

Sweet Aval Pidi Kozhukattai Recipe



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A Modak / Kozhukattai is a dumpling, which is more popular in India. Sweet aval pidi kozhukattai recipe have a special importance in the worship of Hindu God Ganesha's Birthday. Coming to the **sweet aval pidi kozhukattai recipe**, I have already posted the savory version of [aval kozhukattai](#) and this is a sweet version.

To make sweet aval pidi kozhukattai recipe, I used aval, jaggery, dates, grated coconut, cardamom and nuts. If you don't know how to make stuffed modak then you can try this easy kozhukattai recipe with Red aval and can make it in a jiffy. You can also use white aval to make this sweet pidi kozhukattai recipe.

Try this sweet aval pidi kozhukattai for vinayagar chaturthi and enjoy..

Ingredients for sweet aval pidi kozhukattai recipe

- 1 Cup of Red Aval / Sivappu Aval / Red Rice Flakes
- 2 Tbsp of Fresh / Dry Dessicated Coconut
- 3/4 Cup of Jaggery / Palm Jaggery
- 1/4 Cup of Dates
- 2 Cardamom
- 10 Roasted Cashews and Almonds
- 1.5 Cups of Water for soaking the aval
- 3/4 Cup of Water to dissolve the jaggery
- 2 Tsp of Ghee

Method for pidi kozhukattai recipe



- Soak the dates in hot water for 15 mins. Remove the seeds. In a blender, add dates and little water, grind it to a smooth puree.
- Chop the nuts to afine pieces.
- Soak the aval in 1.5 cups of water for 5 mins. Drain the water, mash the aval with a spoon and keep this aside.



- Dissolve the powdered jaggery in hot water and strain for impurities.
- In a medium flame, heat this jaggery water in a pan, add the dates puree, coconut and cardamom, allow it to boil.
- When it starts boiling, add the soaked aval, mix well and turn off the flame and then add ghee and nuts, stir well. Allow it to cool down for 10 mins.



- Apply little oil in your hands, take a small portion and roll it into a desired shape like cylindrical or triangular shape or circular shape and garnish with almonds and cashews.



- Steam it in a steamer or idly vessel for 5 minutes. Sweet aval kozhukkattai is ready to enjoy ☐ ☐



Tips

- For a sweet taste, you can use palm jaggery or yellow jaggery.
- Addition of dates and ghee gives a nice taste to kozhukkattai.
- If you don't want dates, add 1 cup of jaggery instead.
- You can garnish with any nuts of choice.
- You can also use this as poornam.

Health Benefits of Sivappu Aval /Red Flakes

- Red rice flakes are very good for the people with heart disease, diabetes and weight loss.
- Jaggery acts as a digestive agent, used to cleanse the

body and provide a good amounts of minerals.

- Dates – Relief from intestinal disorders, good for heart, cures anemia and prevents stomach cancers.
- Cardamom improves digestion and prevents cancer.



Tags : [Kozhukattai](#), [pidi kozhukattai](#), [pidi kozhukattai recipe](#), [sweet avaral pidi kozhukattai](#), [how to make avaral pidi kozhukattai](#), [avaral sweet kozhukattai](#), [avaral kozhukattai](#), [kzhukattai recipe](#), [step by step kozhukattai recipe](#), [easy kozhukattai](#), [Aval Recipe](#), [Poha Recipe](#) [sweet avaral pidi kozhukattai](#), [sweet modak](#), [vinayaga chatuthi kozhukattai Recipe](#), [pidi kozhukattai for vinayagar chaturthi](#)

Idly Chaat | Chaat With Leftover Idly | Indian Tea Time Snack



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Idly is a soft rice cake and a popular south Indian comforting breakfast dish. Chaat means savory snack. If you get bored of doing idly upma and podi idly with leftovers, then you should give a try with idly chaat. This idly chaat recipe is made with leftover idly. Seriously, they are so

tasty, golden crispy on outside and soft bite on inside. I bet your kids will love this chat for sure. If you have leftover idly sitting on your fridge, then try this crispy idly chat..yum..yum.. and enjoy with hot cup of [tea](#)..



Ingredients

- 2 Big Idly
- 2 Tbsp of Red Onion, Finely Chopped
- 2 Tbsp of Tomato, Finely Chopped
- 1 Tbsp of Carrot, Finely Chopped
- 2 Tbsp of Omapodi (Sev)
- 1/2 Tsp of Lemon Juice
- 1/2 Tsp of Black Pepper or to taste
- Black Salt to taste
- Tomato Ketchup (optional), before serving
- 1 Tbsp of Oil
- 2 Tsp of Butter or Ghee

Method

- Dice the leftover idlies.

- Heat oil and ghee in a non stick pan, swirl the pan so that it coats all the surface of the pan. In a medium heat, place diced idlies to the pan, wait until it turns golden brown. Flip the idly to the other side with spoon and wait till it turns golden brown on other side. Turn off the flame and transfer it to the serving bowl.
- Now sprinkle some chopped onion, tomato, carrot, black pepper and black salt. After that, add lemon juice and coriander leaves, gently give a quick stir. Add tomato ketchup before serving.
- Hot golden crispy idly chaat is ready to serve...Enjoy with hot cup of [tea](#) :-):-)



Tips

- Always use leftover idly instead of fresh idly because they turn soggy.

- You can deep fry the idly instead of shallow frying.
- If you have leftover idly in fridge, then leave it outside for 1hr and then do the chat.
- You can grate the carrots instead of cutting them.
- Add tomato ketchup at the end, because it makes idly soggy and you cannot feel the crispy texture of idly.
- You can add kara boondhi instead of sev (Oma podi).
- You can use red chilly powder for spicy taste.



sending recipe to [Priyavirundhu](#) and [gayathricookspot](#)

MINT PULAO | PUDINA PULAV WITH TOMATO | LUNCHBOX RICE



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I love Mint. Every week I use to get mint leaves from my nearby grocery store. Also I always stock dried mint in my pantry . You can make lot of dishes with both fresh and dried leaves like paratha, chutney, rice, soups and curries. I really love the beautiful aroma of mint. Research study has said that the aroma itself stimulates the salivary glands, there by increasing digestive enzymes and facilitates the digestion. It has lots of health benefits. Try to include this leaf in your diet and stay healthy. If you get mint leaves

from store, use the leaves for cooking and don't throw the stem, just place it a pot of soil, it grows so fast and you can use it later for cooking. Coming to the recipe, this is a flavorful one pot meal and a nice lunch box dish. Even a bachelors can cook this rice, it is so easy to make and filling.

Ingredients

- 1 Cup of Basmathi Rice
- 1 Big Red Onion, Finely Chopped
- 3 Garlic Cloves, Big,
- 1 Inch Size of Ginger,
- 3 Medium Size Tomatoes, Finely Chopped
- 1/2 Tsp of Garam Masala
- Salt to taste
- 1.5 Cups of Water
- 1 Tsp of Lemon Juice(Optional)

To Grind

- 1 Cup of Mint
- 1 Cup of Coriander Leaves
- 4 Green Chillies

To Temper

- 1 Tbsp of Ghee
- 1 Tbsp of Oil
- 1/2 Tsp of Fennel Seeds
- 2 Cloves
- 1 Cinnamon, Small Stick(1 inch)
- 1 Cardamom
- 1 Bay Leaf

Method

- Soak the basmati rice in water for 30 mins. Drain the water and rinse it in tap water for 2 times. Keep this aside.
- In a blender, add coriander leaves, mint leaves, green chillies and little water, grind it to a smooth paste.
- In a mixie or mortar&pestle, make a paste of ginger and garlic.
- Heat oil and ghee in a cooker, add clove, cinnamon, cardamom, bay leaf & fennel seeds. Saute this for few secs. Add chopped red onion and salt, saute this for 2 mins until it turns golden brown.
- Add ginger garlic paste, fry for a min. Add chopped tomatoes, fry until it turns soft and mushy.
- Add mint leaves, coriander leaves and green chillies paste, fry this for 2 mins until raw smell goes off. Otherwise it spoils the taste of the rice.
- Add garam masala, saute this for a min.
- Add rice and water, mix well. Check the salt. Close the pressure cooker with a lid and cook for 2 whistles. Turn off the flame. Let the pressure release on its own.
- Open the cooker, add lemon juice, if necessary, mix gently with a fork or spoon.
- Serve hot with any spicy gravies and [raita](#). I had with mushroom peas fry.



Tips

- You can add vegetables like peas, corn, potato and cauliflower to this rice.
- Adjust the no of chilies according to your taste.
- If you want little more spicy, then add 1/2 tsp of red chilly powder.
- If you have coconut milk, use instead of water.
- Don't break the rice while mixing.
- Addition of lemon juice gives a mild tangy taste.
- Rice : water ratio is for 1 cup of rice :1.5 cups of water.

Health Benefits of Mint

- Aroma of mint, activates the salivary glands, there by increasing digestive enzymes and facilitates the digestion.
- Soothing the digestive tract, if you are having any stomach ache.
- Cooling sensation to skin.
- Eliminates the toxins from the body.
- Helps in whitening teeth and combats bad breath.
- Good cleanser for the body.

