

Jowar Dosa Recipe / Cholam Dosai / Sorghum Dosa



Sorghum are called Jowar in Hindi and vellai cholam in tamil. It is really healthy to include white millet in our diet as they are high in protein and fiber. Yesterday I made this jowar dosa recipe /cholam dosai for breakfast by referring my note-book. It is a nice alternative to regular rice dosa. Guess what ? this sorghum dosa is good for diabetic people and prevents cholesterol, also it is vegan and gluten-free dosa recipe. This dosa is not only healthy, they are amazing in taste when you serve with [tomato chutney](#) or [onion chutney](#) or

[sambar](#). So try this jowar dosa / cholam dosai for breakfast, your family will love it for sure.

How to make Cholam Dosai / Jowar Dosa

Ingredients for Jowar Dosa Recipe

Preparation Time : 8 hrs soaking + 1 hr Cooking Time: 30 mins Serves:10

- 1 Cup of Vellai Cholam / Sorghum / Jowar
 - 1 Cup of Idly Rice
 - 1/2 Cup of Urad Dal
- 1/2 Tsp of Fenugreek Seeds
 - Salt to taste

Method for Jowar Dosa Recipe

- Soak both jowar and rice together in water for overnight.
- Soak urad dal and fenugreek seeds separately in water for overnight.
- Grind urad dal and fenugreek seeds by adding adequate water to a smooth paste.
 - Grind jowar (cholam) and rice together by adding adequate water to a smooth batter.
- In a bowl, mix both the batter and salt, allow it to ferment for 6 hrs or overnight.
- Heat the griddle, pour ladleful of batter and spread it in circular motion.
 - Drizzle oil around the dosa, and cook till it turns golden brown, flip it to other side and cook for few mins
- Remove the dosa from the pan and serve with [tomato chutney](#) and [sambar](#).

Tips

- Always cook dosa in a medium flame.
- You can add grated carrots to the batter to make it healthy.

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Cholam Dosai

Tags: [cholam dosai](#), [jonnalu dosa](#), [sorghum dosa](#), [jowar dosa](#), [jowar dosa recipe](#), [dosa recipes](#), [vellai cholam recipes](#), [south Indian breakfast recipe](#), [how to make cholam dosai](#), [prepare jhwar dosa recipe](#).

Spicy Onion Garlic Chutney Recipe / Vengaya Chutney

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Spicy Onion Garlic Chutney

I love to try different chutney recipes for idly or dosa. This

spicy onion garlic chutney recipe is very simple to make and it tastes yum. Nothing can beat spicy chutney with hot idly and dosa. I already posted [garlic chutney](#), [small onion chutney](#). I got this onion garlic recipe from my friend and tried it yesterday, it was so good with [samai idly](#). I really like onion and garlic combo. You can try this chutney without coconut too. If you are onion lover, then you will like this chutney.

How to make Spicy Onion Garlic Chutney Recipe

Ingredients for Onion Garlic Chutney

- 1 Big Red Onion
- 4-5 Red Chilies
- 5 Garlic Cloves
- Pinch of Tamarind
- 1.5 Tbsp of Coconut
- Pinch of Asafoetida
- Salt to taste
- 2 Tsp of Oil

To Temper

- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Curry Leaves

Method for Onion Garlic Chutney

- Heat oil in a pan, when it is hot, add red chillies, garlic, saute this for a min.
- Add onion and salt, saute this until it turns golden brown colour.
- Add asafoetida, tamarind and coconut, fry this for a min and turn it off.
- Cool it for 10 mins and grind it in a blender to a smooth paste along with water. Transfer this to a bowl.
- Heat a pan with oil, when it is hot, add mustard seeds, urad dal and curry leaves, when it is pops up. Transfer the tempering to a bowl, mix well with spoon.
- Yummy onion garlic chutney is ready to serve.

Tips

- Adjust the no of red chilly according to your taste.
- You can use small onion instead of big onion.

Onion Garlic Chutney



Tags: [onion garlic chutney](#), [spicy onion garlic chutney recipe](#), [garlic chutney recipe](#), [onion chutney recipe](#), [chutney recipes](#), [side dish for idly dosa](#), [different chutney for idly dosa](#), [spicy chutney recipe](#), [chutney ideas](#) [easy chutney recipe](#) [vengaya poondu chutney](#)

Mixed vegetable pulao recipe in pressure cooker / How to make veg pulao



Mixed vegetable pulao recipe in pressure cooker is an easy one pot meal that can be made in a very short time. It goes well

with any gravy like [potato kurma](#) or simple [zucchini raita](#) or [cucumber raita](#) and papad. This veg pulao is tasty and healthy as we add a lot of mixed vegetables like carrot, beans, peas, mushroom and potato. You can add any vegetables of your choice. The secret tip for tasty pulao is my mom used to say that more oil or ghee you add, the pulao will be more tasty. This is a pressure cooker pulao recipe, I also make veg pulao in stove top, will share that recipe in future. You can pack this veg pulao for kids lunch box or office goers lunch box. Also check my [veg biryani recipe in pressure cooker](#), [peas pulao](#), [spinach pulao](#), [mint pulao](#), [tomato pulao](#), [chickpeas pulao](#), [methi pulao](#)

How to make Mixed vegetable pulao recipe in pressure cooker

Ingredients for Mixed vegetable pulao recipe

Preparation Time: 30 mins Cooking Time : 20 mins Serves: 2-3

- 1 Cup of Raw Rice
- 2 Cups of Water
- To Grind**
 - 1/2 Onion
 - 5 Garlic Cloves
 - 1 Inch of Ginger
 - 3 Green Chilly
- 1/2 Tsp of Fennel Seeds
- 1 Medium Size Cinnamon Stick
 - 3 Cloves (small)
 - 1 Cardamom
- 5 Cashews or almonds
- 1 Star Anise (small)
- To Saute**
 - 1 Tbsp of Cooking Oil
 - 1 Tbsp of Ghee
 - 1 Bay Leaf
- 1/2 Tsp of Lichen (kalpasi)
 - 1/2 Tsp of Fennel Seed
 - 1 Red Onion, Chopped
 - 2 Carrots, Chopped
 - 10 Beans, Chopped
 - 1/3 Cup of Peas
 - 1 Potato, Small
 - 3 Mushroom, Chopped
- 1/2 Tsp of Red Chilly Powder
 - 1/2 Tsp of Garam Masala
- 2 Tsp of Coriander Powder
 - Salt to taste
 - 2 Tsp of Fried Onions
 - 1 Tsp of Lemon Juice.
 - Few Coriander Leaves
 - 3-5 croutons

Method for Mixed vegetable pulao recipe

- Wash and soak the rice in water for 30 mins.
- In a blender, add all the ingredients listed under "To Grind" along with water to a smooth paste.
 - Chop all the vegetables and onion, keep it aside.
- Heat a pressure cooker, add oil and ghee, when it is hot, add bay leaf, kalpasi, fennel seeds and mint leaves, then add onion, saute well for 2 mins till it turns golden brown.
- Add the ground masala paste, saute well until raw smell vanishes. Add coriander powder, garam masala and red chilly powder, saute this for a min.
 - Add chopped vegetables and salt, saute this for 2 mins.
- Finally add rice, water, mix well. Check the salt. Add fried onion on top. Close the lid. Pressure cook for 2 whistles and turn off the flame.
- Open the lid, add lemon juice and coriander leaves, gently mix with fork. Add salt, if needed.
 - Hot, yummy mixed vegetable pulao is ready to serve with onion or [cucumber raita](#).

Tips

- Add more green chilly, if you want it spicy.
- I made this pulao with sona masoori rice (raw rice/paccharisi), you can make this pulao with basmathi rice too.
- If you are using basmathi, use 1.5 cups of water for 1 cup of rice. For sona masoori, use 2 cups of water for 1 cup of rice.
 - If you don't have ghee, adding butter gives a nice flavor.
 - Adding fried onion gives rich taste to pulao.
- You can add any vegetables of your choice like capsicum or cauliflower or beetroot.



VEG PULAO RECIPE

Tags: [veg pulao](#), [veg pulao recipe](#), [mixed vegetable pulao](#), [mixed vegetable pulao recipe in pressure cooker](#), [pulao recipe](#)

[in cooker](#), [veg pulao in cooker](#), [how to make vegetable pulao recipe at home](#), [prepare easy veg pulao](#), [easy pulao recipe](#), [spicy vegetable pulao](#), [kids lunch box veg pulao](#), [restaurant style veg pulao](#), [pulao recipe for bacholer](#)