

Roja Poo Kashayam / Rose Petal Tea / Herbal Drink for Sore Throat



Roja poo kashayam / Rose Petal tea is a decoction prepared by boiling rose petals either dried or fresh is effective home remedy against sore throat for both adults and kids. Roses are grown in our country not only for its beauty but also for its medicinal properties. It has got lot of health benefits and they are mainly used to cure stomach ache, intestinal infections, eliminate the wastes through kidney, irregular periods, anaemia, skin allergies, good for gall bladder and

liver, helps to improve bile secretion. This rose petal tea helps in alleviating **mild sore throats and bronchial infections**. Rose leaves are used to prepare gulkand and rose waters. Use **paneer rose** to make this roja poo kashayam. Don't use any other rose variety to make this kashayam. Try this at your home, it will definitely cure your mild sore throat.

Paneer Rose



Image source – Google

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How to make Roja poo kashayam

Roja Poo Kashayam / Rose Petal Tea / Herbal Remedy for Cough



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Prep time

2 mins

Cook time

7 mins

Total time

9 mins

Roja pookashayam is a decoction prepared by boiling rose petals either dried or fresh is effective home remedy against sore throat.

Author: Gayathri Ramanan

Recipe type: Drinks

Cuisine: Indian

Serves: 2

Ingredients

- Petals from 3 roses (fresh or dried)
- 3 Green cardamom
- Panang kalkandu (Palm candy crystals) to taste
- 1 Cup of Water

Instructions

1. Heat a pan with water, rose petals, cardamom and palm candy crystals.
2. Boil this for 5 -7 minutes and turn it off.
3. Filter it and drink it warm before going to bed.

Notes

You can use either fresh or dried petals.
Fresh petals gives lighter decoction.
Here I used dried petals so I got dark decoction.
If you don't get palm candy crystals, add honey for sweetness.
Use paneer rose to make this tea. Don't use any other rose to
make this kashayam.



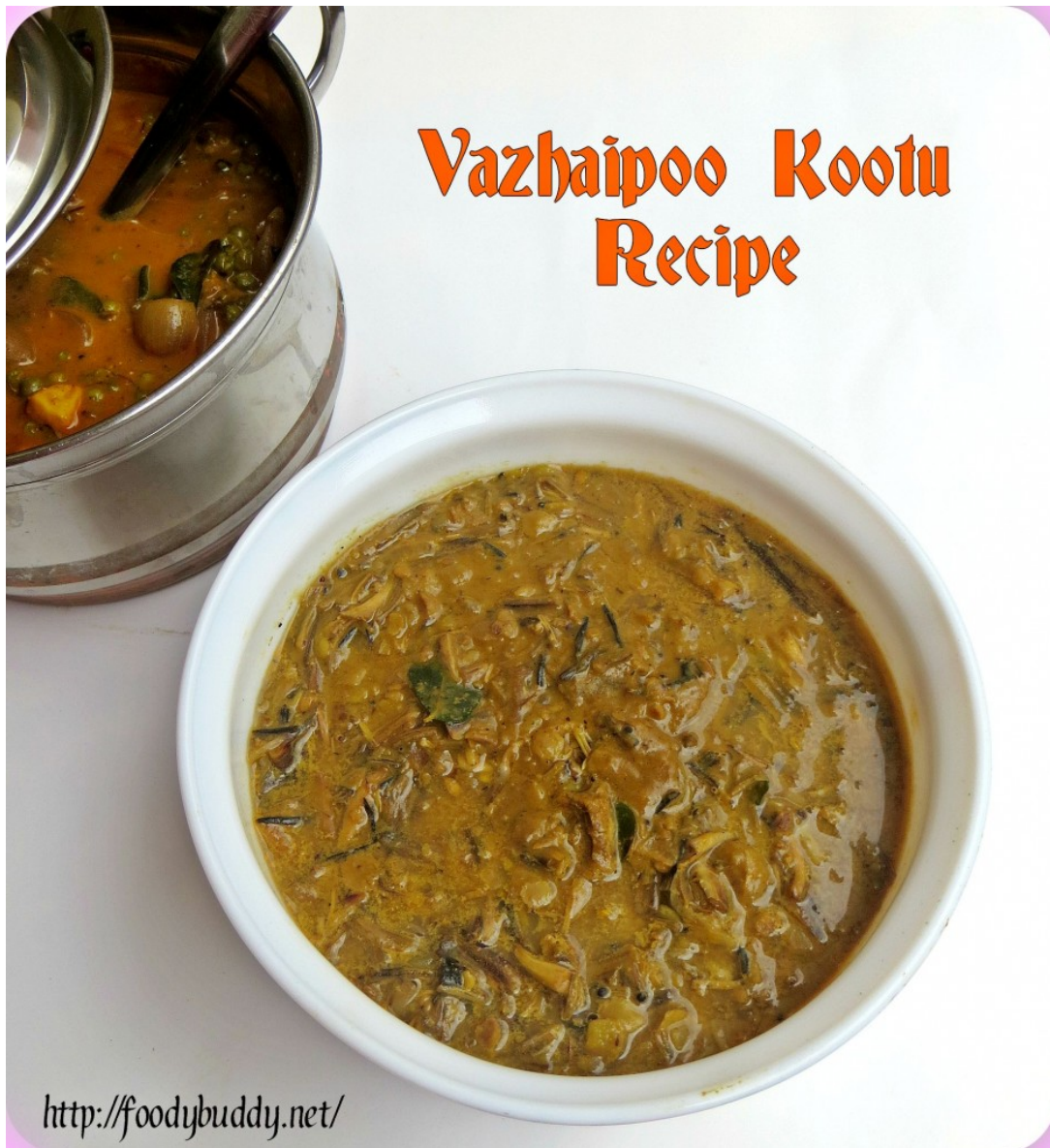
Vazhaipoo Kootu Recipe

without coconut

Banana flower are also called vazhaipoo in tamil. Vazhaipoo kootu recipe is a traditional tamil recipe prepared from plantain flowers. As vazhaipoo is very good for health, I used to buy regularly when I find them in market. I love to eat it any form either [vazhaipoo vadai](#) for mor kuzhambu or vazhaipoo poriyal or kuzhambu. To clean this vazhaipoo (banana flower) is a time consuming process but still worth it. I prepared this vazhaipoo kootu with moong dal, replace it with any dal of your choice. This banana flower kootu tastes fabulous with hot steamed rice and ghee. Try this vazhaipoo kootu recipe without coconut, if you are diet conscious.

Health Benefits of Vazhaipoo (Banana Flower)

- Being high in iron content, used to treat anaemia.
- Controls the excessive pain during menstrual cycle.
- Good medicine for stomach ulcer and dysentery.
- Rich in vitamin A, C and dietary fibre.
- Good for pregnant women.



Vazhaipoo Kootu Recipe

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Preparation Time : 45 mins

Cooking Time : 20 Mins

Serves : 3

Ingredients For Vazhaipoo Kootu Recipe

- 1 Banana Flower
- 1/2 Cup of Toor Dal
- 1/2 Tsp of Turmeric Powder
- 1 Tsp of Oil
- 1 Big Red Onion, Chopped
- 1 Tomato, Chopped
- 1 Tsp of Sambhar Powder

- Salt as Needed
- Water as needed

To Temper

- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 2 Red Chillies
- Pinch of Asafoetida (Hing)
- Few Curry Leaves

Method

- To clean banana flower (vazhaipoo), apply some oil on both hands, take off the purple outer covering, remove the bunch of florets, repeat this step until you reach the centre of the blossom. After that, remove the stamen and small white cover at the base of each florets. This is how you have to clean each florets.
- Chop the florets finely.
- In a pressure cooker, add banana florets, toor dal, oil, salt, chopped tomato, chopped onion, sambar powder and water. Cook it for 5-7 whistles. Open the lid, after pressure releases.
- Heat oil in a pan, when it is hot, add mustard seeds, red chillies, asafoetida and curry leaves, after it splutters, add the cooked dal, mix well. Check the salt.
- Hot and flavourful vazhaipoo kootu is ready to serve.

Tips

- It goes well with any spicy kulambhu like [manathakali kulmabhu](#) or [milagu kuzhambhu](#).
- You can replace toor dal with moong dal or channa dal.
- Adjust spiciness according to your taste.
- You can also add green chillies in addition to red chillies.

Banana Flower Kootu



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BETEL LEAVES RICE / VETRILAI

SADHAM / HERBAL RICE RECIPE

Betel leaves or paan is the most important item in socio-religious life of Hindus. There won't be any auspicious occasion without betel leaves in India. Also betel leaves is a symbol of freshness and prosperity. According to ayurvedic science, it is used to cure diseases that are caused by air, bile and phlegm. Also it is a best medicine for cold and cough. I and my mom used to chew this betel leaves (Vetrilai) and areca nuts(pakku) when we get affected by cold. Coming to the recipe, betel leaves rice / vetrilai sadham is a one pot meal with lots of health benefits. This betel leaves (vaethalai) rice is very easy to make in a less time, the rice has a distinct flavour and unique taste because of betel leaf, garlic, cumin and pepper. This vetrilai sadham is good for all ages from kids to adults. Also it is perfect to pack this rice for lunch box. So do try this herbal (medicinal) rice recipe at home and let me know how it turned out.

Health Benefits of Betel Leaves

- Good for digestion.
- Natural palate cleanser and a mouth freshener.
- Strengthen teeth and gums.
- It has got diuretic properties.

Betal Leaves

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Rice



Preparation Time : 10 Mins Cooking Time : 15 mins Serves : 1

Ingredients For Betal Leaves Rice

To Grind

- 4 Betal Leaves
- 1/2 Tsp of Cumin
- 1/2 Tsp of Black Pepper

Other Ingredients

- 1 Cup of Cooked Rice
- 10 Small Onion
- 5 Garlic Cloves
- 1/4 Tsp of Turmeric Powder
- Salt to Taste

To Temper

- 1 Tsp of Gingelly Oil

- 1 Tsp of Ghee
- 1 Tsp of Mustard seeds
- 1 Tsp of Urad Dal
- 7 Curry Leaves
- Pinch of Hing (Asafoetida)

Method for betal leaves rice

- Wash the betal leaves. Grind betal leaves, pepper and cumin. Keep it aside.
- Heat a pan with oil and ghee, temper it with the ingredients listed under " To Temper " after it sizzles, add onions, garlic cloves and turmeric powder, fry it until it turns golden brown colour. Add ground paste and little water, saute this for 3 mins. Turn off the flame. Add cooked rice and salt, toss well.
- Serve hot with appalam or potato chips.

Tips

- You can also use red chillies while grinding or during tempering for more spicy taste.
- Don't chose mature betal leaves, use tender ones.

Vetrilai Sadham

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