

# KOLLU DAL AND KOLLU RASAM – KOLLU RECIPE



## KOLLU PARUPPU / HORSE GRAM DAL – DAL RECIPES

*Horse gram is a healthy and nutritious lentil, which is very common in India. This legume which is reddish brown color helps in reducing unwanted fats and also helps in reducing weight. Rich in iron, protein and dietary fiber that helps to regulate blood glucose and blood pressure.*

*Horse gram dal is very common in my pantry as it was rich in nutrients and fibers. I love the taste and flavor of Kollu or Horse gram dal. Eating dal along with hot rice and a tsp of ghee, is just really out of the world.*

### **Ingredients**

### To Pressure Cook

1/2 Cup of Horse Gram  
2 Medium Size Tomatoes, Chopped  
1/2 Tsp of Turmeric powder  
1/2 Tsp of Salt  
1 Tsp of Vegetable Oil  
2 Cups of Water

### To Temper

2 Tsp of Oil  
1 Tsp of Mustard  
1 Tsp of Urad Dal  
5 Small Onions  
1 Medium Size Onion, Finely Chopped  
2 Garlic, Finely Chopped  
2 Red Chillies  
Handful of Curry Leaves  
Pinch of Hing/Asafoetida

### To Garnish

Few Sprig of Cilantro Leaves

### **Method**



- Soak the dal for 1-2 hrs.
- Take a cooker, add all the ingredients listed under " To Pressure cook ". Cook for 5-7 whistles and then switch off the stove.
- If you want to make rasam, then drain the water from the dal and keep it aside.
- Heat the oil in a pan, add mustard. When the seeds starts popping, add urad dal, red chillies, curry leaves, pinch of hing, chopped onion and garlic, fry until it turns golden brown.
- Finally add dal and salt, mix well. Bring it to boil for 5 minutes and switch off the stove.
- You can grind coarsely by adding little water or mash it with wooden masher, if necessary
- Garnish with cilantro leaves and serve hot with rice.



## HORSE GRAM RASAM / KOLLU RASAM



*Kollu Rasam is a traditional dish in southern part of India. This kollu or Horse gram has a earthy flavor by itself, combining spices, tomato and crushed garlic to it, makes rasam a divine taste. Kollu rasam or Horse gram soup is good for sore throat, fever and cold.*

### **Ingredients**

- 1 and 1/2 Cup of Dal Water**
- 2 Tsp of Rasam Powder**
- 1 Tsp of Lemon Juice**

**2 Crushed Garlic**

**To Temper**

**2 Tsp of Oil  
2 Red Chillies  
1 Tsp of Mustard  
1 Tsp of Urad Dal  
Pinch of Asafoetida/ Hing  
Handful of Curry Leaves**

**To Garnish**

**Few Sprig of Cilantro Leaves**

**Method**

- Take the water from the boiled dal and add enough salt to it. Keep it aside.
- Heat the oil in a pan, add mustard seeds. When the seeds starts popping, add urad dal, red chillies, curry leaves, pinch of hing . Now add dal water and rasam powder.
- Keep the flame in medium and wait till the bubbles start forming.
- Once you see the bubbles starts forming on the top of the flame and add lemon juice to it and then garnish with cilantro leaves.
- Immediately close the pan to let not the smell go off.



### **Tips**

- You can drink this rasam as a soup. It soothes your throat problems or cold.
- Add 2 tsp of dal to rasam will enhances the flavor.
- Lentils should be cooked well. You should be able to mash it with your hand.
- While serving with rice add a tsp of ghee.
- You can also make kollu chutney. That recipe will be updated shortly.

### **Health Benefits of Horse Gram**

- Horse gram is used to treat rheumatism to worm removal and treating conjunctivitis

- It helps in lowering cholesterol levels.
- It has phenols which helps in reducing weight.
- Helps in eliminating kidney stones.



*JR*

---

# IDIYAPPAM / SEVAI/ STRING HOPPERS- BREAKFAST RECIPE - Step by step procedure



*Idiyappam is a culinary speciality from Tamilnadu, Kerala, coastal areas of Karnataka and SriLanka. It is made of rice, salt, oil and water. It is generally served as the main course for dinner or breakfast along with sweetened coconut milk, [vegetable korma](#) or [curry](#). I love to eat with sweetened cardomom flavored coconut milk. I make idiyappam for sunday breakfast, if I don't have dosa batter at home. Idiyappam is a steamed food and a healthy dish with less oil.*

### **Ingredients**

**2 Cups of Idiyappam Flour or Raw Rice Flour**  
**2 Tsp of Vegetable Oil or Ghee**  
**Water as needed (1and 1/2 to 2 Cups )**

**Salt to taste**

## **Method**

- **Boil water in a kettle.**
- **Take rice flour in a wide bowl. Add salt and oil to the rice flour. Mix well.**



- **Add hot water (80 degree C) to flour, mix well with a fork or wooden spatula. Let it cool for 5 mins, then knead well with your hand. If you feel your dough is dry, you can add some more oil and water and knead it again.**



- **Make your dough non-sticky and it should be smooth. Keep it covered for 10 mins.**



- **Now it's time to take idiyappam press, grease well with oil on inside. Take dough in cylindrical form and place it in idiyappam press.**
- **Hand press the dough into swirls onto the greased idly plates. Steam this for 5-7 mins.**



- **After a min, take it out from the idly plate, transfer this to a casserole. Repeat the process for the rest of the dough.**
- **Serve hot with sweetened coconut milk or [vegetable korma](#) or [curry](#).**



### **Tips**

- Always grease idly plates and inner part of the idiyappam press with oil.
- Don't steam the idiyappam for a long time, as it makes idiyappam rubbery.
- You can make variety of dishes like puli idiyappam or lemon idiyappam or coconut idiyappam.

### **Health Benefits of Steamed Idiyappam**

- Eating steamed food helps the body to keep fit and healthy.
- Steamed Idiyappam are advised for sick and older people, as it doesn't give strain to the stomach.

- **Steamed Foods are easily digestible.**

*JR*

foody-buddy.blogspot.com



Hi Friends,

Thank you for reading my post. Your comments and feedback is very valuable and highly appreciated. Please leave

your valuable comments and feedback for this post. Thanks Gayathri.

---

## PAVAKKAI / BITTER GOURD (MELON ) STIR FRY



***Bitter melon is a favorite vegetable to my family. Although the bitterness of Bitter-melon might turn some people away from, it can really sweeten your health because of its disease preventing and health promoting phytochemical compounds. They are low in calories and also excellent source of Vitamin B1, B2, B3, C, magnesium, folic***

*acid, zinc and dietary fiber. It goes well with sambhar rice and dal rice.*

## **Ingredients**

**2 Medium sized Bitter Gourd**  
**1 Tsp of Sambhar Powder or Red Chilly Powder**  
**1/2 Tsp of Turmeric Powder**  
**1/4 Tsp of Garam Masala**  
**1 Tsp of Mustard**  
**1 Tsp of Urad Dal**  
**Pinch of Hing**  
**1 Tbsp of Oil**  
**Salt to taste**

## **Method**

- Heat a pan with oil, add mustard, urad dal, let it crackles and then add hing.
- Take pan away from the stove, add sambhar powder or red chilly powder and turmeric powder, fry for a min.
- Keep pan back to the stove, immediately add bitter gourd, salt and little water. Stir well. Keep it covered and cook for 5-7 mins in a medium flame.
- Finally add garam masala, mix well. Cook for a min and then switch off the stove.
- Bitter Gourd stir fry is ready to serve with sambhar or dal rice.

## **Tips**

- Cut bitter gourd lengthwise or circular shape, as you wish but slice it thin, so that it cooked fast.
- If your bitter gourd is tender, don't remove the seeds.
- To deep fry bitter gourd, add rice flour and gram flour,

marinate it, for extra crispness.

- To avoid bitterness, add a pinch of jaggery or sugar.

### Health Benefits of Bitter Gourd

- This vegetable is low in calories.
- Controls blood glucose levels.
- Rich source of folate and vitamin C.



Hi Friends,

Thank you for reading my post. Your comments and feedback is very valuable and highly appreciated. Please leave your valuable comments and feedback for this post. Thanks Gayathri.