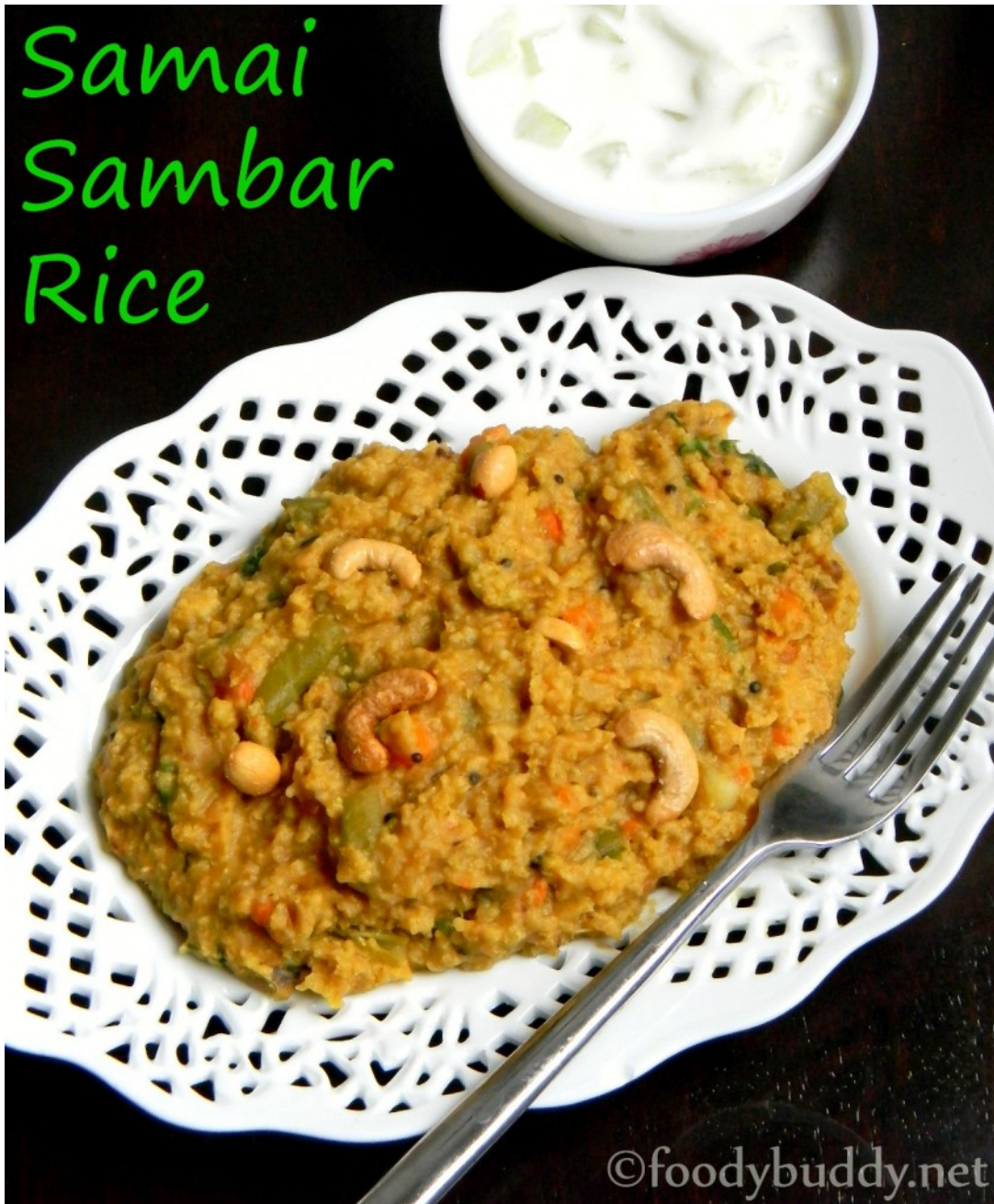


Samai sambar rice / Samai bisibelabath Recipe



Samai in tamil, sama in telugu, same in kannada, kutki in hindi and chama in malayalam is the smallest of all millets . In English they are called Little millets. Millets are very good for our health, as they are rich in protein, vitamins, minerals and iron. Millets are good for diabetic people as they contain maganesium, as it regulates the secretion of glucose in body. Nowdays, I am including in my diet, I love

all kind of millets like varagu, samai, thinai, sollam and ragi. I brought only few millet bags from India, so experimenting few recipes with the available millets. This is one among them, today recipe is samai sambar rice / samai sambar sadam / little millet sambar rice / samai sambar bhat / samai bisibelabath. This samai sambar sadam recipe is a healthy south Indian one pot meal with all nutrients from dal and vegetables. samai sambar rice is very similar to [bisibelabath](#) without adding bisibelabath powder, instead I added [homemade sambar powder](#) and it tasted like restaurant style sambar sadham. You can replace samai with other millets like varagu or thinai or kuthiravalli. In this sambar rice recipe, I haven't used tamarind, instead I added more tomatoes. Try this yummy samai bisibelabath recipe in your home. Also check my other millet recipes.

1. [How to cook millets at home](#)
2. [Quinoa Dosa / Thinai Dosa](#)
3. [Samai ven pongal](#)
4. [Bajra / Kambu Dosa](#)
5. [Bajra / kambu roti](#)
6. [Ragi Almond ladoo](#)

How to make samai sambar rice / samai sambar sadham

Ingredients for samai sambar rice

Preparation Time: 15 mins Cooking Time: 30 mins Serves:3

- 1 Cup of Samai (Little Millet)
- 2.5 Cups of Water

To pressure cook the toor dal

- 1/2 cup of Toor Dal
- 1.5 Cups of Water
- 1/4 Tsp of Asafoetida
- 1/4 Tsp of Oil
- 1/2 Tsp of Turmeric Powder

To Fry Vegetables

- 7 -10 Small Onion (Shallots), Whole
- 1 large Onion, Finely Chopped
- 2 Small Green Chillies
- 3 Large Tomatoes, Finely Chopped
- 2 Carrots, roughly Chopped
- 3/4 Cup of Chopped Beans
- 1/2 potato, Chopped
- Handful of Lima Beans
- 2 brinjal, chopped
- 2 Tsp of Sambar powder
- Handful of Curry Leaves
- Salt to taste

To Temper

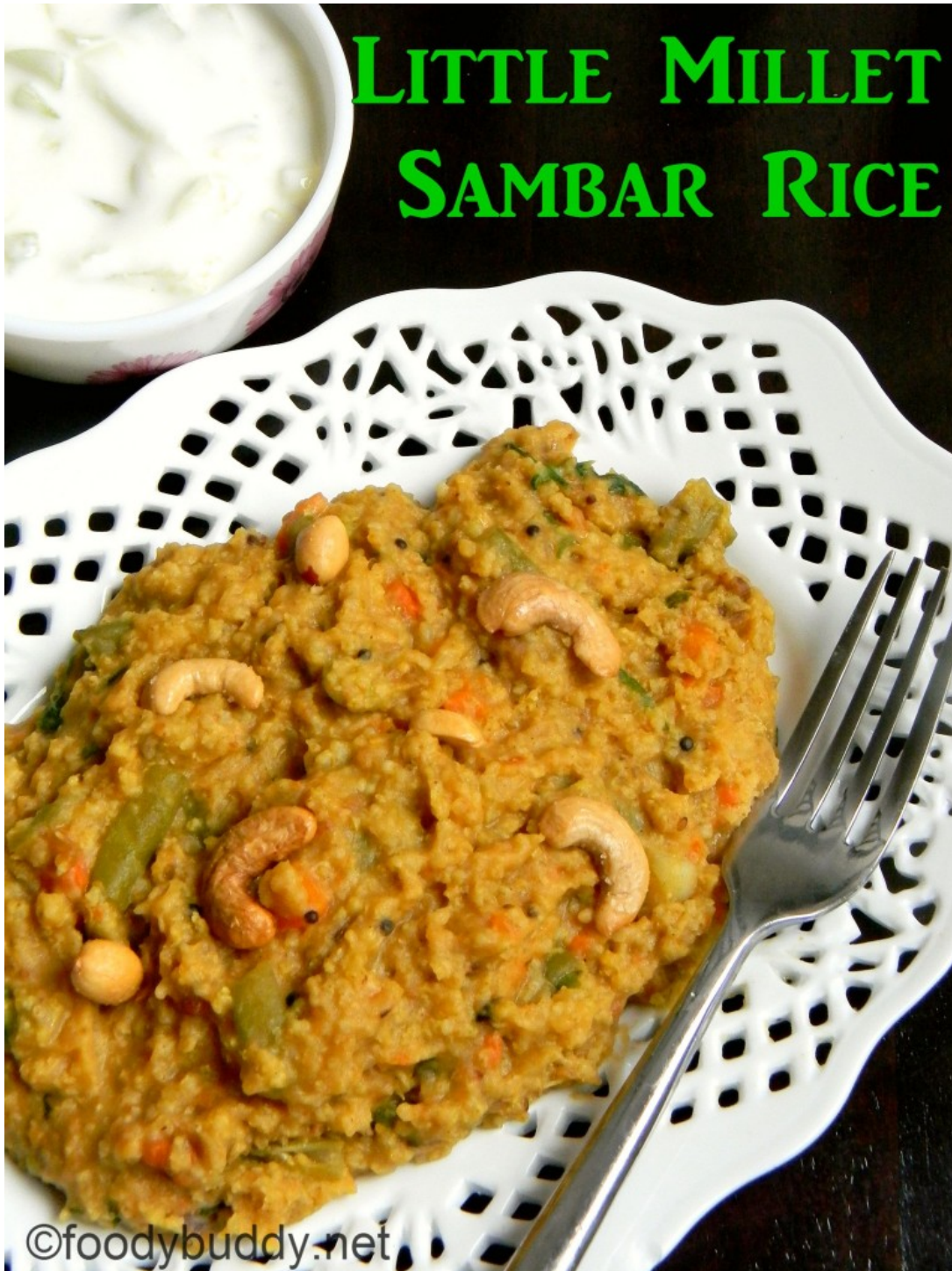
- 2 Tsp of Ghee
- 1 Tsp of Mustard Seeds
- 1/2 Tsp of Urad Dal
- 1 Tsp of Vadakam
- 2 Small Red Chillies
- Few Curry Leaves
- Few peanuts and cashew nuts

Method for samai sambar rice

- In a pressure cooker, cook the toor dal for 3 whistles by adding all the ingredients listed under "To pressure cook list "
- In another cooker, cook samai for 3 whistles by adding 3 cups of water. Keep it aside.
- Heat oil in a frying pan, add both small and large onions, green chillies, saute this until it turns golden brown.
 - Add tomatoes, fry this until it turns soft, add all the vegetables, curry leaves, sambar powder and salt, fry well for 2 mins, cover and cook it for 7 mins.
 - Add toor dal and rice, mix well with all the vegetables. Turn it off.
- Finally heat a pan with ghee, add red chillies, mustard seeds, urad dal, vadagam and curry leaves, after it pops up, transfer this to pan with vegetables and rice, mix well.
- Hot, yummy samai sambar sadam is ready to serve with [raita](#) or chips or appalam.

Tips

- You can reduce tomatoes and add tamarind juice or else use tomatoes only.
 - Add any vegetables of your choice .
- You can replace samai with other millets like varagu or thinai or kuthiravalli.



tags : [samai rice](#), [samai sambar rice](#), [samai sambar sadham](#), [samai recipe](#), [little millet sambar rice](#), [how to make sambar rice with samai](#), [prepare sambar sadham](#), [restaurant style sambar sadham](#), [samai sambar bhat](#), [samai bisibelabath](#), [millet recipe](#), [south indian one pot meal](#), [variety rice](#), [lunch box recipe](#), [samai recipe](#)

Peanut Rice Recipe / Verkadalai Sadam

[Pin it](#)



I love peanuts. Eating a handful of peanut daily is very good for the health. In fact, this is my daily evening snack. Also I love to eat peanuts either in the form of brittle or peanut butter or candy bars or rice. This rice is my mom's

recipe. Peanut rice recipe / verkadalai sadam is an easy to make one pot meal in this busy world, rich in protein and other nutrients. Peanuts are best source of protein in plant kingdom. Peanuts provide 7 g of protein and 2 g of fiber per ounce. This dish is good to pack for lunch box. Try this peanut rice and let me know how it turned out..

Ingredients for peanut rice recipe

Preparation Time: 15 mins Cooking Time: 10 mins Serves: 2

To Grind

- 1/2 Cup of Roasted Peanuts
- Pinch of Asafoetida
- 2 Tsp of Urad Dal
- 1/2 Tsp of Sesame Seeds
- 2 Tsp of Dried Coconut Flakes
- 3 Red Chillies
- Salt to taste
- 2 Tsp of Sesame Oil / Ghee

To Temper

- 1 Tbsp of Sesame Oil / Ghee
- 1 Tsp of Mustard
- 1 Tsp of Urad Dal
- 1/4 Tsp of Cumin
- Few Curry Leaves
- 1/4 Cup of Chopped Onion

Other Ingredients

- 2/3 Cup of Rice

Method for peanut rice recipe

- Soak the rice for 20 mins, wash the rice and cook it in pressure cooker by adding required water for 3 whistles. once it done, turn off the stove. Let it cooled down for 15 mins.
- Heat a pan with oil, roast the sesame seeds, red chillies, urad dal, coconut flakes, asafoetida and salt, fry till it turns golden brown. Let it cooled down for sometime.
- Grind all the roasted items and roasted peanuts into a coarse powder.
- Heat a pan with oil and temper it with mustard, urad dal, cumin and curry leaves, after they splutter, add onion, fry until golden brown and turn off the stove.
- Take a wide bowl, add cooked rice, roasted, ground powder and tempering items. Mix gently.
- Enjoy peanut rice with vadam, chips or any spicy vegetable fry.



Tips

- While mixing don't add hot rice, because it can make the rice soggy.
- You can add green chillies while tempering, for more spicy taste.
 - Adding onion is optional.
- Do not grind peanuts for a long time, it should be coarse.

Health Benefits of Peanut Rice

- Helps to promote fertility because of folate in it.
 - Rich in protein and fiber.
- Aids in blood sugar regulation because of unsaturated fat in it.
 - Helps to prevent gall stones
 - Boost memory power
 - Lower risk of heart disease.
 - Cancer protection.

Tags - [peanut rice](#), [verkadalai sadam](#), [easy variety rice recipe](#), [one pot meal south indian](#).