

RECIPE FOR IDLI and SAMBHAR

Traditionally made from rice and urad dal, **Idli** is rich in Carbohydrates and Protein. ... India's Most **Healthiest breakfast is Idli** and Sambar. **Idli** and sambar is one of the most **nutritious breakfasts** one can have. Idli is a rice based, fermented south Indian dish which happens to be the one of the most celebrated food all across the country. Not just India but it has spread its healthy and tasty attraction to almost all other continents as well. Here is a recipe for those who wish to try it. Idli is generally served with a special dal called Sambhar, but you may also try it with some sauce, pickles or may be with other innovations of yours.



Rice and Urad Dal (Black dehusked lentils) are ground into fine powder. It is soaked in water for overnight for it to ferment a bit. The next morning this rice n dal batter is filled in special circular shaped disks. you may fill the batter in any container that you wish to have an idli of that shape. Many also try filling steel glass with half of it with the rice batter. The batter must be fermented and must taste a bit sour. Then into a cooker of steam it is placed with the lid of the cooker gently closed. After 10 minutes you will find the batter has puffed up and the idly looks finished. (the way it is shown here in the picture.) Those trying it in the glass will find that the idly has puffed up to the rim of the glass.

And Voila your Idly is ready to be served, but wait a minute I promised you for Sambhar too....so here is this special Nourishing Dal.

For sambhar mix one or two types of Dal(pulses) (Specially Toor Dal “Split Pigeons Peas”) and (Split and dehusked brown lentils “Masoor Dal”). Soak them in water for 30 minutes so as to save gas or energy while cooking. Prepare vegetables to be added to it namely Brinjal, cauliflower, coriander leaves, Tomato, Drum sticks, Peas and others as per your availability. Prepare spices Green chili, Whole mustard seeds, Dried Cumin seed, turmeric, Salt, Tamarind Water.

Heat 1.5 teaspoon oil, add spices to it with special curry leaves. Then fry Dal and vegetables in it. Add Salt and Tamarind paste to the mixture. Add Water double the quantity of Pulses. For instance, if the total pulses taken is one glass then add 2 glass of water and let the Sambhar cook in medium heat. You will save a lot of energy if you do this entire thing in a pressure cooker and instead of a frying or open pan. The cooker whistles for 2 to 3 times your Sambhar is ready to be served along with Idly.

A bonus: - Grind coconut freshly with some green curry leaves, chilly and salt. This bonus chatni is a special item without which one really can't get the rightful taste of the dish.

2)RECIPE for UNNIYAPPAM

Unniyappam or Unni Appam is a traditional Kerala sweet snack made from flour, banana, jaggery, coconuts and deep fried in ghee or oil.

Ingredients

- Coconut - 1/2 Cup (chopped into small pieces)
- Jaggery - 1 Cup
- Water - As needed
- Rice flour - 1 1/2 Cups
- Whole wheat flour - 1/2 Cup
- Ripe Banana - 2 large
- Salta small pinch
- Baking Soda large pinch
- Cardamom Powder - 1 tsp
- Roasted Sesame Seeds - 1 tsp
- Oil For frying

Instructions

1. First heat a small pan. Optionally add 1/2 tsp oil. Roast the chopped coconut pieces until it turns slightly golden brown. Transfer to a plate and let it come to room temperature.



2. To the same pan, add the jaggery along with 1/2 Cup of water. Heat in medium flame until the jaggery is completely melted. Filter the jaggery syrup through a fine metal mesh strainer and let it come to room temperature.



3. Then, roughly chop / mash the bananas and add it to the mix. Grind it to a smooth paste.



4. Now, take a heavy bottomed pan and dry roast the rice flour and whole wheat flour for about 1 min until a nice aroma arises. Do not roast until the color changes. Let it come to room temperature.



5. Now, take a large mixing bowl, add the rice flour, wheat flour, jaggery syrup, banana paste, coconut and mix well into a batter. The batter should be in the consistency of an idly batter, add water accordingly. I used about 1 Cup of water. Leave the batter to rest for 20 mins.



6. After 20 mins of resting, add the salt, baking soda, cardamom powder, roasted sesame seeds and mix well until combined.



7. Now heat the paniyaram pan with some oil / ghee in each hole and fill 3/4th of the hole with prepared batter. I used 1 Tbsp batter per hole. Cook in low-medium flame until small holes appears on top and the side turns golden brown. Now flip the appam using the spatula or spoon and cook the other side until they are fully done. Check by inserting a toothpick in the center and it should come out clean, with no raw batter sticking to it.



Transfer to the serving plate and enjoy hot.



Notes

- In case you can't find fresh coconut for adding, you can instead use grated coconut. You can however skip the roasting step.
- Even though using non-stick paniyaram pan, adding generous amount of oil will help the appam to crisp up and achieve the best taste.
- I did not add sesame seeds, however adding it is recommended to get the authentic taste.
- Overripe bananas gives the best taste to the dish.

These were the two dishes used to celebrate the Living the Change week at Thaliparamba in Kerala, India.

Now let's come to Bhel Puri, the dish we used for celebrating in Jagadamba Bhawan, Pune, Maharashtra, India.

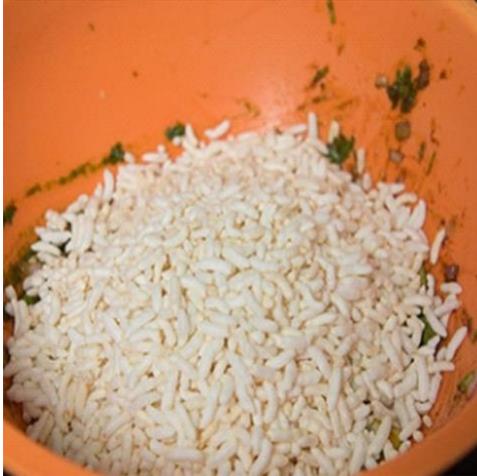
3) Recipe for BHEL PURI

Bhelpuri is a savory snack, originating from the Indian subcontinent, and is also a type of chaat. It is made of puffed rice, vegetables and a tangy tamarind sauce. Now how to make Bhel Puri at home.



Ingredients of Bhel Puri Chaat

Bhel Puri comprises puffed rice as the base, mixed with raw tomato, onion, boiled potatoes, coriander and a mix of dry spices such as mango powder and chilli powder. Tamarind chutney adds that mild sweetish tang and the coriander chutney gives a spicy kick. You can also add chopped raw mangoes when they are in season for a nice crunch and tang.



Ingredients

- 2 cups Puffed Rice
- 3 tsp Coriander Mint Chutney
- 3 tsp Tamarind Chutney
- 1/2 cup Tomato Finely Chopped
- 1 tsp Green Chilli Chopped
- 3 tbsp Fresh Coriander Chopped
- 1/2 cup Boiled Potato Cubed
- 2 tbsp Raw Mango Chopped
- Salt to taste
- 1/2 tsp Red Chilli Powder
- 1 tsp Chaat Masala
- 2 tbsp Lemon Juice
- 1/4 cup Nylon Sev

Instructions

1. Add all the ingredients except puffed rice and nylon sev in a large bowl.
2. Mix well.
3. Add the puffed rice and mix nicely.
4. Transfer the bhelpuri in serving bowl and garnish with nylon sev.
5. Serve immediately.