Vegetable Puffs Recipe with Frozen Puff Pastry



I made this vegetable puffs recipe with frozen puff pastry which I bought few weeks back from Walmart. During school days, every thursday my mom used to buy hot veg puffs from nearby bakery, I liked it very much and during college days, me and my friends always order veg puffs from our college canteen and we chit-chat, laugh and have it with hot chai (tea) those brings back nostalgic memories .

So this is my all time favourite snack and I tried puff yesterday at home, it came out super yummy and crispy. I had it with tomato ketchup and green tea. Using Pepperridge farm puff pastry sheets, you can make lot of recipes (sweet or savory version) just by changing the stuffing, also you can

make turn overs, sweet pies and tarts. For stuffing, that’s your wish use any kind of vegetables like potato-carrots-peas or eggs or chicken or paneer. You can make this veg puffs as appetizer for parties or potlock.

How to make vegetable puffs recipe with frozen puff pastry



5.0 from 1 reviews
Vegetable Puffs (Veg Puffs) with pastry sheets



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Prep time
45 mins
Cook time
20 mins
Total time
1 hour 5 mins

Vegetable Puffs (Veg Puffs) with frozen pastry sheets is a crispy, yummy vegetable filling evening snack. They are great appetizer and a perfect evening snack with tea.
Author: Gayathri Ramanan
Recipe type: snacks
Cuisine: Indian
Serves: 3
Ingredients

- 1 Frozen Puff Pastry sheets (Thawed)
- For Filling
- 1 Tbsp of Vegetable Oil
- 1 Tsp of Cumin
- 1 Yellow Onion, Chopped
- 1 Tsp of Ginger Garlic Paste
- 1 Cup of Mixed Vegetables (carrot, peas, mushroom)
- 1 Tsp of Coriander Powder
- 1 Tsp of Red Chilly Powder
- ¼ Tsp of Turmeric Powder
- ½ Tsp of Garam Masala
- ¼ Tsp of Fennel Powder
- Pinch of Chaat Masala

- Salt to taste
- 1 Tsp of Lemon Juice (optional)
- Few Coriander Leaves, chopped
- 1 Tbsp of Butter (to coat the top of the puffs)

Instructions

1. Take the pastry sheets from the freezer, just take one sheet. Normally it takes 45 mins to thaw the pastry sheets. So keep it outside.
2. Chop all the veggies and onion. Make ginger garlic paste in mixie.
3. Heat a pan with oil, when it is hot, add cumin after it sizzles, add onion fry till golden brown.
4. Add ginger garlic paste, fry until raw smell vanishes. Add all the veggies, fry for a min.
5. Add all the masala powders (turmeric powder, coriander powder, red chilly powder, garam masala, fennel powder, chaat masala, salt), fry well with veggies for a min. Sprinkle some water, cover and cook it for 10-12 mins until veggies turns soft.
6. Finally add coriander leaves and lemon juice, mix well. Filling is ready, let it cool down for 5 mins.
7. Meanwhile preheat the oven to 400 F.
8. Place the sheets in a well floured surface, roll it evenly on both sides with a rolling pin. Cut the sheet into three equal parts with knife. Refer the picture.
9. Place 2 tbsp of veg filling , fold it and seal it with water. Press all the sides with fork finally.
10. Now they are ready to bake for 20 mins.
11. Piping hot puffs are out from the oven.
12. Brush the puffs with butter or ghee.
13. Serve with tomato ketchup and tea.

Notes
Using puff pastry, you can make lot of recipes (sweet or savory version)
For stuffing, your wish use any kind of vegetables like potato-carrots-peas or eggs or chicken or paneer.

Instead of lemon juice, you can add amchur (dry mango) powder.
To brush the puff, use oil or butter or ghee or egg white.
Add crushed nuts along with veggies for rich taste.



Tags: vegetable puffs (veg puffs) with frozen puff pastry, veg puffs recipe, vegetable puffs recipe, how to make puffs at home, vegetable puff recipe, homemade veg puffs recipe, how to prepare veg puffs recipe, Indian veg puff recipe.

South Indian Pottukadalai Murukku / Roasted chana dal murukku recipe



South Indian Pottukadalai Murukku / Roasted chana dal murukku recipe/ Fried gram murukku is the easiest instant murukku recipe that can be made quickly at home with store bought rice flour and just powder the pottukadalai (roasted gram) which is readily available at home and make this anytime. It has been 15 days since I posted recipe in my blog. Recently I get hit with pollen allergy so frequent sneezing and got itchy eyes so I was away from computer for few weeks. Coming to the recipe, this murukku is crispy and crunchy in taste, so you can make

this for evening snacks or during festivals like diwali or krishna jayanthi. The flavor of ajwain and the butter added to this murukku gives a heavenly taste. This murukku is made with thick sev disc, you can try with any disc as you wish. Try it, you will love it.

Also try my other murukku recipes in foodybuddy

1. Thenkuzhal murukku
2. Mullu Murukku
3. Puzhangal arisi murukku (Idlyrice murukku)
4. Moong Dal murukku
5. Butter Murukku
6. Ribbon Pakoda

How to make South Indian Pottukadalai Murukku / Roasted chana dal murukku recipe

South Indian Pottukadalai Murukku / Roasted chana dal murukku recipe



Save Print
Prep time
10 mins
Cook time
40 mins

Total time
50 mins

South Indian Pottukadalai Murukku / Roasted chana dal murukku recipe is a easy crispy evening snack that can be made quickly with storebought rice flour and fried grams.
Author: Gayathri Ramanan
Recipe type: snacks
Cuisine: Indian
Serves: 3 cups
Ingredients

- 1 Cup of Store bought rice flour
- ¼ Cup of Pottukadalai / roasted chana dal / fried gram
- ¾ Tsp of Ajwain (omam)
- ½ Tbsp of Butter
- Pinch of Asafoetida
- Salt to taste
- Vegetable oil to deep fry

Instructions

1. In a dry mixer, grind the roasted gram to a fine powder.
2. In a bowl, sieve the roasted gram flour and rice flour.
3. To the bowl, add ajwain, melted butter, asafoetida, salt. Mix this well.
4. Add water slowly and carefully, mix the flour to form a smooth dough.
5. Meanwhile heat the oil in a shallow pan to deep fry.
6. Grease the murukku press with oil, fill the press with dough and close it tightly. You can use any shape of disc. Here I used 6 big holes disc used to make thick sev.
7. To check the oil is hot, add a small piece of dough, if it rises immediately then oil is ready. If you have kitchen thermometer, use that and check for 350 F.
8. Press the murukku directly to oil or to a laddle then transfer it to a oil. Cook both the sides until golden brown colour in a medium flame until “Ssh” sound stops

and bubbles reduced.

9. Remove it from oil and drain it in a paper towel.
10. Repeat the same procedure for the rest of the dough.

Notes

You can use hot oil instead of butter.
If you don’t like ajwain taste, replace it with cumin or sesame seeds.
Don’t add too much of butter, then your murukku will absorb more oil when frying.
If you want your murukku spicy, add chillly paste.
Use any shape disc to make murukku.
You can also either use homemade rice flour or store bought idiyappam flour..
Always cook murukku in medium flame for even cooking.
If your murukku breaks while pressing the dough, add little water to the dough and knead it before pressing.



Tags: south indian pottukadalai murukku pottukadalai murukku recipe, roasted chana dal murukku, fried gram murkku, south indian murrukku recipe, easy murukku recipe, simple murukku recipe, how to make murukku at home with store bought rice flour. how to prepare murukku with rice flour.south indian diwali murukku recipe

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EASY OATS CUTLET RECIPE /

OATS ALOO TIKKI



Easy Oats cutlet recipe / oats aloo tikki is a healthy fantastic diabetic snack made with oats, potato and spice mix. Oats tikki is a perfect snack for weight watchers. You can use this oats cutlet for sandwich filling or burgers or you can have it with green chutney or tomato ketchup. Add any grated vegetables of your choice to enhance the nutrition. For oats recipe ideas – oats dosa, oats pongal, oats aval dosa, oats paniyaram, oats upma, steel cuts oats with fruits and nuts.

How to make Easy Oats Cutlet Recipe

EASY OATS CUTLET RECIPE / OATS ALOO TIKKI



Save Print
Prep time
10 mins
Cook time
20 mins
Total time
30 mins

Easy Oats cutlet recipe / oats aloo tikki is a healthy fantastic diabetic snack made with oats, potato and spice mix. Oats tikki is a perfect snack for weight watchers
Author: Gayathri Ramanan
Recipe type: snacks
Cuisine: Indian
Serves: 5
Ingredients

- ½ Cup of Quick Cooking Oats
- 1 Big Potato, Boiled and mashed
- 1 Tsp of Ginger Garlic Paste
- 2 Tsp of Coriander Powder
- 1 Tsp of Red Chilly Powder
- ½ Tsp of Turmeric Powder
- ½ Tsp of Cumin Powder

- ½ Tsp of Garam Masala Powder
- Pinch of Chat Masala
- Pinch of Asafoetida
- 1 Tsp of Lemon Juice or to taste
- Salt as needed
- 2 Tbsp of Bread Crumbs
- 2 Tbsp of Milk
- 2 -3Tbsp of Oil to shallow fry

Instructions

1. Dry roast the oats, cool it and grind it to a smooth powder.
2. Take a bowl, add mashed potato, oats powder, ginger garlic paste, coriander powder, red chilly powder, turmeric powder, garam masala powder, chat masala, asafoetida,salt and lemon juice. Combine well with hand. Divide into equally sized balls and shape them into desired shapes like round or square or heart shaped cutlet.
3. Dip this cutlet in milk, roll it in bread crumbs.
4. Heat tawa (pan) on medium heat.
5. Place the cutlet in the pan, drizzle some oil and cook the lower side until golden brown. Flip it to other side, add little more oil and cook till it turns golden brown.
6. You can also deep fry the cutlet.
7. Repeat the same procedure for the rest of the cutlet.
8. Serve hot with ketchup or use it as sandwich filling.

Notes
If you don’t like potato, you can add cooked moong dal.
You can also add vegetables like grated carrot, peas and mushroom or nuts like cashews to the cutlet.
You can make them in various shapes.
Adding bread crumbs makes the cutlet crisp.



Tags: easy oats cutlet recipe, oats cutlet, oats tikki recipe, oats recipes, how to make oats cutlet recipe, prepare oats tikki, healthy snack recipe, diabetic snack, Indian oats recipe.