

# BREAD UPMA RECIPE / HOW TO MAKE BREAD UPMA



*Bread upma is a popular breakfast dish which can be done in 15-20 mins. This simple and delicious upma is made with bread, onion, tomato and spices. It goes well with onion raita or a cup of coffee or tea.*

## **Ingredients**

- 4 Whole Wheat bread**
- 1/2 Cup of Chopped Onion**
- 3-4 Tbsp of Tomato Puree**
- Few Curry Leaves**
- 1 Tsp of Ginger Onion Garlic Paste**

**2 Green Chillies**  
**1/2 Tsp of Garam Masala**  
**1 Clove**  
**1 Cinnamon Stick**  
**1 Bay Leaf**  
**1/4 Tsp of Turmeric Powder**  
**1/2 Tsp of Chilly Powder**  
**1/2 Tsp of Fennel Seeds / Sombhu**  
**1-2 Tsp of Ghee**  
**2 Tsp of Oil**  
**Few Cilantro and green onion for Garnishing**

## **Method**



**Ghee Toasted Bread**

- **Cut the whole wheat bread into a small slices. Keep this aside.**
- **Heat a pan with ghee, roast the bread until they get crisp and golden brown. Turn off the stove.**
- **Heat a pan with oil, add clove, cinnamon, bay leaf, curry leaves, fennel seeds, fry until it turns color and aromatic.**
- **Add onion, green chillies. Fry until it changes color.**
- **Take pan away from the stove, add turmeric powder, chilly powder. Fry for a min.**
- **Keep pan back to the stove, add ginger onion garlic**

- paste, fry for 1-2 mins until raw smell vanishes.
- Add Tomato puree, little water and garam masala, fry for 1-2 mins until oil separates.
  - Add bread pieces to the tomato sauce and saute well so that the bread absorbs all the sauce.
  - Garnish it with cilantro and chopped green onions.
  - Hot bread upma is ready to serve.

### Tips

- Serve hot with onion raita.
- Adjust red chilly powder according to your taste
- Add any vegetables of your choice.
- You can also add lemon juice, for extra tanginess.



### Health Benefits of Whole Wheat Bread

- Wheat bread are rich in dietary fiber.

- Controls blood sugar level.
- Provides longing lasting fullness to the stomach.
- Lowers the blood cholesterol.

---

## Thattai / Thattai recipe For Diwali



*Thattai is a deep fried crispy dal snack popular in India. This thattai recipe is mainly prepared during festivals*

*especially on diwali and Krishna Jayanthi. This deep-fried, finger licking savory that goes good for evening snack to munch with a hot cup of tea or coffee.*

## Ingredients For Thattai

- 1 Cup of Rice Flour
- 1 Tbsp of Urad Dal Flour
- 1 Tbsp of Fried Gram Dal Flour (Pottukadalai Mavvu)
- 1/4 Tsp of Asafoetida
- 1 Tsp of Red Chilly Powder
- 2 Tsp of Urad Dal
- 2 Tsp of Channa Dal
- 1 Tsp of Sesame Seeds
- 1 Tbsp of Butter
- Few Curry Leaves
- Oil for deep frying
- Salt and Water as needed

**Preparation Time : 10 mins | Cook time: 25 mins | Makes: 15 thattai**

## Method for thattai recipe



- Dry roast the urad dal in a pan till it turns golden brown color. Switch off the stove. Grind it to a smooth powder. Sieve it and use it as urad dal flour.
- Soak channa dal and urad dal for 2 hrs.
- In a bowl, mix rice flour, urad dal flour, fried gram dal flour, asafoetida, salt, butter, sesame and soaked urad-channa dal.



**Dough**

- Add water to make smooth dough. keep it covered and wait for 10-15 mins.



**Make a equal size balls from dough**

- Make a equally size balls out of the dough. Place it in a greased plastic sheet, flatten it with your fingers.



- I kept the ball in a greased ziploc bag, placed another greased ziploc on top of it and pressed it with stainless steel bowl or do it with your fingers.
- Remove thattai carefully from ziploc bag and put gently in hot oil. Cook in medium flame.





- **Deep fry until it turns golden brown on both sides.**

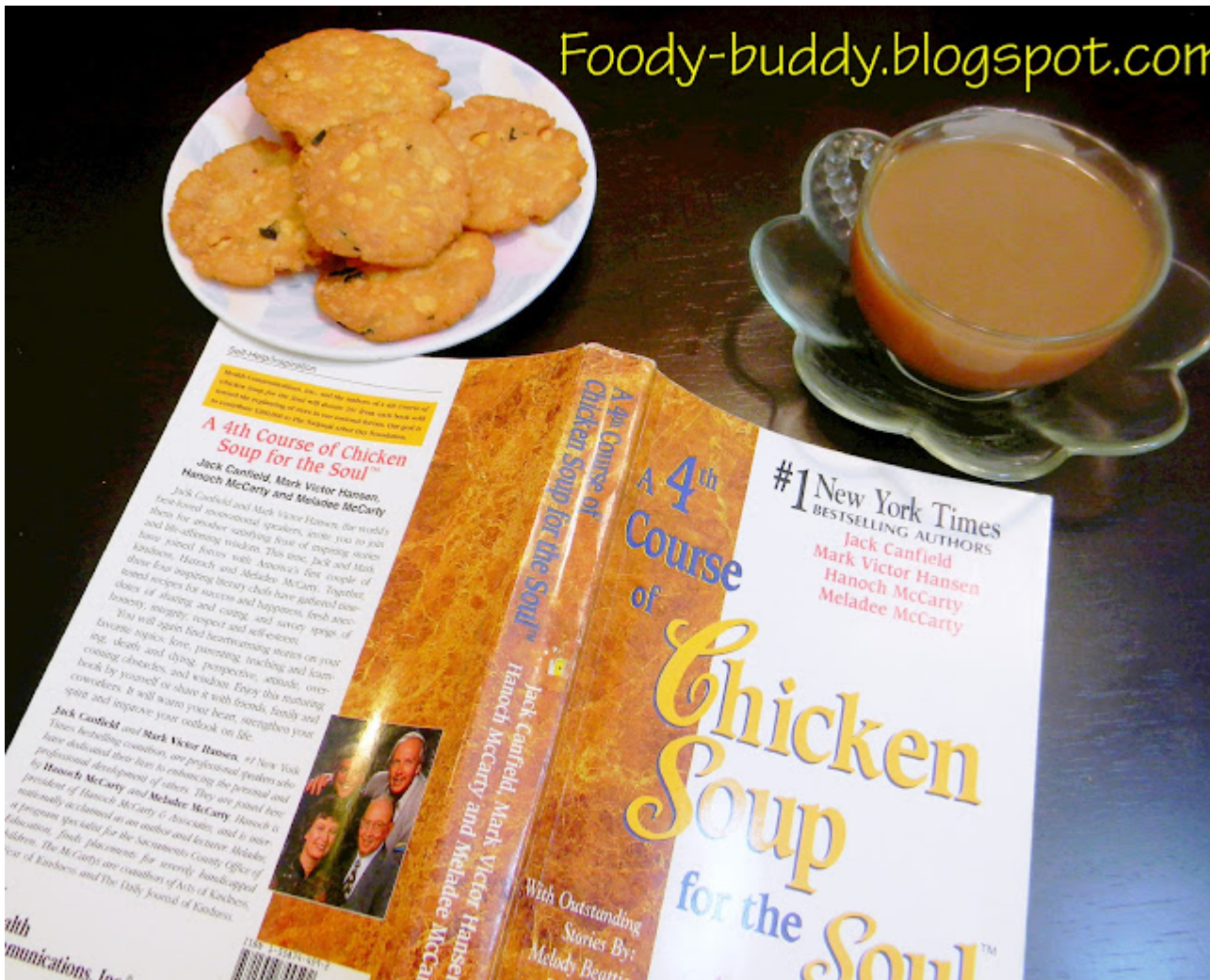


- **Keep the oil in medium flame and deep fry all the prepared thattai in the same way. Let it cool down for a while. Then store it in an air-tight container.**



- Enjoy thattai with tea / coffee time snack.

## Tips



- Adding Urad dal is optional but I used in my recipe because it gives nutty taste to the thattai.
- You can add peanuts and grated coconut to this recipe.
- Always cook thattai in medium flame.
- You can increase the channa dal quantity for more crunchiness.

### Health Benefits of Thattai

- Protein rich snack.
- Channa dal are good for people with diabetes, it has low glycemic index.
- Urad dal enhances digestion and boost heart health.



Recipe source – raks kitchen

sending recipe to [tried and tasted -raks kitchen](#)

Technorati Tags: [thattai recipe](#), [thattu vadai recipe](#), [gokulashtami recipes](#), [crispy thattai recipe](#)

<http://nivedhanams.blogspot.in/2013/01/tried-and-tastedraks-kitchen.html>

Technorati Tags: [thattai recipe](#), [thattu vadai recipe](#), [gokulashtami recipes](#), [crispy thattai recipe](#), [thattai](#)

---

## [Refried Beans Tacos- Mexican](#)

# Recipes



Woo-oho...This is my 50th recipe...

A Taco's is a Mexican dish which is getting popular throughout the world. A soft shell taco is filled with refried beans, layered with pico de gallo and topped with cheese, guacamole and salsa. These tacos are perfect weeknight meal that can be made in less than 20-30 minutes.

## Ingredients

### Refried Beans

- 2 Cups of Cooked Pinto Beans
- 2 Cloves of Garlic
- 1/2 Onion (Big)
- 2 Tbsp of Olive Oil
- 1 Chipotle Chilly

**7 Cups of Water**

**1 Tsp of Salt**

### **Pico de gallo**

**1/2 Cup of Chopped Red Onions**

**1/2 Cup of Chopped Tomatoes**

**1/2 Cup of Shredded Lettuce**

**2 Tbsp of Pickled Jalapenos**

**2 Tbsp of Chopped Cilantro**

**1/2 Lime Juice (Juiced)**

**Salt and Pepper to taste**

### **Assembling**

**4 Taco Shells (Prepared Crisp)**

**2 Tbsp of Spicy Salsa**

**4 Tbsp of Sharp Cheddar Cheese**

**2-3 Tbsp of [Guacamole](#)**

### **Method**

- **These yummy tacos is a three step process .**



- **First is the making of refried beans ( frijoles refritos in spanish ). Cooking from the scratch, mildly**

seasoned with couple garlic cloves and a piece of onion and pinto beans was fried in oil, then add water and wait for rolling boil temperature. Later this was transferred to cooker or crock pot and set in high and cook it for 4 hrs. Chipotle chiles can be added for extra smoky spicy kick. Once it done, grind pinto beans coarsely in blender then heat in a pan with little oil, fry it for 10 mins. Re-fried beans is ready.



**Refried Beans**

- Second step is making the [pico de gallo](#) ( Add chopped onions, tomatoes, cilantro , sea salt, pepper, pickled jalapenos, lettuce and lime juice in a bowl and marinate for 10-15 minutes).
- Third step is the process of assembling ,where the flavors all come together.



**Pico de gallo**

- Heat the corn tortillas in a microwave for 20 secs and assemble all goodies starting with Refried beans, pico de gallo , cheddar cheese, spicy salsa , creamy avacadoes or [guacamole](#)( if you have any) and sourcream ( optional) .



- One simple bite is all that takes to appreciate simple pleasures in life and enjoy healthy and yummy snack.



## Tips

- You can get “Ready to use” canned refried bean instead of doing refried beans at home.
- Chipotle chilies are available in Mexican or any supermarket.
- Add minced meat to the refried beans for extra flavor if you are non-vegetarian.
- You can refer [guacamole](#) recipe in my blog.

## Health Benefits of Tacos

- Tacos are prepared with gluten free corn flour. They are enriched with complex carbohydrates, essential amino acids and vitamin B.
- Rich in dietary fiber.
- Adding onion and garlic lowers the blood cholesterol.

Sending this recipe to [this gal cooks](#)



# *Flavors Of P cuisines*

**"MEXICAN"**



**(1st Feb- 28th Feb 2013)**

@ My Food Treasures

& Erivum Puliyum

[tuesday talent show](#)

*The Tuesday Talent Show at*



*chef in training*

