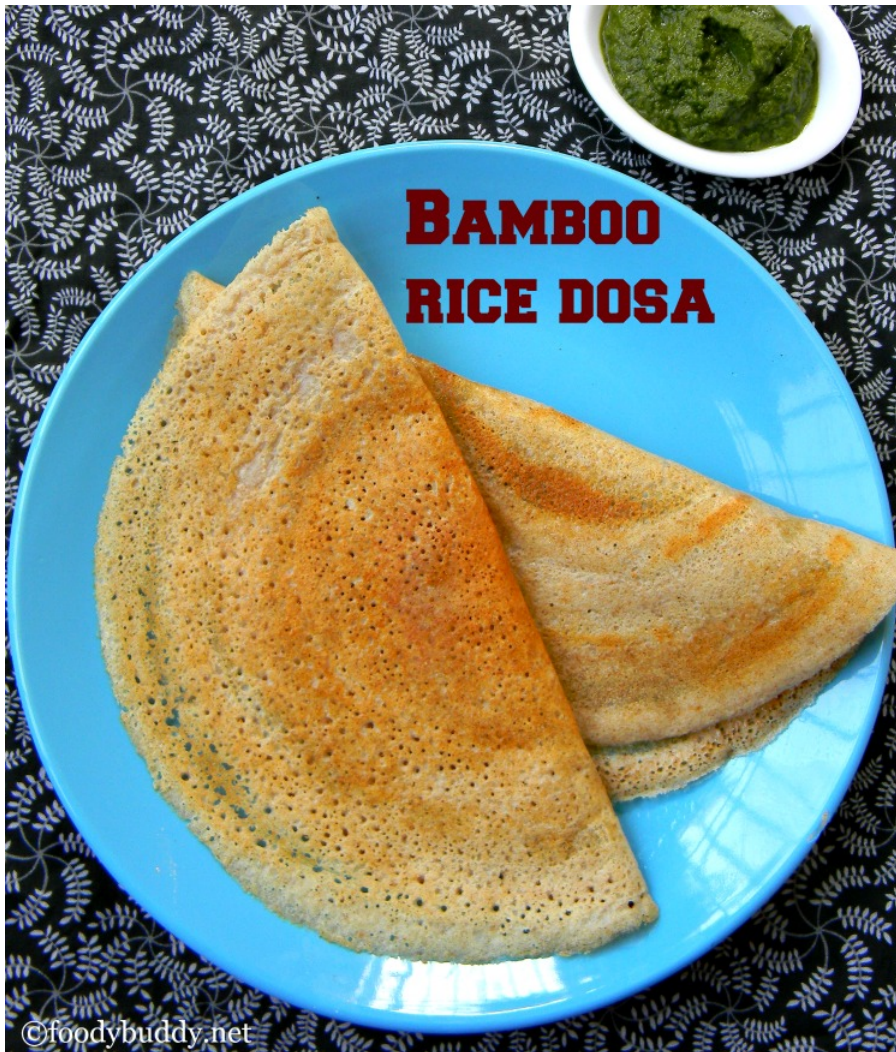


Bamboo Rice Dosa Recipe / Moongil Arisi Dosai



Bamboo Rice Dosa Recipe / Moongil Dosai is a healthy, delicious dosa made with bamboo rice and urad dal. Bamboo rice is a nutritious short rice grain infused with bamboo juice. It helps to control blood pressure, cholesterol, sugar and it removes toxic substance from our body. My mom bought this packet of bamboo rice from Palamudhir nilayam in Nanganallur (chennai). We tried few recipes at home with bamboo rice(moongil arisi), everything came out good. Try this moongil arisi dosa at home, you will love it. This bamboo rice dosa tastes great with [sambar](#) and [green chutney](#).

Also check my other dosa recipes

- [Tomato toor dal dosa](#)
- [Adai](#)
- [Spongy Aval \(poha\) dosa](#)
- [Onion Rava Dosa \(hotel Style\)](#)
- [Quinoa Dosa](#)
- [oats dosa](#) (Instant)
- [Oats Aval Dosa](#)
- [Bajra Dosa](#)
- [Leftover Magic Dosa](#)
- [Masala Wheat Dosa](#)
- [Pesarattu / Green Moong Dosa](#)

Bamboo Rice Dosa Recipe / Moongil Dosai

Bamboo Rice Dosa Recipe / Moongil Arisi Dosai



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Prep time

24 hours

Cook time

30 mins

Total time

24 hours 30 mins

Bamboo Rice Dosa Recipe / Moongil Arisi Dosai is a healthy, delicious dosa made with bamboo rice and dal. It tastes great with sambar and chutney

Author: Gayathri Ramanan

Recipe type: Breakfast

Cuisine: Indian

Serves: 18 dosa

Ingredients

- 1 cup of Bamboo Rice
- 1 Cup of Raw Rice
- $\frac{1}{2}$ Cup of Urad Dal
- 1 Tsp of Methi Seeds
- Salt and Water as needed

Instructions

1. Soak everything in water except salt in the ingredient list together for 10 hours. Wash it for 3 times.
2. Grind it smoothly by adding water in a grinder or mixie. Add salt and mix it well with hand.
3. Keep it overnight for fermentation for 12 hours. In the morning stir well thoroughly with ladle.
4. Heat the griddle (tawa), pour 2 ladleful of dosa batter and spread it in a circular motion. Then drizzle oil over it and cook on both sides until it turns golden brown colour.
5. Hot, yummy bamboo rice dosa is ready to serve with chutney.

Notes

Serve this dosa with Tomato chutney or Onion chutney or Green Chutney.

You can add grated carrots to the batter if you wish.



KOOTANCHORU RECIPE / KADAMBA SADAM (TIRUNELVELI SPECIAL)



KOOTANCHORU RECIPE is a healthy and authentic one pot dish, very popular in Tirunelveli which is located in southern part of India. Kootanchoru is very nutritious rice and a flavorful mix of all veggies, rice, dal and spices. It is also referred to as " kadamba sadham". Though it looks like [sambar sadham](#) and [bisibelabath](#), the procedure and the taste are entirely different. This Tirunelveli special kootanchoru is my mother in law signature dish. She always used to make this kootanchoru for Ammavasai (ie. new moon day) every month. She makes it very tasty with awesome flavors, having it with raitha and pickle it will be more delicious. Try this south Indian traditional dish for weekend lunch, you will love it.

KOOTANCHORU RECIPE

KOOTANCHORU RECIPE / KADAMBA SADAM (TIRUNELVELI SPECIAL RECIPE)



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Prep time

30 mins

Cook time

45 mins

Total time

1 hour 15 mins

KOOTANCHORU RECIPE / kadamba sadham is a healthy and authentic one pot meal, very popular in Tirunelveli . It goes well with papad, pickle and raitha.

Author: Gayathri Ramanan

Recipe type: lunch

Cuisine: Indian

Serves: 3

Ingredients

- 1 red onion, finely chopped
- 2 green chilly
- 1 big carrot, chopped
- $\frac{1}{4}$ cup of beans, chopped
- 1 yellow potato, chopped
- 1 small plantain, chopped
- 4 drumstick pieces

- 4 brinjal, chopped
- $\frac{1}{2}$ tsp of turmeric powder
- 1 tsp of red chilly powder
- $\frac{3}{4}$ cup of rice
- Small lemon size tamarind
- 2 tbsp of coconut
- 2 tsp of oil
- 1 tsp of ghee (clarified butter)
- Salt to taste
- Water as needed
- Few coriander leaves, chopped
- To pressure cook
- $\frac{1}{3}$ cup of toor dal
- Pinch of turmeric powder
- Pinch of asafoetida
- $\frac{1}{2}$ tsp of oil
- 1.5 cups of water
- To temper
- 1 tsp of oil
- 1 tsp of ghee (clarified butter)
- 1 red chilly
- 1 tsp of mustard seeds
- $\frac{1}{2}$ tsp of urad dal
- Few curry leaves
- 5 small onions

Instructions

1. Wash and chop the onion, green chilly and all the veggies. Keep the raw banana and brinjal immersed in water.
2. Soak the dal in water for 20 mins.
3. Soak the tamarind in warm water for 15 mins and extract the juice. Keep it aside.
4. In a pressure cooker, add dal, turmeric powder, asafoetida, salt, oil and water.
5. cook it for 3 whistles and keep it aside.
6. Heat a wok or big cooking pan, add oil and ghee. When it

is hot, add onion, green chilly fry it until it turns golden brown colour.

7. Add all the veggies and salt, fry it for few secs. Cover and cook it for 15-20 mins until all the veggies turns soft. Keep stirring whenever necessary.
8. Add turmeric powder, red chilly powder, fry this for a min.
9. Add dal, tamarind water, rice and enough water about 2 cups. Mix everything well. Cover and cook till the rice gets cooked.
10. After it is done, add coconut and mix it well. Rice looks mushy but its consistency will get adjusted after it cools down.
11. Meanwhile heat another pan with oil and ghee, add all the tempering ingredients as mentioned in the ingredients list. After it pops up, transfer this to the rice.
12. Hot and yummy one pot kottanchoru is ready to serve.

Notes

You can add any vegetables of your choice.

Be careful with the amount of water you add to cook the rice and dal as excess water will make the dish very mushy.

If you have raw mango, add that too and reduce the amount of tamarind juice since both are sour in taste.

Adding a handful of greens gives a nice taste.

If your rice turns too sour, add little more chilli powder and cook it for some more time.

Serve it with vadai, pickle, raitha and papad or vadagam or mormilagai



Easy Paruppu Thogayal Recipe / No coconut dal Chutney

Paruppu Thogayal



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Paruppu Thogayal / paruppu thuvaiyal / dal chutney without coconut is a very simple and delicious side dish that you can make a quick-lunch with [rasam](#) and appalam. Rasam and paruppu thuvaiyal is a yummy combo, everyone likes it, my favourite too. This is my mom's recipe, I love to eat this thuvaiyal with white rice, ghee and appalam. This easy paruppu thogayal recipe has no coconut in it, if you want you can add it. Try this you will love it.

How to make Paruppu Thogayal Recipe

Easy Paruppu Thogayal Recipe / No coconut dal Chutney



[Save Print](#)

Prep time

10 mins

Cook time

5 mins

Total time

15 mins

Easy paruppu thogayal recipe / dal chutney without coconut is a simple and delicious dish goes well with rasam rice and appalam.

Author: Gayathri Ramanan

Recipe type: Chutney

Cuisine: Indian

Serves: 2

Ingredients

- $\frac{1}{4}$ Cup of Toor Dal
- 2 Red Chilly
- $\frac{1}{4}$ Tsp of Black Pepper
- 1 Small Garlic
- Pinch of Asafoetida
- Salt to taste

- 2 Tsp of Oil

Instructions

1. Heat oil in a pan, roast the toor dal till it turns golden brown. Keep it aside.
2. In the same pan, add oil, red chilly, garlic, black pepper and asafoetida, fry them till it turns slight brown colour.
3. Allow it to cool for 10 mins. Grind it with water and salt to a chutney consistency.
4. Serve with rasam rice and hot appalam.

Notes

If you want coconut, you can add it.

If you dont like garlic, just skip it.



Dal Chutney without coconut

Tags: [paruppu thogayal recipe](#), [paruppu thogayal](#), [easy paruppu thogayal recipe](#), [no coconut thogayal](#), [no coconut dal chutney](#), [toor dal thogayal](#), [paruppu thuvaiyal recipe](#), [thuvaiyal recipe](#), [south indian thuvaiyal](#), [paruppu thuvaiyal iyer](#)