


# PEANUT SUNDAL | VERKADALAI SUNDAL | NAVARATHRI RECIPE



 Sundal is a simple south indian snack often made with Lentils like chick peas, peanuts, kidney beans and even sweet peas ..peanut sundal / verkadalai sundal strength lies in its simplicity and is very subtly spiced and in being ordinary it becomes extraordinary...peanut sundal also is made during festival occasions and also is made for "prasad" in temples ..

## **Ingredients**

- 1 Cup of Boiled Peanuts
- 2 Tbsp of Grated Coconut / Dry desiccated Coconut

Salt to taste

### **To Temper**

2 Tsp of Oil

1 Tsp of Mustard Seeds

1 Tsp of Urad dal

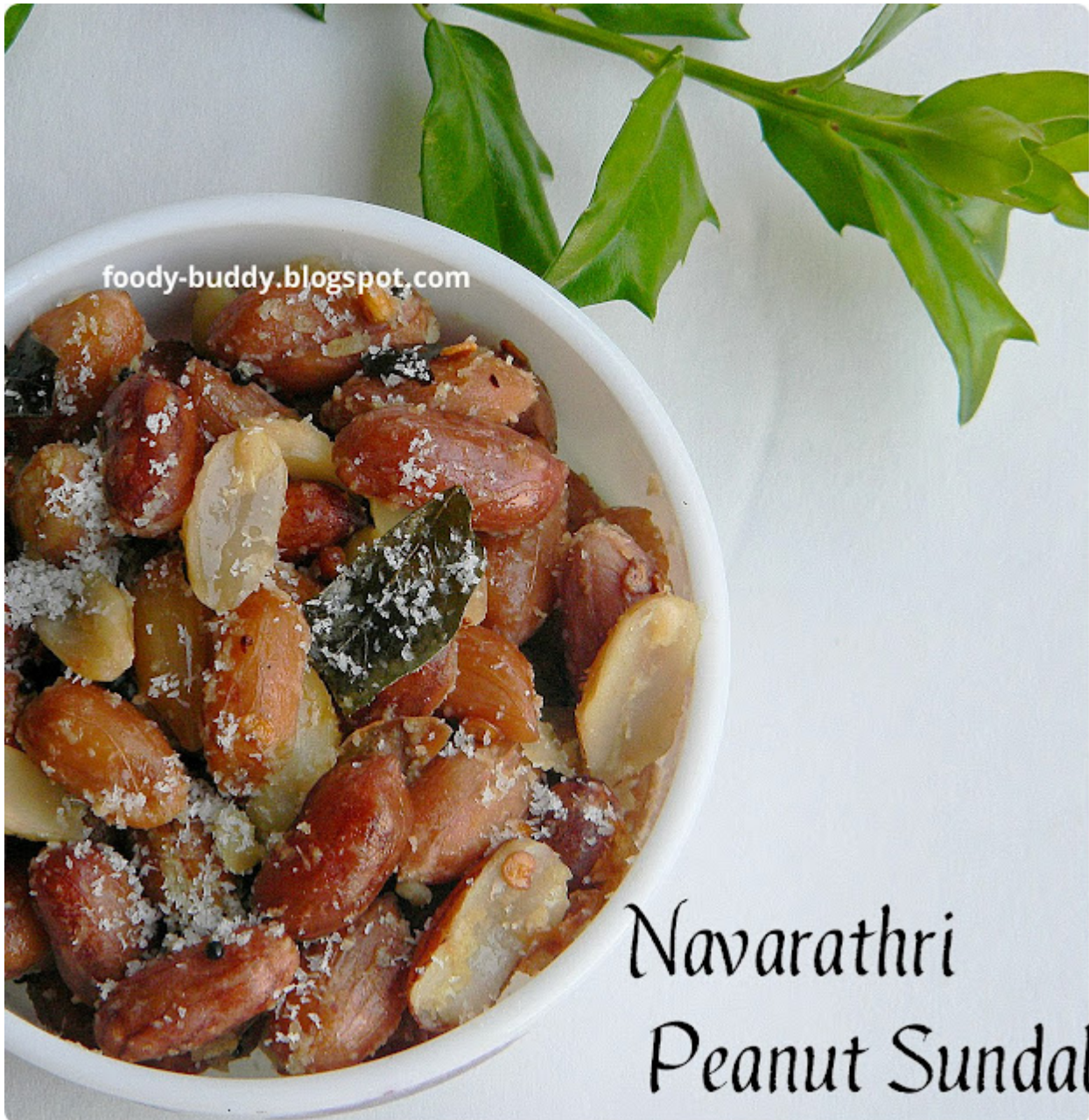
2 Red Chillies

Pinch of Hing (Asafoetida)

6 Curry Leaves

### **Method**

- Soak and pressure cook the peanuts. For more details click on the link [How to boil peanuts in pressure cooker](#).
- Heat oil in a pan, when it is hot, add mustard seeds, urad dal, red chillies(Break it), asafoetida and curry leaves, after mustard seeds splutters, add the boiled peanuts and salt, give a quick stir, about a min.
- Add grated coconut, mix well with peanuts. Check the salt and turn off the stove.
- Hot, flavorful peanut sundal is ready..



## Navarathri Peanut Sundal

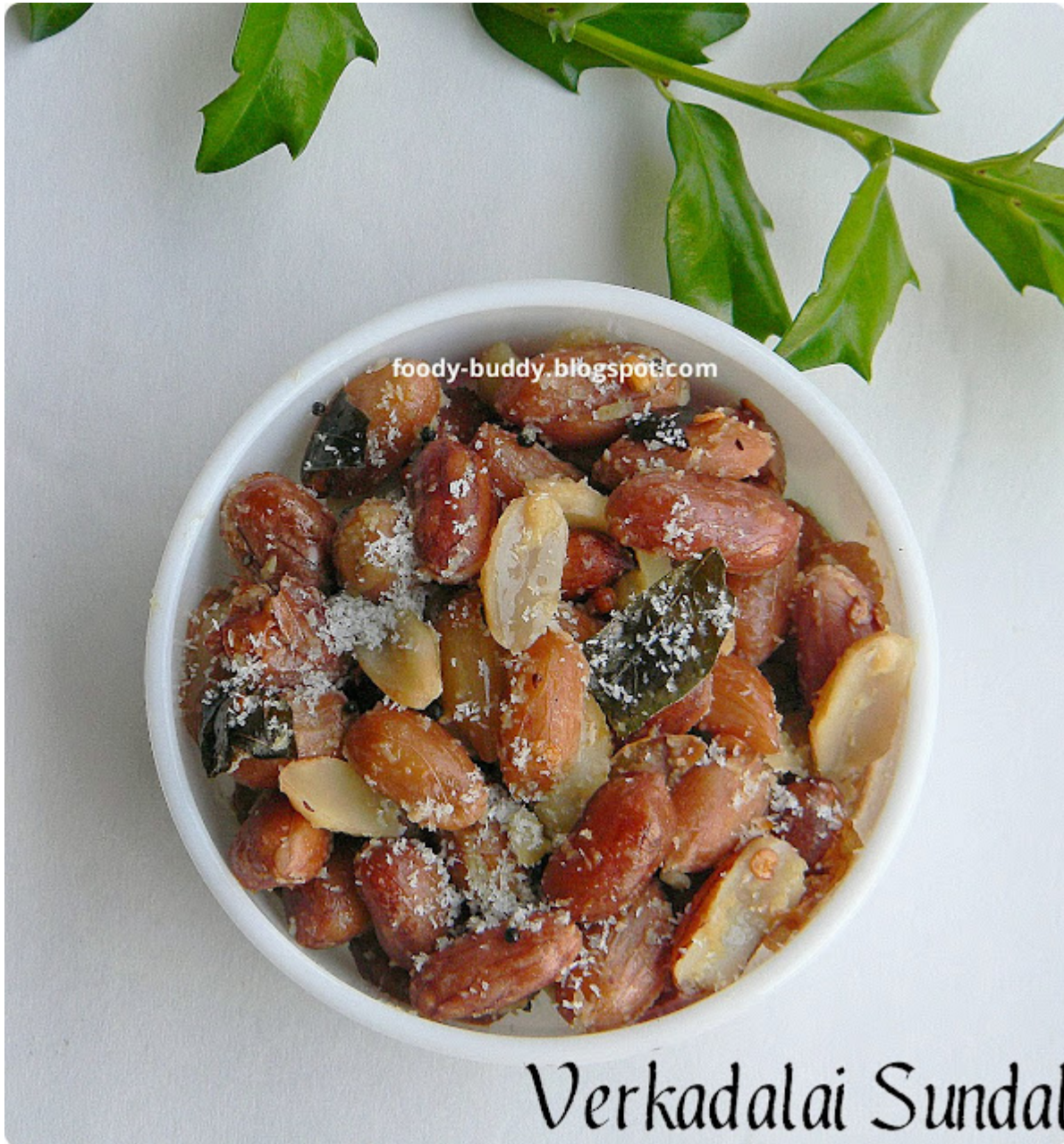
### Tips

- You can add chopped onion after you do the tempering with mustard seeds.
- Be careful in adding salt, because we already added salt while boiling peanuts in cooker.
- You can also add chopped green chilies in addition to red chilies for more spicy taste.

### Health Benefits of Peanuts

- Rich in energy.
- Good source of monounsaturated fat, niacin, folate, vitamin E and anti-oxidants.

- Prevent gall stones and good for heart.
- Good source of resveratrol which reduces the risk of stroke.



Verkadalai Sundal

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# WHEAT FLOUR IDIYAPPAM | GODHUMAI IDIYAPPAM | HEALTHY BREAKFAST DISH



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Idiyappam is also called Sevai in tamil and string hoppers in English. It is a popular food in Kerala and Tamilnadu, India. Usually everyone makes idiyappam with rice flour, but this idiyappam is made with wheat flour. I have already posted the recipe for Plain / [rice idiyappam](#).. This wheat flour idiyappam is a healthy, delicious and a steamed food, which is very good for our health. My amma makes it often for weekend breakfast. It is favorite food for all ages and even it can be eaten by sick people. This wheat idiyappam must be good and healthy food for diabetic people. You can eat this idiyappam in sweet version or savory version for breakfast or dinner. I already posted the savory version, [lemon idiyappam](#). If you

want sweeter version, try it with sweetened coconut milk... Try this wheat(godhumai)sevai / Wheat String hoppers for breakfast and stay healthy..

### Ingredients

- 1 Cup of Wheat Flour
- 1 Cup of Water
- 1/2 Tsp of Salt
- 1 Tsp of Oil / Ghee
- 1/2 Cup of Coconut Grating

**Yield** : 12 Idiyappam

### Method

- Heat a pan, fry the whole wheat flour in a medium flame for 5-7 mins until you find the flour turning dark brown at the bottom of pan. Turn off the flame.
- Transfer the flour to the mixing bowl.



- Heat a pan with water, oil/ghee and salt, let it boil for few mins, it should not be too hot.. Turn off the flame. Pour the water to the bowl containing wheat

flour. Mix well with a fork/spoon. Let it cool down.

- Knead the flour as you do for chapathi dough. If you feel your dough is dry, you can add 2 Tbsp of Water and knead it again.



- 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 with coconut gratings. Steam this in idly cooker for 10 mins.



- Carefully invert the plate to a casserole.
- Repeat the process for the rest of the dough.
- Serve hot with sweetened coconut milk or [vegetable korma](#) or [curry](#).
  - you can eat idiyappam in sweet version or savory version.

1. In Sweet version – Eat idiyappam with coconut milk, sugar and cardamom. Or eat it with ghee, sugar and idiyappam.
- Savory version- you can make lemon idiyappam or idiyappam biryani.



### 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.
- Here I used Aashirvaad atta to make this idiyappam.

## 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.



# MILAGU KUZHAMBU RECIPE | PEPPER KULAMBU



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Black pepper is a spice that has the potential to make the food more beneficial when used in many recipes and as a table spice. It has lot of health benefits with lot of vitamins and anti-oxidants. But when combined with turmeric,

its anti-cancer properties increases. Coming to the recipe, this milagu kulambu is without onion and garlic and very easy to make dish. This kuzhambu is also good for cough and cold. Try this pepper kuzhambu( Pepper in a tamarind sauce) with hot steamed rice and ghee, kootu and appalam as a side dish.

**Serving : 4 People**

### **Ingredients**

#### **To Make a Powder**

1 Tbsp of Whole Black Pepper  
1 Tsp of Whole Cumin  
1 Tbsp of Toor Dal  
1 Tbsp of Urad Dal  
1/4 Tsp of Fenugreek

#### **To Temper**

1 Tbsp of Gingelly Oil (Indian Sesame Oil)  
1 Tsp of Mustard Seeds  
1 Tsp of Urad Dal  
Pinch of Asafoetida(Hing)  
Few Curry Leaves

### **Other Ingredients**

1/2 Tsp of Turmeric Powder  
Big Gooseberry Size Tamarind  
Salt to Taste

### **Method**

- Dry roast all the ingredients listed under " To make powder list" for 2-3 mins until it turns golden brown

color and aroma rises. Let it cool down and powder it to a fine powder using spice grinder or mixie.

- Soak the tamarind in hot water for 10 mins, extract the juice from the tamarind and keep this aside.
- Heat a pan with oil, add mustard seeds, urad dal, asafetida and curry leaves, after mustard seeds splutters, add the tamarind juice, bring it to a boil, add turmeric powder and ground pepper mix, mix fast to avoid lumps, add salt, bring it to a boil, simmer it and wait until it gets thick. Once it done, switch off the stove.
- Milagu kulambu is ready to eat with hot steamed rice, kootu and appalam.



### Tips

- If you want to make this kuzhambu for 2 people, then use 1.5 Tbsp of ground pepper mix.
- If you want more spicy, then add red chillies while

tempering.

- You can also add onion and garlic, if you wish.

### **Health Benefits of Milagu / Black Pepper**

- Good for cold and cough .
- Improves digestion.
- Heals the cuts and stops the bleeding.
- Helps you to lose weight.
- Relieves Gas.
- Helps to people with anorexia.
- Natural anti-depressant.
- Prevents cancer.

