

Asparagus Potato Fry / Asparagus Recipe Indian Style



Asparagus Potato fry / Asparagus Recipe Indian Style is a simple yet delicious stir fry. Asparagus is packed with nutrients, high in antioxidants and it is one of the best source of folate which is very essential for pregnant women to protect their infants. It prevents cancer and heart diseases. You can make lot of tasty recipes with asparagus like steamed, roasted or grilled or stir fry. Today I am posting an easy Indian recipe with asparagus. Though it is not common in Indian markets, they are abundantly available in grocery stores in US during spring and summer. Asparagus cooks quickly, so make sure you have all the ingredients ready by the stove. It comes in different colours, I used green variety of asparagus. This asparagus stir fry goes very well with

[sambar rice](#) / [rasam](#) / [curd rice](#) or any variety rice or [chapathi](#). Also check my other recipe – [mushroom asparagus stir fry](#)

Asparagus Potato fry

Asparagus Potato Fry / Asparagus Recipe Indian Style



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Prep time

5 mins

Cook time

25 mins

Total time

30 mins

Asparagus Potato Fry is a simple, delicious Indian style stir fry goes well with rice and chapathi.

Author: Gayathri Ramanan

Recipe type: side dish

Cuisine: Indian

Serves: 2

Ingredients

- 1 Bunch of Asparagus (green)
- 2 Yellow Potatoes, Medium Sized
- 5 Small Onion
- 3 Garlic
- ¼ Inch Ginger
- 2 Tsp of Sambhar Powder or Curry Powder

- $\frac{1}{4}$ Tsp of Garam Masala
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Few Curry Leaves
- Salt to taste
- 3 Tsp of Cooking Oil

Instructions

1. Wash the asparagus, cut off the tough bottom end of the asparagus. Chop them into fine pieces.
2. Wash and chop the potatoes.
3. In a mixie (blender), grind onion, ginger and garlic to a fine paste.
4. Heat a pan with oil, when it is hot, add mustard, urad dal and curry leaves, after it pops up. Add the potato and enough water, cover and cook it for few mins.
5. Then add asparagus, ground paste, sambhar powder, garam masala and salt. Cover and fry it in a low flame for 10-15 mins until raw smell of ground paste goes off.
6. Yummy asparagus potato fry is ready to enjoy with rice or chapathi.

Notes

If you don't have sambar powder or curry powder, add 2 tsp of coriander powder, 1 tsp of red chilly powder and $\frac{1}{2}$ tsp of turmeric powder.

You can follow the same recipe and use different vegetables. Make sure to stir the veggies continuously to avoid burning or sticking to the pan



SAMAI KANJI RECIPE / LITTLE MILLET PORRIDGE



SAMAI PARUPPU KANJI

SAMAI KANJI RECIPE / Little millet porridge is a delicious, healthy gruel made with little millet, dal and mild spices. You can make the same kanji with varagu or kuthiravalli or thinai. This millet porridge is a perfect summer coolant, very creamy and mildly spiced, it has a slight taste of [samai pongal](#). I have used buttermilk for creaminess instead you can also use milk. Adding carrot is to enhance the nutrition. If you don't have millets at home, replace it with rice. I

love to drink [ragi koozh](#) or kambu koozh for breakfast but for a change I had this samai kanji for yesterday breakfast along with small onion. They are very easy to digest, very filling and cholesterol free. Perfect kanji recipe for diet and diabetic people.

MILLET RECIPES IN FOODYBUDDY

1. [How to cook varagu rice.](#)
2. [Samai bisibelabath](#)
3. [Samai Idly](#)
4. [Samai Pongal](#)
5. [Cholam Dosai \(jowar dosa\)](#)
6. [Kambu \(bajra\) roti](#)
7. [Kambu Dosai](#)
8. [Quinoa Dosai](#)
9. [Quinoa Biryani](#)
10. [Quinoa Pesarattu](#)
11. [Quinoa kuzhi paniyaram](#)
12. [Ragi Koozh \(porridge\)](#)
13. [Ragi Sevai](#)
14. [Ragi almond ladoo](#)

SAMAI KANJI RECIPE /LITTLE MILLET PORRIDGE

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SAMAI KANJI RECIPE /LITTLE MILLET PORRIDGE



SAMAI PARUPPU KANJI

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Prep time

15 mins

Cook time

10 mins

Total time

25 mins

samai kanji recipe / little millet porridge is a perfect summer coolant, healthy, gluten free and cholesterol free. Are you bored with cereals for breakfast, have this millet kanji. You can feel energetic and active.

Author: Gayathri Ramanan

Recipe type: Breakfast

Cuisine: Indian

Serves: 2

Ingredients

- 2 Tbsp of Saamai (little millet)
- 2 Tbsp of Moong dal (yellow)
- 1.5 Cups of Water
- 1 Carrot, chopped
- Pinch of Asafoetida
- 1 Tsp of Cumin
- 1 Tsp of Black Pepper (coarsely ground)
- 4 Garlic Cloves, Chopped
- Few Curry Leaves
- Salt to taste

- 1 Tsp of Oil
- 1.5 Cups of Buttermilk

Instructions

1. Soak both the little millet and moong dal in water for 15 mins. Drain the water, wash it and keep it aside.
2. Chop the garlic and carrots. Coarsely ground the pepper in mortar and pestle.
3. Heat a cooker with oil, when it is hot, add cumin, asafoetida, black pepper and curry leaves, after it pops up.
4. Add garlic cloves, carrot fry it for few mins.
5. Add saamai, moong dal, water and salt. Cook it for 3 whistles. Open it, after pressure releases.
6. Cool it for 15 mins, before adding buttermilk.
7. Saamai kanji is ready to drink with small onion or have it plain.

Notes

You can make the same kanji with any kinds of millets.

Add any vegetables of your choice.

If you love masala flavor, temper it with clove, cinnamon.

To enjoy plain kanji, avoid moong dal.

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SAMAI KANJI

KADAPPA RECIPE / KUMBAKONAM

KADAPPA – SOUTH INDIAN



Kadappa Recipe / Kumbakonam Kadappa is a flavorful stew made with moong dal, potato, coconut and other spices. This kadappa recipe is a great side dish for [idly](#), [idiyappam](#), [poori](#) and [dosa](#). Popular in Kumbakonam, a place in South India hence the name kumbakonam kadappa. I have tasted this kadappa in Thajavur mess in Chennai and I have no idea on how to make kadappa at home. When I was talking to my neighbor the other day, she told me this recipe so I tried it yesterday, it came out so good and I loved it. I had this kadappa with soft, hot idly for breakfast. Try this recipe, you will love it for sure.

How to make Kadappa Recipe

KADAPPA RECIPE / KUMBAKONAM KADAPPA – SOUTH INDIAN



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Prep time

10 mins

Cook time

30 mins

Total time

40 mins

Kadappa Recipe / Kumbakonam Kadappa is a flavorful stew and a great side dish for idly and dosa. Popular in Kumbakonam, a place in South India.

Author: Gayathri Ramanan

Recipe type: side dish for idly

Cuisine: Indian

Serves: 4

Ingredients

- Ingredients
- 3 Potato (Medium Size)
- $\frac{1}{4}$ Cup of Yellow Moong Dal
- $\frac{1}{4}$ Cup of Grated Coconut
- 4 Green Chilies
- 1.5 Tbsp of Fried Gram Dal (pottukadalai)
- 5 Garlic Cloves

- 1 Tsp of Khus Khus (Kasa kasa / Poppy Seeds)
- 2 Red Onion, Sliced
- Juice from $\frac{1}{2}$ Lemon
- Salt to taste
- Few Coriander Leaves
- T0 Temper
- 2 Tbsp of Gingelly Oil
- 2 Small Cinnamon Stick
- 3 Cloves
- 2 Cardamom
- 1 Bay Leaf
- 1 Tsp of Fennel Seeds
- Few Curry Leaves

Instructions

1. Boil the potato with little water in a pressure cooker for 1-2 whistles. Remove the skin, chop it into big pieces or mash it roughly. Keep it aside.
2. In the same pressure cooker, add moong dal, drop of oil and water, cook it for 3 whistles. Mash the dal and keep it aside.
3. In a mixie, add coconut, green chilly, fried gram, khus khus and water, grind it to a smooth paste.
4. Heat a pan with oil, add all the temper ingredients, fry it for few secs.
5. Add onion, fry it for few mins until it turns golden brown. Add cooked moong dal, potato, ground paste, salt and enough water, cook it for 10-15 mins in medium flame until raw smell vanishes.
6. Once it done, turn it off and add lemon juice and coriander leaves, mix well and serve it with idly or dosa.

Notes

You can add tomato in place of lemon juice.

If you want more spicy side, add 1 or 2 green chilly.

If you want your stew to be watery, add some more water to it.

Do not add turmeric powder to this dish.

You can also add any vegetables of your choice like carrots or drumsticks.



Tags: [kadappa recipe](#), [how to make kadappa at home](#), [kumbakonam kadappa recipe](#), [thajavur kadappa recipe](#), [south Indian kadappa recipe](#), [how to prepare kadappa dish](#), [kadappa recipe in tamil](#), [south Indian side dish recipe](#), [side dish for idly dosa](#).