

Moong dal Sweet Pidi Kozhukattai Recipe



Moong dal sweet pidi kozhukattai recipe / innippu pidi kozhukattai is a Indian dumpling prepared during Vinayagar Chaturthi. I love all kinds of sweet version of kozhukattai recipes. To make this vellum pidi kozhukattai recipe, you need simple ingredients they are jaggery, grated coconut, rice flour, moong dal, sesame seeds and small bits of coconut which adds a nice crunch and taste to the kozhukattai.

My grandma makes this often, so I got this innippu pidi

kozhukattai recipe from her and I tried it. This is a healthy and easy kollukattai to make compared to other sweet and kara kozhukattai recipes and can be made in a jiffy. Try this for coming ganesh chaturthi, you will love it.

Try my other kollukattai recipes

1. [Thengai Poorna Kozhukattai](#)
2. [Ellu Kozhukattai](#)
3. [Aval Kara Kozhukattai](#)
4. [Aval Sweet Kozhukattai](#)
5. [Sprouted Green Gram Kozhukattai](#)
6. [Peanut Coconut Kozhukattai](#)
7. [Paal Kozhukattai](#)
8. [Sigappu Arisi \(Red Rice\) Spicy Kozhukattai](#)
9. [Sigappu Arisi\(Red Rice\) Sweet Kozhukattai](#)

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Moong dal Sweet Pidi Kozhukattai Recipe



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Moong dal Sweet Pidi Kozhukattai Recipe



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Prep time

15 mins

Cook time

10 mins

Total time

25 mins

Moong dal Sweet Pidi Kozhukattai Recipe is a easy sweet version of Indian dumplings prepared during Vinayagar chaturthi or as evening snack.

Author: Gayathri Ramanan

Recipe type: snacks

Cuisine: Indian

Serves: 14

Ingredients

- $\frac{1}{2}$ Cup + 3 Tbsp of Rice Flour
- $\frac{1}{4}$ Cup + 2 Tbsp of Jaggery
- $\frac{3}{4}$ Cup of Water
- 1 Cardamom
- 1 Tsp of Black Sesame Seeds
- 1 Tsp of Moong Dal
- 1 Tsp of Ghee
- 3 Tbsp of Coconut, Finely Chopped
- $\frac{1}{4}$ Tsp of Salt

Instructions

1. In a bowl, add rice flour and salt.
2. In a heavy bottomed pan, add moong dal, roast it until aroma comes and color changes. Transfer it to a rice flour bowl.
3. In the same pan, add sesame seeds, roast until it crackles. Transfer it to a bowl.
4. In the same pan, add ghee and roast the coconut until it turns light brown. Transfer it to a bowl.
5. In the pan, add jaggery and water, keep mixing till it dissolves completely, after it comes to a boil. Filter it if any impurities. Transfer it to a bowl and add crushed cardamom.
6. Now mix everything together and make a smooth dough. Make a equal sized balls.
7. Keep one ball in your hand and press it to bring an oblong shaped dumplings.
8. Grease the idly plate with oil and arrange all the

dumplings (kozhukattai).

9. Steam it for 10 – 12 minutes.

10. Moong dal pidi kozhukattai is ready.

Notes

I used store bought rice flour, you can also use homemade rice flour.

Another way of mixing – Instead of transferring the boiled jaggery syrup to rice flour bowl. Transfer the whole mixture of rice flour to boiling jaggery syrup pan, mix it in low flame and turn it off.

Amount of water depends on quality of rice flour.

If your dough is sticky, add some more rice flour.

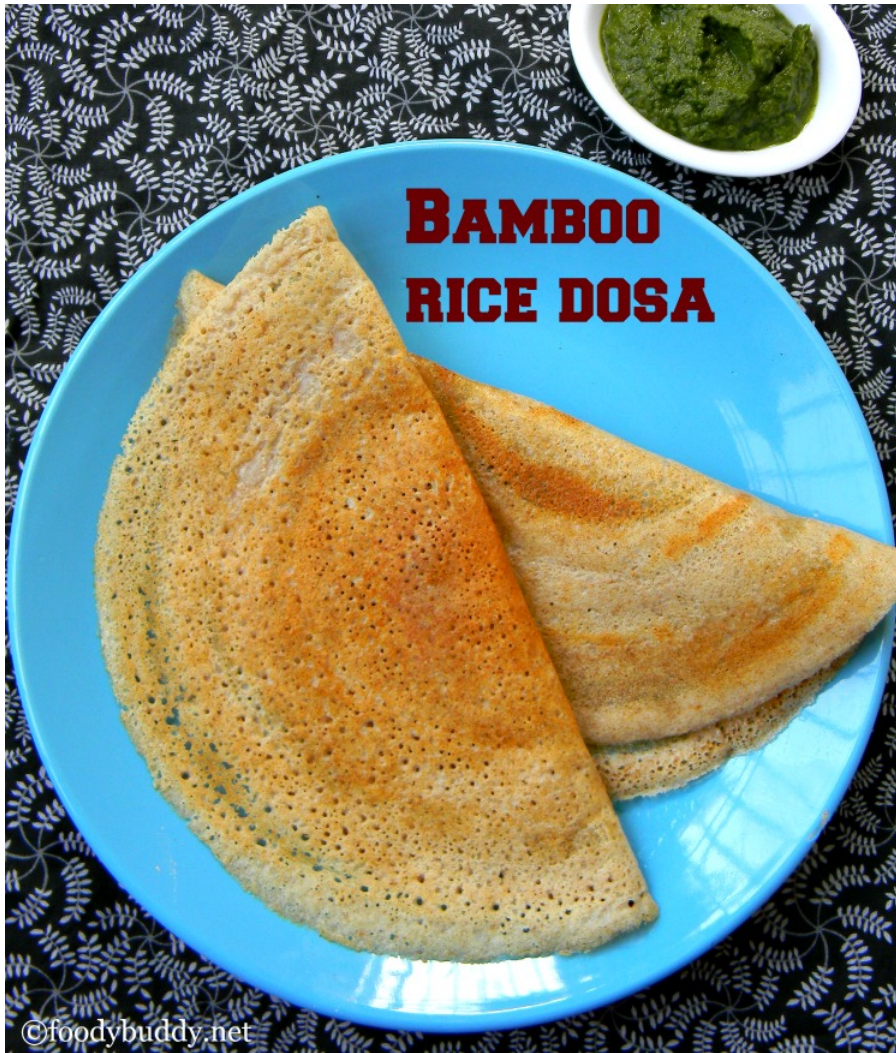
Here I used paggu vellam.

Adding salt enhances sweetness.

Don't allow the dough to dry, keep it covered and shape the kozhukattai.



**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.



[Lemon Couscous Recipe Indian Style / Easy Breakfast](#)



Lemon couscous recipe Indian style is a simple, fast to cook and refreshing dish flavored with lemon, nuts and spices. If you are unfamiliar with couscous, its basically a fine semolina. This couscous is a staple food in north African cuisines like morocco. You can find this in grocery stores like walmart. With couscous, we can make lot of recipes like salads with fruits, dry fruits or veggies. I already posted [Five spice Moroccan couscous salad with raisins](#) in my blog.

This easy lemon couscous recipe goes well with [chutney](#) or [pickle](#). Perfect for breakfast or dinner.

Lemon couscous recipe Indian style

Lemony Couscous Recipe Indian Style



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Prep time

10 mins

Cook time

10 mins

Total time

20 mins

Lemon couscous recipe Indian style is a simple, light breakfast and it is easy to cook. It goes well with chutney or pickle. Perfect for breakfast or dinner.

Author: Gayathri Ramanan

Recipe type: Breakfast

Cuisine: Indian

Serves: 2

Ingredients

- $\frac{2}{3}$ cup of couscous (Instant)
- $\frac{2}{3}$ cup of water
- $\frac{1}{4}$ tsp of salt
- $\frac{1}{4}$ tsp of ghee
- Other ingredients
- 2 tsp of oil
- 1 tsp of bengal gram

- 1 tsp of mustard seeds
- 1 tsp of urad dal
- Few curry leaves
- 2 Tbsp of cashews
- 2 tbsp of peanuts
- 1 red chilly
- 1 slited green chilly
- 2 tsp of ginger pieces
- $\frac{1}{2}$ tsp of turmeric powder
- $\frac{1}{2}$ tsp of ghee
- 1 carrot, finely chopped
- 2 tbsp of green peas (frozen)
- Coriander leaves to garnish
- 1 tbsp of lemon juice

Instructions

1. Heat a pan, add water and salt. Bring water to a rolling boil, add couscous to it, mix well. Cover it and turn it off. Leave it aside for 10 mins.
2. Heat oil in a pan, add bengal gram, mustard seeds, urad dal, red chilly and curry leaves, after it pops up, add cashews, peanuts, green chilly and ginger, saute this for a min.
3. Add carrot pieces, green peas and salt, fry this for a min. Sprinkle some water, cover and cook it for 5 mins and turn it off.
4. Fluff couscous with a fork and add to it. Add lemon juice and mix well.
5. Finally add ghee and mix again.
6. Garnish with coriander leaves and serve hot with chutney of your choice or pickle.



Lemony Couscous