

# Sprouted Green Gram Mani Kozhukattai Recipe / Pachai Payir Ammini Kozhukattai



Sprouted green gram mani kozhukattai recipe / Pacha payir

ammini kozhukattai is a steamed rice balls tempered with flavorful spices and [green gram sprouts](#). They are usually made from leftover dough while making modagam (modak outer covering) for vinayagar chaturthi. I already posted plain version of [mani kozhukattai \(uppu urundai\)](#) long back in my blog. This mani kozhukattai is easy and healthy snack with green gram sprouts. It can also be made as evening snacks for kids and adults. Try this green gram sprouts mani kozhukattai for vinayagar chaturthi and let me know how it turned out for you.

## How to make sprouted green gram mani kozhukattai Recipe

Sprouted Green Gram Mani Kozhukattai Recipe / Pachai Payir  
Ammini Kozhukattai



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Prep time

20 mins

Cook time

30 mins

Total time

50 mins

Sprouted green gram mani kozhukattai recipe / Pacha payir

ammini kozhukattai is a steamed rice balls tempered with spices and sprouts that can be made during ganesh chaturthi or as evening snacks for kids.

Author: Gayathri Ramanan

Recipe type: Snacks

Cuisine: Indian

Serves: 2

Ingredients

- $\frac{1}{2}$  Cup of Rice Flour
- Water as needed
- 1 Tsp of Ghee
- $\frac{1}{2}$  Cup of Green Gram Sprouts
- 2 Red Chilies
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Few Curry Leaves
- 1 Green Chilly, finely chopped
- 1 Inch ginger, finely chopped
- Salt to taste
- 2 Tbsp of Grated Coconut
- 2 Tsp of Oil

Instructions

1. Heat a pan with required water, add green gram sprouts and salt, cook till soft. Keep it aside.
2. Take a bowl with rice flour and salt. Bring the water to boil along with ghee, add water slowly and keep mixing with spatula.
3. Let it cool it for 2 mins, it will be warm by now, start kneading to form a smooth dough. Keep covered to prevent from drying.
4. Grease your hand with oil and make a equally sized small balls out of the dough.
5. Steam the balls in a idly pan or steamer for 10 mins
6. Heat a pan with oil, temper it with red chilly, mustard seeds, urad dal, curry leaves, after it pops up, add green chilly, ginger, green gram sprouts, fry well for

few mins in high flame.

7. In a medium flame, add rice balls and coconut. Mix gently.
8. Sprouted green gram ammini kozhukattai are ready for neivedhyam.

#### Notes

Adding ghee gives a softer kozhukattai.

Boil water well, so that you get soft and non sticky dough.

If kozhukattai looks shiny after steaming, it means they are done. Do not over cook it for long time, it will turn rubbery.

Do not overcook the sprouts, it will turn mushy. You can also cook sprouts using pressure cooker.

Adjust the no of chilly according to your taste.



[kozhukattai](#), [Pachai Payir Ammini Kozhukattai](#), [Ammini Kozhukattai recipe](#), [how to make Ammani Kozhukattai recipe](#), [how to make Pachai Payir Ammini Kozhukattai recipe](#), [mani kozhukattai recipe](#), [ammini kozhukattai](#), [kara kozhukattai recipe 2015](#), [uppu urundai using sprouts](#), [neer urundai using green gram sprouts](#), [ganesh chaturthirecipes](#), [vinayagar chaturthi recipes](#). [pillaiyar chaturthi recipes](#), [vinayagar chaturthi tamil recipes 2015](#)

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## **Sigappu Arisi Innippu Kozhukattai Recipe / Red Rice Sweet Kozhukattai**



## Sigappu Arisi Innippu Kozhukattai

Sigappu Arisi Innippu Kozhukattai Recipe / Red Rice Sweet Kozhukattai is a easy, healthy, delicious breakfast dish. Yesterday I posted [sigappu arisi kara kozhukattai \(savory kozhukattai\)](#) where I used red rice flour, coconut, red chilies and other spices. If you are a sweet lover like me ☺ , you will love this sweet kozhukattai, it has red rice flour, jaggery for sweetness, cardamom for flavor, ghee and nuts for taste. Pack this sweet Kozhukattai for kids snack box, they will love it. Try this red rice sweet kozhukattai and let me know how it turned out for you.

# How to make sigappu arisi innippu kozhukattai / Red Rice Sweet Kozhukattai

Sigappu Arisi Innippu Kozhukattai Recipe / Red Rice Sweet kozhukattai



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Prep time

10 mins

Cook time

10 mins

Total time

20 mins

Sigappu Arisi Innippu Kozhukattai Recipe / Red Rice Sweet kozhukattai is a easy, healthy, delicious breakfast or snacks. Pack this sweet Kozhukattai for kids snack box.

Author: Gayathri Ramanan

Recipe type: Sweets

Cuisine: Indian

Serves: 7

Ingredients

- $\frac{1}{2}$  Cup of Red Rice Flour (Puttu Maavu)
- $\frac{1}{3}$  Cup Jaggery
- 2 Cardamom, Crushed
- 2 Tbsp of Grated Coconut

- Pinch of Salt
- Few Ghee Roasted Cashews
- 1 Tsp of Ghee
- Water as needed

## Instructions

1. In a bowl, take red rice puttu maavu, ghee, crushed cardamom, cashews, salt and grated coconut. Mix well and keep it aside.
2. Heat a pan with water and jaggery, boil it for few mins or until it melts. Add the melted jaggery to the flour bowl. Leave it for 5 mins. Now the flour will absorb all the jaggery syrup.
3. 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 innippu kozhukattai is ready. Garnish with cashews and serve.

## Notes

Adjust the amount of jaggery as per your taste.

Adding ghee gives a nice flavor.

Garnish with any nuts of your choice.

You can also use store bought white rice flour.

# Red Rice Sweet Balls



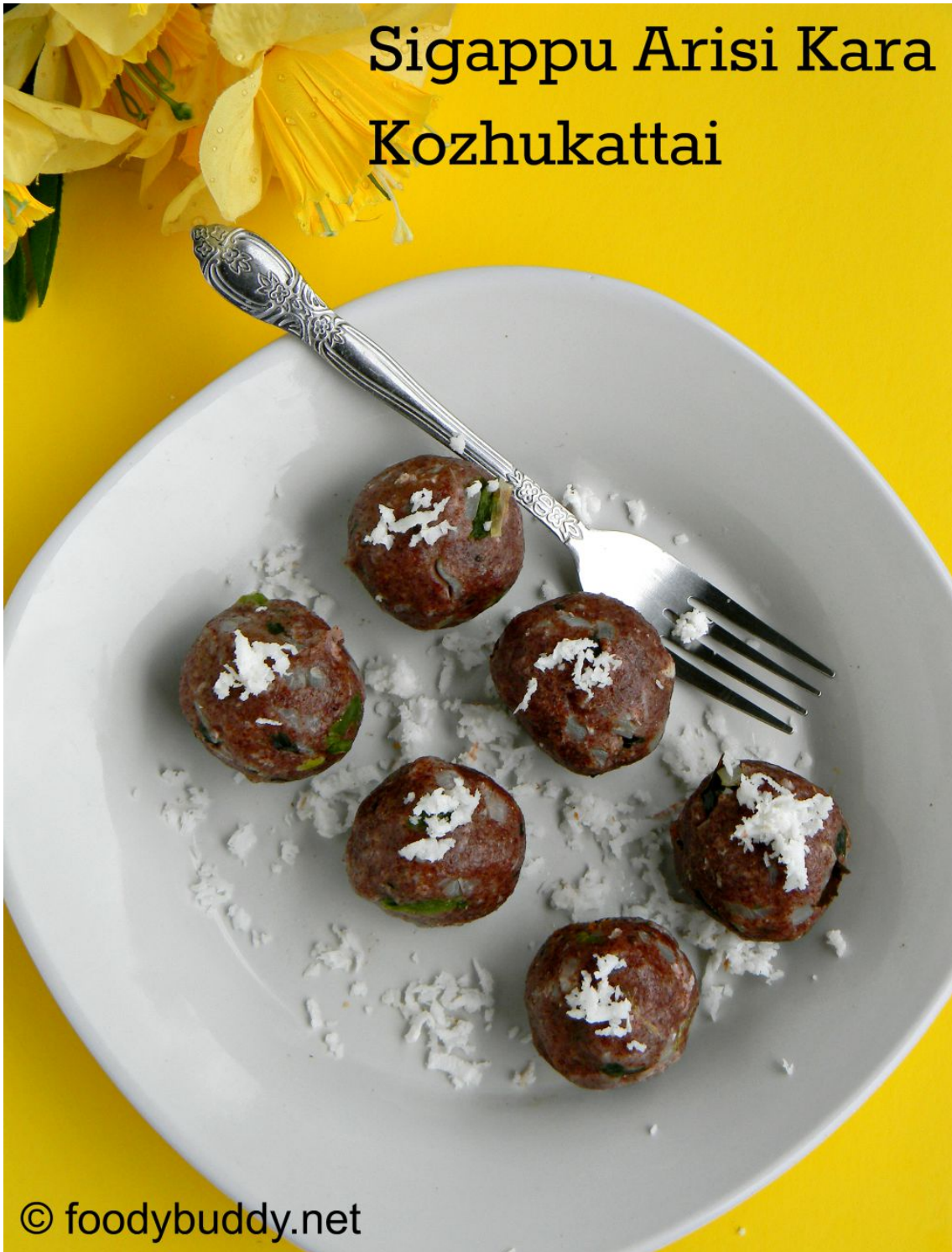
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Sigappu                      Arisi                      Kara  
Kozhukattai / Red Rice puttu  
maavu kozhukattai

# Sigappu Arisi Kara 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



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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
- $\frac{1}{2}$  Onion, Chopped
- 1 Green Chilly
- $\frac{1}{4}$  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.

# Red Rice Puttu Maavu Kozhukattai



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