Red Aval Mixture Recipe / Guilt Free Diwali Snacks



Red Aval Mixture Recipe / Poha Chivda Recipe is a crispy and yummy snack, a nice alternative to deep fried snacks. They are very healthy as I used red aval (rice flakes) and pan fried all the ingredients. There are two varieties of rice flakes, one is thin variety and other one is thick variety. Here I used thin rice flakes to make this wonderful mixture. If you

don’t have snacks but if you want something to munch for evening snacks, you should try this guilt free snack (aval mixture), they are very easy to make in very less time and they are good for you. Even beginner and bachelor can make this simple mixture for diwali. Also check cornflakes mixture recipe in my blog.

How to make Red Aval Mixture Recipe / Poha Chivda Recipe

Red Aval Mixture Recipe / Guilt Free Diwali Snacks



Save Print
Prep time
5 mins
Cook time
15 mins
Total time
20 mins

Red Aval Mixture Recipe / Poha Chivda Recipe / Guilt Free Diwali Snacks is a crispy healthy snack, an alternative to deep fried snacks. Goes well with tea.
Author: Gayathri Ramanan
Recipe type: snacks
Cuisine: Indian
Serves: 2
Ingredients

- Ingredients

- 1 Cup of Red Aval / Red Poha / Red Rice Flakes(thin)
- 2 Tbsp of Pottukadalai / Roasted Gram
- 2 Tbsp of Roasted Peanuts
- 10 Roasted Cashews
- 5 Raisins
- Pinch of Sugar
- ¼ Tsp of Turmeric Powder
- ½ Tsp of Red Chilly Powder
- Salt to taste
- 1-2 Tbsp of Oil
- Pinch of Asafoetida
- Few Curry Leaves

Instructions

1. Take all your ingredients in a plate.
2. Heat a pan with a tsp of oil, roast the pottukadalai, curry leaves and roasted peanuts until it turns golden brown. Remove and keep it in a plate
3. Heat the same pan with a tsp of oil, add red aval, turmeric powder, asafoetida, red chilly powder, sugar and salt, roast it for 2 mins until it turns crisp. Remove and transfer it to a plate.
4. Heat the same pan with oil, add cashews and raisins, roast it until it turns golden brown. Remove and transfer it to a plate.
5. Mix everything in a plate and toss it well.
6. Aval mixture (poha chivda) is ready.
7. Cool them and store it in an airtight container.
8. Serve it with tea or coffee

Notes
Here I used roasted peanuts so I fried along with roasted gram.
If you are using raw peanuts, fry it separately in oil.
Raisins add a sweeter note dont avoid it.
If you want even more tastier, deep fry everything in oil.
Curry leaves adds a nice flavor to this dish.
You can also add some grated potatoes, deep fry it in oil and

add it to the mixture.
Fry everything in a medium flame.
You can also add some coconut if you want.
Adjust red chilly powder and salt according to your taste.



Tags: aval mixture, Red aval mixture recipe, how to make aval mixture recipe, guilt free diwali snacks, guilt free snacks, prepare aval mixture recipe, crispy aval mixture recipe, poha chivda, poha chivda recipe, how to make poha chivda, easy diwali snacks, kids snacks recipe, weight loss snacks.

How To Make Aloo Paratha / Potato Stuffed Indian Bread



Potato stuffed Indian flat bread also called aloo paratha in Hindi (amalgamation of two words, parat and atta which means

layers of cooked dough) is a very popular breakfast dish in India. This flat Indian bread are made with whole wheat flour, stuffed with boiled potatoes, carom seeds, spices and ghee (clarified butter), cooked on a hot skillet with oil or butter and served with butter, yogurt and pickle. This is my classic family favorite paratha recipe. Every week I make variety of stuffed paratha, the stuffing may vary like spinach, cauliflower and peas. But I love aloo (potato) paratha, they are rich and delicious also I have added ajwain (carom seeds) to it, which makes the paratha more flavorful and aids in good digestion. Apart from that, I added some black salt, sugar and lemon juice, so you can taste all kinds of flavor on every single bite of paratha. Try this easy aloo paratha and let me know how it turned out. You can also serve aloo ajwain paratha with dal makhani or dal tadka .

Check out food wine conference and the Idaho potato commision

I’m entering this recipe for Idaho Potato Commission’s recipe contest as part of the Food and Wine Conference this summer in Orlando, FL. This conference will take place from July 17 through July 19, 2015. You can also enter to win this recipe contest. Contest deadline is June 20, 2015.

How to make aloo paratha

Ingredients

For the Dough

• 1.5 Cups of Whole Wheat Flour
• 2 Tsp of Vegetable Oil
• 1/2 Tsp of Salt
• 3/4 Cup + 2 Tbsp of Warm Water

For the Stuffing

• 2 Yellow Idaho Potatoes
• 1/8 Tsp of Carom Seeds (Ajwain / Omam)
• 1/2 Tsp of Ginger Paste
• 1/2 Tsp of Red Chilly Powder
• 1/2 Tsp of Coriander Powder
• 1/2 Tsp of Garam Masala
• Pinch of Black Salt (optional)
• 1 Tsp of Lemon Juice
• Pinch of Sugar
• 1 Tsp of Ghee (Clarified Butter)
• Salt as needed

Method

Making of Potato Stuffing

• Wash and prick the potatoes here and there with fork. Microwave it for 5 mins for each potato.

• Peel the skin. In a bowl, mash the potatoes well with masher or back of the spoon. Add carom seeds, ginger paste, coriander powder, red chilly powder, garam masala, black salt, lemon juice, sugar, ghee and salt. Mix well with a spoon. Check the salt, if needed add it accordingly. Make equally sized balls out of the mixture and keep it aside.

Making of paratha

• In a mixing bowl, add wheat flour, oil, salt, mix well with a fork.

• Meanwhile boil the water in a kettle, when it is luke warm in temperature, pour them to the flour. Mix well with a fork. Leave the dough to rest for 20 mins.

• Starting kneading the dough with hand till soft and smooth. Divide the dough into equal sized balls.

• Heat a tawa or griddle. Dust the counter top with some flour, take wheat ball and roll it into circle, in the same way roll another circle not too thick too thin. Now place the stuffing in the centre of one circle, place the second circle on top of the first one. Seal the edges.

• Dust it with flour and start rolling gently. Now you get thick circular paratha of 6″ in diameter.

• Carefully place the paratha in hot griddle. Now cook the paratha in medium heat. When bubbles starts appearing, apply oil and flip it to the other side and cook this till you get golden brown spots.

• Serve it with butter, onion raita or plain yogurt and pickle.

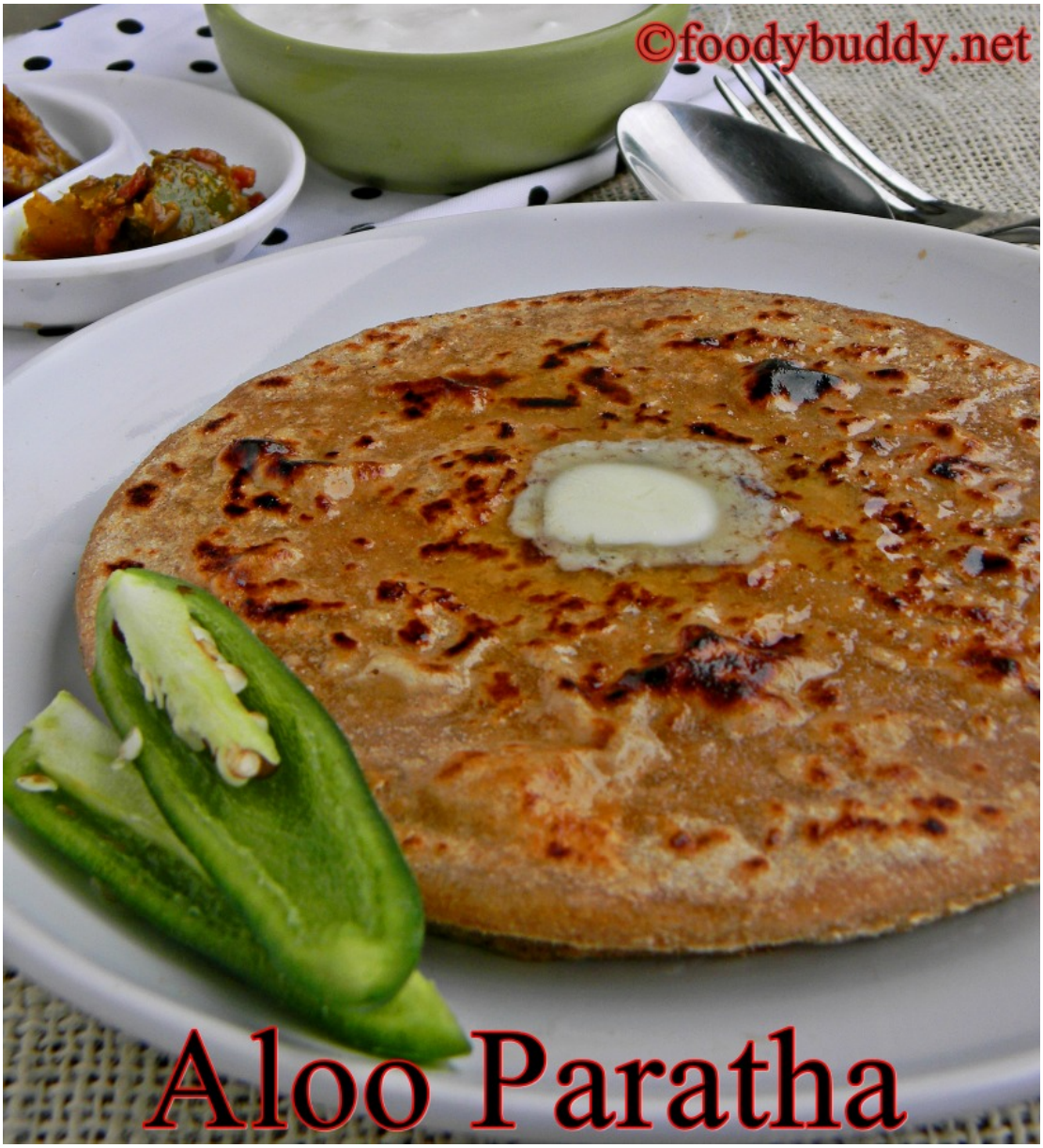
Tips

• Another way to roll out the paratha, is to add stuffing in the center, gather the edges, pinch it to the center and then seal it, start rolling like thick cicular paratha. Otherwise still feel difficult to make paratha, add the stuffing, directly to the flour and then knead it with oil, salt and water and then start rolling like chapathi.

• Adding carom seeds / ajwain is for easy digestion.

• Adding ghee enhances the taste of paratha.

• Always cook the paratha in a medium flame.



Tags: Aloo paratha, aloo paratha receipe, aloo ka paratha, how to make aloo paratha, how to prepare aloo paratha, how to cook aloo paratha, aloo methi paratha, making aloo paratha, aloo recipe, paratha recipe, breakfast recipe.

Samosa Recipe / Aloo Mutter

Samosa (Punjabi Style)



Samosa recipe / Potato peas samosa / Aloo mutter samosa, a

type of stuffed and fried pastry, are one of the most popular street food in India. You can find this famous snack sold in all Indian stores outside India. Aloo mutter samosa are excellent appetizers and it goes well with hot cup of chai (tea). Making samosa at home is not that difficult, they are very easy. To get a perfect punjabi samosa, there are three important factors involves they are dough consistency, thickness of the rolling dough and finally medium oil temperature. Here I used potato and peas filling, you can use any vegetables for stuffing like paneer and peas, mushroom and peas, mixed veggies. Just follow the below instructions, you will get nice crispy and flaky samosa for sure and it just tastes like restaurant style samosa. You can have samosa with green chutney or tomato ketchup or tamarind chutney.

How to make punjabi samosa recipe


©foodybuddy.net
Samosa

Ingredients for samosa recipe

Preparation Time: 45 mins Cooking Time: 30 mins Serves:8 samosa

For outer cover

• 1 Cup of All Purpose Flour(Maida)
• 1/2 Tsp of Ajwain (carom seeds)
• 3/4 Tsp of Salt or to taste
• 2 Tbsp of Ghee (Clarified Butter)
• Little less than 1/4 Cup of Cold Water

For potato and peas filling

• 1 Big Yellow Potato
• 1/2 Cup of Green Peas (Frozen)
• 1/2 Inch of Ginger
• 1 Green Chilly
• 2 Tsp of Coriander Powder
• 1 Tsp of Red Chilly Powder
• 1 Tsp of Garam Masala
• 1/2 Tsp of Cumin Seeds
• 1/2 Tsp of Fennel Seeds
• Pinch of Asafoetida
• 7 -10 Cashews, Crushed
• 1/4 Tsp of Crushed Black Pepper
• 2 Tsp of Coriander Leaves, Chopped
• 1 Tsp of Lemon Juice
• Pinch of Dry fenugreek Leaves (kasuri methi)
• Salt to taste

Other Ingredients

• Oil to deep fry

Method for samosa recipe

For the outer cover

• In a bowl, mix flour, ajwain, salt and butter with your hand until you get crumbly texture. Slowly add water, mix and knead well to get a stiff dough. Cover and let it sit for 30 mins.



For potato and peas filling

• Steam it or microwave the potatoes for 5 mins. If you are doing it in microwave, prick the potato here and there with fork before cooking.
• Peel the skin and chop them into cubes with knife.
• In a mortar and pestle, crush the ginger and green chilly to a paste .
• Heat a pan with oil, when it is hot, add cumin seeds, after it crackles, add ginger-green chilly paste, saute this for a min until raw aroma goes away.
• Add peas and potato, saute this for 2 min in a high flame.
• In a low flame, add coriander powder, red chilly powder, asafoetida, garam masala, black pepper and salt, saute this for 2-3 mins continously and turn off the flame.
• Finally add lemon juice, crushed cashews, fennel seeds, kasuri methi and cilantro (coriander leaves), mix well. Now the filling is ready.



Shaping, stuffing and frying of samosa

• Make an equally sized ball with dough. You will get 4 balls.
• Take each ball and roll it in your palm to get a smooth ball.
• Then roll it using rolling-pin to a round shape. Cut it into half using knife. now you take a semi-circle pieces, using your finger tips, apply water on the straight edges of the pastry and make a fold in the shape of triangle as shown in the below picture and seal along the fold like cone shape.
• Place the stuffing inside the cone, using fingertips, wet the circumference of the cone with water Press both the edges together. Make sure there are no opening. Repeat the same process for the rest of the dough.
• Meanwhile heat a pan with oil to deep fry, when it is hot (350ºF), to check the oil is hot, add a pinch of dough, when it raises up immediately, oil is ready to fry.
• Reduce the flame to medium and maintain the same oil temperature throughout frying, gently slide the samosa into the hot oil, fry both the sides of the samosa until it turn golden brown.
• Fry the rest of the samosa in the same way.
• Serve the samosa with green chutney or tomato ketchup.



Tips

• You can also bake samosa in your oven. I have not tried it, if I try will post it in future.
• If you have amchur powder (dry mango powder), you can avoid lemon juice.
• If you have leftover dough, then make papdi out of it.
• Sometimes bubbles will appear, this may be due to high temperature of oil or softness of the dough.
• You can have any veggie stuffing of your choice like mixed vegetables or onion or mushroom peas etc.
• You can also make samosa with wheat flour.



Tags: samosa recipe, aloo mutter samosa recipe, punjabi samosa, punjabi samosa recipe, aloo samosa, potato peas samosa recipe, samosa with potatoes and peas, potato samosa, how to make samosa recipe at home, prepare easy samosa recipe, Indian

snacks, indian street food.