

# RAVA IDLY – BREAKFAST RECIPES



*Rava Idly is a nice variation to normal rice idly where the batter needs to be fermented, lots of preparation work whereas in rava idly preparation is so simple and easy and it can be made in matter of 20 minutes and also it tastes really delicious. This quick, instant idly mix can be more nutritious and flavorful if you add some vegetables and nuts. It can be served for breakfast or dinner along with creamy peanut chutney or coconut chutney.*

## **Ingredients**

- 3/4 Cup of Sooji / Rava**
- 3/4 Cup of Thick Curd / Yogurt**
- 1 Tsp of Mustard**

**1 Tsp of Urad Dal**  
**1 Tbsp of Channa Dal / Bengal Gram Dal**  
**1" of Ginger, Grated**  
**1 Long Green Chilly, Chopped**  
**Few Curry Leaves**  
**Pinch of Asafoetida**  
**1/2 Tsp of Turmeric Powder**  
**1 Medium Sized Carrot, Grated**  
**1/4 Cup of Frozen Green Peas (Cooked in microwave for 2 mins )**  
**2 Tbsp of Chopped Cilantro**  
**1 Tbsp of Coconut Dry Flakes**  
**Salt to taste**  
**1/4 Tsp of Soda Bicarbonate**  
**2 Tsp of Ghee or Oil**  
**1/2 Cup + 2 Tbsp of Water**  
**Few Cashews**

**Yield – 8 Idlies**

### **Method**

- **Heat ghee / oil, add mustard, urad dal, channa dal, after they splutter, saute this till the dal turns golden brown. Add pinch of asafoetida, curry leaves and turmeric powder. Saute it for 30 secs.**
- **Add green chillies and ginger. Saute this for a min.**
- **Immediately add the grated carrot, peas and coconut flakes. Saute this for 1-2 mins**
- **Add rava and on low to medium heat, stir fry the rava constantly for 3-4 mins. Add chopped cilantro, saute this along with rava mixture. Take off from the heat and cool.**



- **In a bowl containing curd, add this rava mixture and enough water, mix well. Let this sit for 25 mins.**
- **On 26th min, add baking soda, you can now able to see foams after 2 mins.**



- **Grease idli plates with oil. Place a roasted cashewnut on each of the greased idli plates and pour the rava batter over the cashewnut as shown in picture.**



- **Steam the rava idlis on medium flame for around 10 minutes. Turn off the heat and let it sit for 5 mts.**



- **Remove the rava idlis carefully with a spatula and serve hot with [peanut chutney](#).**



### Tips

- Add any vegetable of your choice like beets, bell pepper..
- Add any nuts of your choice like walnuts or almonds.
- Don't allow the batter to rest for a long time, after adding baking soda.
- Add 2 or 3 Green Chilly, if you like spicy idly.
- Sodium bicarbonate can be replaced with eno salt.
- Don't add hot rava mixture to cold curd, as it kills live cultures of bacteria. Let rava mixture cool down for 4-5 mins and then add it to the curd.



## Health Benefits of Semolina/ Rava

- Good source of protein and vitamin B and E
- Semolina is made from durum wheat, so it is digested slowly. This helps you feel full longer and prevents you from overeating.
- Semolina improves kidney function, thanks to its potassium content.
- Add some chopped vegetables to savory semolina idly and make a power-packed, as well as delicious, meal in a bowl.

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## SPECIAL CURD/YOGURT RICE OR THAYIR SADAM – LUNCH BOX RECIPES

SPECIAL CURD/YOGURT RICE OR THAYIR SADAM – LUNCH BOX RECIPES



## SPECIAL CURD RICE

*Special creamy curd rice is my all time favorite. I cannot live without curd/yogurt even for a single day. Because I love curd and butter milk, it makes me refreshing. This is my favorite lunch box recipe too during school and college days and best combo to this rice are mango pickle and mor milakai.*

*Curd rice can be prepared in a unique style where rice is boiled, mashed, mixed with a thick curd, milk (to lessen the sour flavor of yogurt), butter and salt and then tempered it with a tadka (seasonings) roasted in a spoon of hot oil. Finally garnishing, it vary from region to region and it range from grated carrots, pomegranate seeds, raisins, grapes, grated raw mango and boondi. It can be served lukewarm or chilled.*

*This is a one pot meal, quick to make and easily digestible food recipe and perfect for lunch box.*

## Ingredients

2/3 Cup of Cooked Rice  
1 Cup of Yogurt / Thick Curd  
1/4 Cup of Milk (Full Fat Milk- Boiled and cooled to room temperature)  
1 Tbsp of Butter  
1 Tbsp of Cashews, Finely Chopped  
Salt to Taste

## To Temper

2 Tsp of Oil  
1 Tsp of Mustard  
1 Tsp of Urad Dal  
2 Red Chillies  
Pinch of Hing  
Few Curry Leaves  
1 Green Chilly, Chopped  
1/2 Inch Ginger, Finely Shredded  
1/4 Cup of Onion, Finely Chopped  
1 Medium Size Carrot, Finely Shredded  
Few Cilantro Leaves, Finely Chopped

## Method

- Mash the over cooked rice in a masher without any lumps.
- Add curd/yogurt, butter, cashews and salt to the mashed rice. Mix them well.
- Now add milk a little by little while mixing the rice. Add little more milk if needed.
- Heat oil in a pan, add red chillies, wait until it turns dark brown color. Add mustard and urad dal to oil, after it splutters, add curry leaves, hing, green chilly and

- shredded ginger to it. Saute well for a min.
- Add chopped onion, shredded carrot and chopped cilantro. Saute for 1 min. (Don't overcook for a long time)
  - Now pour this seasonings over the curd rice. Mix well.
  - Creamy special curd rice is ready.
  - Serve with pickle and mor milakai.
  - It taste really great if you consumed after 3 to 4 hours.



### Tips

- You can add fruits like pomegranate or grapes to your rice.
- Adjust spiciness according to your taste.
- Adding butter gives richness to the dish.
- Please don't add curd/yogurt to the hot rice as it kills

the friendly bacteria (*Lactobacillus*) in curd.

- If you prepared curd rice in advance for lunch box, add milk to the curd as milk removes sourness to the curd. If you eat curd rice immediately after preparation, then there is no need to add milk.

## Health Benefits of Curd Rice

- Helps improve the digestion
- Helps strengthen the immune system
- Consuming curd increases the capacity to absorb the nutrients and minerals from other food stuffs
- Especially helpful for those who are lactose intolerant
- Helps get strong bones and teeth as its calcium content is high. It helps fight against osteoporosis.
- Helps minimize the risk of high blood pressure.
- Fight-off unfriendly bacteria that cause food poisoning and travellers' tummy bugs.
- Eating live food regularly is the most effective way to restore the balance of intestinal bacteria called "flora"



## SPECIAL CURD RICE

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**CHANNA PALAK / SPINACH –**  
**BENGAL GRAM DAL – DAL RECIPE**



*This traditional Indian dish is often served over rice or [roti](#) and is a staple food in many Indian restaurants and households. This recipe is the combination of spinach and bengal gram dal. It is not only delicious, a good source of non-meat protein and it also has a number of health benefits. It taste absolutely delicious when you eat it with a tsp of ghee.*

### **Ingredients**

#### **To Pressure Cook**

- 1/2 Cup of Bengal Gram / Kadalai Paruppu**
- 1/4 Tsp of Turmeric**
- 1/2 Tsp of Oil**

1/2 Tsp of Salt  
Pinch of Hing  
Water as needed (~2 Cups)

### To Temper

2 Tsp of Oil  
1 Red Chillies (Opt)  
4 Garlic Cloves  
2.5 Tbsp of Tomato Puree  
1 Tbsp of Fried Onions  
1/4 Tsp of Turmeric  
1 Tsp of Red Chilly Powder  
1 Cup of Chopped Baby Spinach  
1 Tsp of Kasoori Methi (Dried Methi Leaves )

### To Garnish

Few Sprigs of Cilantro leaves

### Method

- Soak channa dal or bengal gram for 2 hrs before cooking. Wash and drain it before cooking.
- In a cooker, pressure cook by adding all the “cooker items” ingredients as shown above, with enough water and wait for 5-7 whistles and switch off the stove.
- Heat oil in a pan and add the “*To Temper* ” Ingredients as mentioned above. First add red chilly, saute till it turns dark color.
- Fry the garlic for a min. After that, add tomato puree and fried onions, saute it for 1-2 mins.
- Add turmeric and chilly powder to it. Fry for a min.
- Now add chopped spinach to it and saute this for 1-2 mins.
- Add the cooker items (Dal) to a pan. Allow it to boil for 5 mins. Stir in between to avoid burning at the

bottom. Add kasoori methi at this moment. Let it come to rolling boil and turn off the stove. Adjust the salt to taste.

- Garnish with Cilantro/Coriander leaves.
- Serve it with [roti](#)/nan/rice.



### Tips

- You can do the same recipe with methi leaves or any greens
- Use different dal like toor or moong by following this recipe.
- You can enrich the taste by adding 1tsp of ghee.
- You can also add lemon juice while serving.
- Adding red chilly is optional instead add green chilly.

**Health Benefits of Bengal Gram & Spinach**

- Lentils are high in fiber and protein, and low in fat. Eating lentils and other foods that are rich in soluble dietary fiber can help decrease high cholesterol
- A dish of basmati rice with moong dal combines carbohydrates, protein, fiber and fats for a healthy, balanced meal. The rice provides carbohydrates for quick-release energy.
- One cup of spinach has nearly 20% of the RDA of dietary fiber, which aids in digestion, prevents constipation, maintains low blood sugar, and curbs overeating.
- Spinach are rich in anti-oxidants

## SPINACH-BENGAL GRAM DAL



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sending this recipe to [priya versatile recipes tickling palatte & tomato blues](#)

## CWS- Dals



1st March - 31st March

