Chettinad Seepu Seedai Recipe / Diwali Snacks



Seepu Seedai is a traditional chettinad special snack. Seepu means Comb. This seedai has comb design and hence the name. When I asked this chettinad seepu seedai recipe to my friend (Subbu Lakshmi), she sent me her grandma's recipe in watsapp. I immediately tried it and it was very tasty and crispy. I have seen this recipe in so many blogs but this is the first time I tried my hands, to my surprise it came out awesome. I really like the coconut milk flavor in it. Making seepu seedai at home is time consuming and you need little patience to make it. Kids will surely enjoy this snack by wearing them on their

fingers before the munch it. Try this crunchy snack for coming diwali, share it with your friends and enjoy. Also check other chettinadu recipe – Adhirasam.

How to make chettinad seepu seedai recipe

Chettinad Seepu Seedai Recipe / Diwali Snacks



Save Print
Prep time
2 hours
Cook time
30 mins
Total time
2 hours 30 mins

Seepu seedai is a traditional chettinadu snacks made with rice flour,dal and coconut milk. You can make this for coming diwali
Author: Gayathri Ramanan
Recipe type: snacks
Cuisine: Indian
Ingredients

- 4 Cups of Raw Rice (Maavu Arisi)

- ¾ Cup of Urad Dal, Roast it and powder it
- ½ Cup of Moong Dal, Roast it and powder it
- 1 Small Coconut -Extract the thick coconut milk
- Water and salt as needed

Instructions

1. Rinse the raw rice twice and soak it in a water for 1 hour. Drain the water and spread it in a clean white towel and dry it for 45 mins. It has to be little moist. Now transfer it to a mixie jar and grind it to a fine powder. Sieve it finely.
2. Now add grated coconut to a mixie jar and add little water, grind it. Extract the milk and keep it aside.
3. Heat a pan, add urad dal till golden brown. Transfer dal to a mixie jar and powder it finely and sieve it. Keep it aside.
4. Heat a pan, add moong dal till golden brown. Transfer dal to a mixie jar and powder it finely and sieve it. Keep it aside.
5. In a idly pan, steam the flour for 5 mins.
6. In a bowl, add rice flour, urad dal powder, moong dal powder and salt. Mix it well. Slightly warm the coconut milk and add little by little to the flour and add little water if needed. Knead it to a smooth dough without cracks.
7. Take your murukku press, place the template and fill it with little dough.
8. Press it on a plate or paper to a long strips. Cut it into small strips with knife. Roll it around your finger and seal the edges. Repeat the same process for the rest of the dough.
9. Heat the oil and when it is hot add seedai and in medium flame, fry it. It will take long time to cook.
10. After “ssh” sound stops, take it out and drain it in a paper towel.
11. Repeat the same procedure for the rest of the seedai.
12. Seepu seedai is ready to serve.

Notes
Alternate method in which you can use hair comb to shape the seedai.Buy a new comb, grease it with oil. Press the dough slightly over the comb, you will get impression and then roll it.
Always use homemade rice flour. Do not use ready made rice flour to make this seedai.
If you get maavu arisi, use that to get crispy seepu seedai.
Sieving is must for all flours (rice flour and dal)
Coconut milk gives a nice taste.
You can also use little butter if you want.
If your dough is little sticky, add some more flour and knead it again.
Always cook the seepu seedai in medium flame. It takes long time to cook.



Quinoa Green Moong Cutlet Recipe / Quinoa Patties



This quinoa green moong cutlet recipe / Quinoa patties / Green moong tikki is an innovative guilt free snack from my kitchen. I have some quinoa bags in my pantry so I thought of trying to make my own variation of quinoa patties along with green gram for binding, it came out so good. Quinoa and green moong dal, both are in super food list and they are rich in protein and good for weight loss. Even vegan can have it.

Quinoa cutlet is a healthy and nutritional rich snack. I wanted to make it with Indian twist. So I added some Indian spices to rich the flavor of the cutlet. You can add mashed potato or sweet potato to the cutlet for binding. But in this quinoa green moong cutlet recipe, I used green gram for binding. You can have it in burgers or sandwiches. I had it with frankie roll. I will post the recipe soon.

Check cutlet recipes in my blog

1. Rajma Aloo Cutlet

2. Easy Oats cutlet recipe (oats tikki)

Preparation are very simple and the cutlets are great in texture and taste. You can have it as such for breakfast and it tastes great with green chutney or tomato ketchup. Your family will simply love it. Do try it out in your kitchen. Please do give your feedback in the comments below.

Check other Quinoa recipes in my blog

1. Quinoa Dosa
2. Quinoa Kuzhi Paniyaram
3. Quinoa Pesarattu
4. Quinoa Vegetable Biryani

Quinoa Green Moong Cutlet Recipe

Quinoa Green Moong Cutlet Recipe / Quinoa Patties



Save Print

Prep time
3 hours 15 mins
Cook time
20 mins
Total time
3 hours 35 mins

Quinoa Green Moong Cutlet Recipe / Quinoa Patties is an innovative guilt free snack, rich in protein and good for weight loss. It tastes great in sandwiches, burger and frankie. It goes well with tomato ketchup.
Author: Gayathri Ramanan
Recipe type: snacks
Cuisine: Indian
Serves: 5
Ingredients

- ½ Cup of Green gram dal
- 3 Tbsp of Quinoa
- 2 Tsp of Coriander powder
- ½ Tsp of Turmeric powder
- ¼ Tsp of Cumin powder
- ¼ Tsp of Chat masala
- 1 Tsp of Red chilly powder
- ¼ Tsp of Garlic powder
- 1 Tbsp of Rice flour
- 2 Tbsp of Fried Onions
- 1 Tsp of Lemon Juice

- Dash of Pepper
- Salt to taste
- Few Coriander Leaves, Chopped
- Oil for shallow frying

Instructions

1. Soak the green moong dal for 3 hours or overnight. Wash it for 3 times.
2. In a pressure cooker, add 1 cup of water, salt and cook both green gram and quinoa for 5 whistles or until it turns soft..(If excess of water, drain it and make soup out of it)
3. Transfer the dal and quinoa to a wide bowl, mash it well roughly..
4. Now add coriander powder, turmeric powder, red chilly powder, chat masala, cumin powder, coriander leaves, fried onions, garlic powder, lemon juice, salt, pepper and rice flour. Mix really well to form a dough. DO NOT ADD WATER.
5. Make a cylindrical shaped cutlets and slightly flatten it between your palms. Arrange everything in a seperate plate.
6. Heat a griddle or tawa, add a tsp of oil and place the cutlets. drizzle oil on them and roast them on medium heat until they are crisp and browned on both sides. Continue the same process with the remaining cutlets.
7. Serve the cutlet with tomato ketchup or green chutney.

Notes
You can add any veggies like carrot / beets / potato / peas to enhance the nutrition of the cutlet.
Adding lot of veggies might also make the cutlet soggy.
Change the shape of the cutlet to your kids preference.
You can also deep fry it for rich taste.
Dip it in bread crumbs before frying for crispy taste.
No garlic powder in your house, use some chopped garlic to it.
Add fresh chopped onions, instead of fried onions.
Adding rice flour for binding.



Baked Falafel Recipe / Vegan Oil Free Falafel



Baked Falafel Recipe / Vegan Oil Free Falafel is a middle eastern food, usually served in a pita bread. 4 years back I remember, it was raining that evening, my husband took me to this fine middle eastern restaurant called **Pita +** in St.Louis (US) to introduce falafel to me. They served hot falafel in pita bread when I bit it, it tasted exactly like paruppu vadai (masala vadai) which is a famous deep fried snack in South India. Usually to make falafel, you need chickpeas, spices and for binding the flour added, finally it was deep fried.. Since I want to make in a healthier way, I baked the falafel in oven it tasted just like deep fried falafel. Try this baked version of vegan, gluten free and oil free falafel recipe, you will love it.

Baked Falafel Recipe / Vegan Oil Free Falafel

baked falafel



Save Print
Prep time
15 mins
Cook time
20 mins
Total time
35 mins

Baked falafel recipe / Vegan gluten free oil free falafel is a healthy middle eastern vegetarian recipe, served in pita bread, or in wraps or burger.
Author: Gayathri Ramanan
Recipe type: snacks
Cuisine: Middle Eastern
Serves: 8
Ingredients

- 400 gms of chickpeas, Cooked
- 1 large sweet potato
- 2 garlic cloves
- ½ onion
- ½ tsp of baking powder

- 1 tbsp of ground flax seeds
- 1 tsp of black pepper powder
- 1 tsp of red chilli flakes
- 1 tsp of cumin powder
- 1 tsp of coriander powder
- 1 Tsp of lemon juice
- Few cilantro leaves, chopped
- 1 tbsp of extra virgin olive oil
- 2 Tbsp of chickpeas flour
- Salt to taste

Instructions

1. Boil the sweet potato in a large vessel with water, cook till soft.
2. Peel the skin of the sweet potato and set aside.
3. Peel the onions and garlic cloves, chop them into pieces.
4. Preheat the oven to 350 F.
5. In a non-stick pan, add oil,chopped onions, garlic , fry it for few mins by stirring occasionally and keep it aside.
6. Add the chickpeas and boiled sweet potato to the blender (mixie) grind them coarsely. Add in the cilantro to it. Repeat until all the chickpeas are broken up.
7. Transfer everything to a bowl.
8. Add the lemon juice, red chilli flakes, black pepper powder, ground flax seed, cumin powder, coriander powder, salt, baking powder, the sauted onions and garlic. Mix well everything. If the dough stick together, add chickpea flour and water if needed.
9. Form a equally sized balls and flatten it with your palms. Place the falafel on a baking tray and put them in the oven for about 20 minutes or until they turn golden.
10. Enjoy them on a salad, in wraps, pita breads or in burger.


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Baked Falafel