<u>Rava Kara Paniyaram Recipe /</u> <u>Easy Breakfast Recipe</u>



Rava Kara Paniyaram Recipe is a quick to make south Indian breakfast dish. This instant spicy paniyaram tastes delicious with <u>coconut chutney</u> or <u>tomato chutney</u>. 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 <u>chettinadu style kara paniyaram</u>, <u>quinoa</u> <u>paniyaram</u> and <u>oats paniyaram</u> in my blog.

<u>How to make Rava Kara Paniyaram</u> <u>recipe</u>

Rava Kara Paniyaram Recipe / Easy Breakfast Recipe



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)
- $\frac{1}{2}$ Cup of Curd (Yogurt)
- $\frac{1}{2}$ Inch of Ginger, Finely Chopped
- 2 Green Chilly, Finely Chopped

- ¹/₂ Tsp of Baking Soda
- $\frac{3}{4}$ Cup + 2 Tbsp of Water
- Salt to taste
- Oil as needed
- To Temper
- I Tsp of Oil
- I Tsp of Mustard Seeds
- I 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

- 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.
- 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.
- 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.

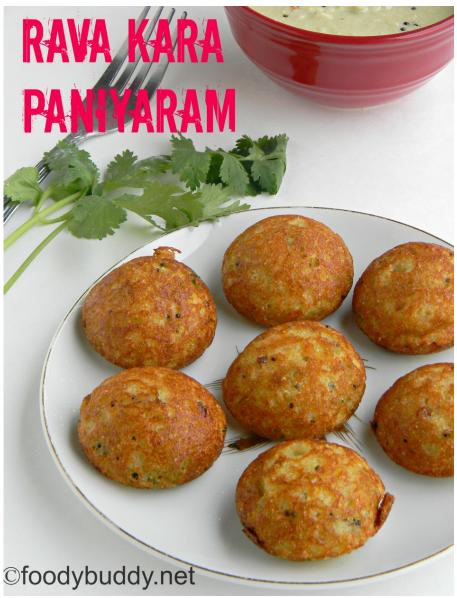
Notes

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: <u>rava kara paniyaram recipe</u>, <u>rava kuzhi paniyaram</u>, <u>kuzhi paniyaram</u>, <u>paniyaram recipe</u>, <u>Indian breakfast ideas</u>, <u>rava paniyaram</u>, <u>kara paniyaram recipe</u>, <u>spicy paniyaram recipe</u>, <u>sooji paniyaram</u>, <u>semolina paniyaram recipe</u>, <u>kids after school snack</u>.

Samai Idli Recipe / Little <u>Millet Idli / Millet Idly</u>



Today recipe is samai idli recipe. Idli is one of my favourite breakfast dish. Idly is a classic south Indian food made with rice or millet, urad dal and fenugreek. They are great source of carbohydrates and protein. Fermentation process increases protein bioavailability. As it was steamed, they are healthy and they are easily digestible. When I visited India, my mother in law gave me few bags of millets, so I wanted to try some new recipes with millet. So coming to the recipe, samai Idli / little millet idli / chama idli, this recipe has been in my try to do list.. Millets like kuthiravalli, varagu, thinai can be replaced in place of rice. So the method of making samai idli is same as normal idli recipe. Also you can use the same batter to make samai dosa. Serve this samai idli with <u>sambar</u> or <u>chutney</u>. So here comes the samai idli recipe.

Other Millet Recipes

- 1. Samai Sambar Rice
- 2. Samai venpongal
- 3. How to cook Varagu Rice
- 4. Thinai Dosa (Quinoa Dosa)

Ingredients for Samai Idli Recipe

- 1 Cup of Samai (Little Millet)
 - 1 Cup of Idly Rice
 - 1/2 Cup of Urad Dal
 - 1/2 Tsp of Fenugreek
 - Salt to taste

Method for Samai Idli Recipe

 Soak the samai, idly rice together and soak urad dal and fenugreek separately for overnight.

• Next day, wash the urad dal and fenugreek and grind it in a grinder with required water until the batter turns fluffy and soft.

• Wash the samai and idly rice, grind it in a grinder with required water until the batter turns little coarse not too smooth.

• Transfer both the batter to the bowl, add salt,mix the batter well with hand. Ferment it for overnight.

• Next day, mix the batter with laddle, then grease the idly plate with oil, pour the idly batter and steam it for 12 mins. Remove it from idly plate.

• Serve the samai idly with your favourite chutney. I had it with carrot chutney.

Tips

- Millets may contain stones. so clean the stones before you use.
 - You can use same batter to make dosa.
 - You can grind it in mixie too.
- If you don't want to add idly rice, add 2 cups of samai and 1/2 cup of urad dal and 1/2 tsp of fenugreek.
- Don't add too much of water while grinding the idly batter. If your batter is thin, your idly will turn flat. If your batter is thick, then your idly will turn hard.
- Don't cook idly for more than 12 mins, then your idly will be hard.
 - Take out the batter from fridge 30 mins before you cook idly.



Tags: <u>samai idli</u>, <u>samai idli recipe</u>, <u>little millet idli</u>, <u>chamma idli</u>, <u>make samai idly</u>, <u>make millet idly recipe</u>, <u>millet</u> <u>recipe in tamil</u>, <u>millet dosa recipe</u>, <u>samai recipe ideas</u>, <u>idly</u>

recipe, make idly with millet, make dosa with millets. southindiansoftidlyrecipe, millets in US, organic millets online

<u>Mushroom Idly Fry / Leftover</u> <u>Idly Recipe</u>



Mushroom Idly Fry is simple and quick to make south Indian breakfast dish with leftover idly. To enhance nutrition of this dish, I added some mushroom and green onion. You can also

give this leftover idly fry as snacks for kids or adults. This is my amma (mom's) recipe. Me and my brother love this idly upma for evening snack. So try this leftover idly recipe with mushroom at home and let me know how it turned out.

<u>How to make Leftover Idly</u> <u>Recipe With Mushroom</u>

Ingredients for Mushroom Idly Fry

Preparation Time : 5 mins Cooking Time : 10 mins Serves : 1

- 3 Idly, Big
- 1 Red Onion, Chopped
- 2 Tomatoes, Chopped
- 3 Mushroom, Sliced
- 2 Tsp of Sambhar Powder
 - Salt to taste
 - 1 Tsp of Ghee
- 1 Green Onion, Chopped
 - **To Temper**
 - 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
 - 1 Tsp of Urad Dal
 - Few Curry Leaves

Method for Mushroom Idly Fry

• Using knife, cut the idly into cube shapes.

• Heat pan with ghee, fry the idly for a min and keep it aside.

- Heat a pan with oil, add mustard seeds, urad dal and curry leaves, after it splutters, add onion and salt, fry well until it turns golden brown. Add
 - mushroom, fry for few secs.
 - Add sambhar powder, fry for few secs.
 - Add tomatoes, fry well until it turns mushy.
 - Add water, boil it for few secs, add fried idly, mix well with masala.

Finally garnish with green onion.

• Delicious idly fry are ready to serve.

Tips

- If you dont have sambhar powder, use 2 tsp of coriander powder, 1 Tsp of red chilly powder and 1/2 tsp of turmeric powder.
 - If you wish, you can deep fry the idly in oil or ghee instead of shallow

frying.

• Add any vegetables of your choice.



Tags: idly upma, idly fry recipe, mushroom idly fry, leftover idly recipe with mushroom, mushroom recipes, idly recipes, upma recipe, south indian food, south indian breakfast recipe, easy upma recipe.