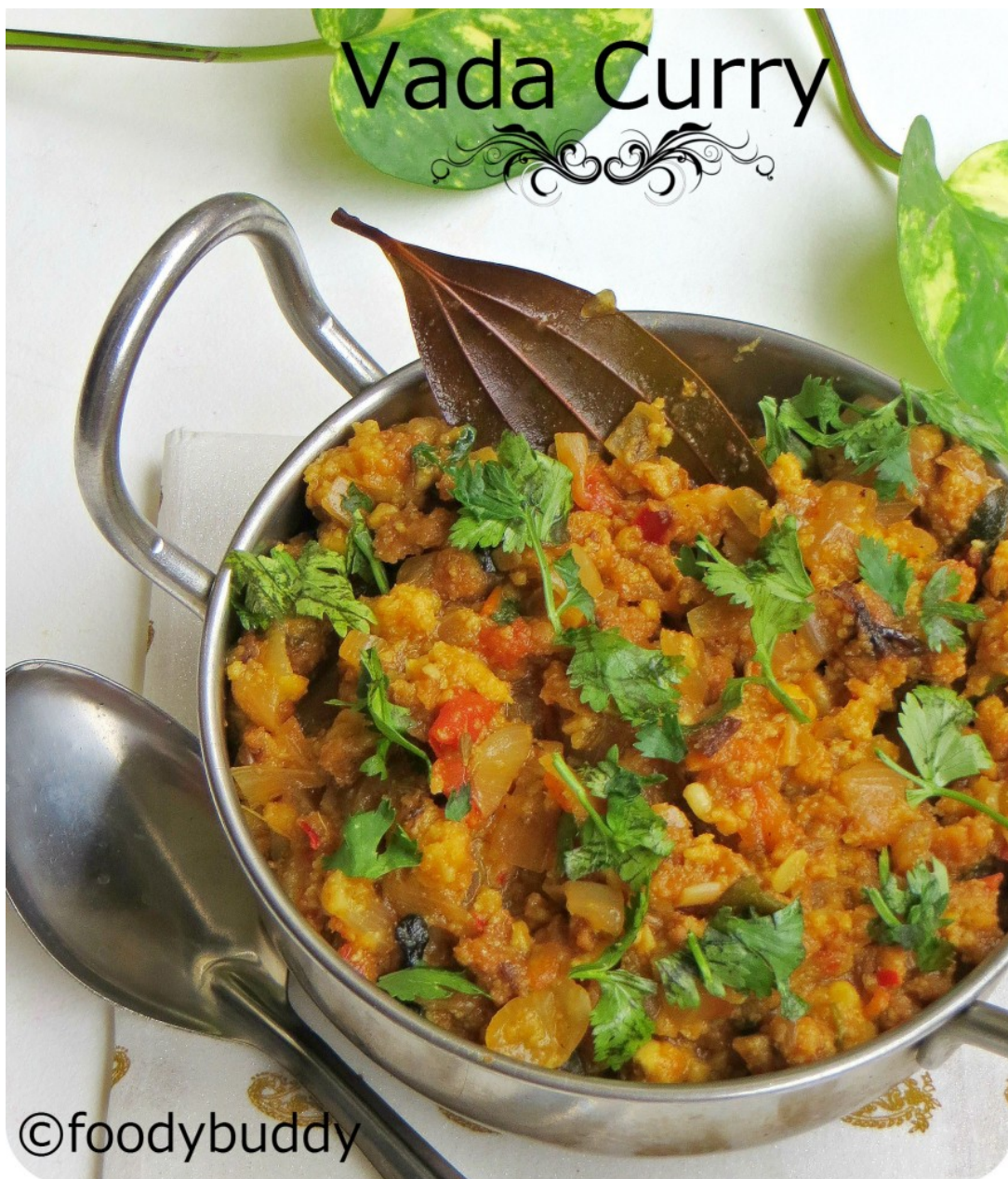
Sprouted Navadhanya Sundal



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ags : [Navadhanya sundal](#), [navadhaya sundal recipe](#), [mixed sprouts sundal](#), [mixed sprouts salad](#), [how to make navadhaya sundal recipe for navarathiri](#), [prepare navadhanya sundal recipe](#), [how to make mixed sprouts salad](#), [sundal south indian recipe](#), [sundal recipes for navarathiri](#), [navarathiri sundal recipe 2014](#),

Vada Curry Recipe using Leftover Masala vadai



Vada curry recipe using leftover masala vadai is a popular south Indian curry. Vada curry served as side dish for idly, dosa, idiyappam, poori, appam or chapathi. I have also tried with pongal, it was yummy. This vada kari is a famous breakfast menu in hotel and it goes well with set dosa.

To make **vada curry recipe**, You have to make fresh masala vadai first, then crush it and finally mix it with tomato based gravy. But instant I used leftover masala vadai to make this vada curry recipe.

Try this delicious vada curry recipe using leftover masala vadai for dosa and idly.

Ingredients for Vada Curry Recipe using leftover Masala vadai

- 4-6 Leftover Masala Vada
- 2 Tsp of Oil
- 2 Cloves
- 1 Cinnamon
- 1 Bay leaf
- 1/2 Tsp of Fennel Seeds (Sombhu)
- Few Curry Leaves
- 2 Handful of Small Onion
- 1 Tsp of Ginger Garlic Paste
- 2 Big Tomatoes, Finely Chopped
- 2 Tsp of [Sambar Powder](#)
- Water and salt as required

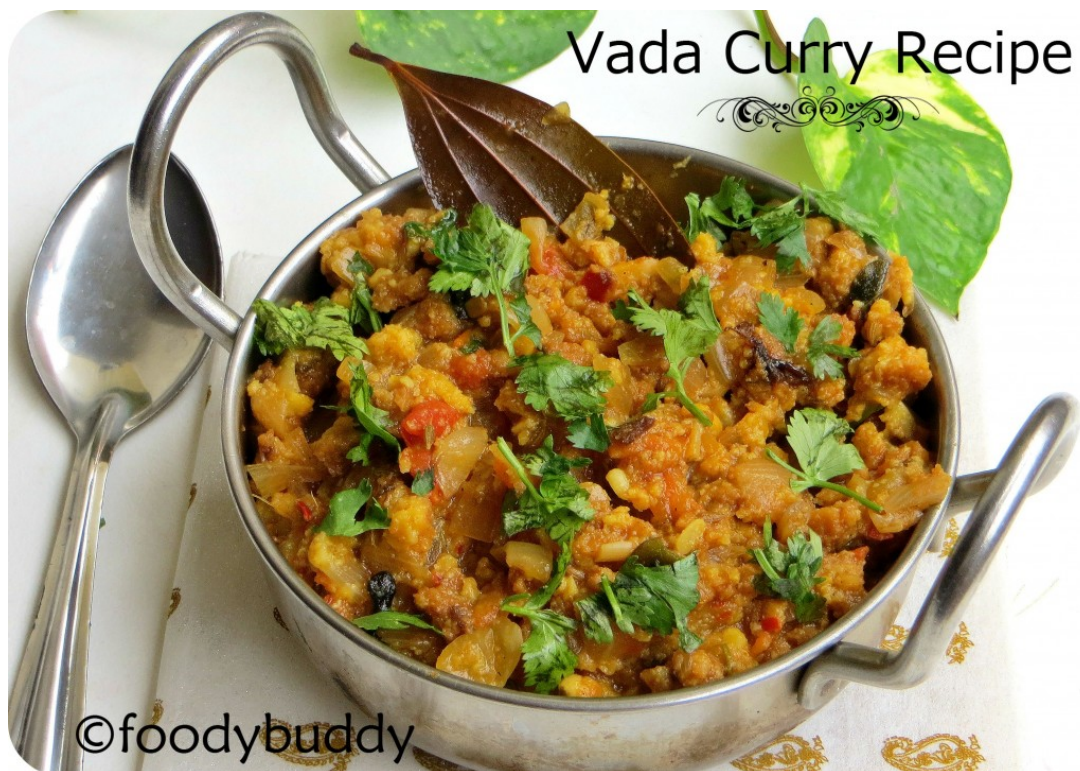
Method for Vada Curry Recipe using leftover Masala vadai

- In a bowl, crush the masala vadai with hand.
- Heat a pan with oil, when it is hot, add clove, cinnamon, bay leaf, fennel seeds and curry leaves, fry it for few secs.
- Add small onion, fry it until it turns golden brown colour.
- Add ginger garlic paste, fry it until raw smell vanishes.
- Add tomatoes, fry until it turns mushy.

- Add [sambar powder](#), fry it for secs, add water and salt, let it boil for few mins and wait until gravy turns thickens.
- Now add crushed masala vada, mix well with masala. Finally garnish it with coriander leaves.

Tips

- You can make vada curry either with fresh masala vadai or leftover masala vadai.
- For tangy taste, use tomato puree in place of tomatoes.
- If you don't have sambar powder, add 2 tsp of coriander powder, 1 tsp of red chilly powder and 1/2 tsp of turmeric powder.
- You can also use big onion in place of small onion.



Tags : [vadakari](#) , [vadakari recipe](#), [vada curry recipe](#), [vada curry](#), [how to make vada curry recipe](#), [how to make vadakari](#), [prepare vadakari recipe](#), [prepare vada curry recipe](#), [vada curry recipe side dish for idly dosa](#), [vada curry recipe with leftover masala vadai](#). [vada curry gravy in tamil](#), [masala vada curry](#), [masala vadai kuzhambu](#). [vada curry hotel style](#),

restaurant style vada curry, saravanna bhavan style vada curry.

Easy Puttu Recipe (kerala style)

Puttu is a famous breakfast dish, popular in Kerala, Tamilnadu and sri lanka which is made by steaming rice flour in puttu maker. Puttu recipe is healthy and delicious breakfast dish. This puttu powder I used here is made with red rice flour and wheat.. There are lot of readymade puttu products like white rice pottu podi, chemba potu podi , ragi puttu podi are available in all departmental stores like Nilgiris. We usually make puttu with rice flour, this time I tried puttu with chemba puttu flour which is more healthier because of its fibre content. Here I used [nirapara chemba puttu flour.](#)

To **make easy puttu recipe** at home, the secret lies on the moisture content of the flour. Ingredients needed are red rice flour, coconut, water and salt. To make soft puttu, you need puttu maker. I learnt this kerala style puttu recipe from my mom. and I love to eat puttu for weekend breakfast. But my favourite is sweet version of puttu, where I use jaggery, cardamom and steamed puttu and eat that for breakfast or for evening snack. I will post the sweet easy puttu recipe in the future.

Since puttu tastes bland on its own, so always serve puttu with kadala curry or cherupayar (green gram curry), papad and banana is the another combo to serve puttu. Let us learn how to make authentic kerala style – easy puttu recipe.

Also check other popular kerala breakfast Dishes : [appam](#),

[idiyappam](#)

How to make Soft Red Rice Puttu Recipe / Sivappuarisi Puttu



Preparation Time : 10 mins Cooking Time : 10 mins
Serves : 3

Ingredients for Easy putturu recipe (kerala style)

- 2 Cups of Chemba Puttu Flour (sigappuarisi maavu)
- 1 Cup of Grated Coconut
- Warm Water as required (approximately 3/4 cup)
- Salt as needed

Method To Make Easy Puttu Recipe (kerala style)

- In a bowl, add red rice flour with required salt. Sprinkle water little by little and mix gently until you get crumble texture and moist. There should not be any lumps. Use mixie and blend it for 5 secs. Keep it aside for 10 mins.

How to fill putturu maker

- Take the putturu maker (putturu kuzhal), grease it with oil. Layer the putturu kuzhal, place the perforated lid first, then add 3 tbsp of grated coconut, then add 2 fistful of putturu maavu until the mould is halfway filled. Then again add another layer of grated coconut and fill up the rest with flour. Close the mould with a lid.
- Now fill the pressure cooker with water and close it with a lid. Place the mould on top of the pressure cooker. Steam it for 10-12 mins. After you get a nice aroma of steamed putturu, switch off and wait for 3-5 mins.
- Hold the putturu mould parallel to the serving plate. With the help of long thin metal rod, push the bottom disc so that putturu slides down the plate.
- Serve hot with kadala curry or green gram curry, papad and banana.

Tips

- If you don't have time to make side dish, just add ghee, sugar and banana.
- **If you take the flour in your hand and press it, it should hold shape and when you put it back, it should fall loosely. That is a right consistency of puttu flour.**
- You can make puttu with homemade rice puttu flour or storebought puttu flour. If you are using **homemade puttu flour, roast the flour before making puttu.**
- You can follow the same method to make any kind of puttu like wheat puttu, ragi puttu, corn puttu or rice puttu. At home, we use [nirapara pottu podi](#).
- If you don't have puttu maker at home, steam it in **idly maker** or use **coconut shell** that easily fits to pressure cooker.
- Don't add water at once while mixing the flour.
- Consistency should be crumble and should have a good moisture content. Don't add too much of water while mixing.



Tags : [puttu recipe](#), [puttu](#), [kerala style puttu](#), [easy puttu recipe kerala style](#), [srilankastyleputtu](#), [puttu recipe with rice flour](#), [puttu recipe with red rice flour](#), [red riceflourputtu](#), [sigappuarisiputtu](#), [how to make puttu](#), [how to make kerala puttu recipe](#), [make red rice puttu](#), [prepare sigaparisi puttu](#), [traditional puttu recipe](#), [kerala rice puttu](#), [steamed rice cake](#), [make soft puttu](#), [puttu recipe tamil](#), [puttu with kadala curry](#), [prepare soft puttu recipe](#), [authentic keralabreakfast recipes](#), [puttu recipe with chemba rice podi](#)