

CURRY LEAVES RICE / KARUVEPPILAI SADAM



Curry leaves rice / karuveppilai sadham / Karivepaku Annam – a simple and flavorful rice dish. Nothing can beat the flavour of curry leaves when you add them in hot oil. This is my mom's recipe. My mom makes lots of variety rice dishes. During school and college days, everyday I take different rice dishes for lunch box. It was a big hit and favourite among friends.

Most of us don't know the medicinal value of curry leaves, they just throw the leaf from food. Try to include this herb

in your regular diet especially it is very good for women's health, because it keeps your uterus healthy and taking curry leaf everyday will get rids of all women's problems like irregular periods and infertility problems.

Making curry leaves rice is very easy and even bachelors can make it. Also you can make this karuveppilai sadham to pack for lunch box for kids and adults. Kids will also love this rice because of its green colour.

Are you breaking your head daily and thinking what to pack for your husband and kid..Then try this easy curry leaves rice recipe.

Curry leaves rice goes well with any vegetable fry like [potato fry](#) or [yam fry](#).

Health benefits of Curry Leaves

- Helps to keep anaemia at bay.
- Fights diabetes.
- lowers cholesterol.
- Improves digestion.
- Prevents greying of hair.

Preparation Time : 10 mins Cooking Time : 20 mins Serves : 2

Ingredients For Curry Leaves Rice

- 2 Cups of Cooked Rice
- 1 Handful of Curry Leaves
- 1 Tsp of Ghee
- Salt as required

To Fry and Grind

- 2 Tsp of Oil

- 1 Clove (Small)
- 1 Cinnamon (Small)
- 2 Red Chilies
- 1/2 Tsp of Black Pepper
- 1/2 Tsp of Cumin
- 2 Tbsp of Coconut (Grated)
- 6 Cashews Nuts
- 2 Tbsp of Urad Dal

To Temper

- 2 Tsp of Gingelly Oil or any cooking oil
- 1 Tsp of Mustard
- Pinch of Asafoetida (Hing)

Method for karuveppilai sadam

- Heat a pan with oil, roast the curry leaves until all the moisture in the leaves goes off. Keep it aside.
- In the same pan, fry all the ingredients listed under "To fry and To grind". Once it done, cool down and then grind it along with curry leaves.
- Heat a pan with oil, add mustard seeds, after it crackles, add asafoetida, fry it for few secs and turn off the stove. Add ground curry leaves powder, cooked rice, a tsp of ghee and salt. Gently mix it.
- Flavourful curry leaves is ready to serve.

Tips

- You can also add few garlic while frying.
- Use freshly cooked rice or leftover rice.
- Adding ghee makes rice more flavourful.

©foodybuddy



Karuveppilai Sadham

Tags : [curry leaves rice](#), [karuveppilai sadam](#), [curry leaf rice recipe](#), [how to make curry leaves rice](#), [prepare curry leaves rice](#), [no onion no garlic recipe](#), [easy lunch box recipe](#), [lunch box rice](#), [bacheoler variety rice recipe](#), [variety rice recipe](#), [curry leaves recipe](#)

Elephant Yam Fry / Senaikizhangu Varuval

Elephant yam is a tuber and it is widely consumed in countries like Africa and Asian country like India. Elephant yam Fry / Senaikizhangu varuval / Suran Fry is my family favourite dish and this yam fry goes well with [sambar rice](#) or [rasam rice](#) or [dal rice](#). Personally I love to eat senaikizhangu varuval with hot and [spicy rasam](#).

To make Elephant yam fry – Yam takes long time to cook, so first they are cooked in boiling water till soft and then proceed sauting it with masala, garlic, spices and salt. Fennel make this yam fry so flavourful and tasty. Apart from making yam as side dish for rice, you can also eat it with chapathi. Try this elephant yam fry at home for [sambar](#) and let me know in comment box how it turned out..

Also try my other roast recipes : [Baby Potato Roast](#), [sweet potato roast](#), [Beans Mushroom stir fry](#)

Health Benefits of Elephant Yam

- It acts as an anticoagulant.
- Increases estrogen level in the women body, helping in hormonal balance.
- It contains essential fatty acids, thereby increases good cholesterol in body.
- Natural cure for constipation and irregular bowel movements.
- Good for piles patients.
- Rich in vitamin B6, so it relief premenstrual syndrome.

©foodybuddy



Elephant Yam Fry

Preparation Time : 10 mins
: 30 mins

Serves : 3

Cooking Time

Ingredients For Elephant Yam Fry

- 1/4 kg Elephant Yam / Senai,
- 2 Tsp of [Sambar Powder](#)
- 1/2 Tsp of Garam Masala
- 4 Garlic Cloves
- 1/2 Tsp of Fennel Seeds (Sombu)
- 2-3 Tbsp of Oil

Method for Senai kizhangu varuval

- Peel the skin, wash and cut the yam into pieces (not too thick or thin)
- In a pan, add water and yam slices, boil them till it turns soft. Filter the water and keep it aside.
- Crush the garlic cloves in mortar and pestle.
- Heat a pan with oil, when it is hot, add fennel seeds, after it sizzles, add sliced yam, give a gentle stir, by flipping the slices to other side.
- In a medium flame, add crushed garlic, sambar powder, garam masala and salt, give a quick stir, do not break the slices, make sure the masala coats all the sweet yam pieces. Cover the lid and cook it for 5 mins.
- Add some more oil and turn the yam slices to other side, cover the lid and cook it for another 7 mins until it turns brown and crisp.
- Yummy yam fry is ready to serve with [sambar rice](#) or [rasam rice](#) or [dal rice](#).

Tips

- You can cook the yam either in pressure cooker or in stove top.
- If you don't have sambhar powder, add 2 tsp of coriander powder, 1/2 tsp of turmeric powder and 1 tsp of red chilly powder.
- If you don't have coriander powder and red chilly powder, replace it with cayenne pepper and black pepper powder.
- Always cook in cast iron pan / irumbu kadai to get crispy yam.
- You can also marinate the potatoes in masala for 15 mins and then cook it.
- Adding garlic is to avoid gas flatulence.



Tags : [elephant yam fry](#), [yam fry recipe](#), [senaikizhangu varuval](#), [senaikilangu roast](#), [yam roast](#), [yam recipes in tamil](#), [yam side dish recipe](#), [tamil recipe](#), [side dish for sambar rice](#)

Oats Paniyaram / Indian Oats Breakfast Recipe

Among South Indian breakfast recipes, my favourite dish is kuzhi paniyaram. This oats paniyaram is in my to do a list for long time. Last week I tried this oats recipe from [other blog](#). It came out so good and tasty. Love to eat this oats paniyaram for breakfast as it was very healthy and has oats and mixed lentils. This oats paniyaram is really soft on inside and crispy on outside. You can do this oats paniyaram for breakfast or dinner or for evening snack. Also perfect to pack for lunch box for kids and a bachelor friendly recipe.

Health Benefits of Oats

- Lowers cholesterol levels.
- Reduces the cardiovascular disease.
- Enhances immune responses to infection.
- Lowers type 2 diabetes.
- Controls the blood pressure.
- Increase appetite control hormones.

©foodybuddy



Oats Paniyaram Recipe

Soaking Time : 4-6 hrs
Preparation Time : 15 mins

Cooking Time : 15 mins Serves : 4

Ingredients to Oats Paniyaram Recipe

- 1.5 Cups of Quaker oats
- 1/2 Cup of Toor Dal
- 1/2 Cup of Channa Dal
- 2 Tbsp of Urad Dal
- 2 Tbsp of Moong Dal
- 2 Medium Sized Onions, Finely Chopped
- 1 Inch of Ginger, Finely Chopped
- 1 Tsp of Fennel Seeds
- 8-10 Red Chillies
- Few Curry Leaves and Coriander Leaves
- 1/4 Tsp of Asafoetida
- Salt to Taste
- Oil to Fry

Method

- Soak the dals together for overnight or atleast hrs. Wash the dals in running tap water and keep it aside.
- In a blender (mixie), powder the oats, red chillies, fennel and ginger. Finally add the dals and water, grind it. The batter to be in pouring consistency.
- Add chopped onion, curry leaves, coriander leaves, asafoetida and salt. Mix it well.
- Heat the paniyaram pan, add tsp of oil to each hole, when it is hot, add batter, cover and cook it in medium flame until it turns golden brown colour. Flip it to other side and cook.
- Hot and yummy oats paniyaram is ready to serve for breakfast with side dishes like tomato chutney or onion tomato chutney or mint coconut chutney.

Tips

- For healthier version, add grated vegetables like carrot, beetroot to the batter.
- Replace green chilies in place of red chilies.
- Adding asafoetida is to reduce flatulence and digestive disorders.

*Dats
Paniyaram*



©foodybuddy

Technorati Tags ; [Paniyaram Recipe](#), [oats paniyaram](#), [instant oats paniyaram](#), [oats paniyaram recipe](#), [indian oats breakfast recipe](#), [oats recipe](#), [south indian breakfast ideas with oats](#), [breakfast recipe](#), [oats dishes](#), [snack with oats](#)