

KANDARAPPAM RECIPE | SWEET APPAM



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Kandarappam recipe is a deep fried sweet appam recipe made with rice, dhal, cardamom, jaggery and coconut. This is a traditional Chettinadu sweet appam recipe made for all festival occasions.

To make kandarappam recipe, I used palm jaggery for sweetness. kandarappam really taste good when it is served hot, it is crispy on outside and sponge on inside. Also it tastes good on next day. Try this delicious sweet appam and here is the recipe.

Ingredients for kandarappam recipe

- 1/2 Cup of Raw Rice(Pacha arisi)
- 1/4 Cup of Urad Dal
- 3/4 Cup of Jaggery, I used Palm Jaggery (Karupaati)
- Pinch of Salt
- 3 Tbsp of Grated Coconut
- 2 Cardamom, Powdered
- 3 Cups of Oil for Frying

Method for sweet appam recipe

- Soak the rice and urad dal in water for 2 hrs. Drain the water and wash it in tap water for 2 times. Leave it aside.
- Put it in a blender(mixie) and grind it to a fine, thick batter. Add cardamom, pinch of salt, jaggery and coconut, grind it for another 10 mins.
- Transfer the batter to a bowl, the batter should be in dosa batter consistency.
- Heat oil in a shallow pan, once it is hot, keep the flame in medium, slowly pour in spoonful of batter to the oil, when the appam rises to the top, turn it over, cook it for another 1 min and remove it from pan. Drain it in paper towel. It should be in brown color and got curled/wavy borders.
- Make the remaining kandarappam in the same way and serve hot.

Tips

- If your batter is watery, leave the batter in refrigerator for 30 mins and then start cooking.
- Adjust the amount of sweetness according to your taste.
- Always cook appam in a medium flame and fry one appam at a time to get a nice shape and taste.
- If you are in diet, don't want to deep fry ? then you can cook the appam in non stick paniyaram pan with less

oil, I tried with this batter, it tastes yummy.

Health Benefits of Rice and Urad Dal

- Rice are rich in carbs, provides energy and good for brain.
- Urad dal provides energy to the body.
- Rich in protein.
- Enhances digestion because of high in fiber content in dal.
- Boost heart health because of high in magnesium level in dal.



tags : [kandarappam](#), [kandarappam recipe](#), [how to make](#)

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[Spinach Carrot Pulao | Palak Pulav](#)



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Spinach carrot pulao / spinach rice / palak pulav is a great one pot meal and easy to make dish. You can make pulao in different ways but this spinach pulao recipe is really authentic which has no onion and no garlic in it. This spinach

rice is highly nutritious because of rich in iron, calcium and other vitamins. This palak pulao(pulav) is perfect for lunch. Serve with side dish like [potato peas fry](#), papad and [cucumber raita](#).

Ingredients for spinach pulao recipe

To Make Rice

- 1 Cup of Basmati Rice
- 2 Cloves
- 1 Cinnamom Stick
- 1 Big Cardamom (Black Cardamom)
- 1 Bay Leaf, Small
- 2 Tsp of Cumin/ Jeera
- 2 Tsp of Oil
- 1.5 Cups of Water

To Make Masala

- 2 Tsp of Butter
- 1/2 Tsp of Cumin / Jeera
- 1 Bay Leaf, Small
- Pinch of Hing / Asafoetida
- 3 Green Chillies
- 1 Tbsp of Minced Ginger
- 1 Big Carrot, Fine Chopped
- 1.5 Cup of Spinach, Tightly Packed
- 1 Tsp of Garam Masala
- 1-2 Tsp of Lemon Juice
- 2 Tbsp of Chopped Cilantro (Coriander Leaves)
- Salt to Taste

Method for spinach carrot pulao

- Soak the basmati rice in water for 1/2 hr. Wash the rice for 1 or 2 times in a cold tap water and keep it aside.
- Wash and chop the carrot, spinach, green chilly and ginger.
- In a pressure cooker, heat oil, when it is hot, add

whole cumin, after it crackles, add cloves, cinnamon, cardamom, bay leaf, fry for few mins. Add rice, fry for another 1 or 2 mins. Add enough water, mix well and pressure cook for 2 whistles. Turn off the flame. Let the pressure release on its own.

- Heat butter in a pan, add cumin and bay leaf, after cumin seeds crackles, add hing, green chillies and minced ginger, fry for 1-2 mins, add chopped carrot and salt, fry for 2 mins until it turns soft. Add spinach and garam masala, fry for few mins. In a low flame, add the cooked rice, mix gently until combined and cook for 2-3 mins. Turn off the stove. Finally add the lemon juice and coriander leaves, mix gently.
- Serve hot with papad and raita.



Tips

- You can add 1 big onion, if you want.
- If you have coconut milk, then cook the rice with

coconut milk instead of water.

- Add ginger garlic paste instead of using minced ginger.
- If you don't get spinach in your place, try it with some other greens.
- Black cardamom gives buttery taste to the rice. If you don't get that, use the green cardamom.

Health Benefits of Spinach

- One cup of cooked spinach has 42 mg of calcium.
- Spinach is your best bet for folic acid, which helps keep cells all over the body growing and functioning well.
- It's an incredible non animal protein source of iron, which delivers oxygen all over the body, providing much-needed energy to kids' muscles.
- Spinach also helps regulate blood sugar and keeps your children's hearts healthy because it's high in potassium and magnesium.
- Improves brain function and cardiovascular health.
- It has a cancer fighting antioxidants.
- Strengthens the immune system.



Tags : [spinach pulao](#), [spinach carrot pulao recipe](#), [palak pulao](#), [spinach rice](#), [pasalakeerai sadham](#), [how to make spinach pulao](#), [how to prepare spinach carrot pulao](#), [pulao recipes](#), [spinach recipes](#)

[Kondakadalai \(Channa\) Sundal Recipe](#)

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Navrathiri Sundal Recipe



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kondakadalai (channa) Sundal recipe is a south Indian salad made with different legumes. Kondakadalai sundal recipe / channa sundal recipe / chick peas salad is a easy and healthy evening snack. Also we make kondakadalai sundal recipe for festival occasions particularly for Navarathri and Vinayaka chaturthi..kondakadalai Sundal recipe can be prepared either with white or black chickpeas. Both channa sundal are rich in protein and nutritious. Here it comes the recipe for kondakalai (channa) sundal recipe.

Ingredients for sundal recipe

- 1/2 Cup of Channa / Kondakadalai / Chick Peas
- 1 Tbsp of Coconut

To Temper

- 2 Tsp of Oil
- 1 Red Chilly
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Pinch of Asafoetida
- Few Curry Leaves

Method for kondakadalai sundal recipe

- Soak chick peas in salt water for overnight (8hrs). Next day, wash it in cold water and pressure cook by adding salt, oil and water, for 2 whistles , simmer it for 35 mins in low flame. After that, turn off the flame. Let the pressure release on its own.
- Heat a pan with oil, add red chilly, mustard seeds, urad dal, after it splutters, add asafoetida and curry leaves, followed by channa, salt and coconut, mix well and fry for 1-2 mins.
- Healthy Channa sundal is ready to eat.



Tips

- You can use green chilly instead of red chilly.
- You can add chopped onion while tempering.

Health Benefits of Sundal / Chickpeas

- High in fiber, iron and protein.
- Rich in manganese and folate.
- Stabilizes blood sugar and low in glycemic index.
- Reduce the risk of Heart disease.
- Prevents breast cancer.
- Due to high in fiber and low in GI, they are good for weight loss

Channa (Chickpeas) Sundal



tags : [sundal recipe](#), [sundal](#), [sundal recipe for navarathiri](#), [sundal recipe for vinayagar chaturthi](#), [kondakadalai sundal recipe](#), [channa sundal recipe](#), [chickpeas salad](#), [how to make sundal recipe for navarathiri](#), [prepare kondakadalai sundal recipe](#), [traditional tamil sundal recipe](#)