

Time is flying and my blog FoodyBuddy turned 2 today...Happy Birthday FoodyBuddy !!!!!

I sincerely thank all my fellow bloggers, enthusiasts, friends, foodies, casual visitors, family members and critiques as I progress in this virtual world of blogging ...This certainly has enriched my life, added color and has certainly given me something useful to share back with the community . Besides sharing my recipes , I have also learnt a lot in cooking techniques and has enriched my knowledge in food photography and presentation skills ...Finally it is certainly a feeling of joy and comfort to learn that the recipes you share is appreciated by folks from the far corners of the world and I do want to thank my husband and my family for their constant support and appreciation ...

To enjoy this beautiful day I have posted traditional south Indian sweet recipe – **Kalkandu sadam Recipe / Kalkandu pongal**. I love all kinds of pongal varieties but my favourite are kalkandu pongal and sakkarai pongal. I really like unique taste and the flavour of this pongal, the sweetness from sugar candy just remains in tastebuds for long time. Kalkandu sadam is given as prasatham in temples and many people offered to god during pooja.

To **make this kalkandu pongal**, all you need is rice, sugar candy, ghee and nuts. For rice, you can use raw rice or basmathi rice. Here I used small kalkandu, you can also use big sugar candy to make this sweet.

Try out this delicious and mouthwatering kalkandu sadam recipe, it just tastes divine.

Preparation Time : 10 mins Cooking Time : 15 mins

Serves : 4

Ingredients for kalkandu sadam recipe

- 1 Cup of Raw Rice
- 2 Cups of Kalkandu (Sugar Candy)
- 1 Cups of Milk
- 2 Cups of Water
- 4 Tbsp of Ghee (Clarified Butter)
- 3 Cardamom, Crushed
- Few Cashews and raisins
- Few Strands of Saffron

Method for Kalkandu Pongal Recipe

- Soak the rice for 1 hr and keep it aside.
- In a mixie, add kalkandu (sugar candy) and grind it to a fine powder.
- Heat a pan with ghee, roast the cashews and raisins until it changes colour.
- Wash the rice and add milk and water. Pressure cook this for 4 whistles. After it is done, mash the rice with the back of the ladle or use masher.
- In a medium flame, add kalkandu powder followed by ghee, keep stirring and mix well with rice. Finally add crushed cardamom, cashews, raisins and saffron. Mix well and turn off the flame.
- Serve hot with generous amount of ghee...It tastes yummy and heavenly in taste.

Tips

- You can add 1/4 cup of moong dal along with rice while pressure cooking. This step is optional.
- For sweetness, you can add jaggery along with sugar candy. Some people do like that.
- Instead of powdered sugar candy, you can add as such, as

- it will melt when you heated up.
- Add any nuts of your choice.

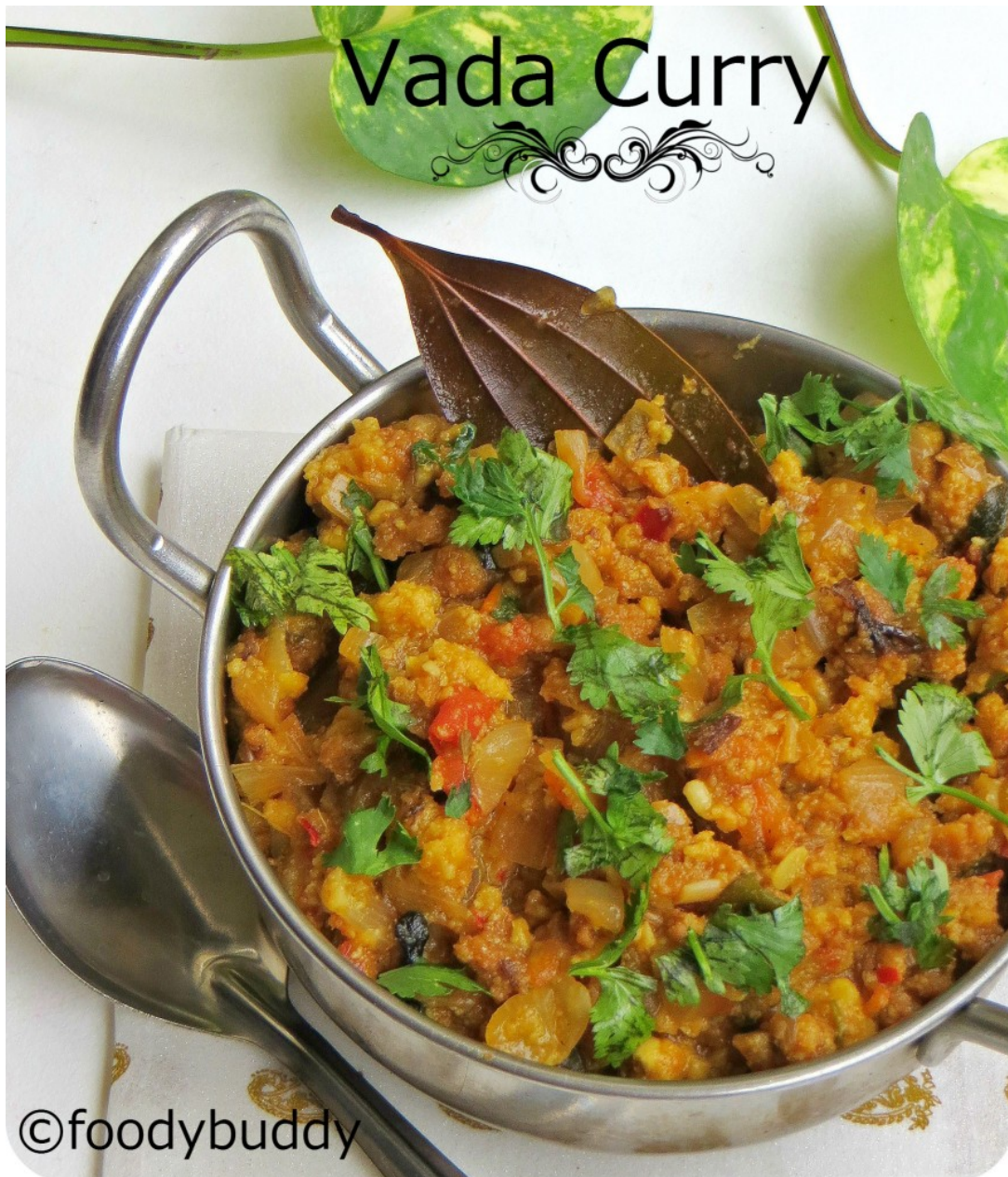


Kalkandu
Sadam

Tags : [kalkandu sadam](#), [kalkandu sadam recipe](#), [kalkandu pongal](#), [kalkandu pongal recipe](#), [how to make kalkandu pongal recipe](#), [prepare kalkandu sadam](#), [prepare kalkandu pongal](#), [sweet pongal recipe](#), [kalkandu sakarai pongal](#), [sugar candu pongal](#), [rock candy pongal](#), [sweet recipe with kalkandu](#), [recipe with sugar](#)

candy, easy pongal recipe, pongal festival recipe.

Vada Curry Recipe using leftover Masala vadai



Vada curry recipe using leftover masala vadai is a popular south Indian curry. Vada curry served as side dish for idly,

dosa, idiyappam, poori, appam or chapathi. I have also tried with pongal, it was yummy. This vada kari is a famous breakfast menu in hotel and it goes well with set dosa.

To **make vada curry recipe**, You have to make fresh masala vadai first, then crush it and finally mix it with tomato based gravy. But instant I used leftover masala vadai to make this vada curry recipe.

Try this delicious vada curry recipe using leftover masala vadai for dosa and idly.

Ingredients for Vada Curry Recipe using leftover Masala vadai

- 4-6 Leftover Masala Vada
- 2 Tsp of Oil
- 2 Cloves
- 1 Cinnamon
- 1 Bay leaf
- 1/2 Tsp of Fennel Seeds (Sombhu)
- Few Curry Leaves
- 2 Handful of Small Onion
- 1 Tsp of Ginger Garlic Paste
- 2 Big Tomatoes, Finely Chopped
- 2 Tsp of [Sambar Powder](#)
- Water and salt as required

Method for Vada Curry Recipe using leftover Masala vadai

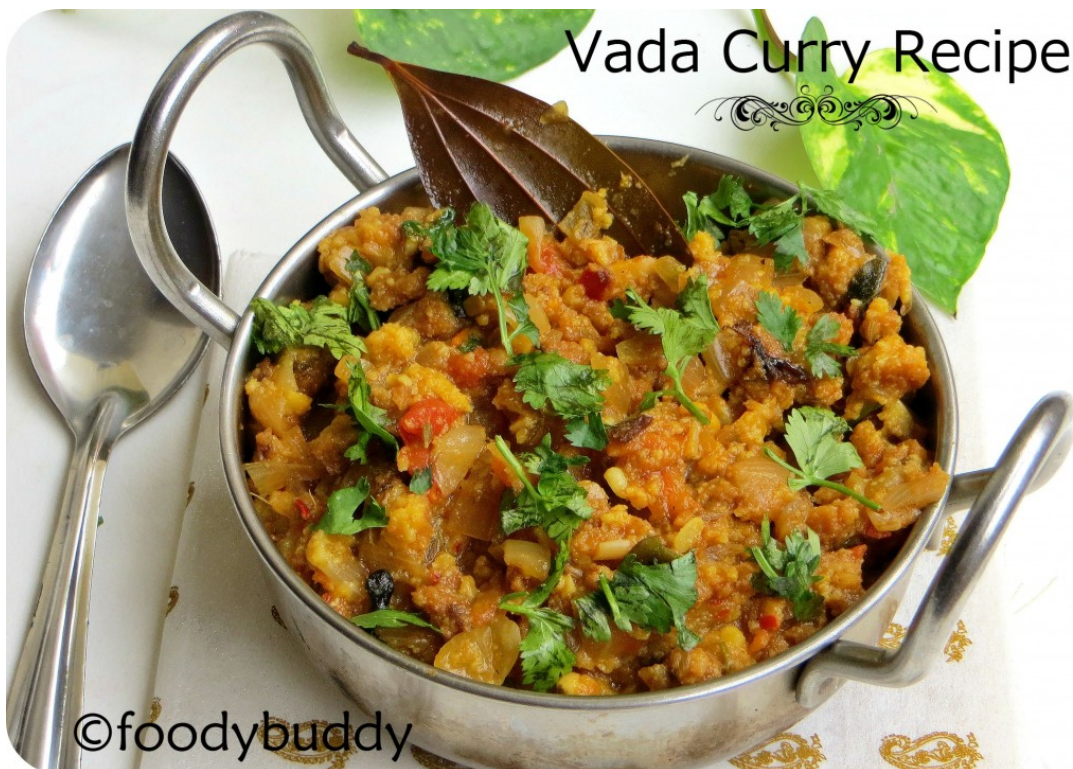
- In a bowl, crush the masala vadai with hand.
- Heat a pan with oil, when it is hot, add clove, cinnamon, bay leaf, fennel seeds and curry leaves, fry it for few secs.
- Add small onion, fry it until it turns golden brown

colour.

- Add ginger garlic paste, fry it until raw smell vanishes.
- Add tomatoes, fry until it turns mushy.
- Add [sambar powder](#), fry it for secs, add water and salt, let it boil for few mins and wait until gravy turns thickens.
- Now add crushed masala vada, mix well with masala. Finally garnish it with coriander leaves.

Tips

- You can make vada curry either with fresh masala vadai or leftover masala vadai.
- For tangy taste, use tomato puree in place of tomatoes.
- If you don't have sambar powder, add 2 tsp of coriander powder, 1 tsp of red chilly powder and 1/2 tsp of turmeric powder.
- You can also use big onion in place of small onion.



Tags : [vadakari](#) , [vadakari recipe](#), [vada curry recipe](#), [vada curry](#), [how to make vada curry recipe](#), [how to make vadakari](#),

prepare vada kari recipe, prepare vada curry recipe, vada curry recipe side dish for idly dosa, vada curry recipe with leftover masala vadai. vada curry gravy in tamil, masala vada curry, masala vadai kuzhambu. vada curry hotel style, restaurant style vada curry, saravanna bhavan style vada curry.

NELLIKAI JUICE / GOOSEBERRY JUICE



Nellikai juice / gooseberry juice / Amla Juice is a refreshing juice good for weight loss. Regular intake of this nellika juice helps to control blood sugar level.. This gooseberry juice is good for diabetes patients. So I call this juice as Anti-diabetic juice. In nellikai juice, for sweetness, you can add sugar or jaggery or brown sugar in place of honey.

During my childhood memories, let me tell you how I eat, dipping gooseberries in red chilly powder and salt mix, is just tastes awesome. Also I enjoy the gooseberry sweet taste

that dances in my tastebuds along with water. Let us learn how to make gooseberry juice at home.

Health Benefits Of Gooseberry Juice

- Rich in vitamin C, a powerful antioxidant which helps to prevent lot of diseases.
- Helps in digestion, glowing skin, hair growth and improves eye sight.
- Improves protein metabolism.

How to make gooseberry juice / amla juice at home

Preparation Time : 10 mins Cooking time : 10 mins Serves : 2

Ingredients for nellikai juice

- 10 Gooseberries, Chopped
- 1/2 Inch of Ginger
- Pinch of salt
- 1 Tsp of Honey or to taste
- Water as needed

Method to make gooseberry juice

- Wash and chop the gooseberry into pieces. Remove the seed from the fruit.
- Place the chopped gooseberry pieces, ginger into blender and add little water, grind it until smooth.
- Strain the juice through strainer. Press the pulp using spoon and remove as much juice as possible.
- Add honey and salt to the juice and mix well.
- Serve gooseberry juice immediately.



Tags : [gooseberry juice](#), [amla juice recipe](#), [nellikai juice](#), [nellikai juice recipe](#), [how to make gooseberry juice at home](#), [prepare amla juice at home](#), [make nellikai juice](#), [juice for weight loss](#), [juice for diabetic patients](#), [juice recipe for party](#), [healthy ayurvedic drink](#).