Vendhaya Kali Recipe / Fenugreek Kali



Fenugreek or vendhayam in tamil is a wonderful herb helps to cure all female health problems and diabetes. Vendhaya Kali Recipe / Fenugreek Kali is a healthy and traditional south

Indian breakfast recipe. My mom makes this for me once in a month as they are more nutritious and it cools the body. This vendhaya kali is very good for women of all ages. To make vendhaya kali, you need fenugreek, rice, palm jaggery and oil. I love all kinds of kali recipes as they are very tasty and good for health. I already posted ulundhu kali / urad dal kali. Try this vendhaya kali / menthula sankati at home for breakfast. Eat healthy and stay good.

Also check my other fenugreek recipes

1. Vendhaya idly
2. Vendhayam Kuzhambu

Ingredients for Vendhaya Kali Recipe

Preparation Time : 10 mins + overnight Cooking Time : 20 mins Serves : 3

• 1 Cup of Fenugreek (Vendhayam)
• 1/4 Cup of Rice (Boiled or Raw)
• 1/2 Cup of Karupatti (Palm Jaggery) or to taste
• 1/4 Cup of Gingelly Oil
• Water as needed
• Salt to taste

Method for Vendhaya Kali Recipe

• Soak both the fenugreek and rice together in a bowl for 6 hrs or overnight.
• Heat a pan, add palm jaggery and 1/2 cup of water, bring it to boil until it dissolves completely. Turn off the stove and filter it to remove impurities.
• In a mixie, add soaked fenugreek, rice and water, grind it to a smooth paste. Keep it aside.
• Heat the same pan, add ground rice – fenugreek mixture and palm jaggery syrup, stir well in a medium flame, add salt and keep on stirring until it turns thick and soft.
• Add oil and keep on stirring so that it should not stick to the bottom of the pan.
• To check if it is done, transfer a spoonful of kali to a plate, dip your hands in water and touch the kali, it should not stick to your hand. If it sticks, it is not done.
• Serve hot and enjoy.

Tips

• Use thick bottomed pan and wooden laddle while making kali.
• Use gingelly oil for nice taste. You can also use ghee if you want.
• Replace palm jaggery with regular jaggery.
• You can also serve kali by pouring palm jaggery syrup on top. To do that, do not mix jaggery syrup with ground rice fenugreek mixture while stirring. Do it separately, then pour syrup while serving.

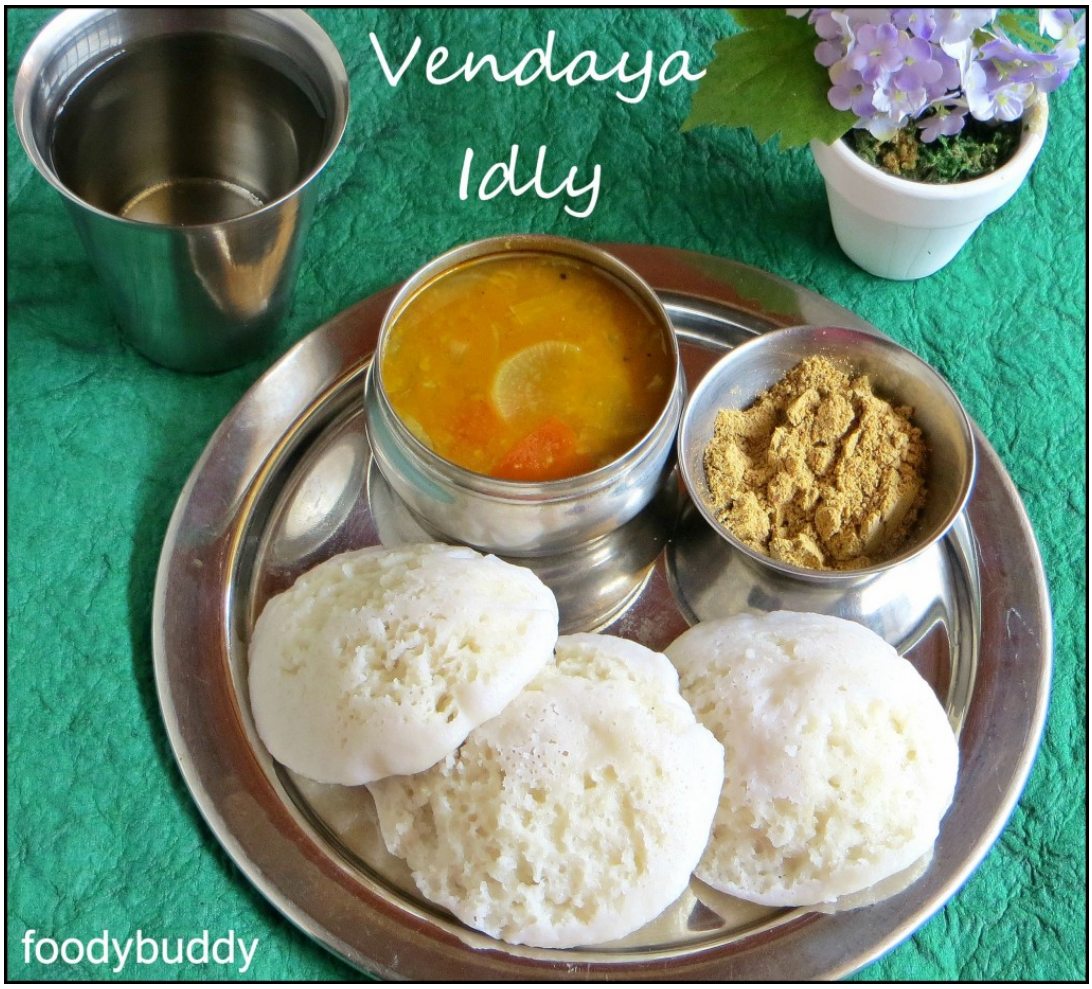


Tags: kali recipe, fenugreek kali, vendhaya kali, vendhaya kali recipe, traditional south indian food, Indian healthy breakfast. menthulu sankati, to make vendhaya kali recipe,

prepare vendhaya kali.

Vendhaya Idli / Fenugreek Idli Recipe

Vendhaya Idli Recipe / Fenugreek idli / Methi idly recipe is simple and easy to make south Indian breakfast dish. Some people might think that adding fenugreek would make idly tastes bitter…but that is not true, it makes the idly soft and tasty, you don't taste the bitterness. I got this recipe from my amma and this idly recipe is without urad dal, also diabetic friendly idly dish. Those who are allergic to dal, can have this vendhaya idli for breakfast or dinner. Best accompaniment for this vendayam idly are sambar, tomato chutney or idly podi. Making vendhaya idli once in a week, keeps our body cool, healthy and fresh.



- Preparation Time : 10 hrs
- Cooking Time : 10 Mins
- Serves : 4 people

Ingredients

- 3 Cups of Idly Rice
- 3 Tsp of Fenugreek
- Salt as required

- Soak the fenugreek in water for 4 hrs. Soak the idly rice in water for 2 hrs.
- In grinder, first grind the fenugreek and add water little by little. Grind the fenugreek until you get soft and fluffy batter. Make sure the fenugreek batter looks similar to urad dal batter. Remove and transfer it to a

bowl.

- Grind the rice separately and transfer the batter to the same bowl. Mix both the batter with hand along with salt. Let it ferment for overnight.
- The next day, mix the batter with laddle before making idly. Pour the batter in idly plate and steam it for 10 mins. you can wet the hand and dip the index finger to check if it is cooked. If it is sticky, steam it for another 2 mins.
- Hot, soft fenugreek idly is ready to serve with coconut chutney or onion tomato chutney or peanut chutney.

Tips

- Always soak fenugreek and rice separately because the bitterness which gets imparted with rice makes idly bitter.
- Use your hand for mixing for better fermentation.
- For best result of batter, use wet grinder rather than mixie.

Health Benefits of Fenugreek

- 26.2 gram of protein in 100 grams of fenugreek.
- Cure arthritis, skin problems and improve digestion.
- Treat diabetes and lowers blood sugar level.
- Ease child birth for pregnant women.
- Aid milk production in lactating women.



Soft Methi Idly

Technorati tags : vendaya idli, vendhayam idli recipe,

fenugreek idly, methi idli, south Indian breakfast recipe, south Indian idli, soft idli recipe, idli without urad dal, idly recipe