Barley Adai Recipe / Barley Indian Recipe



Barley is a wonderfully versatile grain with a nutty flavor and chewy consisitency. Barley are very good for health, they are high in fiber and selenium, also it lowers cholesterol,

blood pressure, blood sugar and prevents cancer. Barley Adai Recipe is a popular south Indian crepe made with barely, rice and lentils. You can see my traditional recipe for Adai made with drumstick leaves. I followed the same adai recipe and included barley to it. This barley adai tastes delicious and a healthy breakfast dish and it does not need any fermentation. Adai goes well with chutney or podi. Barley adai recipe is good for people with diabetes and those who want to reduce weight. Barley are very cheap and nutritious so try to include in your diet.

How to make Barley Adai Recipe

Barley Adai



Save Print
Prep time
4 hours
Cook time
30 mins
Total time
4 hours 30 mins

Barley Adai is a south Indian savory crepe and a healthy breakfast dish with a goodness of barley, rice and lentils. Served with chutney or podi.
Author: Gayathri Ramanan
Recipe type: Breakfas
Cuisine: South Indian
Serves: 7
Ingredients

- 1 Cup of Barley Pearls
- ½ Cup of Rice
- ½ Cup of Toor Dal
- ½ Cup of Chana Dal (Bengal Gram)
- 7 Red Chilies
- 4 Garlic or 1 Inch Ginger
- Salt and water as needed
- Other Ingredients
- 1 Tsp of Cumin
- 1 Red Onion, Finely Chopped
- Handful of Curry Leaves, Finely Chopped
- Handful of Coriander Leaves, Finely Chopped
- Pinch of Hing (Asafoetida)
- 3 Tbsp of Coconut

Instructions

1. Soak the dals, rice, barley and red chillies in a water for 4 hrs or overnight.
2. Nextday, wash it twice in water and in a mixie, add dals, rice, barley, red chilies, garlic, salt and water. Grind it coarsely . Transfer this mixture to a bowl. Just before making adai, add everything listed under “other ingredients”. Mix well and check for salt.
3. Heat a tawa, spread little oil, pour ladle full of batter, spread it like thick dosa, drizzle some oil on sides, cook it until you get golden brown color, flip it to other side and cook for another 2 mins in low flame .
4. Crispy, flavourful adai is ready to serve with coconut

chutney or avial or podi.

Notes
Always use small onion for great taste.Here shallots are little expensive so I used Large onion.
Replace barley pearls with barley flour.
To make more healthy, add grated vegetables like carrot, radish.
Cook on low flame to get crispy also it takes more time to cook than normal dosa.
Adjust the no of red chillies according to your taste.



Tags: barley adai, barley adai recipe, adai recipe, barley recipe, barley indian recipe, healthy breakfast recipe, breakfast ideas, south Indian vegetarian breakfast recipe, recipe with barley.

How To Make Aloo Paratha / Potato Stuffed Indian Bread



Potato stuffed Indian flat bread also called aloo paratha in Hindi (amalgamation of two words, parat and atta which means

layers of cooked dough) is a very popular breakfast dish in India. This flat Indian bread are made with whole wheat flour, stuffed with boiled potatoes, carom seeds, spices and ghee (clarified butter), cooked on a hot skillet with oil or butter and served with butter, yogurt and pickle. This is my classic family favorite paratha recipe. Every week I make variety of stuffed paratha, the stuffing may vary like spinach, cauliflower and peas. But I love aloo (potato) paratha, they are rich and delicious also I have added ajwain (carom seeds) to it, which makes the paratha more flavorful and aids in good digestion. Apart from that, I added some black salt, sugar and lemon juice, so you can taste all kinds of flavor on every single bite of paratha. Try this easy aloo paratha and let me know how it turned out. You can also serve aloo ajwain paratha with dal makhani or dal tadka .

Check out food wine conference and the Idaho potato commision

I’m entering this recipe for Idaho Potato Commission’s recipe contest as part of the Food and Wine Conference this summer in Orlando, FL. This conference will take place from July 17 through July 19, 2015. You can also enter to win this recipe contest. Contest deadline is June 20, 2015.

How to make aloo paratha

Ingredients

For the Dough

• 1.5 Cups of Whole Wheat Flour
• 2 Tsp of Vegetable Oil
• 1/2 Tsp of Salt
• 3/4 Cup + 2 Tbsp of Warm Water

For the Stuffing

• 2 Yellow Idaho Potatoes
• 1/8 Tsp of Carom Seeds (Ajwain / Omam)
• 1/2 Tsp of Ginger Paste
• 1/2 Tsp of Red Chilly Powder
• 1/2 Tsp of Coriander Powder
• 1/2 Tsp of Garam Masala
• Pinch of Black Salt (optional)
• 1 Tsp of Lemon Juice
• Pinch of Sugar
• 1 Tsp of Ghee (Clarified Butter)
• Salt as needed

Method

Making of Potato Stuffing

• Wash and prick the potatoes here and there with fork. Microwave it for 5 mins for each potato.

• Peel the skin. In a bowl, mash the potatoes well with masher or back of the spoon. Add carom seeds, ginger paste, coriander powder, red chilly powder, garam masala, black salt, lemon juice, sugar, ghee and salt. Mix well with a spoon. Check the salt, if needed add it accordingly. Make equally sized balls out of the mixture and keep it aside.

Making of paratha

• In a mixing bowl, add wheat flour, oil, salt, mix well with a fork.

• Meanwhile boil the water in a kettle, when it is luke warm in temperature, pour them to the flour. Mix well with a fork. Leave the dough to rest for 20 mins.

• Starting kneading the dough with hand till soft and smooth. Divide the dough into equal sized balls.

• Heat a tawa or griddle. Dust the counter top with some flour, take wheat ball and roll it into circle, in the same way roll another circle not too thick too thin. Now place the stuffing in the centre of one circle, place the second circle on top of the first one. Seal the edges.

• Dust it with flour and start rolling gently. Now you get thick circular paratha of 6″ in diameter.

• Carefully place the paratha in hot griddle. Now cook the paratha in medium heat. When bubbles starts appearing, apply oil and flip it to the other side and cook this till you get golden brown spots.

• Serve it with butter, onion raita or plain yogurt and pickle.

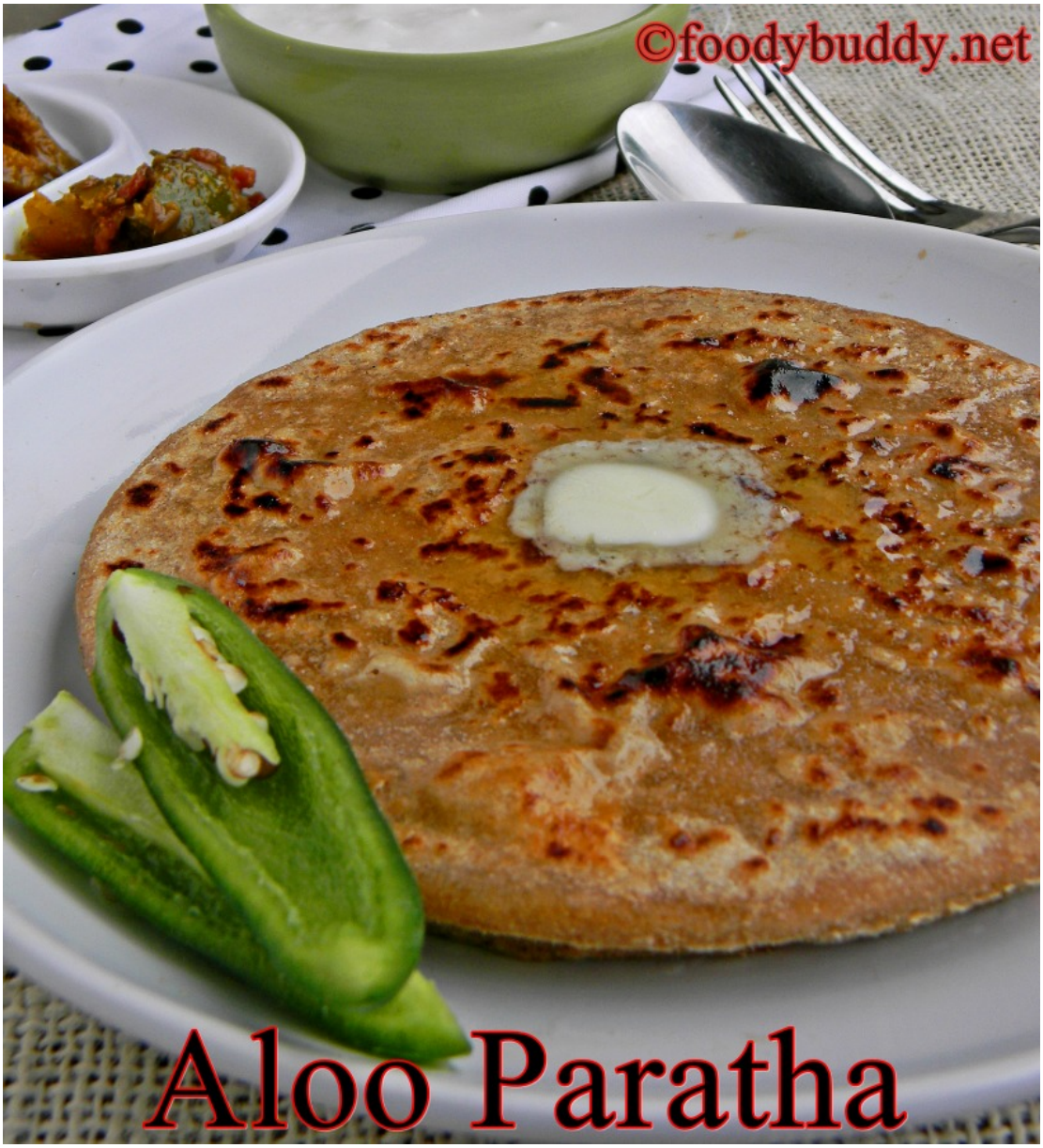
Tips

• Another way to roll out the paratha, is to add stuffing in the center, gather the edges, pinch it to the center and then seal it, start rolling like thick cicular paratha. Otherwise still feel difficult to make paratha, add the stuffing, directly to the flour and then knead it with oil, salt and water and then start rolling like chapathi.

• Adding carom seeds / ajwain is for easy digestion.

• Adding ghee enhances the taste of paratha.

• Always cook the paratha in a medium flame.



Tags: Aloo paratha, aloo paratha receipe, aloo ka paratha, how to make aloo paratha, how to prepare aloo paratha, how to cook aloo paratha, aloo methi paratha, making aloo paratha, aloo recipe, paratha recipe, breakfast recipe.

Adai Recipe|Murungai keerai

Adai|Drumstick Leaves Adai

Adai Recipe or Drumstick leaves adai or murugakeerai adai dosa is a south Indian crepe made with dal, rice and spices. It is extremely easy to make healthy adai recipe for breakfast or dinner. This is my mom's version, in this adai dosa recipe, I have added murugakeerai (drumstick) leaves to the batter, to make it more nutritious and tasty as they are rich in iron, calcium and vitamin. Here the batter should be thick and coarse and this dosa does not need any fermentation. If you are looking for filling, delicious and healthy breakfast or dinner, then this adai is answer for you. Main accompaniment is adai – avial recipe is, it goes well with coconut chutney and podi.



Ingredients For Adai Recipe

To Soak and Grind

- 1/2 Cup of Toor Dal
- 1/2 Cup of Channa Dal (Bengal Gram)
- 1 Cup of Idly Rice
- 7-10 Red Chiles
- 5 Garlic Cloves
- Salt to taste

Other Ingredients to be added to the batter

- 1 Tsp of Fennel Seeds (Sombhu)
- 1 Tsp of Cumin
- Handful of Small Onion, Finely Chopped
- Handful of Curry Leaves, Finely Chopped
- Handful of Coriander Leaves, Finely Chopped
- Pinch of Hing (Asafoetida)
- 1/4 Tsp of Turmeric Powder
- 1/4 Cup of Grated Coconut

Method for Adai Recipe

- Soak both the dals, rice and red chillies in a water for 4 hrs or overnight.
- Wash dals and rice and in a mixie, add dals, rice, red chillies, garlic, salt and water. Grind it coarsely. Transfer this mixture to a bowl. Just before making adai, add everything listed under “other ingredients”. Mix well and check for salt.
- Heat a tawa, spread little oil, pour ladle full of batter, spread it like thick dosa, drizzle some oil on sides, cook it until you get golden brown color, flip it to other side and cook for another 2 mins in low flame .
- Crispy, flavourful adai is ready to serve coconut chutney or avial or podi.

Tips For Making Adai

- Always use small onion for great taste.You can also use large onion.
- If you don’t like drumstick leaves instead add grated vegetables like carrot, radish as my MIL does.
- Cook on low flame to get crispy also it takes more time to cook than normal dosa.
- Adjust the no of red chillies according to your taste.
- You can also sauté the drumstick leaves before adding it to the batter.

Health Benefits of Adai

- Drumstick Leaves : Rich in calcium, so good for bone development. Rich in potassium and iron, they are good for brain development.
- Toor Dal : Rich in dietary fiber and protein & folic acid are good for fetal development.
- Channa Dal : Richest in vegan source of dietary protein, manganese and copper. Having this dal helps to keep diabetes away.


Drumstick
Leaves Adai
Foody Buddy