

Media & Prizes

Our Interview (My husband and I) and my recipe [Kale Guacamole Salad](#) got featured in [St.Louis Post Dispatch Newspaper \(US\)](#) dated 8th October , 2015

My Quinoa Recipes ([Quinoa paniyaram](#) and [Quinoa Biryani](#)) got featured in a popular Indian Newspaper – [Deccan Chronicle](#) (30th september, 2015)

palate pleasures Chennai **Chronicle** 22
WEDNESDAY 30 SEPTEMBER 2015

QUINOA IN YOUR DAILY DIET

Quinoa is one of the superfoods that's fast catching up among the health-conscious. It is a rich source of protein and is gluten-free. There are two types: red and white. Both types are slightly bitter when cooked and open up to reveal little white curls (like a ball) as they soften. While quinoa is usually added to salads and other main course dishes, they can also be the main ingredient in day-to-day meals. You can actually make a biryani, dhal, porridge and even payasam using quinoa. Here are a few quick recipes for preparing quinoa-based dishes.

QUINOA BIRIYANI

INGREDIENTS

- 3 tsp of cooking oil
- 3 cloves
- 1 cinnamon
- 2 cardamom
- 1/2 tsp of fennel seeds
- Few curry leaves
- 1 red onion, chopped
- 1 green chilly, slit
- 2 tsp of ginger garlic paste
- 1 tomato, chopped
- 2 tsp of yogurt
- 7 mint leaves, whole
- 1/4 cup of chopped carrot
- 1/4 cup of chopped beans
- 1/4 cup of peas (frozen)
- 2 tsp of coriander powder
- 1 tsp of red chilly powder
- 1/2 tsp of garam masala
- 1/2 cup of quinoa
- 1 tsp of fennel seeds (optional)
- 1/4 cup of water or as needed
- Salt to taste
- Coriander leaves as needed

METHOD

1. Heat a pan with oil, when it is hot, add cloves, cinnamon, cardamom, fennel seeds, curry leaves, sauté for few seconds, add onion and fry till it turns golden colour.
2. Add green chilly and ginger garlic paste, fry for 2 mins until raw smell vanishes. Add tomato, fry till it turns soft and mushy.
3. Add mint leaves, coriander leaves, carrot, beans, peas, fry for 2 mins. Add coriander powder, red chilly powder and garam masala, fry for 2 mins.
4. Add quinoa, mix well with masala and add water, salt and fennel seeds. Let it come to boil, place the tight fitting lid and simmer it for 10 mins.
5. Remove it from heat, garnish it with coriander leaves and check for salt. Quinoa Biryani is ready. Dig to the bottom of the vessel and serve.

Recipe: Gayatri Ramanan of FoodBuddy.net

QUINOA PONGAL

INGREDIENTS

- 3/4 cup quinoa
- 1/2 cup moong dhal/pasiparupu
- Salt to taste

METHOD

1. Dry roast the moong dhal inside the pressure cooker with till light golden colour starts to appear now switch off the flame.
2. Add quinoa with this roasted moong dhal and rinse with some water to remove the dirt from dhal and quinoa.
3. Add 5 cups of water and salt. Close with a lid and pressure cook for about 2 whistles.
4. Heat oil and ghee together in a pan and add chopped ginger, cumin seeds, peppercorns, curry leaves and broken cashews and fry everything till the cashews starts to turn golden.
5. Once the pressure releases open the pressure cooker and add the tempering and mix well and cook for a minute or the moisture almost evaporates and gets the semi solid consistency.
6. Switch off the flame and serve with any chutney or sambar.

Recipe: Eliza Lincy of Lincy's Cook Art

QUINOA PAYASAM

INGREDIENTS

- 1/2 cup quinoa
- 1 and 1/4 cups jaggery
- 1 cup milk/coconut milk
- 1/2 teaspoon cardamom powder
- 2 teaspoon ghee
- 10 cashews
- 10 raisins
- 1 tsp.

METHOD

1. Dry roast the quinoa inside the pressure cooker till rice aroma comes out; let aside. Now roast the moong dhal till light golden colour appears.
2. Wash them in water if required and pressure cook with 4 cups of water for about 4 whistles on medium flame.
3. When the pressure releases open the pressure cooker and add the jaggery/jaggery syrup. Let the jaggery in a pan with 1/4 cup of water, make syrup and strain and cardamom powder. Mix them well and cook for 1 min.
4. Add the milk and bring it to boil and immediately switch off the flame.
5. Now add the nuts with ghee into the mixture and mix well, then switch off the stove.
6. Note: You could replace cows milk with coconut milk or you could use 1:1 ratio.

Recipe: Eliza Lincy

QUINOA KUZHI PANIYARAM

INGREDIENTS

- 1 cup of idly rice
- 1 cup of quinoa
- 1/4 cup of urad dhal
- 1 tsp of fenugreek
- Salt to taste
- Oil as needed
- Water as needed

METHOD

1. Soak idly rice, quinoa, urad dhal, fenugreek together in a bowl overnight.
2. Next day, wash twice in tap water and grind it in a grinder/mixie with required water to a smooth paste.
3. Add salt and mix well with hand.
4. Leave it outside to ferment for 5-6 hrs.
5. Add oil and pour the batter in the preheated, oil-greased kuzhi paniyaram pan (castles/kaveri pan) and cook till done.
6. Turn over the paniyaram with the help of a skewer and cook the other side.
7. Remove the paniyaram from the pan after it turns golden brown colour.
8. Ready to serve with tomato chutney or coconut chutney.

Recipe: Gayatri Ramanan

My Recipe – [Peanut Coconut Kozhukattai](#) got featured in a popular Indian Newspaper – [Deccan Chronicle](#)

SPECIAL TREATS FOR GANAPATHY

On the occasion of Vinayaga Chaturthi we present an array of choices that you can prepare at home



PEANUT COCONUT KOZHUKATTAI

INGREDIENTS
For outer covering
• 1 cup of rice flour
• Water as required
• Salt to taste
• 1 tsp of ghee / oil
For filling
• 1/2 cup of roasted peanuts
• 1/4 cup of coconut
• 1/4 cup + 2 tbsp of jaggery
• 2 cardamom, crushed
• Pinch of salt

METHOD
• In a pan, roast the coconut in a medium flame and keep it aside.
In a mixer, add roasted peanuts, roasted coconut, jaggery, cardamom and salt. Grind everything together. Make equally sized balls out of the mixture.
• For the outer covering dough, bring the water to boil along with ghee. In a bowl, add rice flour and salt, add water slowly and keep mixing with spatula. Let it cool it for 2 mins. It will be warm by now, start kneading to form a smooth dough. Keep covered to prevent from drying.
• Make a equally sized balls out of the dough. Grease your hand with oil, take a ball and flatten it with your hand. Place the peanut ball in the centre. Fold it and seal it in the centre. Repeat the same process for the rest of the dough.
• Steam the kozhukattai in a idly pan or steamer for 10 mins. Peanut coconut kozhukattai is ready to serve.

Recipe: Gayatri Ramani of the blog <http://foodybuddy.net>



PAASI PARUPPU PAYASAM

COOK SURE RAMAKRISHNAN

Paruppu payasam (lentil pudding) is one of our ancient recipes. This version is made from moong dal, coconut, milk and jaggery — all considered individually auspicious by south Indian cuisine. All have been in usage for at least the last 300 years.
This pudding is cooked across the country with minor variations. Simpler versions omit milk, cooking the lentils in water. The north Indian version omits coconut and the Kerala version uses coconut milk in place of milk. Other lentils are rarely used except channa dal.
It finds a firm place in Tamil cuisine, being cooked on most auspicious occasions. If you add in a bit of rice, this process — rich pudding becomes a complete meal by itself. It is a recipe that can even be fed to infants.

Mix 1 cup milk, 1/4 cup washed and drained split moong dal, 1/4 cup grated coconut, 4 crushed cardamoms and 3 tsp ghee. Pressure cook on medium heat for 4 whistles. Mix in 1 cup cleaned jaggery/sugar and 1/4 cup coconut milk. Garnish with dry fruits.



KADALAI PARUPPU POORANAM KOZHUKATTAI

INGREDIENTS
• 1 cup (if you use mould you might require 1/4 cup more rice flour) rice flour or idiyappam flour or roasted rice flour
• 1 cup water
• 1 teaspoon oil
• Salt to taste
For filling
• 3/4 cup chana dal
• 1/4 cup coconut





MAA LAADU

It is southern Tamil Nadu, especially Thanjavur, a quick dessert is made from roasted gram — the maa laadu (maas laadoo). The same ones are cooked in the north and are called besan laadoo or mitta la laadu. Laadoo is not a recipe but just denotes a shape, as the Sanskrit root laadika (small ball) indicates. Most of them are indeed the size of a small ball or a lemon. Here's an ultra simple laadoo you can try!

My 10 Homemade Recipes was featured in [Aval Kitchen](#) (Tamil Magazine) dated October 2015





My 25 vegetables based recipes featured in a popular Tamil magazine — [Maligaimagal](#) dated October 2015

For Recipe, please click the below link

- [illegible]

I am the winner of guilt free contest conducted by [NDTV food](#) in 2013 for my [Black bean salad recipe](#).





Uron Burns, Agent
Bridgeton, MO 63044

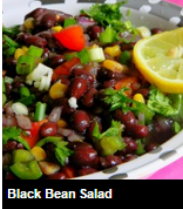
Contact Me >

Talk to us 24/7/365
Another reason

[HOME](#)
[RECIPES](#)
[COMMUNITY](#)
[VIDEOS](#)
[FOOD NEWS](#)
[HEALTH](#)

You are here: [Home](#) » [Recipes](#) » [Black Bean Salad](#)

Black Bean Salad



Chef : Gayathri Ramanan

Recipe Servings : 2

Recipe Cook Time : 15 Minutes

Winner of the weekly Guilt Free contest makes a healthy low-fat black bean salad. Do not like black beans? Not to worry, swap it with red kidney beans or chickpeas.

[Tweet](#)
[1](#)
[8-1](#)
[6](#)
[Recommend](#)
[1](#)
[Pin it](#)
[reedit this!](#)
[Print](#)
[Mail](#)
[Comments](#)

Winner of [Plattershare contest](#) in August 2015 for my recipe – [Guacamole Alfalfa sprouts sandwich](#)

<http://www.plattershare.com/recipe/Guacamole-and-Alfalfa-Sprouts-Sandwich-Recipe>

