

Red Aval Kozhukattai Recipe

[Pin it](#)



Red rice flakes are made from a red rice. It is more common to find the flakes (poha) made of white rice. Rice flakes has an earthy flavor, chewy texture and light rose in color. Healthy alternative to white rice flakes, having a high nutritional contents. This red aval kozhukattai recipe are healthy breakfast recipe because of high in fiber & nutrition. You can pack this red aval kozhukattai for kids and adult lunch box. Try this easy red aval kara kozhukattai recipe at home and enjoy.

Ingredients for red aval kozhukattai recipe

- 1 and 1/4 Cup of Red Poha/ Sivappu Aval/ Flattened Rice
- Salt to Taste

To Tempering

- 2 Tsp of Vegetable/ Canola Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- 2 Red Chillies
- Pinch of Hing/Asafoetida
- 5-7 Curry Leaves
- 2 Tbsp of Dried Coconut Flakes

Method for aval kozhukattai recipe

- Wash the poha/aval and soak it in water for 20 mins. After that, drain the water. To the soaked poha/aval, add salt and knead well with hand or mash it with a masher.
- Heat oil in a pan, add mustard, urad dal, red chillies(break it), curry leaves and hing. After mustard seeds crackles and dal changes color. Add this tempering to the mashed poha/aval.
- Add coconut flakes to the mashed poha and mix well with a spoon or by hand.
- Take a small portion of dough and make an oval shaped

kozhukattai / dumplings.

- Arrange it in a greased idly plate and steam cook it for 5-10 mins.
- Serve with any chutney of your choice. I had with podukadalai chutney.



Tips

- You can use green chillies instead of red chillies.
- You can also add bengal gram in tempering.
- You can also use white aval instead of red aval.
- You can make kozhukattai in any shape of your choice.
- For extra health benefits, add grated carrot or beetroot.

Health Benefits of Sivappu Aval /Red Flakes

- Red rice flakes are very good for the people with heart disease, diabetes and weight loss.
- Low in cholesterol, high in fiber, vitamins and minerals.



tags : [aval kozhukattai](#), [red aval kozhukattai recipe](#), [how to make red aval kozhukattai recipe](#), [prepare aval kozhukattai recipe](#), [kara kozhukattai recipe](#), [kara kozhukattai recipe for vinayagar chaturthi](#), [koshukattai recipe for ganesh chaturthi](#), [kollukattai recipes for pillaiyar chaturthi](#), [kollukattai recipes](#), [neer urundai](#), [steamed rice balls](#).

[Thengai Poorna Kozhukattai | Sweet Kozhukattai](#)

Ganesh chaturthi / Vinayagar chaturthi is the birthday of lord Ganesha. This Thengai poorna kozhukattai / sweet kozhukattai recipe is a steam cooked sweet dish. Modak / kozhukattai recipe is a famous Indian sweet, prepared

especially on the occasion of Ganesh Chaturthi. It is known as Lord Ganesha's favorite sweet. You can feel sweetness in every bite of this kozhukattai. This Thengai poorna kozhukattai recipe is my mom's version. You can make this sweet kozhukattai even for snacks to kids. Try this thengai poorna kozhukattai for ganesh chaturthi.

Thengai Poorna Kozhukattai



Foody-buddy

Ingredients for thengai poorna kozhukattai

Outer Dough Ingredients

- 1 Cup of Rice Flour
- 2 Tsp of Ghee/oil
- Salt as needed
- 1 and 1/2 – 2 Cups of Water

Coconut Pooranam

- 1 Cup of Coconut gratings
- 3/4 Cup of Jaggery
- 4 Cardamom
- 2 Tsp of Ghee
- 1/4 Cup of water

Method



Ingredients

Making of Outer Dough

Put the rice flour in a kadai and dry fry till nice aroma comes out. Remove from stove and keep aside. Boil 1 and 1/2 to 2 Cups of water along with salt and 2 teaspoon of Ghee/oil. Pour this boiling water in the fried rice flour slowly like drop by drop, then mix it using a wooden spoon. When it is warm enough to handle, knead it with your hand.



Boiling Water in Kettle



Making of Outer Dough



Press the Dough like this



Adding Pooranam in the middle



Close the edges to get the shape

Making of Coconut Pooranam



Put the jaggery in a heavy bottomed pan. Now add 1/4 cup water and keep on low flame. When the jaggery completely melted, add coconut gratings and stir well and then till it blends well and become solid. Add cardamom powder and Ghee mix well. Cool it.

Making of Kozhukattai

Take lemon size dough and make a small ball by placing dough in zip lock bag with grease of oil in it as shown in pic. Slowly apply pressure with your fingers and make it like a small patty. Put one tablespoon of Pooranam in the middle of the patty, slowly close the edges to prevent the leakage of pooranam. It look like half circle. Finish all the dough and pooranam like above. Arrange all kozhukattai in a idly plate or steamer and steam it for five to seven minutes. Kozhukattai is ready.

Basic Information

Prep Time: 30 min to 1 hour

Cook Time: 30 min to 1 hour

Serves: 3 people

Yield: About 10 kozhukattai



Tips

- Do not steam it for long time as pooranam will come out.
- Make thin outer layers of the dough so that the kozhukattai are soft and gets cooked easily.

Tags : [kozhukattai recipe](#) , [modak recipe](#) , [thengai poorna kozhukattai](#) , [poorna kozhukattai recipe](#) , [how to make thenga poorna kozhukattai recipe](#) , [modhagam](#) , [prepare sweet kozhukattai recipes](#) , [ganesh chaturthirecipes](#) , [vinayagar chaturthi recipes](#) . [pillaiyar chaturthi recipes](#) , [vinayagar chaturthi tamil recipes 2014](#)