Rava Kara Paniyaram Recipe / Easy Breakfast Recipe



Rava Kara Paniyaram Recipe is a quick to make south Indian breakfast dish. This instant spicy paniyaram tastes delicious with coconut chutney or tomato chutney. I saw this recipe on a tv show few months back and I wanted to try it for long time. Yesterday I tried this sooji paniyaram for breakfast, it turned out awesome and it looks cute. They are golden crispy on outside and spongy on inside. You cannot keep counting on how many you ate, it just vanishes from the plate. You can add any vegetables or tiny bits of coconut to the batter to make this paniyaram even more tasty and healthy. Try this rava kara

paniyaram for kids after school snack, they will enjoy it for sure. Also check my chettinadu style kara paniyaram , quinoa paniyaram and oats paniyaram in my blog.

How to make Rava Kara Paniyaram recipe

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Save Print
Prep time
15 mins
Cook time
30 mins
Total time
45 mins

Rava kara paniyaram is a quick to make Instant breakfast dish made with sooji, curd and spices. It goes well with coconut chutney or tomato chutney.
Author: Gayathri Ramanan
Recipe type: Breakfast
Cuisine: Indian
Serves: 20 small paniyaram
Ingredients

- 1 Cup of Roasted Rava (sooji)
- ½ Cup of Curd (Yogurt)
- ½ Inch of Ginger, Finely Chopped
- 2 Green Chilly, Finely Chopped

- ½ Tsp of Baking Soda
- ¾ Cup + 2 Tbsp of Water
- Salt to taste
- Oil as needed
- To Temper
- 1 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Few Curry leaves
- 1 Tsp of Channa Dal (bengal gram)
- Pinch of Turmeric Powder
- 1 Medium sized Red Onion, Finely Chopped

Instructions

1. Heat a pan, add rava dry roast it for few mins until nice aroma comes. Transfer it to a bowl, let it cool down for 5 mins.
2. To that bowl, add curd, green chilly, ginger, baking soda, salt and water. Mix it well.
3. Meanwhile, heat a pan with oil, temper it with mustard seeds, urad dal, bengal gram, curry leaves, after it pops up, add turmeric powder and onion, fry well until golden brown and transfer it to the batter and mix it well.
4. Heat the paniyaram pan, fill each hole with a tsp of oil and pour the spoonful of batter to each hole.
5. Cover it with a lid and cook it for few mins until it turns golden brown. Flip it to other side and cook for few mins.
6. Hot, yummy rava paniyaram is ready. Serve it with coconut chutney.

Notes
I recommend you to use cast iron paniyaram pan or non stick pan while making paniyaram.
You can enhance the taste by adding grated vegetables of your choice.
Adding ginger is for easy digestion.

Adjust the no of green chilly according to your taste.
You can also make paniyaram without tempering.



tags: rava kara paniyaram recipe, rava kuzhi paniyaram, kuzhi paniyaram, paniyaram recipe, Indian breakfast ideas, rava paniyaram, kara paniyaram recipe, spicy paniyaram recipe, sooji paniyaram, semolina paniyaram recipe, kids after school snack.

Oats Paniyaram / Indian Oats Breakfast Recipe

Among South Indian breakfast recipes, my favourite dish is kuzhi paniyaram. This oats paniyaram is in my to do a list for long time. Last week I tried this oats recipe from other blog. It came out so good and tasty. Love to eat this oats paniyaram for breakfast as it was very healthy and has oats and mixed lentils. This oats paniyaram is really soft on inside and crispy on outside. You can do this oats paniyaram for breakfast or dinner or for evening snack. Also perfect to pack for lunch box for kids and a bachelor friendly recipe.

Health Benefits of Oats

- Lowers cholesterol levels.
- Reduces the cardiovascular disease.
- Enhances immune responses to infection.
- Lowers type 2 diabetes.
- Controls the blood pressure.
- Increase appetite control hormones.



Soaking Time : 4-6 hrs
Preparation Time : 15 mins

Cooking Time : 15 mins Serves : 4

Ingredients to Oats Paniyaram Recipe

- 1.5 Cups of Quaker oats
- 1/2 Cup of Toor Dal
- 1/2 Cup of Channa Dal
- 2 Tbsp of Urad Dal
- 2 Tbsp of Moong Dal
- 2 Medium Sized Onions, Finely Chopped
- 1 Inch of Ginger, Finely Chopped
- 1 Tsp of Fennel Seeds
- 8-10 Red Chillies
- Few Curry Leaves and Coriander Leaves
- 1/4 Tsp of Asafoetida
- Salt to Taste
- Oil to Fry

Method

- Soak the dals together for overnight or atleast hrs. Wash the dals in running tap water and keep it aside.
- In a blender (mixie), powder the oats, red chillies, fennel and ginger. Finally add the dals and water, grind it. The batter to be in pouring consistency.
- Add chopped onion, curry leaves, coriander leaves, asafoetida and salt. Mix it well.
- Heat the paniyaram pan, add tsp of oil to each hole, when it is hot, add batter, cover and cook it in medium flame until it turns golden brown colour. Flip it to other side and cook.
- Hot and yummy oats paniyaram is ready to serve for breakfast with side dishes like tomato chutney or onion tomato chutney or mint coconut chutney.

Tips

- For healthier version, add grated vegetables like carrot, beetroot to the batter.
- Replace green chilies in place of red chilies.
- Adding asafoetida is to reduce flatulence and digestive disorders.


Oats
Paniyaram
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