

Gongura Rice Recipe / Pulicha Keerai Sadham



Gongura Rice Recipe / Pulicha keerai sadham / Sorrel leaves rice is a tasty, easy south Indian variety rice dish that can be prepared very quickly at home. Gongura in telugu / Pulicha keerai in tamil / sorrel leaves is very famous in Andhra Pradesh. Gongura leaves are sour in taste and high in vitamins, minerals and anti-oxidants. This is my mom's recipe. You can make a lot of interesting recipes with gongura leaves

like gongura pickle, gongura chutney. I already posted [gongura chutney \(pulich keerai thuvaial\)](#) in my blog.

This gongura rice tastes great with appalam, vadam, chips or fry. You can prepare this rice with leftover rice too. You can pack this variety rice for travel or lunch box.

How to make Gongura Rice Recipe

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Gongura Rice Recipe / Pulicha Keerai Sadham



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Prep time

10 mins

Cook time

20 mins

Total time

30 mins

Gongura Rice Recipe / Pulicha Keerai Sadham is a tasty, easy south Indian variety rice. You can pack this for travel or lunch box.

Author: Gayathri Ramanan

Recipe type: lunch

Cuisine: Indian

Serves: 4

Ingredients

- 3 Cups of Cooked Rice
- 1 Bunch of Gongura Leaves (Pulichha Keerai)
- To roast and grind
- 1 Tbsp of Gingelly Oil
- 12 Red chilies
- 14 Garlic cloves
- Handful of Coriander Seeds
- 2 Tsp of Cumin
- 1 Tsp of Fenugreek Seeds
- To Temper
- $\frac{1}{4}$ Cup of Gingelly Oil or vegetable oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Pinch of Asafoetida
- Few Curry Leaves

Instructions

1. Remove the gongura leaves from the stem, wash it in tap water and keep this aside.
2. Heat oil in a pan, roast all the ingredients listed under " To roast and grind" list, fry for 2-3 mins in a medium flame till color changes and aroma comes. Turn off the flame. Let it cool for 5 mins.
3. In the same pan, add gongura leaves, saute this for few mins until leaves shrinks and color changes. Turn off the flame. Let them cool down for 5 mins.
4. In a blender, add the roasted spices, grind it to a coarse powder. To the same blender, now add sauted gongura leaves and salt, grind it to a smooth paste.
5. Heat oil in a pan, when it is hot, add mustard seeds, urad dal, curry leaves and asafoetida, when it splutters, add the ground paste, saute well for 2 mins and turn off the flame. Gongura thokku is ready.
6. In a deep bowl, add the cooked rice, let it cool for 15 mins. Add gongura thokku, gently mix well with rice. You can add a tsp of ghee if you want.

Notes

Add peanuts while tempering, it gives a nice taste.

I used long red chillies (Neeta milagai). You can also use round one (gundu milagai).

If you want more tangy side, add tamarind.

If you have leftover gongura paste, refrigerate it. It stays good for 2 weeks.



Tags: [Gongura Rice Recipe](#), [Pulicha keerai sadham](#), [how to make gongura rice at home](#), [sorrel leaves rice recipe](#), [south Indian variety rice](#), [andhra style gongura recipe](#), [gongura recipes](#), [leftover rice recipe](#), [lunch box recipe](#).

Godhuma Rava Pongal Recipe / Cracked Wheat Pongal



Godhuma Rava Pongal Recipe / Cracked Wheat Pongal / Broken Wheat pongal is a healthy breakfast dish for kids and adults. This wheat rava pongal is prepared with cracked wheat, moong dal spiced up with ginger, green chilly, pepper and cumin. This dish is very good for diabetes patients. You can have this samba rava pongal for breakfast or lunch or dinner, they are very filling and satisfying. I am not a upma lover and I particularly hate godhuma rava (cracked wheat) upma when I was a kid. As cracked wheat are good for health so my mom makes [cracked wheat payasam](#) or pongal made with broken wheat once in a while. I enjoy to eat it as pongal because it tastes really yummy when compare to regular [venpongal \(ghee pongal\)](#). Serve this pongal with sambar or coconut chutney.

Also check my other pongal recipes – [oats pongal](#), [venpongal](#), [sweet pongal](#), [rava pongal](#), [samai \(little millet\) pongal](#), [kalkandu pongal \(rock candy pongal\)](#)

How to make Godhuma Rava Pongal Recipe

Godhuma Rava Pongal Recipe / Cracked Wheat Pongal



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Prep time

5 mins

Cook time

30 mins

Total time

35 mins

Godhuma Rava Pongal Recipe / Cracked Wheat Pongal is a healthy breakfast dish good for diabetes people. It goes well with sambar and chutney.

Author: Gayathri Ramanan

Recipe type: Breakfast

Cuisine: Indian

Serves: 2

Ingredients

- $\frac{3}{4}$ Cup of Cracked wheat / Broken wheat / Godhuma rava
- $\frac{1}{4}$ Cup of Yellow Moong dal
- 2 Tbsp of Ginger (Crushed)

- 1 Tsp of Black Pepper
- 1 Green Chilly
- 1.5 Tsp of Cumin
- Pinch of Asafoetida
- 2-3 Tsp of Ghee
- 2 Tsp of Oil
- Salt to taste

Instructions

1. Soak moong dal in water for 15 mins. Drain the water and wash it twice.
2. In a pressure cooker, add dal, roast it without oil, add 1.5 cups of water and cook it for 3 whistles.
3. Heat water in a pan. On the other side, heat another pan with oil and ghee, when it is hot, add ginger, green chilly, asafoetida, pepper and cumin, after it pops up.
4. Add cracked wheat, fry it for few secs.
5. Now add boiled water, stir well like we do for upma.
6. After all water got absorbed, add cooked moong dal, salt and mix everything well. Cook it for 2 mins, finally add a tsp of ghee and cashews. Mix well and remove from heat.
7. Godhuma rava pongal is ready to serve with sambar or coconut chutney.

Notes

Add any vegetables of your choice to make it healthy.
If you love you can add turmeric powder to this pongal.
Adding ghee gives a nice taste.



Tags: [cracked wheat pongal recipe](#), [godhuma rava pongal](#), [godhuma rava pongal recipe](#), [broken wheat pongal](#) [wheat rava pongal](#), [samba godhumai pongal](#), [pongal recipe for breakfast](#), [south indian breakfast recipe](#), [easy breakfast recipe](#), [diabetic pongal recipe](#).

Bittergourd Masala Rice Recipe / Pavakkai Sadham / Bittergourd Recipe

*Pavakkai
Sadham*



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Bittergourd masala rice recipe / Pavakkai Sadham / Karela Rice

is a simple and tasty one pot meal that can be made very quickly. This rice is very flavorful because of spices added to it like coriander seeds, clove, cinnamon, cardamom, bengal gram, urad dal and red chilies. I love bittergourd so nowadays am trying a lot of recipes with bittergourd. Bittergourd are very good for our health and it cures and prevents a lot of diseases like respiratory disorders, cancer, diabetes, constipation, kidney diseases and heart diseases. Try to include bittergourd twice a month to stay healthy. If you are a bittergourd fan like me ☺ , you will love this rice for sure. You can also make this pavakkai sadham to pack for lunch box. Serve this bittergourd rice with appalam and [raita](#).

Also Check my other bittergourd recipes

- [Bittergourd 65](#)
- [Bittergourd Stir Fry](#)

How to make Bittergourd Masala Rice Recipe

Bittergourd Masala Rice Recipe / Pavakkai Sadham / Bittergourd Recipe



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Prep time

10 mins

Cook time

20 mins

Total time

30 mins

Bittergourd masala rice / Pavakkai sadham / Karela Rice is a flavorful one pot meal. Serve this with raita and appalam.

Author: Gayathri Ramanan

Recipe type: lunch

Cuisine: Indian

Serves: 2

Ingredients

- 1 Cup of Cooked Basmati Rice
- 2 Bittergourds, Finely Chopped
- 1 Tsp of Oil
- 2 Tsp of Ghee
- 1 Tsp of Mustard Seeds
- 1 Tsp of Cumin Seeds (Jeera)
- Pinch of Asafoetida (Hing)
- Few Curry Leaves
- $\frac{1}{8}$ Tsp of Turmeric Powder
- $\frac{1}{2}$ Onion, Finely Chopped
- 2 Garlic Cloves, Finely Chopped
- Pinch of Sugar or Jaggery
- Salt to taste
- 1.5 Tsp of Lemon Juice or to taste
- To Roast and grind
- 2 Tsp of Coriander Seeds
- 2 Tsp of Chenna Dal (Bengal Gram)
- 2 Tsp of Urad Dal
- 3 Red Chilies
- 2 Tsp of Coconut (grated)
- 1 Clove
- 1 Cinnamon (medium)
- 1 Cardamom
- 5 Cashews

Instructions

1. Heat a pan, dry roast all the ingredients listed under "

to roast " until it turns golden brown. Cool it and grind it to a fine powder.

2. Heat a pan with oil and ghee, add mustard seeds, cumin, curry leaves and asafoetida, after it pops up, add onion and garlic, fry well until it turns golden brown.
3. Add bittergourd pieces and salt, fry well until it get cooked.
4. Add ground masala powder and turmeric powder, fry well with bittergourd, add little water, sugar and enough salt, mix well. Turn off the stove.
5. Add cooked rice, little oil and lemon juice, gently mix it with fork.
6. Hot, yummy bittergourd masala rice is ready.

Notes

You can also add a tsp of tamarind paste while cooking instead of lemon juice.

Add chopped peanuts in the end while mixing.(optional)

Adding ghee gives a nice taste.

Do not break the rice while mixing



Bittergourd Masala Rice

Tags: [bittergourd rice](#), [bittergourd masala rice recipe](#), [pavakkai sadham](#), [karela rice](#), [bittergourd recipes](#), [how to make bittergourd rice at home](#), [prepare bittergourd rice](#), [pavakkai recipes](#) [karela recipes](#), [recipes with bittergourd](#), [lunch box rice recipe](#), [office goers lunch box](#), [one pot meal](#).