Sigappu Arisi Innippu Kozhukattai Recipe / Red Rice Sweet Kozhukattai



Sigappu Arisi Innippu Kozhukattai Recipe / Red Rice Sweet Kozhukattai is a easy, healthy, delicious breakfast dish. Yesterday I posted sigappu arisi kara kozhukattai (savory

kozhukattai) where I used red rice flour, coconut, red chilies and other spices. If you are a sweet lover like me , you will love this sweet kozhukattai, it has red rice flour, jaggery for sweetness, cardamom for flavor, ghee and nuts for taste. Pack this sweet Kozhukattai for kids snack box, they will love it. Try this red rice sweet kozhukattai and let me know how it turned out for you.

How to make sigappu arisi innippu kozhukattai / Red Rice Sweet Kozhukattai

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

Sigappu Arisi Innippu Kozhukattai Recipe / Red Rice Sweet kozhukattai is a easy, healthy, delicious breakfast or snacks. Pack this sweet Kozhukattai for kids snack box.
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Recipe type: Sweets
Cuisine: Indian
Serves: 7
Ingredients

- ½ Cup of Red Rice Flour (Puttu Maavu)
- ⅓ Cup Jaggery
- 2 Cardamom, Crushed
- 2 Tbsp of Grated Coconut
- Pinch of Salt
- Few Ghee Roasted Cashews
- 1 Tsp of Ghee
- Water as needed

Instructions

1. In a bowl, take red rice puttu maavu, ghee, crushed cardamom, cashews, salt and grated coconut. Mix well and keep it aside.
2. Heat a pan with water and jaggery, boil it for few mins or until it melts. Add the melted jaggery to the flour bowl. Leave it for 5 mins. Now the flour will absorb all the jaggery syrup.
3. 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 innippu kozhukattai is ready. Garnish with cashews and serve.

Notes
Adjust the amount of jaggery as per your taste.
Adding ghee gives a nice flavor.
Garnish with any nuts of your choice.
You can also use store bought white rice flour.



Tags: *Sigappu Arisi innippu Kozhukattai* , *Red Rice sweet kozhukattai*, *sweet kozhukattai seivathu eppadi*, *how to make sigappu arisi sweet kozhukattai*, *sweet sigappu arisi pidi kozhukattai*, *sweet red rice kozhukattai*, *Sweet kozhukattai recipe*, *kozhukattai recipe for vinayagar chaturthi*, *sigappu arisi kozhukattai*, *red rice kozhukattai*, *puttu maavu kozhukattai*, *prepare sigappu arisi sweet kozhukattai*, *sigappu arisi innippu kozhukattai recipe*. *red rice sweet kozhukattai recipe*

Red Aval Kozhukattai Recipe



Red rice flakes are made from a red rice. It is more common to find the flakes (poha) made of white rice. Rice flakes has an earthy flavor, chewy texture and light rose in color. Healthy alternative to white rice flakes, having a high nutritional contents. This red aval kozhukattai recipe are healthy breakfast recipe because of high in fiber & nutrition. You can pack this red aval kozhukattai for kids and adult lunch box. Try this easy red aval kara kozhukattai recipe at home and enjoy.

Ingredients for red aval kozhukattai recipe

- 1 and 1/4 Cup of Red Poha/ Sivappu Aval/ Flattened Rice
- Salt to Taste

To Tempering

- 2 Tsp of Vegetable/ Canola Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- 2 Red Chillies
- Pinch of Hing/Asafoetida
- 5-7 Curry Leaves
- 2 Tbsp of Dried Coconut Flakes

Method for aval kozhukattai recipe

- Wash the poha/aval and soak it in water for 20 mins. After that, drain the water. To the soaked poha/aval, add salt and knead well with hand or mash it with a masher.
- Heat oil in a pan, add mustard, urad dal, red chillies(break it), curry leaves and hing. After mustard seeds crackles and dal changes color. Add this tempering to the mashed poha/aval.
- Add coconut flakes to the mashed poha and mix well with a spoon or by hand.
- Take a small portion of dough and make an oval shaped

kozhukattai / dumplings.

- Arrange it in a greased idly plate and steam cook it for 5-10 mins.
- Serve with any chutney of your choice. I had with podukadalai chutney.



Tips

- You can use green chillies instead of red chillies.
- You can also add bengal gram in tempering.
- You can also use white aval instead of red aval.
- You can make kozhukattai in any shape of your choice.
- For extra health benefits, add grated carrot or beetroot.

Health Benefits of Sivappu Aval /Red Flakes

- Red rice flakes are very good for the people with heart disease, diabetes and weight loss.
- Low in cholesterol, high in fiber, vitamins and minerals.



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