

[Red Aval Kozhukattai Recipe](#)

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Red rice flakes are made from a red rice. It is more common to find the flakes (poha) made of white rice. Rice flakes has an earthy flavor, chewy texture and light rose in color. Healthy alternative to white rice flakes, having a high nutritional contents. This red aval kozhukattai recipe are healthy breakfast recipe because of high in fiber & nutrition. You can pack this red aval kozhukattai for kids and adult lunch box. Try this easy red aval kara kozhukattai recipe at home and enjoy.

Ingredients for red aval kozhukattai recipe

- 1 and 1/4 Cup of Red Poha/ Sivappu Aval/ Flattened Rice
- Salt to Taste

To Tempering

- 2 Tsp of Vegetable/ Canola Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- 2 Red Chillies
- Pinch of Hing/Asafoetida
- 5-7 Curry Leaves
- 2 Tbsp of Dried Coconut Flakes

Method for aval kozhukattai recipe

- Wash the poha/aval and soak it in water for 20 mins. After that, drain the water. To the soaked poha/aval, add salt and knead well with hand or mash it with a masher.
- Heat oil in a pan, add mustard, urad dal, red chillies(break it), curry leaves and hing. After mustard seeds crackles and dal changes color. Add this tempering to the mashed poha/aval.
- Add coconut flakes to the mashed poha and mix well with a spoon or by hand.
- Take a small portion of dough and make an oval shaped

kozhukattai / dumplings.

- Arrange it in a greased idly plate and steam cook it for 5-10 mins.
- Serve with any chutney of your choice. I had with podukadalai chutney.



Tips

- You can use green chillies instead of red chillies.
- You can also add bengal gram in tempering.
- You can also use white aval instead of red aval.
- You can make kozhukattai in any shape of your choice.
- For extra health benefits, add grated carrot or beetroot.

Health Benefits of Sivappu Aval /Red Flakes

- Red rice flakes are very good for the people with heart disease, diabetes and weight loss.
- Low in cholesterol, high in fiber, vitamins and minerals.



tags : [aval kozhukattai](#), [red aval kozhukattai recipe](#), [how to make red aval kozhukattai recipe](#), [prepare aval kozhukattai recipe](#), [kara kozhukattai recipe](#), [kara kozhukattai recipe for vinayagar chaturthi](#), [kzhukattai recipe for ganesh chaturthi](#), [kollukattai recipes for pillaiyar chaturthi](#), [kollukattai recipes](#), [neer urundai](#), [steamed rice balls](#).

[**Mango Pickle Recipe / Manga Oorugai**](#)



This mango pickle recipe is very easy to make. This mango pickle is the combination of juice rich green mango and Indian authentic spices. This mango oorugai is most popular in southern part of India. This is my mom's recipe. Like all her recipes, this one tastes so yummy and a lip smacking dish. Addition of roasted fenugreek and mustard powder makes it more flavorful. Best accompaniment for mango pickle is [curd / yogurt rice](#).and also for chapathi.

Ingredients

1 Large Green Mango (not ripe), Finely Chopped
1.5 Tsp of Red Chilly Powder
1 Tsp of Mustard
1 Tsp of Urad Dal
Pinch of Hing / Asafoetida
2 Tbsp of Gingelly Oil / Indian Sesame Oil
Salt to taste

To Grind

1/2 Tsp of Mustard

1/2 Tsp of Fenugreek

Method

- Dry roast the mustard and fenugreek for 1- 2 mins until nice aroma comes and it changes color. Let it cool down for 5 mins. Grind it to a fine powder in a spice grinder or mortar & pestle.
- Wash the mango. Take a sharp knife and discard the core. Chop the mango into tiny pieces along with skin. Keep this aside.
- Heat oil in a pan, add mustard, urad dal and hing, after it splutter, add chopped mango, red chilly powder and salt, saut'e well for 3-5 mins until it turns soft but not mushy.
- In this stage, add roasted & ground powder and mix well till everything is well combined. Turn off the flame.
- When the pickle is cool, store it in an airtight container and refrigerate it.
- Enjoy this tangy mango pickle with a plate of [yogurt rice](#).



Tips

- For this pickle, use rock hard green mango not ripe.
- Addition of fenugreek & mustard powder gives a great taste to this dish
- Adjust the spice and salt according to the tangy taste of mango.
- Increase or decrease the spicy taste according to your taste buds.
- Add more oil to the pickle, so that you are increasing the shelf life of the pickle.
- It tastes great on 2nd day after all the flavors fully absorbed into the mango pieces.

Health benefits of Green Mango

Source : Health-benefits.blogspot.com

- Drinking unripe mango juice prevents the loss of sodium chloride and iron during summer.
- Dried mango powder is highly beneficial in treating scurvy (Vitamin C deficiency)
- Unripe mangoes helps to treat blood disorders.
- Raw mangoes are rich source of

pectin, mixed with salt and honey, helps to treat gastrointestinal disorders.

- Helps in treating liver disorders.

- Rich in vitamin C and antioxidants.



Arisim Paruppu Sadam Recipe / Coimbatore Style

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[Lentils Rice Recipe](#)



Dal rice or lentil rice is a comforting and traditional vegetarian meal popular in South India. Dals are fat – free and highly nutritious. The tempering is what makes the dal more exotic and delicious. Ghee used here changes the flavor and taste of the seasonings.

Coming to Arisim Paruppu

Sadam Recipe, I'm a big fan of this rice. Because I did my most of my schooling in Coimbatore. All my friends bring this rice in lunch box, almost once in a week. So I am really fond of this rice. In Coimbatore and Erode district, this dish is a soul food, they have this rice anytime for breakfast or lunch or dinner. I still remember in school days, during vacation, I stay in my close friend's house, her mom makes this rice for dinner along with yogurt and rice crackers. We all sit together in outer verandah and eat under moon light ..those are unforgettable moments..but this recipe I got it from neighbor grandma...she makes the best lentil rice. So here is the recipe.Try this healthy, easy one

pot meal and enjoy...

Ingredients

3/4 Cup of Rice

1/4 Cup + 1 Tbsp of Toor Dal

1 Big Red Onion, Finely Chopped

3 Whole Small Onions

1 Tsp of Ginger Garlic Paste

2 Green Chilly, Slit it lengthwise

1 Large Tomato, Finely Chopped

2 Tsp of Sambhar Powder

Salt to Taste

2.5 Cups of Water

To Temper

1 Tbsp of Oil /Ghee

1 Clove

**1 Medium Size Cinnamon
Stick**

1/2 Tsp of Fennel Seeds

1 Red Chilly

1 Tsp of Mustard

1 Tsp of Urad Dal

Few Curry Leaves

Pinch of Hing

To Garnish

**2 Tbsp of Chopped
Coriander Leaves/ Cilantro**

Method

- Soak rice and dal in water for 30 minutes. Drain the water and wash it in tap water. Keep this aside.
- Heat oil / ghee in a pressure cooker, add all the ingredients under " To Temper " list, add one by one in the same order, after mustard seeds splutter, add both the onions and little salt, fry for 2 mins until it changes color.
- Add ginger garlic paste, fry for a min until raw smell goes off.
- Add green chilly and chopped tomato, saut'e until it turns soft and mushy.
- Add [sambhar powder](#), fry for a min.
- Add toor dal and rice, fry well with the masala for a min.

- Add enough water, check the salt and close the lid. Wait for 5 whistles and turn off the stove.
- Open the pressure cooker, mix well, if you need salt, you can add it. Finally garnish with chopped cilantro / coriander leaves.
- Serve this hot yummy rice with cool [raita](#) or rice crackers or potato chips or pickle.



Tips

- **You can add dal and rice ratio in two ways.**
- 1. 3/4 Cup of rice + 1/4 Cup of dal, I used this ratio in my recipe.**
 - 2. 1/2 Cup of rice + 1/2 Cup of dal**
- **You can increase or decrease the spiciness according to your**

taste buds.

- **If you don't like clove, cinnamon in your recipe just add mustard and urad dal and curry leaves in your tempering.**
- **You can enrich the taste by adding ghee.**
- **For a great taste, add lots of small onions instead of big onion.**

Health Benefits of Dal and Rice

- **Lentils are high in fiber and protein, and low in fat. Eating lentils that are rich in soluble dietary fiber can help decrease high cholesterol**
- **A dish of rice with toor dal combines carbohydrates, protein, fiber and fats for a healthy,**

balanced meal. The rice provides carbohydrates for quick-release energy.

- Toor dal is useful in the treatment of internal organ swelling.**
- Toor dal contains folic acid, good for women health.**

