EASY & QUICK CAULIFLOWER FRY | CAULIFLOWER PORIYAL



Cauliflower fry is a simple, quick to make side dish. This simple vegetable stir fry can be made with less ingredients in a very less time. It tastes so good with **sambar rice** or **rasam rice** or **curd rice** or any variety rice dishes like **coconut rice**.

Ingredients

1 Small Cauliflower, about 1 and 1/4 Cup of Florets

1.5 Tsp of **Sambhar Powder**
Salt to Taste
Water as needed

To Temper

2 Tsp of Cooking Oil
1 Tsp of Mustard Seeds
1 Tsp of Urad Dal
1 Sprig of Curry Leaves

Method

- Separate the florets from cauliflower and wash it in tap water.
- Heat oil in a cast iron pan, when it is hot, add mustard seeds, urad dal and curry leaves, after it splutters, add cauliflower florets and salt, fry this for few mins, sprinkle some water, mix it, cover and cook this for 5 mins until it turns soft and cooked.
- Add **sambhar powder** to the cauliflower florets, fry this for a min, in a medium flame, cover and cook this for 5 mins until you get brown spots. Once it done, turn off the flame.
- Serve with **coconut rice** or **sambar rice** or **rasam rice**.

Tips

- Adjust spiciness according to your taste.
- If you don’t have sambhar powder, add 2 tsp of coriander powder, 1 tsp of red chily powder and 1/2 tsp of turmeric powder.

Healthy Benefits of Cauliflower

- Excellent source of antioxidants.
- Anti-inflammatory properties.
- Protect against cardiovascular and cerebrovascular disease.
- Clean your digestive system.
- Good source of vitamin B and minerals.



SAVORY SEMOLINA CAKE RECIPE | EGGLESS CAKE | INDIAN SNACK

CAKE



When I was looking for some healthy and eggless cake recipe,I saw this recipe in Anjum Anand show in BBC. But I slightly altered that recipe to my taste buds. This semolina cake is very simple to make with household ingredients, just combine all the veggies, spices, semolina and yogurt in a bowl, transfer it to a baking pan and finally bake it in an oven. Addition of yogurt makes the cake moist and tasty. On every bite, sesame seeds gives a nice crunchy taste. You can have this cake either for sunday breakfast or as evening snack with tea or coffee. This cake is super moist on inside and crusty on outside. Try this eggless no butter cake in your

home. Even diabetic people can enjoy this snack cake.

Ingredients

1 Cup of Rava (Semolina)
1 Cup of Thick Curd (Yogurt)
2 Tbsp of Water
1 Medium Size Carrot, Grated
5 Green Beans, Finely Chopped
3 Tbsp of Green Peas
1 Inch of Ginger, Grated
2 Green Chilies, Finely Chopped
1/2 Tsp of Turmeric Powder
1/2 Tsp of Red Chilly Powder
1/2 Tsp of Baking Soda
1-2 Tsp of Sesame Seeds
1 Tsp of Mustard Seeds
1/2 Tsp of Whole Cumin
1 Sprig of Curry Leaves
3 Tbsp of Oil (Vegetable or Canola Oil)
Salt to taste

Yield : 1 Loaf

Method

- Wash and chop the beans and green chilly into fine pieces, grate the carrot and ginger. Keep this aside.
- In a mixing bowl, add semolina, carrot, beans,green peas, green chilly, turmeric powder, red chilly powder, grated ginger, water and thick curd(yogurt), mix well with a spoon. Now the batter should be thick.
- Preheat the oven to 350 degree F(180 degree C)
- Heat a pan with oil, when it is hot, add mustard seeds and cumin, after it splutters, add curry leaves. Transfer the tempering to a batter, give a quick stir.

Finally add baking soda to the batter and mix it.

- Grease the loaf pan with oil and pour the batter to the baking pan, sprinkle the sesame seeds on the top and bake it for 30-35 mins. Insert the tooth prick/skewer in the center of the cake, if it comes out clean, the cake is ready.
- Remove the baking pan from the oven, let it cool down for 5 mins and then slice it and serve hot with tomato ketchup.



Tips

- You can also make this cake in a pressure cooker by having sand at the bottom.
- You can add chopped onion to the batter, if you want.
- Here I used roasted rava (sooji/semolina) to make this cake.
- You can use any vegetables like capsicum, beetroot or

cabbage.

- Always add baking soda at the end, that is before pouring the batter to the baking pan. It helps the cake to rise.
- Topping with sesame seeds gives a nice taste and also gives beauty to the cake.
- Always use fresh curd which makes the cake tasty and moist.

Health Benefits of Semolina/ Rava

- Good source of protein and vitamin B and E
- Semolina is made from durum wheat, so it is digested slowly. This helps you feel full longer and prevents you from overeating.
- Semolina improves kidney function, thanks to its potassium content.
- Adding vegetables to savory semolina cake and make a power-packed nutrients, as well as delicious meal.



ROOMALI ROTI RECIPE / QUICK RUMALI ROTI



Roomali roti or rumali roti is a thin flat bread popular in south Asia. The term “Rumali” means “Hand Kerchief” the name suggests that the roti has to be rolled out as thin as possible. It is made with whole wheat flour and maida (All purpose flour). This roomali roti is soft,yummy in taste and a nice alternative to regular chapathi. It goes well with dal makhani or any side dish of your choice. I had it with kala chana masala. I will be posting the recipe for kala chana in my next post.

Recipe Source : Chef Sanjay Thumma

Ingredients

- 1 Cup of Wheat Flour
- 1 Cup of Maida / All Purpose Flour
- 2 Tbsp of Oil

- 1/2 Cup and 2 Tbsp of Water or as needed
- Salt to taste

Make a paste of ghee and maida

- 1 Tbsp of Ghee/Oil
- 1 Tbsp of Maida/All Purpose Flour

Yield : 10 Roti's

Method

- In a bowl, mix both the flours, oil, salt and water to make a soft dough. Keep aside for 15-20 mins.
- Make a equally sized balls out of the dough.



- Using rolling pin, roll out 1 ball about 5-6″ in diameter as thin as possible. Add a tsp of ghee(oil)-maida paste to the center of roti and spread it evenly.
- Roll the second roti to the same size of first roti. After that, place the second roti over the first roti. Roll out both the roti together to a very thin roti. Repeat the procedure to the rest of the dough.



- Heat a pan, pan should be super hot, carefully place the roti to the hot pan, cook both the sides quickly.
- Remove from heat and immediately separate two rotis and

fold it to triangle shape and keep it in casserole.



- Serve it with dal makhani or chana masala or any side dish of your choice.



Tips

- Roll the roti as thin as possible.
- Your dough should be soft, otherwise it makes the roti hard.
- You can make roomali roti in 2 different ways. First method is what I made in this recipe. In second method, invert the shallow pan and heat it, when it is extremely hot, spray some salt water over it and carefully place

the thin roti, cook both the sides, do not keep it for a long time, fold into triangle and keep it in casserole. I tried this method last month and here is the pic .



Health Benefits of Whole Wheat

- Rich in fiber, helps in proper functioning of digestive tract and lowers the cholesterol and metabolic syndromes.
- Reduce the risk of cardiovascular disease.
- Reversing the weight gain process.
- Lowers the risk of diabetes.
- Excellent laxative properties.
- It has powerful antioxidant, which is vitamin E, good for skins.


foody-buddy.blogspot.com
Rumali Roti