

AVAL VADAI | POHA VADA RECIPE



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I usually start most of my days either with poha or oats upma or cereals. When I was talking to my friend, the other day, she gave me this aval vadai recipe, since this aval vadai does not need any grinding and soaking part, immediately I want to give it a try, for my evening snack. Me and my husband really liked it, because it tasted almost like [medu vada](#) with crispy texture on outside and soft on inside. You can make this poha vada recipe either as a snack or for navarathri celebrations or diwali or krishna jayanthi. Also make this quick easy aval vada for unannounced guests. I bet kids will love this vadai for sure. Serve this easy aval vadai either with coconut chutney or tomato ketchup and [hot tea](#).

Ingredients for aval vadai

Yield : 9 Vadai

- 1 Cup of Thick Variety of Aval / Poha / Flattened Rice Flakes
- 1 Cup of Water
- 1 Medium Size Onion, Finely Chopped
- 2 Green Chilies, Finely Chopped
- 3 Tbsp of Thick Curd (Yogurt)
- 2 Tbsp of Rice Flour
- 2 Tsp of Besan Flour / Kadalai Maavu
- 1 Inch of Ginger, grated
- 1 Tsp of Whole Black Pepper
- Pinch of Asafoetida
- 1 Sprig of Curry Leaves
- 2 Tbsp of Cilantro (Coriander Leaves), Finely Chopped
- 1 Tsp of Salt or to taste
- Oil for deep frying

Method

- Soak the aval(poha/rice flakes) in water for 5 mins. Drain as much as water from aval, mash well with hand or with back of the spoon.



- To the mashed rice flakes, add chopped onion, green chilly, ginger, black pepper, asafoetida, curry leaves, chopped coriander leaves, salt, rice flour, besan flour and finally add thick curd, give a quick stir. Knead well with hand to form a thick batter. Make a balls out of the batter.



- Heat oil in a shallow pan. Take a zip lock bag or Milk cover or banana leaf or polythene sheet and have 1 cup of water in bowl on side.



- Just wet your right hand in water, place the batter ball in the center of zip lock bag greased with water. Make a hole in the middle of the batter and carefully transfer it to the hot oil. Deep fry them on medium heat, until it turns golden brown on both sides. Continue the same process for each vadai.
- Serve hot with coconut chutney or peanut chutney or tomato ketchup and **tea**.



Flattened Rice Vada

Tips

- You can use thick or thin variety of aval / poha.
- To make this vadai, use white or red rice flakes.
- If you feel your batter is watery, add little more rice flour.
- Adjust the spiciness according to your taste.
- If you don't have besan flour, just use rice flour.
- Addition of rice flour gives crispy taste to vadai.
- You can also add 1/2 tsp of cumin or fennel seeds, for easy digestion. Instead I added asafoetida for digestion.



Tags : [aval vadai](#), [poha vadai](#), [how to make easy aval vadai](#), [prepare aval vadai](#), [krishna jayanthi recipe](#), [diwali vadai recipe](#), [vada for guest](#), [south indian vadai recipe](#), [aval vadai recipe](#)

[Ulundu Vadai / Medu Vada / South Indian](#)





Urad Dal Vada

Ulundu vadai / medu vada is a traditional south Indian snack. Medu vada are crispy on outside and soft on inside. Ulundu vadai are made from urad dal batter. Green chillies, ginger, curry leaves, pepper and onion are mixed into the batter. medu vadai is wheel-shaped with a hole in the middle. Ulundu vadai / urad dal vada is bland and so it is usually enjoyed with chutney or sambar.

Ingredients for Ulundu Vadai

Number of servings : 10

- **Black Split Urad Dal – 1/2 Cup**
- **Ginger – 1/2 Inch**
- **Green Chillies – 2**
- **Salt to taste**
- **Water as needed(~ 2 Tbsp)**

- **Crushed Pepper – 1 Tsp**
- **Shallots or Small Onion – 7**
- **Few Curry Leaves**
- **Oil for deep frying**

Method for Medu Vada

- **Soak the urad dal for 1 hour in enough water.**
- **Drain the water and wash the dal and remove the skin.**
- **Take a mixie or grinder or food processor, transfer urad dal, green chillies and ginger to it. Add a lit bit of water. Grind it until smooth consistency. Make sure don't add too much of water, because vadai will absorb more oil in that case.**
- **Once the batter is ready, add chopped onions, curry leaves, salt and crushed pepper. Mix Well with spoon or by hand.**
- **Heat oil in a shallow pan. Take a zip lock bag or Milk cover or banana leaf or polythene sheet and have a cup of water in bowl on sides.**
- **Just wet your hands, take a small sized batter and place it in the zip lock bag greased with water. Make a hole in the middle and carefully transfer it to the hot oil. Continue the same process for each vadai.**

Here is the video on how to make vadai..

- **Fry the vadai till it turns golden brown color on both sides.**
- **Serve hot along with sambar and coconut chutney.**



Urad Dal Vada

Tips

- **If your batter is watery, add a tsp of rice flour to it or refrigerate the batter for 30 mins to 1 hour.**
- **You can use white or black urad dal to make vadai.**
- **Don't add too much of water, because vadai absorbs too much of oil.**
- **You can shape vadai either in Zip lock bag or in palm of your hand**
- **If you don't get shape, the easy & best way is to drop the batter with a spoon into the oil.**

Health Benefits of Urad dal

- Urad dal provides energy to the body.
- Rich in protein.
- Enhances digestion because of high in fiber content.
- Boost heart health because of high in magnesium level.

Tags : medu vada,ulundu vadai recipe,ulundu vada,medhu vadai recipe,ulundu vadai tips,ulundu vadai recipe with video,how to make medu vada step by step,how to make ulundu vada video,medu vada recipe,step by step ulundu vadai recipe.

