QUINOA PESARATTU RECIPE / THINAI PESARATTU



Quinoa Pesarattu Recipe / Thinai pesarattu / Foxtail Millet Pesarattu is a simply delicious and healthy south Indian breakfast dish loaded with lot of proteins and low in carbs. It goes well with tomato chutney or any chutney of your choice. I had it with coconut chutney. There are different kinds of quinoa available in market. Here I used Red Quinoa, you can also use white quinoa. This non fermentation dosa is prepared with quinoa and green moong dal spiced up with green chilly and ginger. You can have this pesarattu for both

dinner or breakfast. Also check my other quinoa recipes – quinoa vegetable biryani, quinoa dosa, quinoa paniyaram

How to make Quinoa Pesarattu Recipe

QUINOA PESARATTU RECIPE / THINAI PESARATTU



Save Print
Prep time
8 hours
Cook time
30 mins
Total time
8 hours 30 mins

Quinoa Pesarattu recipe /Thinai (foxtail millet) pesarattu is a simple delicious and healthy south Indian breakfast dish loaded with proteins and low in carbs. It goes well with tomato or any chutney of your choice.
Author: Gayathri Ramanan
Recipe type: BRAKFAST
Cuisine: Indian
Serves: 8
Ingredients

- ½ Cup of Red Quinoa
- ½ Cup of Green Moong Dal
- 1 Inch of Ginger
- 2 Green Chilly
- 1 Tbsp of Rice Flour
- 1 Tsp of Roasted Cumin

- 1 Onion, Finely chopped
- Pinch of Asafoetida
- Salt to taste
- Few Coriander Leaves, Chopped
- Water as needed

Instructions

1. Soak both moong dal and quinoa in water for overnight.
2. Drain the water and wash it. Grind it into a fine paste along with ginger and green chilly.
3. Chop the onion. Add onion, rice flour, asafoetida, roasted cumin, salt and coriander leaves to the batter. Mix well.
4. The batter should neither be too thick nor too thin. It should be in dosa batter consistency.
5. Heat a dosa pan, take the laddleful of batter, pour it in the centre, spread it in a circular motion. Drizzle a tsp of oil around pesarattu. Flip it to the other side. Drizzle another tsp of oil to it.
6. Once cooked remove it from dosa pan. Repeat the same process for the rest of the batter.
7. Serve hot with any favourite chutney.

Notes
You can replace thinai (foxtail millet) in place of quinoa.
Use either red chilly or green chilly for spicy taste.

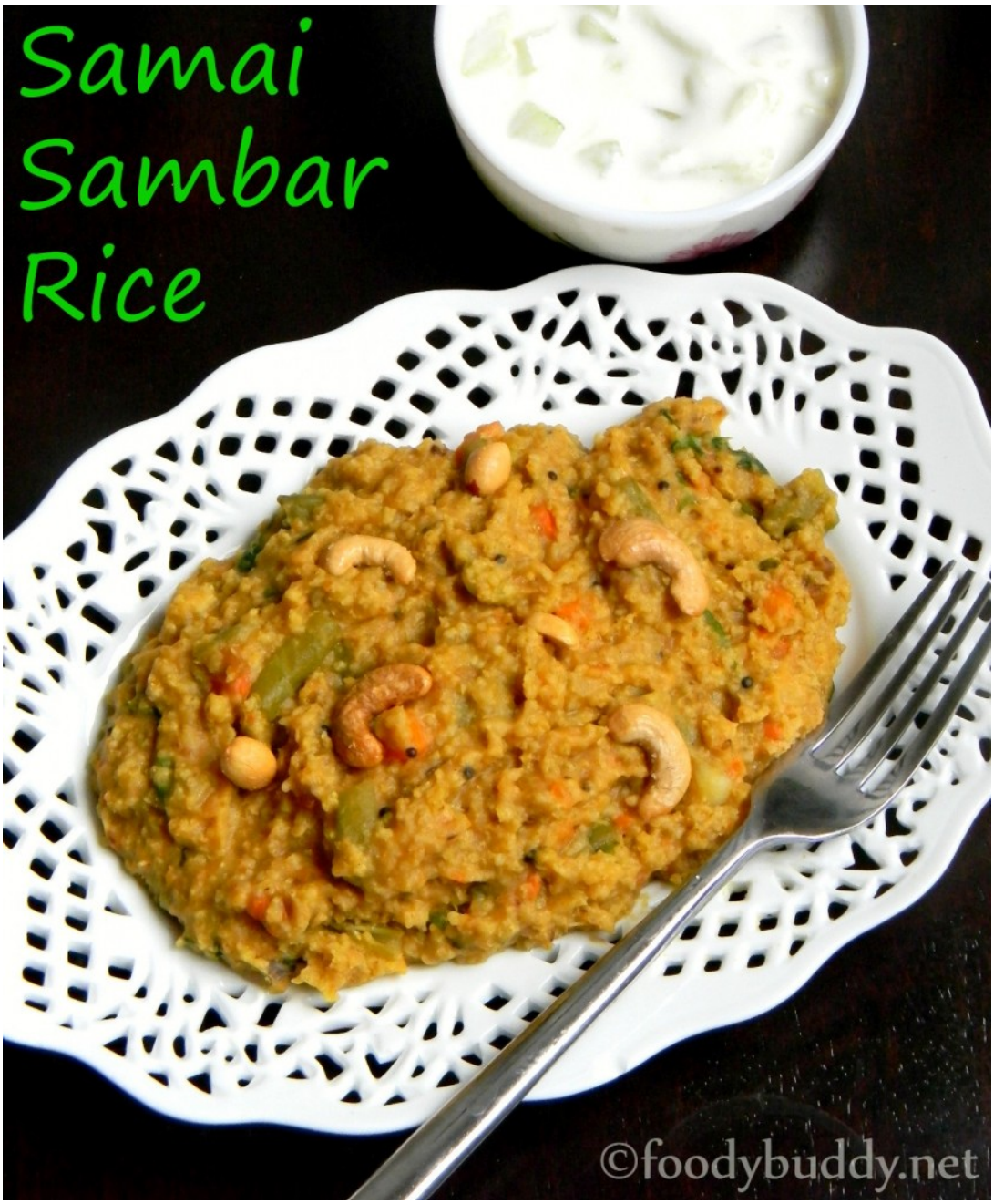


,

Tags: quinoa pesarattu recipe, thinai pesarattu, foxtail millet pesarattu recipe, how to make quinoa pesarattu recipe, easy breakfast recipe, healthy dinner recipe, pesarattu recipe, quinoa recipes, quinoa breakfast recipe.

Samai sambar rice / Samai

bisibelabath Recipe



Samai in tamil, sama in telugu, same in kannada, kutki in hindi and chama in malayalam is the smallest of all millets . In English they are called Little millets. Millets are very good for our health, as they are rich in protein, vitamins, minerals and iron. Millets are good for diabetic people as they contain maganesium, as it regulates the secretion of glucose in body. Nowdays, I am including in my diet, I love all kind of millets like varagu, samai, thinai, sollam and ragi. I brought only few millet bags from India, so

experimenting few recipes with the available millets. This is one among them, today recipe is samai sambar rice / samai sambar sadam / little millet sambar rice / samai sambar bhat / samai bisibelabath. This samai sambar sadam recipe is a healthy south Indian one pot meal with all nutrients from dal and vegetables. samai sambar rice is very similar to bisibelabath without adding bisibelabath powder, instead I added homemade sambar powder and it tasted like restaurant style sambar sadham. You can replace samai with other millets like varagu or thinai or kuthiravalli. In this sambar rice recipe, I haven't used tamarind, instead I added more tomatoes. Try this yummy samai bisibelabath recipe in your home. Also check my other millet recipes.

1. How to cook millets at home
2. Quinoa Dosa / Thinai Dosa
3. Samai ven pongal
4. Bajra / Kambu Dosa
5. Bajra / kambu roti
6. Ragi Almond ladoo

How to make samai sambar rice / samai sambar sadham

Ingredients for samai sambar rice

Preparation Time: 15 mins Cooking Time: 30 mins Serves:3

• 1 Cup of Samai (Little Millet)

• 2.5 Cups of Water

To pressure cook the toor dal

• 1/2 cup of Toor Dal

• 1.5 Cups of Water

• 1/4 Tsp of Asafoetida

• 1/4 Tsp of Oil

• 1/2 Tsp of Turmeric Powder

To Fry Vegetables

• 7 -10 Small Onion (Shallots), Whole

• 1 large Onion, Finely Chopped

• 2 Small Green Chillies

• 3 Large Tomatoes, Finely Chopped

• 2 Carrots, roughly Chopped

• 3/4 Cup of Chopped Beans

• 1/2 potato, Chopped

• Handful of Lima Beans

• 2 brinjal, chopped

• 2 Tsp of Sambar powder

• Handful of Curry Leaves

• Salt to taste

To Temper

• 2 Tsp of Ghee

• 1 Tsp of Mustard Seeds

• 1/2 Tsp of Urad Dal

• 1 Tsp of Vadakam

• 2 Small Red Chillies

• Few Curry Leaves

• Few peanuts and cashew nuts

Method for samai sambar rice

• In a pressure cooker, cook the toor dal for 3 whistles by adding all the ingredients listed under “To pressure cook list “

• In another cooker, cook samai for 3 whistles by adding 3 cups of water. Keep it aside.

• Heat oil in a frying pan, add both small and large onions, green chillies, saute this until it turns golden brown.

• Add tomatoes, fry this until it turns soft, add all the vegetables, curry leaves, sambar powder and salt, fry well for 2 mins, cover and cook it for 7 mins.

• Add toor dal and rice, mix well with all the vegetables. Turn it off.

• Finally heat a pan with ghee, add red chilies, mustard seeds, urad dal, vadagam and curry leaves, after it pops up, transfer this to pan with vgetables and rice, mix well.

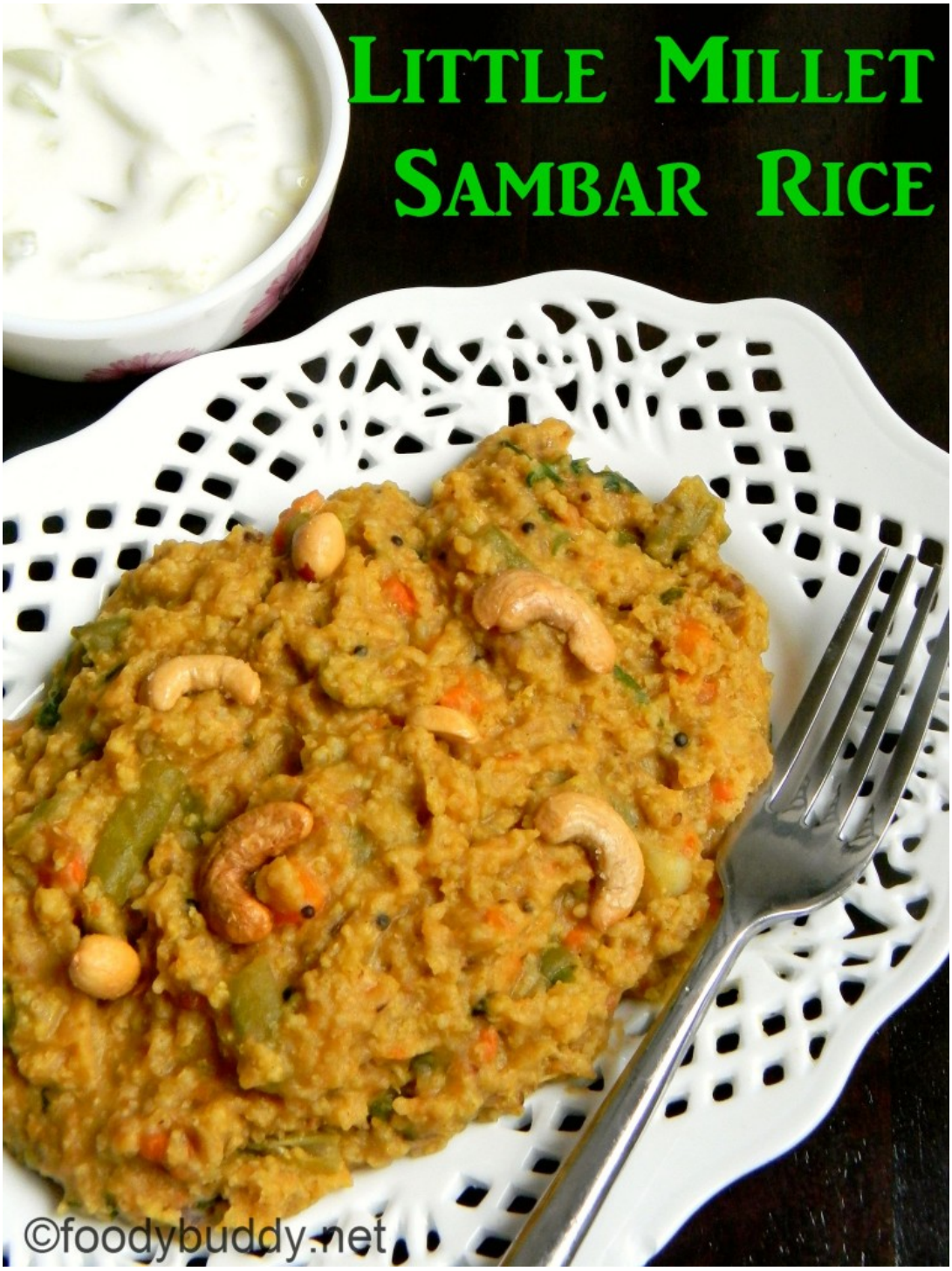
• Hot, yummy samai sambar sadam is ready to serve with raita or chips or appalam.

Tips

• You can reduce tomatoes and add tamarind juice or else use tomatoes only.

• Add any vegetables of your choice .

• You can replace samai with other millets like varagu or thinai or kuthiravalli.



tags : samai rice, samai sambar rice, samai sambar sadham, samai recipe, little millet sambar rice, how to make sambar rice with samai, prepare sambar sadham, restaurant style sambar sadham, samai sambar bhat, samai bisibelabath, millet recipe, south indian one pot meal, variety rice, lunch box recipe, samai recipe