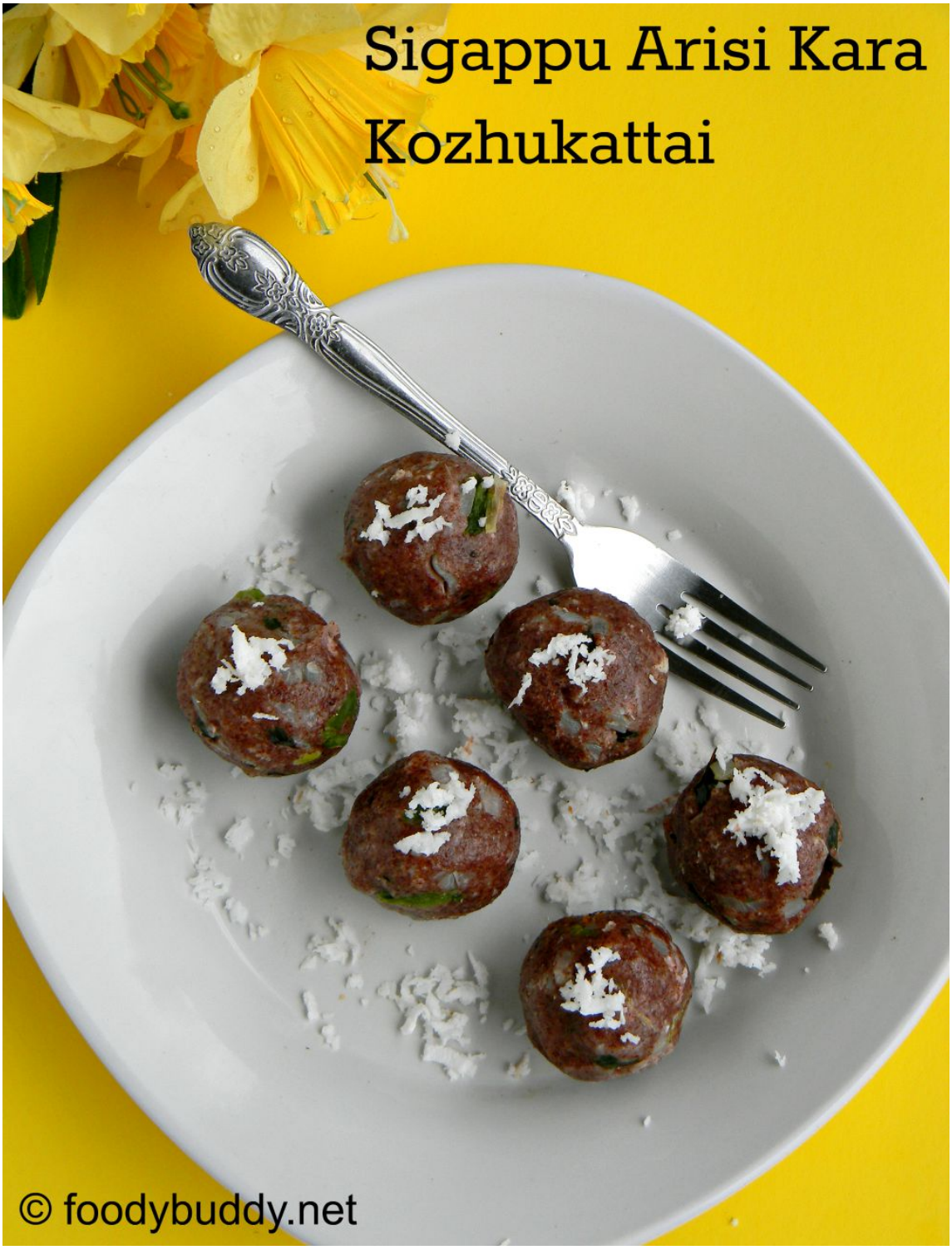
Sigappu Arisi Kara Kozhukattai / Red Rice puttu maavu kozhukattai



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