Nei Appam Recipe | Kulli Appam Recipe



Nei appam recipe / Kuli appam recipe is a traditional sweet made from rice, jaggery, cardamom, coconut and ghee. In this nei appam recipe, I have used mashed banana which gives softness and a nice taste to the appam.This nei appam is a easy sweet recipe prepared during festival occasions like karthigai deepam, onam and krishna jayanthi. This kuli appam recipe was soft and delicious and we loved it very much. So do try this nei appam recipe and enjoy :-):-)



Happy Karthigai Deepam !!!!!

Preparation Time : 1 Hr
Cooking Time : 20 mins
Makes : 11 Appam

Ingredients

- 1/2 Cup of Rice Flour
- 1/2 – 3/4 Cup of Jaggery
- 2 Tbsp of Grated Coconut
- 3 Cardamom
- 1 Banana (Puvanpalam)
- Pinch of Salt

- Pinch of Baking Soda (optional)
- Ghee/Oil as Needed

Method

- Peel the banana, grind it to a smooth paste along with cardamom in a mixie(blender).
- In a mixing bowl, add rice flour, salt, mashed banana and coconut
- Heat 1/4 cup of water in a pan, add the jaggery to it. Mix well until the jaggery melts completely. Filter this in a strainer to remove the dirt. Pour this into a rice mixture. Add enough water and mix well until you get smooth batter consistency, little thicker than dosa batter.
- Keep the batter untouched for 30 – 60 mins. After 1 hr, add baking soda, mix well.
- Heat ghee / oil in a paniyaram pan, pour spoonful of batter into each hole of the pan. Fry until it turns golden brown color on one side, flip it to other side and cook for few mins.
- Fluffy, soft appam is ready to serve.

Tips

- You can deep fry the sweet appam in oil or ghee.
- You can use maida or wheat flour in place of rice flour.
- Banana gives soft texture to the appam.
- You can even add coconut bits instead of grated coconut.
- You can grind jaggery along with banana.
- If you don’t want banana, just skip it.
- Baking soda gives softness to appam.



Tags : Appam Recipe, sweet appam, how to make sweet appam, neiyappam recipe, uniyappam recipe, karthikai deepam recipe, easy recipe for onam, unni appam, easy appam recipe, indian sweets, onam recipe, kulli appam recipe, how to make nei appam

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Puran Poli | Paruppu Poli

Recipe



Puran poli / paruppu poli recipe / Kadalai Paruppu Poli / obbatu is a traditional sweet (dessert) prepared during auspicious occasions and important festivals like diwali, vinayagar chaturthi, ugadi and holi. This is a first time I prepared paruppu poli recipe in my life and I made this puran poli for diwali celebration conducted in nearby library in US. Everyone tasted my puran poli and said it was awesome and tasty.

Coming to the recipe, the stuffing is called puran and the outer cover is called poli. The filling is prepared with

chickpea lentils, toor dal, jaggery and coconut. The outer cover is prepared with maida, oil, turmeric powder, salt and water. Here comes the puran poli recipe with step by step pics….Try this paruppu poli recipe and enjoy :-):-)



For Outer Dough

Ingredients for puran poli recipe

- 1 and 1/4 Cup of All Purpose Flour(Flour)
- 1/2 Tsp of Turmeric Powder
- 6 Tbsp of Cooking Oil
- Salt to taste

- Water as needed

Method for puran poli

- Take a mixing bowl, add flour, turmeric powder, salt and oil, mix well with hand. Add water little by little, mix it and knead it to a soft and smooth dough. Pour some oil over the dough until the dough is completely soaked in oil. Cover the bowl with a plastic wrap and let the dough rest it for 4 hrs.



For Inner Dough

Ingredients for paruppu poli recipe

- 1/2 Cup of Toor Dal
- 1/2 Cup of Bengal Gram (Chana Dal)
- Pinch of Turmeric Powder
- 1 and 1/2 Cup of Jaggery
- 3 Tbsp of Grated Fresh Coconut
- 3 Whole Cardamom
- Pinch of Salt
- 1 Tbsp of Ghee (Clarified Butter)

Other Ingredient (To make Poli)

3 Tbsp of Oil or Ghee

Method

- Soak both the dal in water for 30 mins, wash it in a tap water and drain it. Keep it aside.

- In a pressure cooker add both the dal, turmeric powder and enough water about (2.5 cups) close the lid and pressure cook for 2 whistles. Open the lid, drain the water using colander. In a mixie(blender), add both the dal, grind it for few mins, add jaggery, cardamom and grind it to a smooth mixture. [Note : If your mixture has extra moisture like mine, just fry it in a pan until it becomes thick.]



- Heat a pan with ghee, add grated coconut, fry it for a min, keep it aside. To the same pan, add the ground dal mixture, keep stirring in a medium flame, until the moisture goes off and mixture thickens. Add the roasted coconut, fry well for few minutes. Once it done, turn off the flame.
- Filling is ready. Let it cool down completely.



To Make Puran Poli

- Make lemon sized balls out of the outer dough(maida)

- Make small sized balls out of the inner dough (Dal-jaggery mixture)
- Take a ziplock bag or flat wooden base, grease it well with oil, place the maida ball, slowly apply pressure with your fingers over the dough or roll it with a rolling pin and make it like a small chapathi (patty). Now place the inner dough ball(pooranam) in the middle of the patty, slowly bring all the outer edges together in the center and seal it, to prevent the leakage of pooranam . Now again slowly apply pressure with your fingers or roll it with rolling pin and make it like a circular thick patty. Repeat the same procedure for the rest of the dough.
- Heat a tawa (griddle), in a medium heat, apply some oil or ghee, carefully place the poli, You will see tiny bubbles rises on the surface of poli. Now it’s time to flip the poli with a spatula. Once first flip is done, apply oil or ghee on the upper surface and spread it. Cook until you get brown spots on both sides.



- Yummy hot puran poli is ready to serve. Serve with a dollop of butter or ghee.

Tips

- It stays good for 2-3 days.
- You can use chiroti rawa in place of maida or you can use whole wheat flour or mix of maida and chiroti rava to make outer dough of poli.
- You can use toor dal or chana dal or mix of both the dal to make this poli.
- Do not comprise with the amount of oil and ghee.

Otherwise it won't taste good.

- You can cook the dal either in pressure cooker or in a heavy bottomed pan.
- You can make poli either thick as mine or thin as chapathi.



Health Benefits of Lentil, Jaggery and Spices

- Jaggery acts as a digestive agent, used to cleanse the bodyand provide a good amounts of minerals.
- Cardamom improves digestion and prevents cancer.
- 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

- Toor dal is useful in the treatment of internal organ swelling.
- Toor dal contains folic acid, good for women health.

Tags : poli recipe, poli, puran poli recipe, paruppu poli, kadalai paruppu poli, how to make poli, obbatu recipe, paruppu poli recipe, indian festival sweets, festival recipe, diwalisweets, indian sweets

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Diwali Recipes 2013 | Diwali Sweets & Snacks

In 2013, Diwali falls on 2nd of November. So here are the Diwali recipes from Foody-Buddy. Wishing you all Happy Diwali…Click on the images to get the recipes.

Kaju Katli	Rasgulla	Carrot Halwa
		

[Paal Kollukattai](#) 	[Rava Ladoo](#)	[Kandarappam](#) 
 [Rava Kesari](#)	 [Sago Payasam](#)	 [Moong Dal Payasam](#)
[Coconut Burfi](#) 	 [Carrot Kheer](#)	 [Basundi](#)

 Mullu Murukku	 Aval(Poha)Vada	 Medhu Vada
Thattai 	 Cornflakes Mixture	 Nankhatai
 Diamond Cuts	 Thenkuzhal Murukku	 Vazhakkai Bhajji