

Baked Sev / Low fat Omapodi

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Are you in a strict diet to lose weight ? Also craving to eat snack ? Then you should go for this kind of low fat snack... This tasty , low calorie Indian snack are made from besan flour and rice flour for crispness. Try this recipe and let me know your feedback.

Ingredients

1/2 Cup of Besan Flour / Gram Flour

1 Tbsp of Rice Flour
1/2 Tsp of Red Chilly Powder
1/8 Tsp of Ajwain / Carom Seeds
Pinch of Asafoetida / Hing
2 Tsp of Oil
Water as needed
Salt as needed

Method

- Dry roast the ajwain / carom seeds for 1 min until you get nice aroma.
- Powder it with mortar & pestle into a fine powder. Soak this ajwain powder in a 2 Tbsp of water for 10 mins. Filter it using tea strainer and keep this aside.
- Sieve both besan and rice flour to a bowl. Add red chilly powder, hing and salt. Heat the oil and add it to the flour. Mix well. Finally add ajwain water little by little, mix well by hand. Add required water and make into a soft, smooth dough. Let it sit for 10 mins.
- Preheat the oven to 400 degree F.
- Grease your hand with oil
- Take a small quantity of dough , put it in the sev press. Press it in a circular motion directly to a baking tray, greased with oil.
- Bake it in a preheated oven at 400 degree F for 7-10 mins. Mine got baked in 8 mins.
- After it cool down, break the strands as a sev / omapodi and store it in airtight container.



Tips

- You can use this for topping bhel puri / pani puri.
- Use small dotted hole plate in sev press to make omapodi / sev.
- Follow the same ingredients and deep fry it in oil, for a tastier plain sev.
- If you are not in diet, you can use butter for a great taste.
- Adjust red chilly powder and salt according to your taste buds.
- Don't add too much of ajwain that gives you a bitter taste. In my first try, I did that mistake.
- While baking, keep an eye on the oven after 5th min, once you find color change, immediately switch it off and take it out. If you keep it for a longer time, it will turn brown, also taste bitter.

Health Benefits of Besan Flour

- Rich in folate, iron, magnesium and phosphorus.
- High in protein and fiber.
- Great food for diabetic people.
- Improve heart health.



Ulundu Vadai / Medu Vada /

South Indian

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Ulundu vadai / medu vada is a traditional south Indian snack. Medu vada are crispy on outside and soft on inside. Ulundu vadai are made from urad dal batter. Green chillies, ginger, curry leaves, pepper and onion are mixed into the batter. medu vadai is wheel-shaped with a hole in the middle. Ulundu vadai / urad dal vada is bland and so it is usually enjoyed with chutney or sambar.

Ingredients for Ulundu Vadai

Number of servings : 10

- Black Split Urad Dal – 1/2 Cup

- **Ginger – 1/2 Inch**
- **Green Chillies – 2**
- **Salt to taste**
- **Water as needed(~ 2 Tbsp)**
- **Crushed Pepper – 1 Tsp**
- **Shallots or Small Onion – 7**
- **Few Curry Leaves**
- **Oil for deep frying**

Method for Medu Vada

- **Soak the urad dal for 1 hour in enough water.**
- **Drain the water and wash the dal and remove the skin.**
- **Take a mixie or grinder or food processor, transfer urad dal, green chillies and ginger to it. Add a lit bit of water. Grind it until smooth consistency. Make sure don't add too much of water, because vadai will absorb more oil in that case.**
- **Once the batter is ready, add chopped onions, curry leaves, salt and crushed pepper. Mix Well with spoon or by hand.**
- **Heat oil in a shallow pan. Take a zip lock bag or Milk cover or banana leaf or polythene sheet and have a cup of water in bowl on sides.**
- **Just wet your hands, take a small sized batter and place it in the zip lock bag greased with water. Make a hole in the middle and carefully transfer it to the hot oil. Continue the same process for each vadai.**

Here is the video on how to make vadai..

- **Fry the vadai till it turns golden brown color on both sides.**
- **Serve hot along with sambar and coconut chutney.**

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Urad Dal Vada

Tips

- **If your batter is watery, add a tsp of rice flour to it or refrigerate the batter for 30 mins to 1 hour.**
- **You can use white or black urad dal to make vadai.**
- **Don't add too much of water, because vadai absorbs too much of oil.**
- **You can shape vadai either in Zip lock bag or in palm of your hand**
- **If you don't get shape, the easy & best way is to drop the batter with a spoon into the oil.**

Health Benefits of Urad dal

- Urad dal provides energy to the body.
- Rich in protein.
- Enhances digestion because of high in fiber content.
- Boost heart health because of high in magnesium level.

Tags : medu vada,ulundu vadai recipe,ulundu vada,medhu vadai recipe,ulundu vadai tips,ulundu vadai recipe with video,how to make medu vada step by step,how to make ulundu vada video,medu vada recipe,step by step ulundu vadai recipe.



Easy Uppu Urundai recipe / Kara Kollukattai

Pinit



Easy Uppu urundai recipe / kara kozhukattai are tasty and healthy snack for kids and adults. My mom used to prepare and give me this uppu urundai when I come back from school. This easy uppu urundai recipe is quick to make snack from rice flour. There are two versions [sweet kollukattai](#) and savory kollukattai. Sweet are made with coconut and jaggery filling. Savory / kara kozhukattai are made with rice flour and tempered with spices.

Ingredients for easy uppu urundai

recipe

- 1 and 1/2 Cup of Rice Flour
- 1 Cup of Water (The amount of water depends on the quality of rice flour so adjust accordingly)
- 2 Tbsp of Coconut Flakes
- Salt to taste

To Temper

- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- 1 Tbsp of Bengal Gram Dal
- 3 Red Chillies
- Pinch of Asafoetida
- Few Curry Leaves
- 1/4 Cup of Chopped Red Onion

Other Ingredients

- Few Cilantro Leaves

Method to make kara kozhukattai recipe

- Heat oil in a pan, add all the ingredients listed under " To Temper" After they splutter, switch off the stove and transfer all the tempering items to a bowl containing rice flour, salt, cilantro and coconut flakes.
- In the meantime, boil the water to 100 degree C.
- Pour this to a bowl containing rice flour and tempering items. Mix well with a wooden spoon or a fork. Let this cool down for 5 mins.

- Knead well and make a soft and smooth dough.



- Heat idly pan in a stove. Meanwhile, make a equally sized balls out of the dough. Place this in a idly plate and steam it for 10 mins. Switch off the stove.



- Check it by inserting a tooth prick if it comes out clean then your rice balls are ready.
- Serve hot with [peanut chutney](#) or any chutney of your choice.



Uppu Urundai

Tips

- You can also make rice dumplings with rice batter instead of using rice flour.
- You can add nuts of your choice.
- You can also do this dumplings with fillings like you do for [sweet kollukattai](#).



Health Benefits of Rice Flour

- Rice are great source of carbohydrates, it acts as a fuel to the body and normal functional of brain.
- Excellent source of vitamins and minerals.
- Low in sodium, good for high blood pressure people.



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