

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 rava 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....

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Rawa Pongal Recipe

How to make Rava

pongal / Sooji Pongal

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

Cooking

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 consistency 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, raisins 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.

Rava Pongal



Vendhaya Idli / Fenugreek Idli Recipe

Vendhaya Idli Recipe / Fenugreek idli / Methi idly recipe is simple and easy to make south Indian breakfast dish. Some people might think that adding fenugreek would make idly tastes bitter...but that is not true, it makes the idly soft and tasty, you don't taste the bitterness. I got this recipe from my amma and this idly recipe is without urad dal, also diabetic friendly idly dish. Those who are allergic to dal, can have this vendhaya idli for breakfast or dinner. Best accompaniment for this vendayam idly are [sambar](#), [tomato chutney](#) or idly podi. Making vendhaya idli once in a week, keeps our body cool, healthy and fresh.



- Preparation Time : 10 hrs
- Cooking Time : 10 Mins
- Serves : 4 people

Ingredients

- 3 Cups of Idly Rice
- 3 Tsp of Fenugreek
- Salt as required
- Soak the fenugreek in water for 4 hrs. Soak the idly rice in water for 2 hrs.
- In grinder, first grind the fenugreek and add water little by little. Grind the fenugreek until you get soft and fluffy batter. Make sure the fenugreek batter looks similar to urad dal batter. Remove and transfer it to a bowl.
- Grind the rice separately and transfer the batter to the same bowl. Mix both the batter with hand along with salt. Let it ferment for overnight.
- The next day, mix the batter with laddle before making idly. Pour the batter in idly plate and steam it for 10 mins. you can wet the hand and dip the index finger to check if it is cooked. If it is sticky, steam it for another 2 mins.
- Hot, soft fenugreek idly is ready to serve with [coconut chutney](#) or [onion tomato chutney](#) or [peanut chutney](#).

Tips

- Always soak fenugreek and rice separately because the bitterness which gets imparted with rice makes idly bitter.
- Use your hand for mixing for better fermentation.
- For best result of batter, use wet grinder rather than mixie.

Health Benefits of Fenugreek

- 26.2 gram of protein in 100 grams of fenugreek.
- Cure arthritis, skin problems and improve digestion.
- Treat diabetes and lowers blood sugar level.
- Ease child birth for pregnant women.
- Aid milk production in lactating women.



Soft Methi Idly

Technorati tags : [vendaya idli](#), [vendhayam idli recipe](#),

[fenugreek idly](#), [methi idli](#), [south Indian breakfast recipe](#), [south Indian idli](#), [soft idli recipe](#), [idli without urad dal](#), [idly recipe](#)

Adai Recipe|Murungai keerai **Adai|Drumstick Leaves Adai**

Adai Recipe or Drumstick leaves adai or murugakeerai adai dosa is a south Indian crepe made with dal, rice and spices. It is extremely easy to make healthy adai recipe for breakfast or dinner. This is my mom's version, in this adai dosa recipe, I have added murugakeerai (drumstick) leaves to the batter, to make it more nutritious and tasty as they are rich in iron, calcium and vitamin. Here the batter should be thick and coarse and this dosa does not need any fermentation. If you are looking for filling, delicious and healthy breakfast or dinner, then this adai is answer for you. Main accompaniment is adai – avial recipe is, it goes well with coconut chutney and podi.

Adai Recipe



Ingredients For Adai Recipe

To Soak and Grind

- 1/2 Cup of Toor Dal
- 1/2 Cup of Channa Dal (Bengal Gram)
- 1 Cup of Idly Rice
- 7-10 Red Chiles
- 5 Garlic Cloves
- Salt to taste

Other Ingredients to be added to the batter

- 1 Tsp of Fennel Seeds (Sombhu)
- 1 Tsp of Cumin
- Handful of Small Onion, Finely Chopped
- Handful of Curry Leaves, Finely Chopped

- Handful of Coriander Leaves, Finely Chopped
- Pinch of Hing (Asafoetida)
- 1/4 Tsp of Turmeric Powder
- 1/4 Cup of Grated Coconut

Method for Adai Recipe

- Soak both the dals, rice and red chillies in a water for 4 hrs or overnight.
- Wash dals and rice and in a mixie, add dals, rice, red chillies, garlic, salt and water. Grind it coarsely. Transfer this mixture to a bowl. Just before making adai, add everything listed under “other ingredients”. Mix well and check for salt.
- Heat a tawa, spread little oil, pour ladle full of batter, spread it like thick dosa, drizzle some oil on sides, cook it until you get golden brown color, flip it to other side and cook for another 2 mins in low flame .
- Crispy, flavourful adai is ready to serve coconut chutney or avial or podi.

Tips For Making Adai

- Always use small onion for great taste. You can also use large onion.
- If you don't like drumstick leaves instead add grated vegetables like carrot, radish as my MIL does.
- Cook on low flame to get crispy also it takes more time to cook than normal dosa.
- Adjust the no of red chillies according to your taste.
- You can also sauté the drumstick leaves before adding it to the batter.

Health Benefits of Adai

- Drumstick Leaves : Rich in calcium, so good for bone

development. Rich in potassium and iron, they are good for brain development.

- Toor Dal : Rich in dietary fiber and protein & folic acid are good for fetal development.
- Channa Dal : Richest in vegan source of dietary protein, manganese and copper. Having this dal helps to keep diabetes away.

