

# Kollu Soup Recipe / Horsegram Soup



Kollu soup or Horsegram soup is my favourite soup. Kollu / Horsegram is a legume, is widely consumed in South India especially in Coimbatore and Erode district. It is very high in protein, calcium and iron. Kollu is very good for health and t has lot of benefits like lowers cholesterol, treats skin rashes, reduces flatulence, cures ulcer and fever. You can

make lot of recipes using kollu like [kollu paruppu](#), [kollu rasam](#), kollu thogayal, kollu dosa etc. Kollu soup is very easy to make,delicious, flavorful, hearty and wholesome and works good for weight loss. If you want to reduce weight, take this kollu soup twice or thrice a week, you will feel it fresh and energetic, because you are eating horsefood so gives you more horsepower. Negative side of kollu generates lots of heat to your body results in sores inside mouth so balance it by consuming buttermilk. I am in US, weather is very cold so I made this soup and try this kollu soup recipe in your home and enjoy.

## How to make kollu soup recipe at home

### **Ingredients For Kollu Soup Recipe**

Preparation Time : 4 hrs    Cooking Time : 30 mins    Serves : 4

- 1/2 Cup of Kollu
- 10-12 Small Onions
- 7 Garlic Cloves, Big
- 2 Medium Size Tomato
  - 1 Tsp of Cumin
  - 1 Tsp of Pepper
- 1/4 Tsp of Turmeric Powder
  - 1 Tsp of Oil
- Pinch of Asafoetida
  - Salt To Taste
  - 3 Cups of Water

### **Method For Kollu Soup Recipe**

- Heat a pan, dry roast the kollu until nice aroma comes. Transfer it to a bowl, add enough water and soak it for 4 hrs or overnight.
- Take a pressure cooker, add roasted kollu and add all the other ingredients listed under the ingredient list. Pressure cook it for 10 whistles. Open the lid after the pressure release on its own. Let it cool it for sometime.
- Grind all the ingredients until it turns smooth. Again transfer it to a pan, add 1 cup of water, bring it to a boil and turn it off. Filter it and serve warm.
  - Hot and pipping kollu soup is ready to serve.

### **Tips**

- You can also make soup without roasting kollu.
- Adjust the amount of pepper and salt according to your taste.

Tags : [kollu soup](#), [kollu soup recipe](#), [how to make kollu soup at home](#), [prepare kollu soup](#), [south indian kollu recipe](#), [kollu recipe](#), [soup recipe](#), [coimbatore style kollu recipe](#)

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## [Bombay Chutney Recipe / Side dish for idly dosa](#)



Bombay Chutney or Besan chutney is a very simple and quick to make chutney for idly and dosa. Did you get bored with usual coconut chutney or tomato chutney ? Try this easy chutney with the basic and available ingredients in your pantry. This is my mom's signature dish, she used to make this bombay chutney often as a side dish for idly, dosa, chapathi or poori. Bombay

chutney is really delicious in taste and smells so good with fennel seed flavoring. Try this bombay chutney recipe at home and enjoy with idly and dosa.

# How to make bombay chutney at home

## Ingredients for Bombay Chutney Recipe

Preparation Time: 10 mins    Cooking Time: 20 mins    Serves: 4

- Handful of Fried bengal Gram (Pottukadalai), about 1/3 cup
  - 1 Big Onion, Sliced
  - 3 Small Tomatoes, Chopped
    - 1 Red Chilly
  - 1/2 Tsp of Sombhu (Fennel seeds)
    - 5 Curry Leaves
    - 1 Green Chilly
- 3 Garlic Cloves + 1/2" Inch Ginger, made into paste with mortar and pestle
  - 1/2 Tsp of Turmeric Powder
  - 2 Tsp of Coriander Powder
  - 1 Tsp of Red Chilly Powder
  - 1/4 Tsp of Garam Masala
  - Pinch of Asafoetida
  - Salt to taste

## Method for Bombay Chutney Recipe

- In a mixie, grind fried bengal gram to a fine powder. Add enough water about 1.5 cups to it and make a batter. Keep it aside.
- Heat a pan with oil, when it is hot, add mustard seeds, urad dal, red chilly, fennel seeds and curry leaves. After it pops up, add asafoetida, onion, green chilly, saute it for few mins until it turns golden brown.
- Add ginger garlic paste, fry until the raw smell vanishes. Add tomatoes, fry until it turns mushy.
- Add turmeric powder, coriander powder, red chilly powder and garam masala, fry for few secs.
  - Add 1.5 cups of water, bring them to boil. When it starts boiling, add the roasted gram batter, mix well. Cook it until it turns thick and raw smell goes off. Add coriander leaves and turn off the flame.
  - Serve bombay chutney with hot idly, dosa, chapathi or poori.

### Tips

- Chutney will turn thick after it cools down so don't cook the chutney for long time.
  - If your chutney turns thick, add little water and heat it for mins.
    - You can use besan flour in place of fried gram flour.
    - You can skip garam masala, if you dont like.

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# Besan Chutney

Tags: [Bombay chutney](#), [bombay chutney recipe](#), [how to make bombay chutney at home](#), [prepare bombay chutney](#), [instant sambar](#), [chutney recipe for idly and dosa](#), [besan chuntney](#), [kadalaimavu curry](#), [healthy alternative to poori masala](#), [besan subzi](#).

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# Quinoa Dosa Recipe / Quinoa Crepes (Vegan)

How to make  
Quinoa Dosa at home

# Quinoa Dosa



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Quinoa is a world's most popular super food. Quinoa is pronounced as Keen-wah and eaten as cereal by south American for thousand of years. Coming to its nutrients profile, it has got complete protein with all essential amino acid and fiber, it tastes good and has nice crunch. I love quinoa and I am trying lot of recipes with quinoa like quinoa upma, quinoa Tabbouleh. Will post those recipes in near future. I just want to try dosa with quinoa, when I was talking with my friend, she told me this quinoa dosa recipe, immediately I tried it

for breakfast. Dosa turned out delicious and crispy. This quinoa dosa recipe is vegan, gluten-free and rich in calcium. So kick-start your day with this super and protein rich quinoa dosa for breakfast. It goes well with [garlic chutney](#) or [sambar](#).

## Ingredients for Quinoa Dosa Recipe

Preparation Time :8hrs    Cooking Time:30 mins    Serves:16 Dosa

- 1 Cup of Quinoa
- 1 Cup of Idly Rice
- 3/4 Cup of Urad Dal
- 1 Tsp of Fenugreek Seeds
- Salt as needed

## Method for Quinoa Dosa Recipe

- Soak quinoa, idly rice separately, urad dal and fenugreek together in water for overnight.
  - In a grinder, grind urad dal and fenugreek, add water little by little and start grinding until it turns smooth. Transfer it to a bowl and keep it aside. After that add rice and quinoa to the grinder, add water now and then, grind it until it turns smooth. Transfer everything to a bowl and mix well with hand by adding salt. Ferment this batter for overnight or up to 6 hrs.
  - Add water and salt to the batter if you need it. Heat a pan, take a ladleful of batter and spread it evenly on to the pan. Drizzle oil on sides of dosa.
  - When dosa turns golden brown on bottom side, flip it and cook the other side for a min.
- Now hot and crispy quinoa dosa is ready to serve with your favourite chutney.

### Tips

- You can use the same batter to make idly.
- Add grated veggies to enhance nutrition to dosa.

Tags:[quinoadosa](#), [quinoadosarecipe](#), [howtomakequinoadosaathome](#), [prepare quinoa dosa](#), [quinoa crepes](#), [quinoa recipes](#), [vegan dosa](#), [gluten free crepes](#), [protein rich dosa](#), [dosa batter without rice](#), [southindianbreakfastrecipe](#), [dosarecipe](#).