

South Indian Pottukadalai Murukku / Roasted chana dal murukku recipe



South Indian Pottukadalai Murukku / Roasted chana dal murukku recipe/ Fried gram murukku is the easiest instant murukku recipe that can be made quickly at home with store bought rice flour and just powder the pottukadalai (roasted gram) which is readily available at home and make this anytime. It has been 15 days since I posted recipe in my blog. Recently I get hit with pollen allergy so frequent sneezing and got itchy eyes so I was away from computer for few weeks. Coming to the recipe, this murukku is crispy and crunchy in taste, so you can make

this for evening snacks or during festivals like diwali or krishna jayanthi. The flavor of ajwain and the butter added to this murukku gives a heavenly taste. This murukku is made with thick sev disc, you can try with any disc as you wish. Try it, you will love it.

Also try my other murukku recipes in foodybuddy

1. [Thenkuzhal murukku](#)
2. [Mullu Murukku](#)
3. [Puzhangal arisi murukku \(Idlyrice murukku\)](#)
4. [Moong Dal murukku](#)
5. [Butter Murukku](#)
6. [Ribbon Pakoda](#)

How to make South Indian Pottukadalai Murukku / Roasted chana dal murukku recipe

South Indian Pottukadalai Murukku / Roasted chana dal murukku recipe



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Prep time

10 mins

Cook time

40 mins

Total time

50 mins

South Indian Pottukadalai Murukku / Roasted chana dal murukku recipe is a easy crispy evening snack that can be made quickly with storebought rice flour and fried grams.

Author: Gayathri Ramanan

Recipe type: snacks

Cuisine: Indian

Serves: 3 cups

Ingredients

- 1 Cup of Store bought rice flour
- $\frac{1}{4}$ Cup of Pottukadalai / roasted chana dal / fried gram
- $\frac{3}{4}$ Tsp of Ajwain (omam)
- $\frac{1}{2}$ Tbsp of Butter
- Pinch of Asafoetida
- Salt to taste
- Vegetable oil to deep fry

Instructions

1. In a dry mixer, grind the roasted gram to a fine powder.
2. In a bowl, sieve the roasted gram flour and rice flour.
3. To the bowl, add ajwain, melted butter, asafoetida, salt. Mix this well.
4. Add water slowly and carefully, mix the flour to form a smooth dough.
5. Meanwhile heat the oil in a shallow pan to deep fry.
6. Grease the murukku press with oil, fill the press with dough and close it tightly. You can use any shape of disc. Here I used 6 big holes disc used to make thick sev.
7. To check the oil is hot, add a small piece of dough, if it rises immediately then oil is ready. If you have kitchen thermometer, use that and check for 350 F.
8. Press the murukku directly to oil or to a laddle then transfer it to a oil. Cook both the sides until golden brown colour in a medium flame until "Ssh" sound stops

and bubbles reduced.

9. Remove it from oil and drain it in a paper towel.

10. Repeat the same procedure for the rest of the dough.

Notes

You can use hot oil instead of butter.

If you don't like ajwain taste, replace it with cumin or sesame seeds.

Don't add too much of butter, then your murukku will absorb more oil when frying.

If you want your murukku spicy, add chillly paste.

Use any shape disc to make murukku.

You can also either use homemade rice flour or store bought idiyappam flour..

Always cook murukku in medium flame for even cooking.

If your murukku breaks while pressing the dough, add little water to the dough and knead it before pressing.

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Roasted chana dal Murukku

Tags: [south indian pottukadalai murukku](#) [pottukadalai murukku recipe](#), [roasted chana dal murukku](#), [fried gram murukku](#), [south indian murukku recipe](#), [easy murukku recipe](#), [simple murukku recipe](#), [how to make murukku at home with store bought rice flour](#). [how to prepare murukku with rice flour](#). [south indian diwali murukku recipe](#)

[Godhuma Rava Pongal Recipe /](#)

Cracked Wheat Pongal



Godhuma Rava Pongal Recipe / Cracked Wheat Pongal / Broken Wheat pongal is a healthy breakfast dish for kids and adults. This wheat rava pongal is prepared with cracked wheat, moong dal spiced up with ginger, green chilly, pepper and cumin. This dish is very good for diabetes patients. You can have this samba rava pongal for breakfast or lunch or dinner, they are very filling and satisfying. I am not a upma lover and I particularly hate godhuma rava (cracked wheat) upma when I was a kid. As cracked wheat are good for health so my mom makes [cracked wheat payasam](#) or pongal made with broken wheat once in a while. I enjoy to eat it as pongal because it tastes really yummy when compare to regular [venpongal \(ghee pongal\)](#). Serve this pongal with sambar or coconut chutney. Also check my other pongal recipes – [oats pongal](#), [venpongal](#), [sweet pongal](#), [rava pongal](#), [samai \(little millet\) pongal](#),

[kalkandu pongal \(rock candy pongal\)](#)

How to make Godhuma Rava Pongal Recipe

Godhuma Rava Pongal Recipe / Cracked Wheat Pongal



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Prep time

5 mins

Cook time

30 mins

Total time

35 mins

Godhuma Rava Pongal Recipe / Cracked Wheat Pongal is a healthy breakfast dish good for diabetes people. It goes well with sambar and chutney.

Author: Gayathri Ramanan

Recipe type: Breakfast

Cuisine: Indian

Serves: 2

Ingredients

- $\frac{3}{4}$ Cup of Cracked wheat / Broken wheat / Godhuma rava
- $\frac{1}{4}$ Cup of Yellow Moong dal
- 2 Tbsp of Ginger (Crushed)
- 1 Tsp of Black Pepper
- 1 Green Chilly

- 1.5 Tsp of Cumin
- Pinch of Asafoetida
- 2-3 Tsp of Ghee
- 2 Tsp of Oil
- Salt to taste

Instructions

1. Soak moong dal in water for 15 mins. Drain the water and wash it twice.
2. In a pressure cooker, add dal, roast it without oil, add 1.5 cups of water and cook it for 3 whistles.
3. Heat water in a pan. On the other side, heat another pan with oil and ghee, when it is hot, add ginger, green chilly, asafoetida, pepper and cumin, after it pops up.
4. Add cracked wheat, fry it for few secs.
5. Now add boiled water, stir well like we do for upma.
6. After all water got absorbed, add cooked moong dal, salt and mix everything well. Cook it for 2 mins, finally add a tsp of ghee and cashews. Mix well and remove from heat.
7. Godhuma rava pongal is ready to serve with sambar or coconut chutney.

Notes

Add any vegetables of your choice to make it healthy.
If you love you can add turmeric powder to this pongal.
Adding ghee gives a nice taste.



Tags: [cracked wheat pongal recipe](#), [godhuma rava pongal](#), [godhuma rava pongal recipe](#), [broken wheat pongal wheat rava pongal](#), [samba godhumai pongal](#), [pongal recipe for breakfast](#), [south indian breakfast recipe](#), [easy breakfast recipe](#), [diabetic pongal recipe](#).

QUINOA PESARATTU RECIPE / THINAI PESARATTU



QUINOA PESARATTU

Quinoa Pesarattu Recipe / Thinai pesarattu / Foxtail Millet Pesarattu is a simply delicious and healthy south Indian breakfast dish loaded with lot of proteins and low in carbs. It goes well with [tomato chutney](#) or any chutney of your choice. I had it with coconut chutney. There are different kinds of quinoa available in market. Here I used Red Quinoa, you can also use white quinoa. This non fermentation dosa is prepared with quinoa and green moong dal spiced up with green chilly and ginger. You can have this [pesarattu](#) for both

dinner or breakfast. Also check my other quinoa recipes – [quinoa vegetable biryani](#), [quinoa dosa](#), [quinoa paniyaram](#)

How to make Quinoa Pesarattu Recipe

QUINOA PESARATTU RECIPE / THINAI PESARATTU



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Prep time

8 hours

Cook time

30 mins

Total time

8 hours 30 mins

Quinoa Pesarattu recipe /Thinai (foxtail millet) pesarattu is a simple delicious and healthy south Indian breakfast dish loaded with proteins and low in carbs. It goes well with tomato or any chutney of your choice.

Author: Gayathri Ramanan

Recipe type: BRAKFAST

Cuisine: Indian

Serves: 8

Ingredients

- ½ Cup of Red Quinoa
- ½ Cup of Green Moong Dal
- 1 Inch of Ginger
- 2 Green Chilly
- 1 Tbsp of Rice Flour
- 1 Tsp of Roasted Cumin

- 1 Onion, Finely chopped
- Pinch of Asafoetida
- Salt to taste
- Few Coriander Leaves, Chopped
- Water as needed

Instructions

1. Soak both moong dal and quinoa in water for overnight.
2. Drain the water and wash it. Grind it into a fine paste along with ginger and green chilly.
3. Chop the onion. Add onion, rice flour, asafoetida, roasted cumin, salt and coriander leaves to the batter. Mix well.
4. The batter should neither be too thick nor too thin. It should be in dosa batter consistency.
5. Heat a dosa pan, take the laddlefule of batter, pour it in the centre, spread it in a circular motion. Drizzle a tsp of oil around pesarattu. Flip it to the other side. Drizzle another tsp of oil to it.
6. Once cooked remove it from dosa pan. Repeat the same process for the rest of the batter.
7. Serve hot with any favourite chutney.

Notes

You can replace thinai (foxtail millet) in place of quinoa. Use either red chilly or green chilly for spicy taste.

THINAI PESARATTU



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Tags: [quinoa pesarattu recipe](#), [thinai pesarattu](#), [foxtail millet pesarattu recipe](#), [how to make quinoa pesarattu recipe](#), [easy breakfast recipe](#), [healthy dinner recipe](#), [pesarattu recipe](#), [quinoa recipes](#), [quinoa breakfast recipe](#).