Samai Ven Pongal Recipe / Little Millet Pongal



Samai pongal is a healthy Indian breakfast dish. This samai ven pongal recipe (Little millet pongal) is a nutritious dish as it has got samai (little millets) and moong dal in it and it tastes more like ven pongal recipe. I made this samai pongal recipe in a pressure cooker so it takes very less time to cook. You can follow the same recippe to make kuthiravalli pongal or varagu pongal recipe.

To make samai venpongal recipe, you need samai, moong dal and

spices. Tempering with spices like pepper, cumin, grated ginger makes pongal more flavorful. My amma told this recipe, I followed so it came out so good and flavorful.

If you are looking for healthy breakfast recipe, then do try this samai ven pongal recipe at home. Also check my godhuma rava pongal (cracked wheat pongal)

Health Benefits of Samai (Little Millet)

- This millet is gluten free and it is packed with vitamins and minerals.
- Acts as a prebiotic and feed microflora of inner ecosystem.
- It is alkaline in nature.
- Digest quickly.
- Provides serotonin to sooth your mood.
- Helps to hydrate your colon

Ingredients for Samai Ven Pongal Recipe

- 3/4 Cup of Samai (Little Millet)
- 1/4 Cup of Moong Dal
- 3.5 Cups of water
- 1 Tsp of Grated Ginger
- 1 Tsp of Whole Pepper
- 1 Tsp of Cumin
- Few Curry Leaves
- Pinch of Hing
- Few Cashews
- 1/4 Cup of Ghee
- 2 Tbsp of Milk

Method for Samai Ven Pongal Recipe

- In a pressure cooker, add samai, moong dal, milk and water. Cook it for 4 whistles. Open the cooker after the pressure release on its own.
- Fry the cashews in ghee until it turns golden brown and keep it aside.
- Heat ghee in a pan, when it is hot, add grated ginger, pepper, cumin, curry leaves and hing, after it pops up and nice aroma comes, add cooked dal and samai and keep mixing gently in a low flame and let it be in stove for few mins.
- Finally add roasted cashews and ghee, mix well.
- Hot, yummy healthy samai pongal is ready to serve.

Tips

- If you find your pongal is dry, add little more oil or ghee.
- You can also make pongal with kuthiravalli or varagu.
- Adjust the amount of water according to your wish.
- You can even roast the moong dal before you pressure cook.
- Add any nuts of your choice.



RAVA PONGAL RECIPE / SOOJI

PONGAL / EASY PONGAL RECIPE

Rava Pongal Recipe is an easy and simple south Indian breakfast dish. I really love to eat pongal for breakfast but my favourite pongal is venpongal where rice is a main ingredient. But in rava pongal recipe, rava (sooji / semolina) is a main ingredient.. Yesterday I want to try something different for breakfast, so I made rava pongal recipe and it came out super delicious. The main secret behind rawa pongal recipe lies on mixing and amount of ghee used. You can even add vegetables to this rava pongal to make it more healthier. This sooji pongal is power packed food because of carbs from rice and protein from moong dal, this makes you feel full, fresh and energetic throughout the day. This is also a perfect bachelors breakfast recipe. Best accompaniment for rava pongal is sambar, chutney or gosthu. So try this easy and authentic rava pongal for breakfast and enjoy….



How to make Rava pongal / Sooji Pongal

Preparation Time : 15 mins Cooking Time : 20 Mins Serves : 4

Ingredients

- 1 Cup of Rava
- 1/4 Cup of Moong Dal
- 1/4 Tsp of Turmeric Powder
- 1 Tsp of Black Pepper
- 1 Tsp of Cumin
- 1/2 Inch Ginger

- 5 Curry Leaves
- 1/4 Tsp of Asafoetida (hing)
- 6 Cashews
- 2 Raisins
- 5 Tsp of Ghee
- 2 Tsp of Oil
- 2 and 1/2 cup of water
- Salt as needed
- Coriander Leaves to garnish

Method

- Pressure cook the dal for 3 whistles by adding 1 cup of water, salt, turmeric powder and oil and keep it aside.
- Heat 1 tsp of ghee, fry cashews and raisins until it turns golden brown. Keep it aside.
- Heat 2 tsp of ghee in a same pan, roast the rava until it changes color and aroma comes. Transfer this to a plate.
- Heat oil and ghee in a heavy bottomed pan, when it is hot, add pepper, cumin, asafoetida, curry leaves, ginger, fry it until nice aroma comes, add water and salt, when it comes to rolling boil, add rava, in a medium low flame, mix gently without any lumps. When rava consitency turns thick and cooked, in this stage, add cooked moong dal, mix well with rava. Let it be in stove for few mins.
- Finally add ghee roasted cashews, rasins and mix well.
- Garnish it with coriander leaves.
- Hot, yummy, ghee flavored rava pongal is ready to serve for breakfast with sambar or chutney.

Tips

- If you find your pongal is dry, add little more oil or ghee.
- You can even use cracked wheat in place of rava to make cracked wheat pongal.

- You can even roast the moong dal before you pressure cook.

