

LEMON IDIYAPPAM/LEMON SEVAI – BREAKFAST RECIPE



Idiyappam is a culinary specialty from southern part of India. It is a steamed food and can be served for dinner or breakfast. It is made of rice, salt and water. I already made detailed post on [how to make Plain idiyappam](#). You can make recipes from idiyappam and this recipe is a savory version in which I used lemon juice and some seasonings. Try this recipe and enjoy....

Ingredients

2 Cups of Idiyappam
Juice of 1 Medium Sized Lemon
1/2 Tsp of Turmeric Powder
Salt to taste

To Temper

2 Tsp of Gingelly Oil
1 Tsp of Mustard
1 Tsp of Urad Dal
1 Tsp of Chenna Dal
2 Red Chillies
Pinch of Asafoetida
Few Curry Leaves

Method

- In a small bowl, add turmeric powder, lemon juice and salt to it. Mix well with a fork.
- Heat oil in a pan, add mustard seeds, when they splutter, add all the rest of the ingredients listed under " To Temper " Saute for a min until dal turns golden brown.
- In a medium flame, add the lemon juice mix, give a quick stir and add [plain idiyappam](#) and mix well. Turn off the stove.
- Serve hot with coconut chutney.



Tips

- **Use green chillies instead of red chillies for extra spiciness.**
- **Adjust salt and lemon juice according to your taste.**
- **Add nuts of your choice like peanuts, cashews etc**

Health Benefits of Steamed Lemon Idiyappam

- **Eating steamed food helps the body to keep fit and healthy.**
- **Steamed Idiyappam are advised for sick and older people, as it doesn't give strain to the stomach.**
- **Steamed Foods are easily digestible.**
- **Lemon juice rich in Vitamin C, it is also essential for**

maintaining a fully functional immune system, aiding digestion and fighting cancer.

- Lemon juice is well known for it's antioxidants and anti-cancer properties



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IDIYAPPAM / SEVAI/ STRING HOPPERS- BREAKFAST RECIPE - Step by step procedure



Idiyappam is a culinary speciality from Tamilnadu, Kerala, coastal areas of Karnataka and SriLanka. It is made of rice, salt, oil and water. It is generally served as the main course for dinner or breakfast along with sweetened coconut milk, [vegetable korma](#) or [curry](#). I love to eat with sweetened cardomom flavored coconut milk. I make idiyappam for sunday breakfast, if I don't have dosa batter at home. Idiyappam is a steamed food and a healthy dish with less oil.

Ingredients

2 Cups of Idiyappam Flour or Raw Rice Flour
2 Tsp of Vegetable Oil or Ghee
Water as needed (1and 1/2 to 2 Cups)
Salt to taste

Method

- Boil water in a kettle.
- Take rice flour in a wide bowl. Add salt and oil to the rice flour. Mix well.



- Add hot water (80 degree C) to flour, mix well with a fork or wooden spatula. Let it cool for 5 mins, then knead well with your hand. If you feel your dough is dry, you can add some more oil and water and knead it again.



- **Make your dough non-sticky and it should be smooth. Keep it covered for 10 mins.**



- **Now it's time to take idiyappam press, grease well with oil on inside. Take dough in cylindrical form and place it in idiyappam press.**
- **Hand press the dough into swirls onto the greased idly plates. Steam this for 5-7 mins.**



- **After a min, take it out from the idly plate, transfer this to a casserole. Repeat the process for the rest of the dough.**
- **Serve hot with sweetened coconut milk or [vegetable korma](#) or [curry](#).**



Tips

- Always grease idly plates and inner part of the idiyappam press with oil.
- Don't steam the idiyappam for a long time, as it makes idiyappam rubbery.
- You can make variety of dishes like puli idiyappam or lemon idiyappam or coconut idiyappam.

Health Benefits of Steamed Idiyappam

- Eating steamed food helps the body to keep fit and healthy.
- Steamed Idiyappam are advised for sick and older people, as it doesn't give strain to the stomach.

- **Steamed Foods are easily digestible.**

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Hi Friends,

Thank you for reading my post. Your comments and feedback is very valuable and highly appreciated. Please leave

your valuable comments and feedback for this post. Thanks Gayathri.

BHINDI MASALA / OKRA MASALA / LADY'S FINGER MASALA – SIDE DISH RECIPE FOR CHAPATHI



The worldwide used versatile vegetable called Okra or Lady's Finger or Bhindi. Their nutritional benefits are numerous, as they are rich in vitamins, minerals and dietary fiber. In this dish the spices brings out the flavour to the okra while dried mango powder gives tangy taste. This dish

is one of the popular restarunant menu, it taste great to eat with chapathi, paratha or rice

Ingredients

12-15 Lady's Finger, Small Size

2 Green Chillies, Cut into lengthwise

1/4 Tsp of Turmeric powder

1/4 Tsp of Saunf Powder or Fennel Powder

2 Tsp of Coriander Powder

1 Tsp of Red Chilly Powder

1/4 Tsp of Garam masala

1/4 Tsp of Dry Mango Powder (Amchur Powder)

1/2 Tsp of Dried Fenugreek Leaves or Kasoori Methi

Cilantro or Coriander Leaves to garnish.

Salt to taste

To Temper

2 Tbsp of Oil

1 Tsp of Mustard

1 Tsp of Cumin or Jeera

Pinch of Asafoetida or Hing

Few Curry Leaves

Method

- Wash the lady's fingers in cold tap water and wipe it with towel or paper towel and dry it for 10 mins.
- Chop the top and bottom part of the lady's finger, then cut in lengthwise into two parts. Cut all the others in the same manner.
- Heat oil in a pan and saute lady's finger for 3 mins in medium – high flame until brown and remove from pan and

keep it aside.

- In the same pan, heat some oil, add mustard, cumin seeds, hing, curry leaves, fry until it turns golden brown.
- In a medium flame, add turmeric powder, saunf powder, coriander powder, red chilly powder, green chillies and lady fingers, fry and mix it well with the masala. Cook for 2 – 3 mins.
- Add amchur or dry mango powder, salt and garam masala to the pan and saute it well with the lady fingers. Stir the masala continuously for 2-3 minutes. Then cover the pan with a lid and cook it for another 2 minutes.
- Open the lid, add kasoori methi, mix well with the lady's finger and cook for another 2 minutes.
- Finally garnish it with coriander leaves.
- Bhindi Masala is ready to eat.



Tips

- **Serve it with hot [chapati](#), [parantha](#) or [Rice](#)**
- **You can add chopped onions, tomatoes and ginger garlic paste, to get extra gravy but different taste.**
- **Don't add amchur powder when you are adding tomato because both are tangy in taste.**
- **Adding kasoori methi makes twist to the dish.**
- ***No onion no garlic recipe.***

Health Benefits of Lady's Finger or Okra

- **Low calorie vegetable.**
- **Rich source of vitamin A,C,K and folates.**
- **Excellent source of dietary fiber.**

- **Ideal vegetable for weight loss.**

