

Thakkali Paruppu Dosai / Tomato lentil dosa



Dosa is a fermented crepe made from rice and black lentils. It is getting popular around the world because of taste and crispy texture. Thakkali paruppu dosai does not need any fermentation. There are two types of rice, one is parboiled rice and other one is raw rice. In this recipe I used toor dal , parboiled rice, tomatoes, red chillies coconut and spices. Addition of tomatoes gives tanginess and vibrant color, red chillies gives spicy taste, carbs and protein from rice and dal. So this dish gives you well balanced of all nutrients. Best accompaniment for this tomato dosa are coconut chutney or [peanut chutney](#) or [sambar](#) or [podu](#).

Ingredients

1 and 1/4 Cup of Parboiled Rice
2 Tbsp of Toor Dal
3 Large Size Tomatoes, Chopped
2 Tbsp of Desiccated Coconut Flakes / Grated coconut
4-5 Red Chillies
1 Tsp of Fennel Seeds
Few Cilantro(Coriander) Leaves, Finely Chopped
7 – 10 Curry Leaves
Salt to Taste
Oil as Needed

Method

- Soak the dal and rice separately for 5 – 6 hrs. After that wash the dal and rice in cold tap water.
- In a blender, add toor dal, rice, tomatoes, coconut flakes, red chillies, coriander(cilantro)leaves, curry leaves and salt, Grind it until the mixture turns smooth.
- Transfer this batter to a bowl, add fennel seeds and mix well. If you need more salt, you can add it at this stage.
- Add water if batter is too thick. Heat a dosa pan or tawa, take a ladle full of batter, spread it like thin dosa. Drizzle some oil over the dosa or in sides. Cook both sides until it turns crisp.
- Serve this dosa with your coconut or [peanut chutney](#) or [sambar](#) or podi. I had it with urad dal chutney.

Tips

- You can add chopped green chillies instead of red chillies.
- Always cook dosa in medium flame.
- You can add more tomatoes if your tomato are not tangy.

- You can avoid fennel seeds, if you don't want.
- Adjust the number of red chillies according to your spicy level.
- You can add little jaggery if you want for a slight sweet taste.
- If you are making this for breakfast , soak rice and dal overnight and grind them in the morning.

Health Benefits

Tomatoes

- Tomatoes are rich in vitamin A, C, K and Potassium.
- They are a natural cancer fighter.
- They are a good source of chromium which helps to regulate blood sugar.

Tomato Lentil Dosa



[Red Aval Kozhukattai Recipe](#)





Red rice flakes are made from a red rice. It is more common to find the flakes (poha) made of white rice. Rice flakes has an earthy flavor, chewy texture and light rose in color. Healthy alternative to white rice flakes, having a high nutritional contents. This red aval kozhukattai recipe are healthy breakfast recipe because of high in fiber & nutrition. You can pack this red aval kozhukattai for kids and adult lunch box. Try this easy red aval kara kozhukattai recipe at home and enjoy.

Ingredients for red aval kozhukattai recipe

- 1 and 1/4 Cup of Red Poha/ Sivappu Aval/ Flattened Rice

- Salt to Taste

To Tempering

- 2 Tsp of Vegetable/ Canola Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- 2 Red Chillies
- Pinch of Hing/Asafoetida
- 5-7 Curry Leaves
- 2 Tbsp of Dried Coconut Flakes

Method for aval kozhukattai recipe

- Wash the poha/aval and soak it in water for 20 mins. After that, drain the water. To the soaked poha/aval, add salt and knead well with hand or mash it with a masher.
- Heat oil in a pan, add mustard, urad dal, red chillies(break it), curry leaves and hing. After mustard seeds crackles and dal changes color. Add this tempering to the mashed poha/aval.
- Add coconut flakes to the mashed poha and mix well with a spoon or by hand.
- Take a small portion of dough and make an oval shaped kozhukattai / dumplings.
- Arrange it in a greased idly plate and steam cook it for 5-10 mins.
- Serve with any chutney of your choice. I had with podukadalai chutney.



Tips

- You can use green chillies instead of red chillies.
- You can also add bengal gram in tempering.
- You can also use white aval instead of red aval.
- You can make kozhukattai in any shape of your choice.
- For extra health benefits, add grated carrot or beetroot.

Health Benefits of Sivappu Aval /Red Flakes

- Red rice flakes are very good for the people with heart disease, diabetes and weight loss.
- Low in cholesterol, high in fiber, vitamins and minerals.



tags : [aval kozhukattai](#), [red aval kozhukattai recipe](#), [how to make red aval kozhukattai recipe](#), [prepare aval kozhukattai recipe](#), [kara kozhukattai recipe](#), [kara kozhukattai recipe for vinayagar chaturthi](#), [kollukattai recipes for pillaiyar chaturthi](#), [kollukattai recipes](#), [neer urundai](#), [steamed rice balls](#).

[Coconut Paratha / Coconut Flat Bread](#)





Coconut Paratha is absolutely delicious...It features whole wheat flour, coconut and a variety of aromatic spices. This paratha is a treat to your eyes and to your taste buds..because of coconut flavor in it. When I left the dough to sit for 1 hr, you don't believe , whole kitchen smells so aromatic...My husband really loved it. It is raining everyday in my place, so I thought to eat something hot and filling. When I did some google search, I came up with this idea..I got this recipe from [here](#). we had with aloo gobi and onion raita..Try this flavorful paratha recipe and enjoy...



Ingredients

- 1 Cup of Whole Wheat Flour, I used Aashirvaad Multigrain flour**
- 2 Tbsp of Dry Coconut Flakes**
- 1 Tsp of Cumin Powder**
- 1/2 Tsp of Red Chilly Flakes**
- 1/4 Tsp of Turmeric Powder**
- 1/2 Tsp of Salt**
- 1 Tbsp + 1 Tsp of Vegetable / Canola Oil**
- 1/2 Cup of Warm Milk**
- Ghee / Butter / Oil for brushing**

Serving : 5 Paratha

Method

- **In a big wide bowl, mix all the ingredients except milk.**
- **Make a well in the center. In the meantime, boil the milk in microwave for 1 min.**
- **Now slowly add warm milk in the centre of the bowl. Mix**

thoroughly with a fork or by hand to get a smooth dough. I took 1/2 cup of warm milk to knead the dough.

- Now the dough is ready. Cover and let the dough rest for 1 hour.
- Again knead the dough and divide into equal portions and make it into round balls.
- Heat tawa or pan. In the meantime lightly grease the rolling surface with flour. Take one ball and make it circular with a rolling pin.
- Carefully place the paratha on the heated pan. You will see tiny bubbles rises on the surface of paratha.
- Now it's time to flip the paratha with a spatula. Once first flip is done, apply oil or ghee on the upper surface and spread all over the paratha.
- Flip again in 30 secs and apply butter or ghee or oil. Press paratha gently with a spatula and cook till brown spots appear on both the sides of the paratha.
- Coconut Paratha is done when both sides are brown and crispy. Remove it from pan and place it in serving dish.
- Repeat the same process with each ball of dough.



Tips

- **Serve hot paratha with onion raita or aloo gobi or pickle or any side dish like**

[Aloo Palak](#)

[Baingan Bharta](#)

[Navratan Korma](#)

[Rajma Masala](#)

- **You can add grated vegetables to make it more nutritious.**
- **If you dough is dry, you can add some more oil or milk.**
- **If you want more spicy, you can increase the quantity of red chilly flakes.**
- **If you don't get dry coconut flakes, use fresh coconut..**
- **Use butter to brush the paratha instead of oil for a rich taste.**

Health Benefits

Wheat Flour

- It contains healthy carbohydrates, fats and protein, antioxidants and vitamin E
- High in fibers results in boosting the metabolic rate.
- Reverse the weight gaining process.
- Reduce cholesterol, high blood pressure and cardiovascular disease.
- Reduce the risk of type 2 diabetes and breast cancer.

Coconut

- Excellent source of Immunity.
- Good source of antioxidants, vitamins and minerals.
- Good for skin, hair, bones and teeth.

