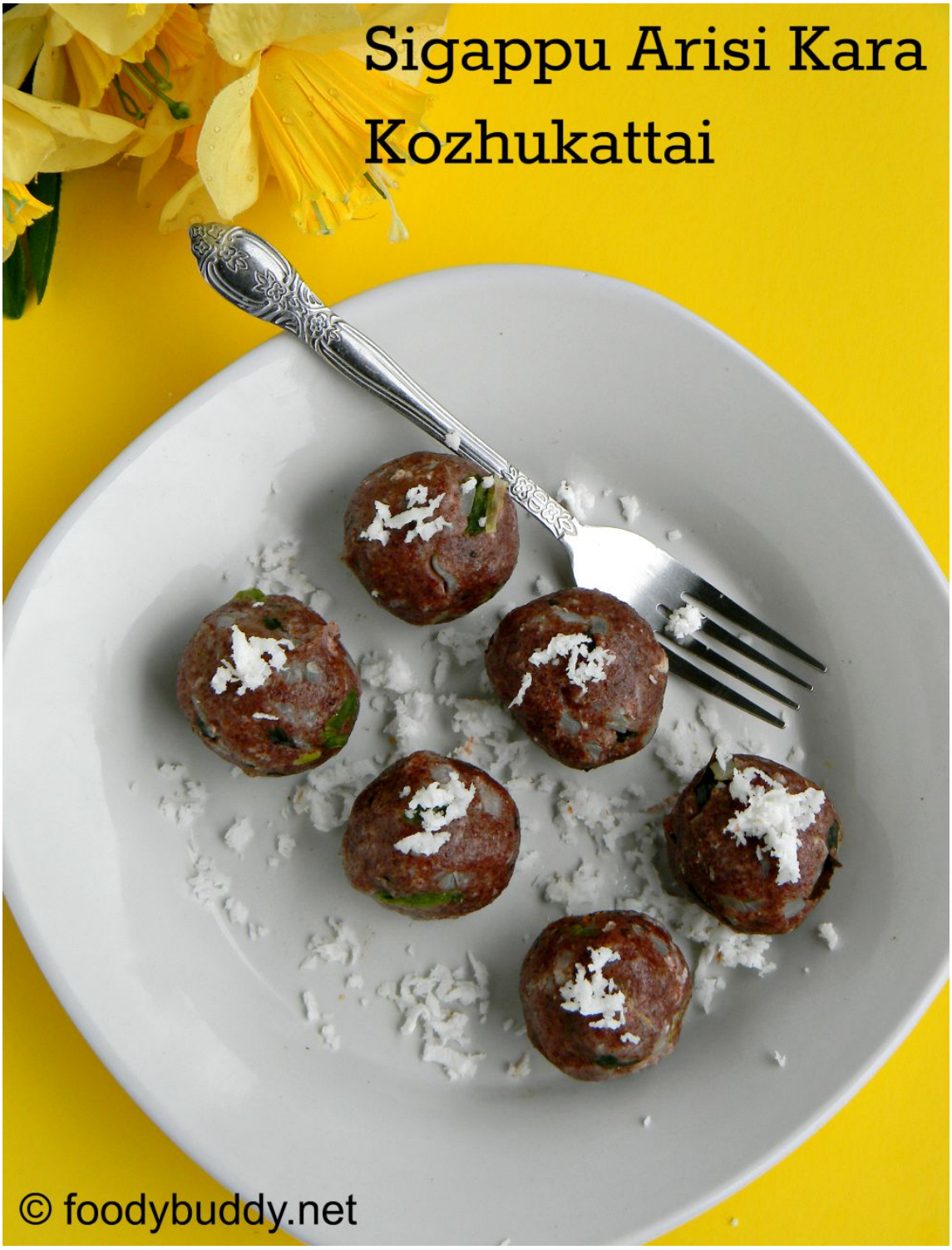
Sigappu Arisi Kara Kozhukattai / Red Rice puttu maavu kozhukattai



Sigappu Arisi Kara Kozhukattai / Red Rice puttu mavu kozhukattai is a healthy and delicious breakfast dish. You can

also make this puttu maavu kozhukkatai as snack or for school lunch boxes for kids. Sigappu arisi (Red rice) is a healthy grain with lot of vitamins, minerals, fiber and protein. They are good for diabetic patients and high cholesterol people. Serve this kara kozhukattai with coconut chutney. I made this kozhukattai last month with leftover puttu maavu. Also check my kerala style puttu recipe. Try this healthy kara kozhukattai and leave your feedback in comment box.

How to make Sigappu Arisi Kara Kozhukattai

Sigappu Arisi Kara Kozhukattai / Red Rice puttu maavu kozhukattai



Save Print
Prep time
10 mins
Cook time
10 mins
Total time
20 mins

Sigappu Arisi Kara Kozhukattai / Red Rice puttu maavu kozhukattai is a healthy and delicious breakfast or snacks. It is made of red rice flour. Serve this kara kozhukattai with

coconut chutney.
Author: Gayathri Ramanan
Recipe type: Snacks
Cuisine: Indian
Serves: 10
Ingredients

- 1 Cup of Sigappu Arisi Puttu Maavu (Red Rice Flour)
- 1 Tsp of Mustard Seeds
- ½ Onion, Chopped
- 1 Green Chilly
- ¼ Cup of Coconut, Grated
- Few Cashews, chopped
- Pinch of Asafoetida
- Few Curry Leaves, Chopped
- Few Coriander Leaves, Chopped
- Salt to taste
- Water as required (approximately 1 cup)
- Oil and ghee as needed

Instructions

1. In a bowl, take red rice puttu maavu and grated coconut.
2. Heat a pan with water, add ghee and salt to it, boil it for few mins. Add the water to the flour bowl. Leave it for 5 mins. Now the flour will absorb all the water.
3. Heat a pan with oil, add mustard seeds, after it pops up, add cashews, onion, green chilly, asafoetida, curry leaves, saute it for few mins, add coriander leaves and transfer this to the flour bowl. Mix well with hand to form smooth dough.
4. Divide the dough into equally sized balls.
5. Steam this balls in a idly pan for 10 mins.
6. Hot, delicious sigappu arisi kara kozhukattai is ready. Garnish with grated coconut and serve with your favourite chutney.

Notes
Serve this kozhukattai with coconut chutney
I used store bought red rice puttu maavu(flour). You can also

make the same kozhukattai with white rice flour.
Adjust the number of chilies as per to your taste.
Amount of water may vary based on the flour quality. So adjust it accordingly.



Tags: Sigappu Arisi Kara Kozhukattai , Red Rice puttu maavu kozhukattai, Kara kozhukattai seivathu eppadi, how to make sigappu arisi kara kozhukattai, Kara sigappu arisi pidi kozhukattai, spicy red rice kozhukattai, kara

kozhukattai recipe, kozhukattai recipe for vinayagar chaturthi, sigappu arisi kozhukattai, red rice kozhukattai, puttu maavu kozhukattai, prepare sigappu arisi kara kozhukattai, sigappu arisi kara kozhukattai recipe. red rice puttu maavu kozhukattai recipe

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Easy Uppu Urundai recipe / Kara Kollukattai



Easy Uppu urundai recipe / kara kozhukattai are tasty and healthy snack for kids and adults. My mom used to prepare and give me this uppu urundai when I come back from school. This easy uppu urundai recipe is quick to make snack from rice flour. There are two versions sweet kollukattai and savory kollukattai. Sweet are made with coconut and jaggery filling.

Savory / kara kozhukattai are made with rice flour and tempered with spices.

Ingredients for easy uppu urundai recipe

- 1 and 1/2 Cup of Rice Flour
- 1 Cup of Water (The amount of water depends on the quality of rice flour so adjust accordingly)
- 2 Tbsp of Coconut Flakes
- Salt to taste

To Temper

- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- 1 Tbsp of Bengal Gram Dal
- 3 Red Chillies
- Pinch of Asafoetida
- Few Curry Leaves
- 1/4 Cup of Chopped Red Onion

Other Ingredients

- Few Cilantro Leaves

Method to make kara kozhukattai recipe

- Heat oil in a pan, add all the ingredients listed under ” To Temper” After they splutter, switch off the stove and transfer all the tempering items to a bowl containing rice flour, salt, cilantro and coconut

flakes.

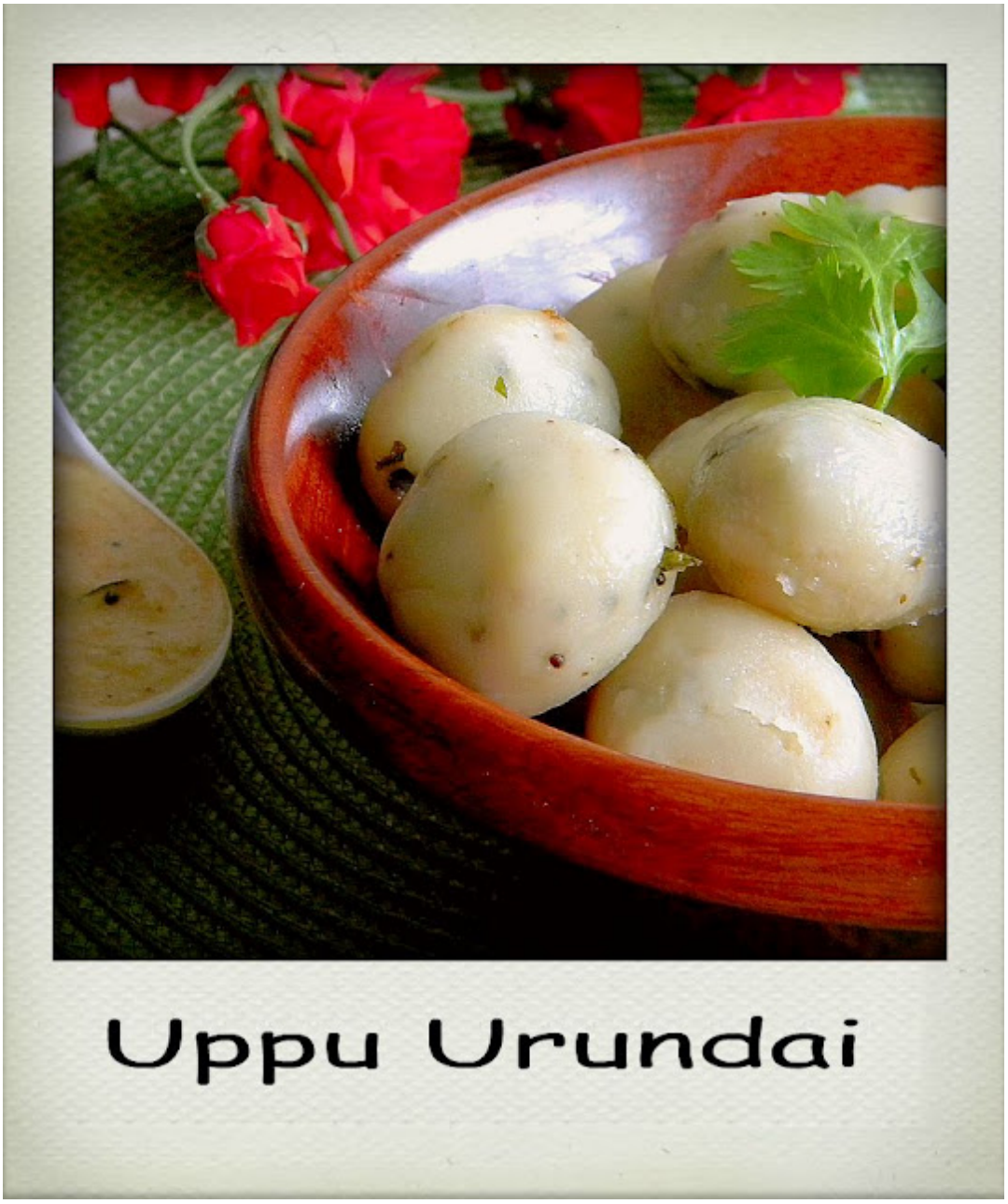
- In the meantime, boil the water to 100 degree C.
- Pour this to a bowl containing rice flour and tempering items. Mix well with a wooden spoon or a fork. Let this cool down for 5 mins.
- Knead well and make a soft and smooth dough.



- Heat idly pan in a stove. Meanwhile, make a equally sized balls out of the dough. Place this in a idly plate and stream it for 10 mins. Switch off the stove.



- Check it by inserting a tooth prick if it comes out clean then your rice balls are ready.
- Serve hot with peanut chutney or any chutney of your choice.



Tips

- You can also make rice dumplings with rice batter instead of using rice flour.
- You can add nuts of your choice.
- You can also do this dumplings with fillings like you do for sweet kollukattai.



Health Benefits of Rice Flour

- Rice are great source of carbohydrates, it acts as a fuel to the body and normal functional of brain.
- Excellent source of vitamins and minerals.
- Low in sodium, good for high blood pressure people.



tags : uppu urundai recipe, easy uppu urundai recipe, kara kozhukattai recipe, how to make uppu urundai, prepare kara kozhukattai, prepare easy uppu urundai recipe, kara kozhukattai recipe for vinayagar chaturthi, kozhukattai recipe for ganesh chaturthi, kollukattai recipes for pillaiyar chaturthi, kollukattai recipes, neer urundai, steamed rice balls.