Varagu Sadham / How To Cook Millets In Cooker

Millets are one of the oldest foods known to humans and possibly the first cereal grain to be used for domestic purposes. they are short term crop, give a quick yield even with less water. Varagu sadham / Varagu arisi sadham / kodo millet rice is very nutritious, good for vegetarian as it was high in fibre and protein. You can cook millets like (kuthiravalli, samai, thenai), varagu) at home either in pressure cooker or in pan. Varagu are very easy to digest, so it is good for both kids and adults. Now days I substitute millets in place of rice and wheat to prevents diabetes, weight loss and other disease when used regularly. Most millets can be cooked like rice. You can make different millet recipe in place of rice such as idli, dosa, payasam/kheer. Millet flour can be used to make rotis.

Kinds of millets available in markets.

Barnyard Millet (Hindi: Jhangora; Tamil: Kuthiravaali; Telugu: Odalu)
Finger Millet (Hindi: Mandua; Tamil: Kelvargu; Telugu: Ragulu; Kannada: Ragi; Malayalam: Koovarugu)
Foxtail Millet (Hindi: Kangni; Tamil: Tenai; Telugu: Korra; Kannada: Navane; Malayalam: Thina)
Kodo Millet (Hindi: Kodra; Tamil: Varagu; Telugu: Arikelu; Kannada: Harka)
Little Millet (Hindi: Kutki; Tamil: Samai; Telugu: Sama; Kannada: Same; Malayalam: Chama)
Pearl Millet (Hindi: Bajra, Tamil: Kambu, Telugu: Gantilu, Kannada: Sajje)
Proso Millet (Hindi: Barri; Tamil: Panivaragu; Telugu: Varigulu; Kannada: Baragu)
Sorghum (Hindi: Jowar; Tamil: Cholam; Telugu: Jonna; Kannada: Jola; Malayalam: Cholum)

Health Benefits of Varagu Rice (Kodo Millets)

- Digestion friendly.
- Gluten free, rich in vitamins and minerals.
- High in fiber and protein.
- Controls cholestrol and blood sugar.
- Act as a prebiotic feeding microflora in your inner ecosystem.
- Serotonin in the millet calms and soothes the mood.
- Hydrate your colon to keep your system regular and keep you from being constipated.



Kudo Millet

Preparation Time : 10 mins **Cooking Time :** 15 mins
Serves : 2- 3 People

Ingredients for varagu rice

- 1 Cup of Kodo Milet (Varagu Rice)
- 3 Cups of Water

Method

- Wash the millets. In the pressure cooker, add millet and water. Cook it for 3 whistles and turn off the heat.
- Serve it with sambar or rasam or curd.
- Substitute millet in place of rice.

Tips

- You can make idly or dosa or variety rice with millets.
- You can cook the millet either in pressure cooker or in pan.
- If you are cooking in pan, first add water to the pan, allow it to boil, after you see bubbles, add millet and cover it with a lid, let it cook for 15 mins. Turn off the flame. Do not open the pan for another 15 mins.
- Use 2.5 – 3 cups of water to 1 cup of varagu depending on your preference.



Kuska Biryani (Dindugul Style) | Plain Biryani Without Vegetables

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Kuska is a kind of biryani without any vegetables and it is a popular food in southern part of Tamilnadu. This is my grand ma's recipe, whenever I go to her house in Dindugul, she makes this kuska biryani for me. In this kuska recipe, the long grain rice is cooked in a pressure cooker along with some aromatic spices, mint leaves, onion, tomato and ginger garlic paste. The outcome of the biryani is just flavorful, spicy and yummy. You can make this easy kuska biryani, if you run out of veggies at home. Best accompaniment for this biryani are some potato curry or protein rich gravy like soy chunks mushroom curry and raita.

Preparation Time : 30 mins
Cooking Time : 10 Mins
Makes : 2 Servings

Ingredients for Kuska Biryani (Dindugul Style)1 Cup of Basmati Rice
1 Big Red Onion, Finely Chopped
2 Tsp of Ginger Garlic Paste
4 Green Chilly
1 Tsp of Coriander Powder
1 Small Tomato, Finely Chopped
3/4 Tbsp of Dried Mint Leaves, You can use Fresh Mint Leaves(Handful)
1 Tbsp of Coriander Leaves, Finely Chopped
1 Cup of Water
1/2 Cup of Milk
Salt to Taste

To Grind

2 Cloves
1 Inch Cinnamon Stick
2 Green Cardamom

To Temper

3 Tsp of Oil
1 Bay Leaf
1 Star Anise
Pinch of Stone Flower
4 Curry Leaves

Other Ingredients

1 Tbsp of Coriander Leaves, Chopped
2 Tsp of Ghee

Method for Kuska Biryani (Dindugul Style)

- Soak the rice in water for 20 mins. Drain and wash it in tap water. Keep it aside.
- Grind cloves, cinnamon and cardamom in a spice grinder or mixie to a fine powder.
- Finely chop the onion and tomato. Slit the green chilies. Keep it aside.
- Heat oil in a pressure cooker, add bay leaf, stone flower, curry leaves and star anise, fry for a min. In a medium flame, add the ground spice powder, fry it for 30 secs. Add chopped onion and green chilly, fry it for 2 mins until it changes golden brown. Add ginger garlic paste, fry it until the raw smell vanishes. Add tomato, fry it until it turns soft and mushy.
- Now add mint leaves, coriander leaves and coriander powder, fry this for a min. Add rice, fry for another min, add water, milk and salt. Cover and cook it for 2 whistles in a cooker. Turn off the flame, let the pressure releases on its own.
- Open the cooker, add chopped coriander leaves and ghee, give a gentle stir with a fork.
- Hot, yummy kuska is ready to serve with spicy mushroom gravy and raita.

Tips

- If you don't have stone flower and star anise, just use bay leaf for tempering.
- If you have small onion(shallots), you can use that in place of large onion.
- Increase or decrease the number of green chilly according to your taste.
- You can also use 3 green chilies and 1/2 tsp of red chilly powder to this rice.
- Don't add turmeric powder to kuska.
- Adding ghee after pressure cooking gives a nice taste and flavor to rice.
- You can use jeeraga samba rice in place of basmati rice.
- For basmati rice, the water ratio is 1 : 1.5 Water. You can use coconut milk in place of water or you can use 1 cup of water and 1/2 cup of cow's milk, like I did.

Tags : biryani, kuska, kuska biryani, how to make kuska, plain biryani, biryani without vegetables and meat, sunday biryani, southindianlunch, indianbiryani, madurai kuska, dindugul kuska, easy biryani, muslim biryani , beeryani recipe variety rice without veggies

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THENGAI SADAM | COCONUT RICE RECIPE WITH DAL



Coconut rice is my husband's favorite rice dish. This is very easy to make one pot meal that can be done in 15 mins if your cooked rice are ready. This recipe is my husband grand ma's recipe. I really love this rice because of the addition of secret ingredient (moong dal) which makes this rice protein rich and colorful. Here I used coconut oil for tempering the spices, so it makes the rice more flavorful. Best accompaniment for this coconut rice are **colocasia roast** or **potato roast** or papad (appalam). I had it with **cauliflower fry**.

Ingredients

1/4 cup and 2 Tbsp of Coconut (Fresh or Dry), I used dessicated coconut
2 Tbsp of Moong Dal
1 Cup of Water
2 Cups of Cooked Rice (Pressure Cooked)
1 Medium Size Red Onion, Finely Chopped
2 Green Chillies
1/2 Tsp of Turmeric Powder
Salt to Taste

To Temper

1 Tbsp of Coconut Oil
1 Red Chilly, Big
1 Tsp of Mustard
1 Tsp of Urad Dal
1 Tsp of Chana Dal (Bengal Gram)
1 Sprig of Curry Leaves

Method

- Heat a pan with water, add moong dal, turmeric powder and little salt, cook in medium flame for 10-15 mins until the dal gets cooked.
- Heat a pan, dry roast the coconut until it turns to light brown color, remove it from pan and keep this aside.
- Heat a pan with oil, when it is hot, add red chilly(break it), mustard seeds, urad dal, bengal gram, curry leaves, after mustard seeds splutters, add chopped onion and green chilies, fry this for few mins until it turns golden brown. Add cooked moong dal, fry for a min, add cooked rice and little salt, mix well with dal and spices. Finally add roasted coconut to the rice, mix well and turn off the flame.
- Protein rich coconut rice is ready to serve with any **colocasia fry** or **potato roast** or appalam.



Tips

- You can also make coconut rice without onion and dal.
- Adjust the number of green and red chilly according to your taste buds.
- You can use nuts like peanuts and cashews while tempering.

Health Benefits of Coconut

- Quick energy boost.
- High in dietary fiber.
- Improves heart health.
- It has anti-bacterial,anti-fungal & anti-parasitic properties.
- Coconut oil can improve blood cholesterol level, boosts brain function.


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