

KUZHI PANIYARAM – INDIAN BREAKFAST RECIPE



Savory batter dumplings or kuzhi paniyaram cooked on a concave griddle, is a famous dish from Tamilnadu and it is a breakfast recipe. You can use dosa batter to make paniyaram but this recipe is little different and I got this recipe from Taj connemara cook book. Kuzhi paniyaram can be made sweet or spicy. Here is the spicy version.

Ingredients

For The Batter

200 gms of Boiled Rice

200 gms of Raw Rice

**50 gms of Split Black Gram (Urad Dal)
Salt to taste**

For the Tempering

**2 Teaspoons of Oil
1/2 Teaspoon of Mustard Seeds
50 gms of Onions, Chopped
2 Green Chillies, Chopped
1 Tsp of Grated Ginger (Opt)
1 Tbsp of Grated Coconut
1 Sprig Curry Leaves**

Method

For The Batter

- Soak the 2 rice varieties and split black gram in water for 45 mins.
- Drain and wash in running water twice.
- Grind it to a smooth paste, adding adequate water for a pouring consistency.
- Let the batter ferment for about 5-6 hrs.

For the Tempering

- Heat oil and crackle mustard seeds, add chopped onions, chopped green chilli, ginger, grated coconut and curry leaves. Saute and set aside.

For The Dumplings

- Add the temperings and salt to the batter.



- **Pour the batter in the preheated, oil-greased kuzhi paniyaram kadai (Concave griddle) and cook till done.**



- **Turn over the dumpling with the help of a skewer and cook the other side.**



- Remove the dumpling from the griddle after it turns golden brown color and
- Ready to serve with [tomato chutney](#).



Tips

- You can also use dosa batter to make paniyaram along

with tempering items.

- Best side dishes are coconut chutney and [tomato chutney](#).
- Don't cook paniyaram in high flame, which will turn paniyaram brown and leaving uncooked on inside.
- You can refrigerate batter for a week.
- For a healthier version, add grated carrot and chopped spinach to the batter.

Health Benefits of Rice and Urad Dal

- Provides energy and aids in digestion.
- Urad dal is rich in protein and good for heart.



sending this recipe to [Kitchen Meets girl](#)

Vendakkai Vatha Kulambu or Sun Dried Turkey berry with Okra in a tamarind Sauce

Hi Viewers,

Its been over a month since I touched this blog. I have been on vacation for a long time and I miss my blogging a lot and here is my recipe.



This dish is famous in Tamilnadu, Southern Part of

India which is healthy, tangy and flavorful. This tastes divine and often made with Okra, which is a tasty rendition of tamil culture and village cuisine. When combined with rice mixed with sesame oil, makes a wonderful lunch. This dish goes well with appalam or papad or [creamy spinach](#)

Ingredients

1/4 Cup of Dry Vathal
1/4 Cup of Lady's Finger
1 Chopped Onion(Big)
5-6 Garlic Cloves
Lemon Size Tamarind
1/2 Tsp of Turmeric
3 Tsp of [Vatha Kulambu Powder](#)
1/2 Tsp of Sugar or Jaggery
Salt and water as needed

To Temper

2 Tbsp of Gingelly(Sesame Oil)
2 Red Chillies
1 Tsp of Mustard
1 Tsp of Urad Dal
1/2 Tsp of Fenugreek
Few Curry Leaves
Pinch of Hing(Asafoetida)

Method

- Extract the juice from the tamarind by keeping it in hot water for 15 mins.
- Heat oil in a pan, roast the vathal until it turns dark and keep it aside.
- Heat oil in a pan and add red chillies, wait until it turns to dark brown color.
- Add mustard, urad dal, fenugreek, curry leaves, hing and turmeric (add one by one)

- Add garlic and fry for few mins.
- Add chopped onion and salt saute for few mins until it turns transparent.
- Add Vatha Kulambu powder and lady's finger. Sprinkle some water and cover it with a lid and cook in a medium flame for 3-4 mins.
- Now add thick tamarind juice. Mix well and cook in medium flame for 7-10 mins.
- When the kulambu gets thick enough, add sugar or jaggery and turn off the stove.
- Transfer to a serving bowl and enjoy with rice...



Tips

- Use shallots instead of big onion, it tastes great.
- You can use 2 tsp coriander powder and 1tsp of chilly powder instead of sambar powder.
- Add salt while frying onion so it helps to cook onion faster

- Adding sugar/ jaggery gives sweet flavor in spicy curry.

Health Benefits of Sun Dried Turkey Berry

- Good for mouth and stomach ulcers.
- Rich in fiber content.
- Good antidote for worms in stomach.
- It controls diabetes and blood pressure.



Channa Rice / Chickpeas Pulao / Sundal Biryani



This is my mom's recipe, who is a great cook. This flavorful chickpeas rice is highly nutritious because of its high in protein and fiber. Enjoy this yummy, healthy, one pot meal either for lunch or dinner.

Ingredients

- 2/3 Cup of Soaked and Boiled Chick Peas / Channa**
- 1 Cup of Basmati Rice**
- 1 Large Onion, chopped**
- 2 Roma Tomatoes, Chopped**
- 2 Garlic Cloves**
- 3/4 Tsp of Ginger Garlic Paste**

2 Tsp of Coriander Powder
1/2 Tsp of Red Chilly Powder
3/4 Tsp of Garam Masala
1 Cup of Coconut Milk
1/2 Cup of Water
Salt to taste

To Grind

2 Green Chillies
Few Sprigs of Mint Leaves

To Temper

1 Tbsp of Ghee
2 Cloves
1 Cinnamon Stick
1-2 Cardamom
1 Bay Leaves
Few Curry Leaves

To Garnish

Few Cilantro Leaves

Method



- Soak chick peas in salt water for overnight. Next day, wash it in cold water and Pressure cook for 8-10 whistles and then switch off the stove.
- In a blender, grind green chillies and mint, to a paste. keep it aside.
- Heat ghee in a cooker, add all the ingredients below "To Temper" one by one, fry for a min.
- Add chopped onion and salt, fry for 1-2 mins until it turns golden brown.
- Add garlic cloves and ginger garlic paste, fry until raw smell vanishes.
- Add tomatoes, ground paste, coriander, red chilly powder and garam masala, fry for a 1-2 mins.
- Add boiled chick peas, mix well with masala.
- Add required coconut milk and water, mix well and check

the salt. Cover the cooker with a lid and pressure cook for 1 whistles. Turn off the stove.

- Garnish with cilantro.
- Hot chick peas or Channa Pulao is ready to serve with raita.

Tips

- Rice and water ratio is 1: 1.5 cups of water or coconut milk.
- For extra tangy taste, add few drops of lemon juice at the end.
- Ginger garlic paste is more sufficient for this rice. Adding garlic cloves is optional.
- You can throw green chillies and mint, directly to oil, instead of grinding.

Health Benefits of ChickPeas

- High in fiber and protein.
- Low in glycemic index.
- Reduce the risk of Heart disease.



sending recipe to [gayathri cook spot](#) and [WTML march 2013](#)

