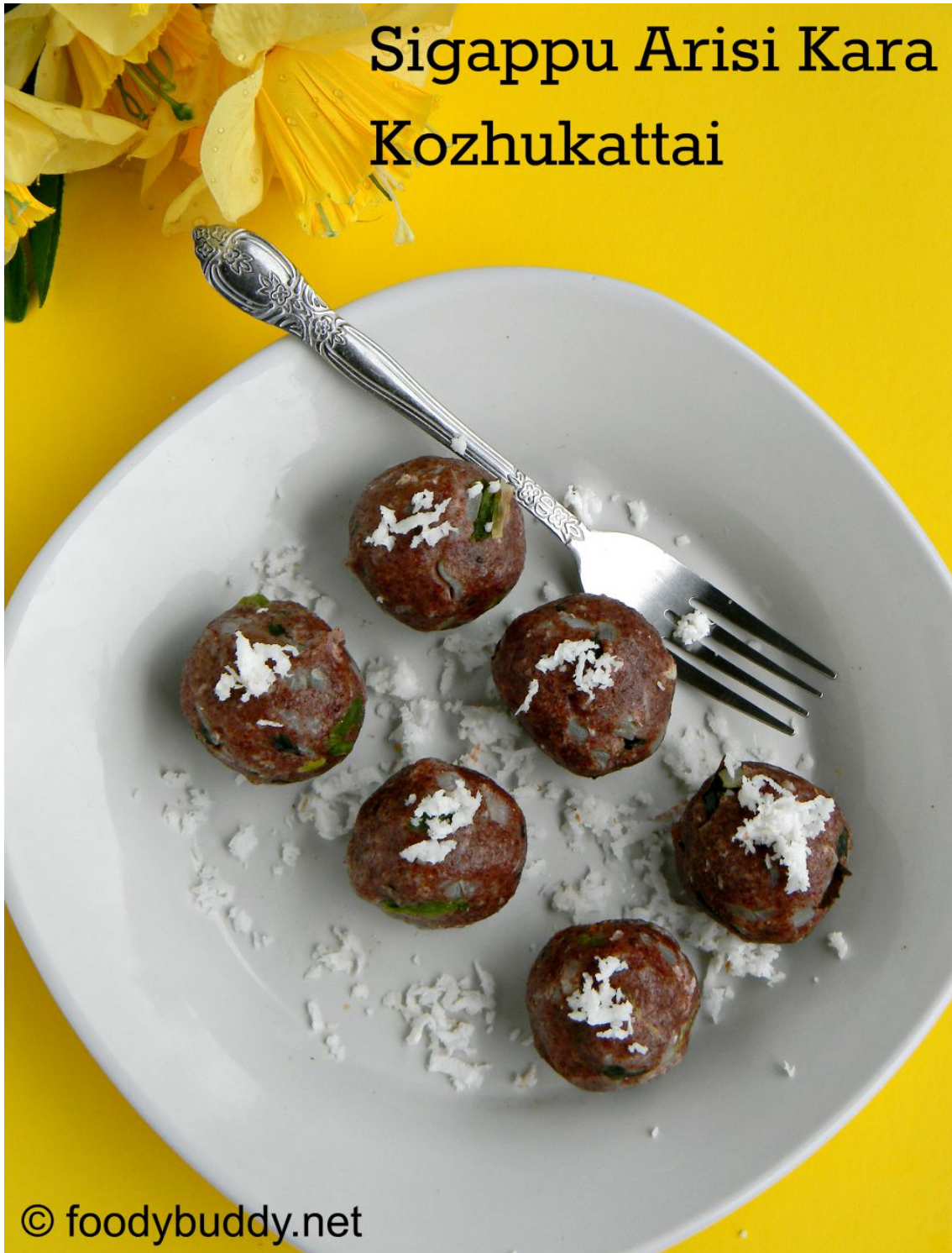


Sigappu Arisi Kara Kozhukattai / Red Rice puttu maavu kozhukattai



Sigappu Arisi Kara Kozhukattai / Red Rice puttu maavu kozhukattai is a healthy and delicious breakfast dish. You can

also make this puttu maavu kozhukkatai as snack or for school lunch boxes for kids. Sigappu arisi (Red rice) is a healthy grain with lot of vitamins, minerals, fiber and protein. They are good for diabetic patients and high cholesterol people. Serve this kara kozhukattai with coconut chutney. I made this kozhukattai last month with leftover puttu maavu. Also check my [kerala style puttu recipe](#). Try this healthy kara kozhukattai and leave your feedback in comment box.

How to make Sigappu Arisi Kara Kozhukattai

Sigappu Arisi Kara Kozhukattai / Red Rice puttu maavu kozhukattai



[Save Print](#)

Prep time

10 mins

Cook time

10 mins

Total time

20 mins

Sigappu Arisi Kara Kozhukattai / Red Rice puttu maavu kozhukattai is a healthy and delicious breakfast or snacks. It is made of red rice flour. Serve this kara kozhukattai with

coconut chutney.

Author: Gayathri Ramanan

Recipe type: Snacks

Cuisine: Indian

Serves: 10

Ingredients

- 1 Cup of Sigappu Arisi Puttu Maavu (Red Rice Flour)
- 1 Tsp of Mustard Seeds
- $\frac{1}{2}$ Onion, Chopped
- 1 Green Chilly
- $\frac{1}{4}$ Cup of Coconut, Grated
- Few Cashews, chopped
- Pinch of Asafoetida
- Few Curry Leaves, Chopped
- Few Coriander Leaves, Chopped
- Salt to taste
- Water as required (approximately 1 cup)
- Oil and ghee as needed

Instructions

1. In a bowl, take red rice puttumavu and grated coconut.
2. Heat a pan with water, add ghee and salt to it, boil it for few mins. Add the water to the flour bowl. Leave it for 5 mins. Now the flour will absorb all the water.
3. Heat a pan with oil, add mustard seeds, after it pops up, add cashews, onion, green chilly, asafoetida, curry leaves, saute it for few mins, add coriander leaves and transfer this to the flour bowl. Mix well with hand to form smooth dough.
4. Divide the dough into equally sized balls.
5. Steam these balls in an idly pan for 10 mins.
6. Hot, delicious sigappu arisi kara kozhukattai is ready. Garnish with grated coconut and serve with your favourite chutney.

Notes

Serve this kozhukattai with coconut chutney

I used store bought red rice puttumavu(flour). You can also

make the same kozhukattai with white rice flour.
Adjust the number of chilies as per to your taste.
Amount of water may vary based on the flour quality. So adjust
it accordingly.

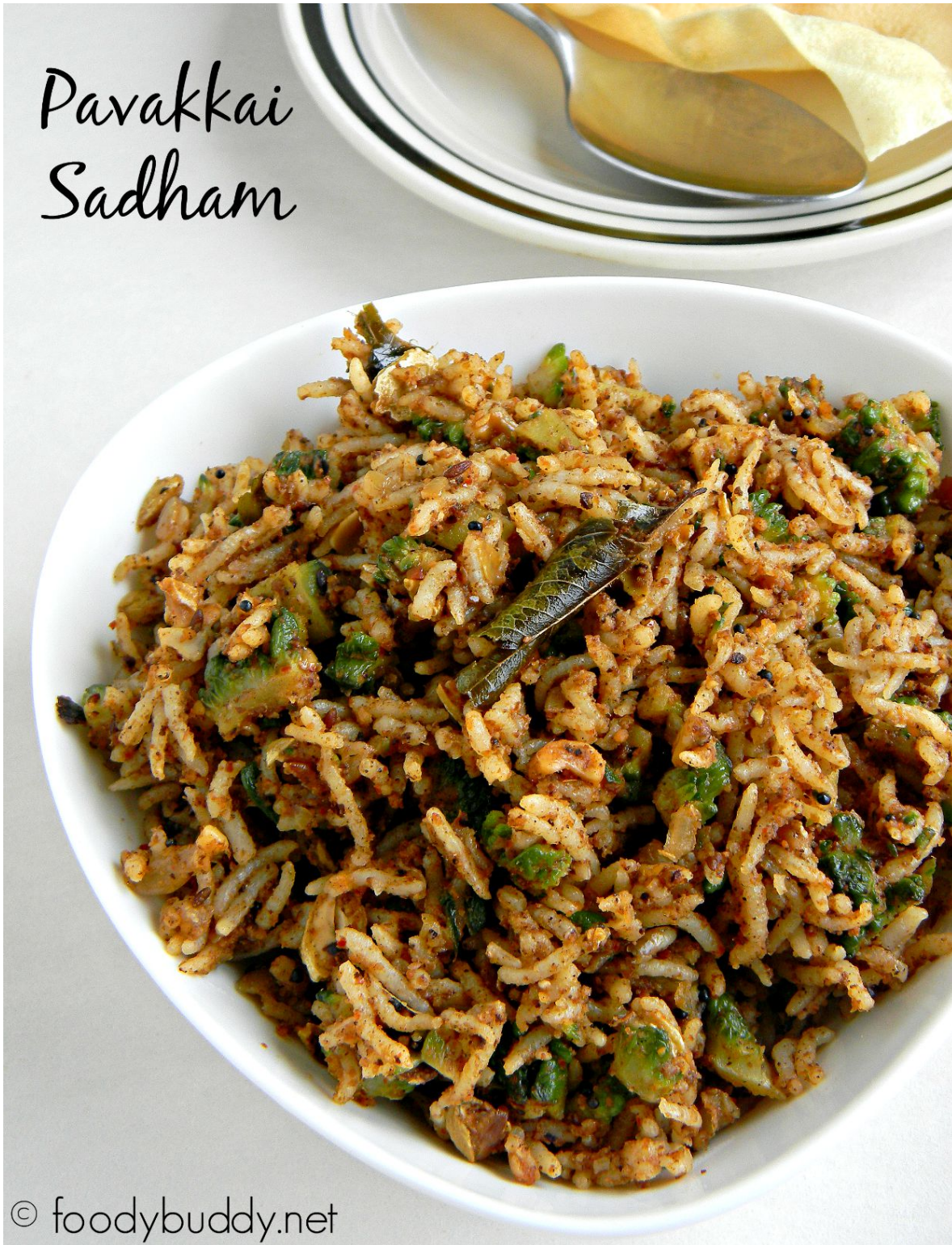


Tags: [Sigappu Arisi Kara Kozhukattai](#) , [Red Rice puttu maavu kozhukattai](#), [Kara kozhukattai seivathu eppadi](#), [how to make sigappu arisi kara kozhukattai](#), [Kara sigappu arisi pidi kozhukattai](#), [spicy red rice kozhukattai](#), [kara](#)

kozhukattai recipe, kozhukattai recipe for vinayagar chaturthi, sigappu arisi kozhukattai, red rice kozhukattai, puttu maavu kozhukattai, prepare sigappu arisi kara kozhukattai, sigappu arisi kara kozhukattai recipe. red rice puttu maavu kozhukattai recipe

Bittergourd Masala Rice Recipe / Pavakkai Sadham / Bittergourd Recipe

Pavakkai Sadham



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Bittergourd masala rice recipe / Pavakkai Sadham / Karela Rice is a simple and tasty one pot meal that can be made very quickly. This rice is very flavorful because of spices added to it like coriander seeds, clove, cinnamon, cardamom, bengal gram, urad dal and red chilies. I love bittergourd so nowadays am trying a lot of recipes with bittergourd. Bittergourd are very good for our health and it cures and prevents a lot of diseases like

respiratory disorders, cancer, diabetes, constipation, kidney diseases and heart diseases. Try to include bittergourd twice a month to stay healthy. If you are a bittergourd fan like me ☐ , you will love this rice for sure. You can also make this pavakkai sadham to pack for lunch box. Serve this bittergourd rice with appalam and [raita](#).

Also Check my other bittergourd recipes

- [Bittergourd 65](#)
- [Bittergourd Stir Fry](#)

How to make Bittergourd Masala Rice Recipe

Bittergourd Masala Rice Recipe / Pavakkai Sadham / Bittergourd Recipe



[Save Print](#)

Prep time

10 mins

Cook time

20 mins

Total time

30 mins

Bittergourd masala rice / Pavakkai sadham / Karela Rice is a flavorful one pot meal. Serve this with raita and appalam.

Author: Gayathri Ramanan

Recipe type: lunch

Cuisine: Indian

Serves: 2

Ingredients

- 1 Cup of Cooked Basmati Rice
- 2 Bittergourds, Finely Chopped
- 1 Tsp of Oil
- 2 Tsp of Ghee
- 1 Tsp of Mustard Seeds
- 1 Tsp of Cumin Seeds (Jeera)
- Pinch of Asafoetida (Hing)
- Few Curry Leaves
- $\frac{1}{8}$ Tsp of Turmeric Powder
- $\frac{1}{2}$ Onion, Finely Chopped
- 2 Garlic Cloves, Finely Chopped
- Pinch of Sugar or Jaggery
- Salt to taste
- 1.5 Tsp of Lemon Juice or to taste
- To Roast and grind
- 2 Tsp of Coriander Seeds
- 2 Tsp of Chenna Dal (Bengal Gram)
- 2 Tsp of Urad Dal
- 3 Red Chilies
- 2 Tsp of Coconut (grated)
- 1 Clove
- 1 Cinnamon (medium)
- 1 Cardamom
- 5 Cashews

Instructions

1. Heat a pan, dry roast all the ingredients listed under " to roast " until it turns golden brown. Cool it and grind it to a fine powder.
2. Heat a pan with oil and ghee, add mustard seeds, cumin, curry leaves and asafoetida, after it pops up, add onion and garlic, fry well until it turns golden brown.
3. Add bittergourd pieces and salt, fry well until it get

cooked.

4. Add ground masala powder and turmeric powder, fry well with bittergourd, add little water, sugar and enough salt, mix well. Turn off the stove.
5. Add cooked rice, little oil and lemon juice, gently mix it with fork.
6. Hot, yummy bittergourd masala rice is ready.

Notes

You can also add a tsp of tamarind paste while cooking instead of lemon juice.

Add chopped peanuts in the end while mixing.(optional)

Adding ghee gives a nice taste.

Do not break the rice while mixing

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Bittergourd Masala Rice

Tags: [bittergourd rice](#), [bittergourd masala rice recipe](#), [pavakkai sadham](#), [karela rice](#), [bittergourd recipes](#), [how to make bittergourd rice at home](#), [prepare bittergourd rice](#), [pavakkai recipes](#) [karela recipes](#), [recipes with bittergourd](#), [lunch box rice recipe](#), [office goers lunch box](#), [one pot meal](#).

Easy Moong Dal Murukku / Pasiparuppu Murukku Recipe



Easy Moong Dal Murukku / Pasiparuppu Murukku Recipe is a crispy delicious Indian snack made during diwali and krishna jayanthi (gokulashtami). Moong dal murukku is made of rice flour, moong dal, cumin, butter and salt. You can add roasted

moong dal or pressure cooked moong dal to the flour. Butter adds a rich and crispy taste. This post was in my draft for long time, actually I made this moong dal murukku last year for diwali when I was in my mom's home. My brother son (3 yr old kid) loved this murukku so much because of its crispy taste. You can also make this easy pasiparuppu murukku as after school snacks for kids. Try this easy murukku and let me know in comment box how it turned out.

I love to share a good news here. Plattershare conducted a recipe contest last month, to them I send my [alfalfa sprouts guacamole sandwich recipe](#). The contest was judged by popular masterchef Pankaj Bhadouria and she selected me as a second prize winner, feeling so happy ☺ . They gave me Rs. 500 cash and 7 different variety of Orchard Lane fruit jams. I never tasted this kind of jam in my life, it was so delicious and yummy. Why I love this jam is that, it has less content of sugar, 80% of original fruits and no preservatives. Thank you so much plattershare, chef Pankaj mam and orchardlane.



plattershare
Just Fooding Around...

Plattershare Recipe Contest

(July 2015)

**Judged by India's first ever
MasterChef Pankaj Bhadouria**

SECOND PRIZE

Awarded to - Gayathri Ramanan

"The filling seems to be very interesting.
I have a feeling that so many
flavors and the creaminess of the
Avacado should make it all worth trying."

- MasterChef Pankaj Bhadouria

How to make Easy Moong Dhal Murukku / Pasiparuppu Murukku Recipe

Easy Moong Dhal Murukku / Pasiparuppu Murukku



Pasiparuppu Murukku

[Save Print](#)

Prep time

20 mins

Cook time

40 mins

Total time

1 hour

Easy Moong Dal Murukku / Pasiparuppu Murukku is a crispy Indian snack made during diwali and krishna jayanthi. Serve them with hot tea or coffee.

Author: Gayathri Ramanan

Recipe type: Snacks

Cuisine: Indian

Serves: 2 bowls

Ingredients

- 1 Cup of Rice Flour (Store-bought)
- $\frac{1}{4}$ Cup of Yellow Moong Dal
- 1 Tsp of Cumin (Jeera)
- 1 Tbsp of Butter
- Pinch of Asafoetida (Hing)
- Salt to taste
- Oil to deep fry

Instructions

1. Soak the moong dal in water for 20 mins. Wash it and add it to pressure cooker, cook it for 3 whistles by adding 1 cup of water. After the steam releases, mash the dal

and keep it aside.

2. In a mixing bowl, add rice flour, cooked moong dal, cumin, butter, asafoetida and salt. Mix well with hand to form a smooth dough. Sprinkle some water if needed.
3. Heat oil in a pan. Meanwhile, grease the inner part of murukku press with oil and use star template(the one we use it for mullu murukku). Add the dough into the murukku press and close it tightly.
4. Now carefully press it directly into the hot oil, cook both the sides of murukku till Ssh sound stops.
5. Remove it from oil and drain this in a paper towel (tissue paper)
6. Hot, crispy moong dal murukku is ready to serve with hot tea or coffee.

Notes

Add sesame seeds (black or white) in place of cumin or add both.

If you want spicy murukku, add red chilly powder. This is optional.

If you don't have butter, add hot oil to the dough.

I didn't add water while kneading the dough as moong dal water is enough to knead it.

You can use any murukku template of your choice.



Moong Dal Murukku

Tags: [easy moong dhal murukku](#), [moong dal murukku](#), [moong dal murukku recipe](#), [murukku recipe](#), [moong dal chakli](#), [pasi paruppu murukku recipe](#), [make moong dal murukku](#), [prepare pasiparuppu murukku](#), [krishna jayanthi snacks recipe](#), [gokulashtami recipes](#), [moong dal snack recipes](#), [evening snack recipes](#), [janmashtami recipes](#)