

Poori / Puri with Potato Masala



Poori is a famous recipe in India. It is a puffed Indian bread, made with wheat or maida, salt and water. Dough is then rolled out into circle and then deep fried in oil. It is often served for weekend breakfast. Good accompaniment for poori is potato based curries, dal and channa masala.

Ingredients

- 2 Cups of Wheat Flour**
- 1 Tsp of Oil**
- Salt as per taste**
- Cold Water as required**
- Oil for deep frying**

Method

- In a wide bowl, add wheat flour, salt, oil, mix well. Add little by little water, knead well, until you get tough dough. Leave aside for 1/2 hr.
- Make a equally sized balls out of the dough, roll it out with a rolling pin make sure it should be thick.
- Heat oil in a frying pan, gently drop one by one. While frying, gently press on sides with a spatula, so that poori puffs up. Also cook on other sides, until it turns to golden brown color.
- Gently take out, drain the oil and keep it in a bowl with a paper towel at the bottom.
- Hot puffed poori is ready to serve.

POTATO MASALA



Ingredients

2 medium size Boiled Red potatoes
1 Large Onion (Sliced Lengthwise)
2 Medium Size Tomatoes
1/2 Tsp of Turmeric Powder
3/4 Tsp of Red Chilly Powder
Few Coriander Leaves to Garnish
3 Drops of Lemon juice
Salt to taste

To Grind

2 Green Chillies
1/2 Inch of Ginger

To Temper

1 Tbsp of Oil
1 Tsp of Mustard
3/4 Tsp of Fennel Seeds
Few Curry Leaves

Method



- Heat a pan with oil, add mustard, fennel seeds and curry leaves, wait let it crackles for 1 min.
- Add sliced onion and salt, fry for a 1-2 mins.
- Add chopped tomatoes, ground green chillies-ginger paste, fry for 2-3 mins until it gets mushy and raw smell vanishes.
- Add turmeric powder, chilly powder, sauté well for a min.
- Add potato, mix well until it gets completely coated with masala. Add little water and keep it covered and cook for 5 mins.
- Once it done, check the salt and switch off the stove, garnish with cilantro and lemon juice. mix well.
- Hot poori potato masala is ready to serve.

Tips

- Serve with hot, puffy poori.
- Don't add too much of water to the flour, as poori absorbs more oil while frying.
- You can add little rawa to the flour, to make crispy poori.
- You can use either red or yellow potatoes to make masala.

- You can also add wheat flour or gram flour, for thickening the potato masala.
- You can also add green peas to this potato masala recipe.
- You can spread the masala over the dosa, to get masala dosa.



[Puli Sadham](#) | [Puliyodharai](#) | [Tamarind Rice](#)



Tamarind rice/ Puliyogare/ Puliyodharai is a famous and traditional dish in southern part of India. Puli means sour taste and ogara means rice, thus it means sour tasting rice. This dish is made with boiled rice mixed with tamarind juice and spice powder. This rice is served as prasad in many south Indian temples. Also it's a famous picnic lunch.

Ingredients

**1 Cup of Boiled Rice
Lemon Size Tamarind
1/2 Tsp of Jaggery
Salt as needed**

To Grind – I

2 Tbsp of Red Chillies

1 Tbsp of Coriander Seeds
1 Tbsp of Cumin
1 Tbsp of Fenugreek
Few Curry Leaves
1 Tbsp of Black Pepper
1/2 Tsp of Turmeric Powder
1/2 Tsp of Asafoetida

To Grind – II

2 Tsp of Coriander Seeds

To Temper

2 Tbsp of Sesame Oil or Gingelly Oil
1 Tsp of Mustard
1 Tsp of Urad Dal
1 Tbsp of Channa Dal
Few Curry Leaves
Pinch of Asafoetida
3 Tbsp of Roasted Peanuts
Few Cashews
1/2 Tsp of Turmeric Powder

Method

Soak tamarind in warm water for 15-20 mins and then extract the tamarind juice from it. keep it aside.

Powder -I



Heat a pan and dry roast all the " To Grind - I" ingredients to a golden brown and grind it into a fine powder. Only 2 tbsp is needed for this recipe and the remaining powder can be stored in a airtight container. In future, you can use this powder to make rasam.

Powder -II

Heat a pan and dry roast all the " To Grind - II" ingredients to a golden brown and grind it into a fine powder. Keep it aside.

Making of tamarind Sauce (Pulikachal)



Heat a pan with tamarind juice, allow it to boil for 10 mins until raw smell vanishes or the volume reduced by half. Add 2 tbsp of powder I, stir well until the mixture gets thick. Once it done, switch off the stove.



- Heat a wide pan with oil, add the " To Temper " ingredients in the same order and fry until it turns light brown color. Add powder II and fry for a min. Add tamarind mixture, salt and jaggery. Stir well until the mixture gets thick like in the below photo. Switch off the stove. Let it cool down for 15-20 mins.



- Finally add the required boiled rice to the pan, drizzle little oil on top and give a quick stir. Let it rest for 30 mins before you serve.



Tips

- Water ratio for basmati rice is 1 :1.5 Cups of water.
- You can use powder I as rasam powder.
- Adding jaggery is optional. Adding jaggery is to balance the sourness of the tamarind juice.
- You can store the remaining tamarind sauce in the refrigerator, it will stay for 3-5 days.

Health benefits of Tamarind

- Tamarind has more health benefits it contains essential volatile chemical compounds, vitamins, fibers and minerals.
- Rich in tartaric acid, a powerful antioxidant.
- Acts as a blood purifier.



Beetroot Sambar | Sambar Recipe



Beetroot Sambhar is a lentil based stew which is so close to my family especially my brother who love this dish a lot. This is my mom's recipe, during my college days whenever I take this for my lunch, all my friends grab my lunch box and they love to eat this sambhar. This is a nice transition to a regular sambhar. I love the combination of beetroot sambhar with ghee and [colocasia fry](#), which is totally out of the world. Give it try, you will love this..

Ingredients

1 Large Beetroot (Diced)
1/4 Cup + 2 Tbsp of Toor dal
1 Chopped Onion (Large)
1 Chopped Tomato (Large)
2 Green Chillies
1/2 Tsp of Cumin (Optional)
1/2 Tsp of Turmeric Powder
2 Tbsp of Sambhar Powder
Pinch of Hing/Asafoetida
Few Sprig of Cilantro
Lemon Size tamarind
Salt to taste

To Temper

1 and 1/2 Tbsp of Oil
1 Red Chilly (Optional)
1 Tsp of Mustard
1 Tsp of Urad dal
Few Curry Leaves
Pinch of Hing
1/4 Tsp of Fenugreek

To Garnish

Few Sprig of Cilantro
2 Tbsp of Chopped Tomato

Method

- **Soak toor dal for 1/2 hr, wash in cold water and drain it.**
- **Wash and soak the tamarind in warm water for 15 mins. Extract juice from tamarind and keep it aside.**
- **In a pressure cooker, add toor dal, cumin, turmeric powder, hing, 2 drops of oil, salt and water. Cook for 3- 4 whistles. Turn off the stove.**



- Heat a pan with 1/2 cup of water, boil beetroot for 5-7 mins until it turns soft.



- In a heavy bottomed pan, heat oil, to that add red chilly, let it turn to dark brown color, add mustard, urad dal, fenugreek, hing and curry leaves, let it crackles.
- Add chopped onion and salt, fry until it turns golden brown color.
- Add sambhar powder, fry for a min. (Note : Don't burn

the sambhar powder)



- Add tomato, green chilli and little water, fry for 1-2 mins. Add boiled beetroot, saute well for a min.
- Add cooked toor dal, coriander stems and tamarind water, let it boil for 5 – 7 mins. Check the salt.
- Finally garnish it with cilantro and fresh chopped tomatoes and ghee (opt). Mix well.
- Yummy Beetroot sambhar is ready to serve.

Tips

- Sambhar goes well with [potato fry](#) or [colocasia fry](#) or any vegetable fry.
- You can use 2 Tsp of coriander powder, 1 tsp of red chilli powder and 1/2 tsp of turmeric powder instead of 1 tbsp of sambhar powder.

Beetroot Sambhar



Health Benefits of Beetroot

- Betacyanin, is the pigment which gives beets red color, this pigment is responsible to fight against cancer.
- Rich in vitamins, minerals, anti-oxidants and folic acid.
- They are zero trans-fat and zero-saturated fat.