

Thakkali Paruppu Dosai / Tomato lentil dosa



Dosa is a fermented crepe made from rice and black lentils. It is getting popular around the world because of taste and crispy texture. Thakkali paruppu dosai does not need any fermentation. There are two types of rice, one is parboiled rice and other one is raw rice. In this recipe I used toor dal , parboiled rice, tomatoes, red chillies coconut and spices. Addition of tomatoes gives tanginess and vibrant color, red chillies gives spicy taste, carbs and protein from rice and dal. So this dish gives you well balanced of all nutrients. Best accompaniment for this tomato dosa are coconut chutney or [peanut chutney](#) or [sambar](#) or [podu](#).

Ingredients

1 and 1/4 Cup of Parboiled Rice
2 Tbsp of Toor Dal
3 Large Size Tomatoes, Chopped
2 Tbsp of Desiccated Coconut Flakes / Grated coconut
4-5 Red Chillies
1 Tsp of Fennel Seeds
Few Cilantro(Coriander) Leaves, Finely Chopped
7 – 10 Curry Leaves
Salt to Taste
Oil as Needed

Method

- Soak the dal and rice separately for 5 – 6 hrs. After that wash the dal and rice in cold tap water.
- In a blender, add toor dal, rice, tomatoes, coconut flakes, red chillies, coriander(cilantro)leaves, curry leaves and salt, Grind it until the mixture turns smooth.
- Transfer this batter to a bowl, add fennel seeds and mix well. If you need more salt, you can add it at this stage.
- Add water if batter is too thick. Heat a dosa pan or tawa, take a ladle full of batter, spread it like thin dosa. Drizzle some oil over the dosa or in sides. Cook both sides until it turns crisp.
- Serve this dosa with your coconut or [peanut chutney](#) or [sambar](#) or podi. I had it with urad dal chutney.

Tips

- You can add chopped green chillies instead of red chillies.
- Always cook dosa in medium flame.
- You can add more tomatoes if your tomato are not tangy.

- You can avoid fennel seeds, if you don't want.
- Adjust the number of red chillies according to your spicy level.
- You can add little jaggery if you want for a slight sweet taste.
- If you are making this for breakfast , soak rice and dal overnight and grind them in the morning.

Health Benefits

Tomatoes

- Tomatoes are rich in vitamin A, C, K and Potassium.
- They are a natural cancer fighter.
- They are a good source of chromium which helps to regulate blood sugar.

Tomato Lentil Dosa



[Peer kangai Thol Thogayal / Ridgegourd Skin Chutney](#)

[Pin it](#)

Ridgegourd Chutney | Thogayal



Ridge gourd also known as Peerkangai or Chinese okra. It belongs to cucumber family, high in vitamins, minerals and fiber. Whenever I find ridge gourd in my nearby store, will surely buy it and make sambar and with leftover skin , I will make thogayal / chutney. It's really nice idea of using skin without wasting it. It has lots of fiber and nutrition in it. This is very easy to make thogayal and tastes yumm...Best accompaniment for this thogayal are [idly](#) or [dosa](#) or [rasam](#) rice or plain white rice.

Ingredients

- 2/3 Cup of Ridge Gourd Skin**
- 2 Tbsp of Urad Dal**
- 1 Tsp of Bengal Gram / Channa Dal**
- 1 Tbsp of Dessicated Coconut Flakes**
- 2 Garlic Cloves**
- 2 – 3 Red Chillies**

Pinch of Asafoetida / Hing
Tamarind – Blueberry/Small Gooseberry size
Salt to Taste
2 Tsp of Oil

To Temper

1 Tsp of Oil
1/2 Tsp of Mustard Seeds
1/2 Tsp of Urad Dal
1 Sprig of Curry Leaves

Method

- Wash the ridge gourd and peel the skin. Keep this aside.
- Heat a pan with oil, add red chillies and garlic cloves, saute for a min until garlic turns soft.
- Add urad dal and channa dal, fry for 1-2 mins until it changes light brown color.
- Add coconut flakes, asafoetida, ridge gourd skin, tamarind and salt, saute for 2 mins. Once it done, turn off the stove. Let it cool down for 5 mins.
- Transfer everything to a blender, and grind until mixture turns smooth. Transfer this to a bowl.
- Heat a pan with oil, add all the ingredients listed under " To Temper". After mustard seeds splutter, turn off the stove and transfer this to chutney. Mix well.
- Serve with [dosa](#) or [idly](#) or [rasam](#) rice.



Tips

- Adjust spicy taste according to your taste buds.
- You can add green chillies instead of red chillies.
- You can also add little ginger for extra flavor.
- Store it in an airtight container and refrigerate, it will last for 2-3 days.



Health Benefits of Ridge Gourd

- The juice is used as a natural remedy for jaundice.
- Low in saturated light and cholesterol, high in fiber, vitamins and minerals.
- It has blood purifying properties.
- Good for skin, liver and increases immune system.
- Aids in weight loss.
- Cellulose in ridge gourd helps to overcome constipation problem.



Pudalangai Poriyal / Snakegourd Curry with Milk

[Pin it](#)



Snakegourd or pudalangai, is so called because it looks like snake, can grow from foot to six feet in length. Snake gourd belongs to cucumber family, widely grown in India, Thailand, Nigeria and Australia. This is quite a popular vegetable in Indian cooking. In North India, they cooked with dal(Lentil Soups). In South India, they make it as dry curries, gravies and raitha It is high in water content, low in calories, fat free but filling and great to include in weight loss diets.

Coming to this recipe, they are cooked with spices, coconut and milk. This flavorful curry is a good accompaniment for [rasam rice](#) or [dal rice](#) or [puli kulambu](#). Try this recipe and let me know your feedback.

Ingredients

1 Snake Gourd, Medium Size

2 Tbsp of Chopped Red Onion
1/2 Tsp of Turmeric Powder
1 Tsp of Red Chilly Powder
1 Tbsp of Dried Coconut Flakes
3 Tbsp of Milk (2%)
Salt to Taste

To Temper

2 Tsp of Oil
1 Red Chilly
1 Tsp of Mustard
1 Tsp of Urad Dal
1 Sprig of Curry Leaves

Method

- **Wash the snake gourd in the cold tap water. Cut it into 2 halves. Slit the chopped pieces and remove the white centre part of the seeds using hand or with spoon and discard it. Chop the vegetables into small pieces.**
- **Heat a pan with oil, add red chilly (Break it), mustard seeds, urad dal, curry leaves, after it splutter, add the chopped onion, fry for 2 mins until it turns golden brown.**
- **Then add chopped snake gourd, turmeric powder, red chilly powder and salt. Saute for a min. Sprinkle some water and cover the pan with a lid and cook it in a medium high flame for 5 mins or until it turns soft.**
- **Open the lid, add the dried coconut flakes, saute for a min.**
- **Finally add the milk, mix well with the veggie, cook for a min and turn off the flame.**
- **Enjoy the snake gourd curry with rice.**



Tips

- Best accompaniment for this curry is [Kara Kulambu](#) or [Puli Kulambu](#). or [Rasam](#)
- You can use either dried coconut flakes or the fresh coconut.
- Use coconut milk instead of 2% Cow's milk.
- Additionally you can add jeera or cumin for tempering.
- Use coconut oil or vegetable oil for cooking this curry.

Health Benefits of Snake Gourd

- Snake gourd juice is a effective treatment for

dandruff.

- It has been found that it's leaves are useful for treating jaundice and palpitations(Irregular Heart Beat)
- Snake Gourd has high in water content and has a cooling effect on the body.
- It has lot of fibers, which helps in digestive tract healthy and also good for diabetes.
- Good source for magnesium, calcium and phosphorous.

