SAMAI KANJI RECIPE /LITTLE MILLET PORRIDGE



SAMAI KANJI RECIPE / Little millet porridge is a delicious, healthy gruel made with little millet, dal and mild spices. You can make the same kanji with varagu or kuthiravalli or

thinai. This millet porridge is a perfect summer coolant, very creamy and mildly spiced, it has a slight taste of samai pongal. I have used buttermilk for creaminess instead you can also use milk. Adding carrot is to enhance the nutrition.
If you don't have millets at home, replace it with rice. I love to drink ragi koozh or kambu koozh for breakfast but for a change I had this samai kanji for yesterday breakfast along with small onion. They are very easy to digest, very filling and cholesterol free. Perfect kanji recipe for diet and diabetic people.

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9. **Quinoa Biryani**
10. **Quinoa Pessarattu**
11. **Quinoa kuzhi paniyaram**
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Prep time
15 mins
Cook time
10 mins
Total time
25 mins

samai kanji recipe / little millet porridge is a perfect summer coolant, healthy, gluten free and cholesterol free. Are you bored with cereals for breakfast, have this millet kanji. You can feel energetic and active.

Author: Gayathri Ramanan
Recipe type: Breakfast
Cuisine: Indian
Serves: 2

Ingredients

- 2 Tbsp of Saamai (little millet)
- 2 Tbsp of Moong dal (yellow)
- 1.5 Cups of Water
- 1 Carrot, chopped
- Pinch of Asafoetida
- 1 Tsp of Cumin
- 1 Tsp of Black Pepper (coarsely ground)
- 4 Garlic Cloves, Chopped
- Few Curry Leaves
- Salt to taste

- 1 Tsp of Oil
- 1.5 Cups of Buttermilk

Instructions

1. Soak both the little millet and moong dal in water for 15 mins. Drain the water, wash it and keep it aside.
2. Chop the garlic and carrots. Coarsely ground the pepper in mortar and pestle.
3. Heat a cooker with oil,when it is hot, add cumin, asafoetida, black pepper and curry leaves, after it pops up.
4. Add garlic cloves,carrot fry it for few mins.
5. Add saamai, moong dal, water and salt. Cook it for 3 whistles. Open it, after pressure releases.
6. Cool it for 15 mins, before adding buttermilk.
7. Saamai kanji is ready to drink with small onion or have it plain.

Notes
You can make the same kanji with any kinds of millets.
Add any vegetables of your choice.
If you love masala flavor, temper it with clove, cinnamon.
To enjoy plain kanji, avoid moong dal.


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