Sabudana Aloo Vada Recipe / Javvarisi Vadai / Sago vada



Sabudana Aloo Vada / Javvarisi vadai is a crispy deep-fried savory snack famous in Maharashtra (India).The important ingredients in sago vada are tapioca pearls, peanut powder,

mashed potatoes and spices to taste. These vada are crispy on outside and spongy on inside. My husband said it tasted almost like hash brown. I think, might be because of potato in it. This is my first attempt, after I saw this recipe in a cook book which I borrowed from library, it was so delicious and everyone in my family loved it. You can make this sabudana vada during navarthiri fasting or as an evening snack with tea. Serve this sabudana vada with chutney (green or white) or ketchup. So here comes the recipe for sabudana aloo vada recipe

How to make Sabudana vada at home

Ingredients for Sabudana Vada

Preparation Time : 10 mins + Overnight soaking Cooking Time : 20 Mins Serves: 15 vada

- One cup of Sabudana / Sago / Javarisi
- 1 Potato (medium size), Boiled and Mashed
- 1/2 Cup of Roasted Peanut Powder
- 1 Tsp of Cumin Seeds
- 1/2 Tsp of Ginger, Crushed
- 2 Green Chilies, Crushed
- 1/4 Tsp of Baking Soda
- Few Coriander Leaves, Chopped
- Salt to taste
- Water as needed

Method for Sabudana Aloo Vada

- Rinse the sabudana (sago) and soak in water for 1 hour. After that drain the water, cover and keep it overnight.
- Microwave the potato for 5 mins, peel the skin and mash it with spoon and keep it aside
- Roast the peanuts in a medium flame, cool it, remove the skin and grind it in a blender.
- In a bowl, mix together sabudana, cumin seeds, peanut powder, mashed potato, baking soda, salt, coriander leaves and green chilies. Mix thoroughly by adding few drops of water if required.
- Divide into equally sized balls, flatten between palms of your hands and keep it aside.
- Heat oil in a kadai / pan and drop the vada carefully and deep fry it until it turns golden brown on both sides. Cook in medum flame to avoid burning.
- Serve hot with chutney or tomato sauce.

Tips

- Always cook in medium flame.
- Use the good quality and bigger variety sago to make vada.
- Do not overcook the vada it will turn soggy.
- You can add rice flour, if you want it more crispier.



Tags : Sabudana vada, sabudana aloo vada, sago vada, javarisi vadai, make sabudana vada at home, prepare sago vada, kids snacks, easy sabudana vada, navarathri fasting snack, maharashtrian snack, evening snack

Baked Wheat Biscuits / Healthy Khara Biscuit (Low Fat)



This easy, low-fat baked wheat biscuits are so addictive, yummy and healthy snacks for kids and adults. Do you like Maida biscuits / Diamond cuts ? Then you will love this tiny,

cute savory crackers for sure. In this wheat biscuit recipe, I replaced maida with wheat and then I baked with oil instead of butter. I already posted deep-fried method of savory maida biscuits. This baked wheat biscuit is my all time favourite tea time snack. This is my recipe and it is a guilt free snack. If you are looking for vegan snack then try this low-fat khara biscuit for any occasion and let me know how it turned out.

How to make Baked Wheat Biscuits (Low Fat)

Ingredients for Baked Wheat Biscuits

• 3/4 Cup of Wheat Flour
• 1/2 Cup of All Purpose Flour (Maida)
• 1/4 Cup of Canola Oil
• 1/2 Tsp of Garlic Powder
• 2 Tsp of Red Chilly Powder
• 2 Tsp of Cumin Seeds
• 1/2 Tsp of Baking Powder
• Salt to taste
• Water as needed

Method for Baked Wheat Biscuits

• In a bowl, mix all the ingredients, add water little by little and make a smooth dough. Cover the dough and leave it for 15 – 30 mins.
• Knead it again and divide the dough into equal parts. Take a ball and roll into a thin circle as possible.
• Take a knife or pizza cutter cut the circle in the form of square like cut vertically first and then horizontally. Carefully separate them and keep them ready. Repeat the same process for the rest of the circles.
• Preheat the oven to 350º F.
• Grease the plate with oil and place the biscuits by leaving some gap.
• Bake it for 12 mins.
• Hot, delicious wheat biscuits are ready to munch.

Tips

• You can use either 1 and 1/4 cup of all-purpose flour or use 1/2 maida and 3/4 cup wheat like I did.
• Adjust the amount of red chilly powder and salt according to your taste.
• Use any vegetable oil instead of canola oil.
• Don’t have garlic powder, use garlic paste instead
• Always keep an eye on the oven while baking.
• If you want your biscuits to be on brown shade. Bake it until 15 mins.



Tags: baking goodies, eggless baking, whole wheat biscuits, baked wheat biscuits, healthy khara biscuit, healthy kids snacks, whole wheat baking, biscuit recipes, low fat savory crackers

Rajma Cutlet / Rajma Aloo Tikki / Kidney Beans Patties



Rajma Cutlet / Rajma Aloo Tikki / Kidney Beans Patties are healthy and nutritive snacks for kids and adults. This potato rajma cutlets are power packed food as rajma are rich in protein and aloo (potato) are rich in carbohydrates. Both protein and carbs plays an important part in helping you to shed extra pounds. I always use rajma (kidney beans) to make

rajma masala or rajma capsicum curry or rajma paratha. This time I prepared rajma aloo cutlet to make sandwich. I will post rajma cutlet sandwich recipe tomorrow. Coming to the recipe, I used kashmiri rajma and I wanted to make kidney bean patties more healthier so I shallow fried the cutlets with less oil instead of deep-frying. Add veggies to the cutlet to enhance nutrition and you can pack this for kids lunch box. Try this easy rajma cutlet recipe and let me know the feedback.

How to make Potato Rajma Cutlet

Ingredients for Rajma Cutlets

Preparation Time : 15 mins+ overnight soaking Cooking Time : 35 mins Serves: 10 Cutlets

• 3/4 Cup of Rajma (Red Kidney Beans)

• 3 Potatoes

• 4 Garlic Cloves and 1 Inch of Ginger, crushed using mortar and pestle

• 5 Curry Leaves, Finely Chopped

• Pinch of Asafoetida

• Handful of Coriander Leaves, Chopped

• 2-3 Tbsp of Besan Flour (Gram Flour)

• 2 Tsp of Red Chilli Powder

• 1 Tsp of Cumin Powder

• 1/2 Tsp of Garam Masala

• 1/2 Tsp of Kasuri Methi (Dried Fenugreek Leaves)

• Salt to taste

• Oil for shallow frying

• Bread Crumbs from 3 toasted bread or store bought

Method for Rajma Cutlets

• Soak rajma (kidney beans) in water for overnight. Next day, drain the water and transfer it to pressure cooker, add enough water. Pressure cook for 12 – 15 whistles and turn it off.

• Meanwhile, wash the potatoes and microwave it for 5 mins for each potato or pressure cook it for 3 whistles. Peel off the skin of potatoes, mash it and set it aside.

• In a blender, grind the beans coarsely, don’t add water while grinding.

• Heat a pan with oil, add ginger-garlic paste, fry for a min, add curry leaves, coriander leaves, asafoetida, red chilly powder, cumin powder and garam masala, fry for a min. Add kasuri methi, mix well and turn it off. Transfer this masala mixture to a mixing bowl, add mashed potatoes, ground beans, besan flour, add salt, combine well with your fingers. If your mixture comes out dry, sprinkle some water, mix well and form like a dough.

• Pinch a small portions from the dough and roll into balls. Flatten the balls with your palm into cutlets.

• Roll the cutlets in bread crumbs. Heat a cast iron pan, add a tbsp of oil, spread it using paper towel, place cutlet and drizzle a tsp of oil on the sides of the cutlets, cook for few mins and flip to the other side using spatula and drizzle a tsp of oil again, cook on low flame until it turns golden colour. Carefully remove from the pan.

• Yummy rajma cutlet are ready to serve.

Tips

• Serve with ketchup or as sandwich by placing them between breads.

• You can have mixed vegetables in place of aloo (potato).

• Always cook cutlet in medium flame, please take more time to cook, as rajma can cause flatulence or digestive issues.

• If you don’t have breadcrumbs, just toast it in oil without crumbs

• You can also deep fry the cutlet instead of shallow frying like I did.

• Add more gram flour if your dough is watery.



Tags: rajma aloo cutlet, rajma cutlet, rajma aloo tikki, kidney bean cutlet recipe, red kidney beans patties, rajma tikki, rajma potato patties, rajma potato cutlet, how to make rajma cutlet, prepare rajma tikki at home, cutlet recipe, tikki recipe, patty with kashmiri rajma, rajma recipe, snacks for kids, breakfast recipe.