

SOMETHING'S COOKING

Healthy Indian Breakfast Recipes



*Homemade breakfast recipes
inspired by tradition*

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www.foodopium.in

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DEDICATION



To

**My Wife Margaret
for her unconditional support
in everything I do & all her
innovative ideas**

**My Daughter Tisya for her enthusiastic
participation.**

My Mom for her support and recipes :-)

**THIS E-BOOK IS AFFECTIONATELY
DEDICATED TO THEM**

ACKNOWLEDGEMENT

This book is a collection of recipes written on my blog, it could not have happened without Blogchatter's help and initiative of creating an e-book. This is also acknowledging sincerely the help and patience shown in addressing our concerns and issues from blogchatter family and help me create this first e-cookbook, which has always been an elusive dream from the day I started writing my blog and creating my vlog.

Can't thank enough my family for the support in creating and trying out the myriad recipes and bear the brunt of having those for breakfast, lunch, and dinner dishes I cook 😊

And finally, to the blogchatter WhatsApp group members, who give suggestions and ideas wholeheartedly and helped me keep the tempo going as they were sharing their work, giving inspiration and in turn helped me push through to get through before the deadline.....!

And final not least the various recipes I have scoured through to make these recipes, to my wife and mom who have encouraged me to try out these traditional Indian breakfast recipes, which we normally have on a daily basis.

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INTRO

Breakfast has always been dubbed as the most important meal of the day, the reason being we last have our dinner at around approximately 8 to 9 pm the earlier day after that we do not have anything until the next day morning till 9 to 10 am, we have almost 10 to 12 hours gap, so having sufficient, nutritious food for breakfast becomes vital for anyone.

Usually, one's breakfast should be nutritious and filling as well. One thing one has to keep in mind is that one should have easily digestible foods in the morning as the stomach was on break the whole night, if we have heavy or oily food, we tend to feel full and gloomy the whole day. That's why we have a cup of tea or any other healthy drink in the morning in a way break the fast the body is on the whole night.

Indian breakfasts are full of options for any person who is looking at having wholesome and healthy breakfast, we as a nation India are spoilt and blessed with breakfast choices, every 10 to 20 kilometers the cuisine/food changes, we can find in the north the famous parathas made with different fillings like potato, fenugreek leaves, cabbage, mooli, which are had with curd, chutney or pickle and in the south we the world-famous Indian healthy pancake i.e. dosas and uttapams which are extremely healthy.

We in this book try to bring you some very healthy and wholesome Indian Breakfast Recipes from all corners...

Food is the most primitive form of comfort.

Andy Rooney



 576 Kcal

Aloo Paratha

Ingredients ⌚ 45 min  4 People

- 3 cups Whole Wheat Flour
- For Stuffing
- 5 to 6 no Potatoes Boiled
- 2 no's Green Chillies Chopped Finely
- 1 ½ Cup Onion Finely Chopped
- ½ tsp Turmeric
- ½ tsp Red Chilli powder
- 2 tsp Grated Ginger
- ½ tsp Lemon juice

How to DO ?

- First, prepare the dough as we prepare for chapati.
- Now prepare the aloo paratha stuffing, the boiled should be smashed without any lumps and all the other items listed under for stuffing.
- Divide the stuffing into equal balls and keep it aside and do the same with the chapati dough.
- Roll the chapati dough into small round circles keep the stuffing in the center and wrap aloo stuffing with the chapati dough from all sides, similar to modak style. (indian dessert)
- Roll it gently and shallow fry it on both sides by applying oil on both sides.

Serve it with curd and pickle, the best accompaniment for aloo paratha.

PALAK THALIPEETH



 700 Kcal

Ingredients ⌚ 55 min  4 People

- 250 Gms Palak finely chopped
- ¾ Cup Whole Wheat Flour
- ¾ Cup Gram flour
- ½ Cup Rice Flour
- 1 no Red Onion Finely Chopped
- 2 no's Green Chillies Chopped
- 1 tsp Ajwain
- ½ tsp Coriander Powder
- ¼ tsp Chilli Powder
- 2 to 3 tbsp. Oil
- Salt to taste
- Water

How to DO ?

- Take a big bowl to add the three flours, chopped palak, onion, green chillies, and all the other ingredients mentioned above. Mix all of them into a soft dough, apply oil on the dough, and keep it aside for 10 to 15 minutes.
- On a banana leaf, take a ball-sized dough and pat it from inside to outside slowly, Make a hole in the center of the Talipeeth. In the meanwhile put tawa on gas to be heated, and put the flattened/patted Talipeeth with the aluminum foil and leave it for some time and remove the foil from the top. Pour some oil from the sides and in the hole and cover it and cook for 3 to 5 minutes on slow to medium heat.
- Once the crust is formed on one side reverse and cook it on the other side for another 2 to 3 minutes on slow to medium heat. Otherwise, the Talipeeth will get burned/charred.

Serve it with curd



Meethi Paratha

Ingredients ⌚ 45 min 🍴 5 People

- Fenugreek leaves:
3 to 4 cups
(cleaned and de-stemmed)
- Whole wheat flour:
3 to 4 cups
- Chilli powder: 1 tsp
- Coriander Powder:
1 tsp
- Curd: 1 tbsp.
- Salt to taste
- Oil for mixing
- Oil for shallow frying

How to DO ?

- Take all the above ingredients in a bowl expect oil for frying and salt.
- Mix it till the dough becomes similar to chapati dough, it be bit softer than the chapati dough as we have added curd in it.
- Let it rest for a while and then divide the dough into equal sized balls.
- Roll the balls like chapati and fry them on tawa till they are done.

Serve it with curd and pickle, the best accompaniment for aloo paratha.

🔋 355 Kcal



SABUDANA KHICHADI RECIPE

Ingredients ⌚ 45 min 🍴 3 People

- 250 gms Sabudana/Sago
- ¼ Cup Peanuts Coarsely Grinded
- 2 nos Green Chillies
- ¼ Cup Peanuts Fried
- 1 cup cubed potato
- 1 sprig Curry Leaves
- 1 tsp Mustard Seeds
- 1 tsp Jeera
- ¼ Cup Fresh Coriander Chopped
- Salt as per taste

How to DO ?

- Soak sabudana overnight for around 8 hrs, make sure put water just line above the sabudana in the bowl. Fluff the soaked sabudana with fork so that they separate into single grains.
- Fry the peanuts and keep it aside. Take a deep and hard bottomed pan and heat some oil, temper with mustard seeds, cumin, curry leaves, cubed potato and green chillies fry for some time i.e. till the potato is cooked.
- Put the fluffed sabudana in the pan and keep stirring it, put 1 tsp ground peanut powder at regular intervals and stir, this helps in keep the grains separate and prevent them from forming lumps.
- Keep frying the sabudana khichadi until the grains become transparent. Once the khichadi is cool serve it.

🔋 700 Kcal

REFERENCE: WWW.FOODOPIUM.IN

Safeed/White Dhokla



Dhokla Batter

🕒 8 hrs 🍴 4 People

Ingredients

- 1 Cup Urad Dal
- 3 Cup Raw Rice
- ¼ tsp Fenugreek /Meethi Seeds
- Salt as required.

How to DO ?

- Take all the mentioned above in big bowl rinse it thoroughly and soak it for 6 to 8 hours.
- Remove the water and grind it into thick paste.
- This batter should be fermented for further overnight i.e., 8 to 10 hours, one can add salt at this stage or later when you're making the dhokla.
- If one is using Eno, you skip the above step of fermenting. Below we are using Eno to speed up the process of fermenting.
- The batter salt can be adjusted when you are making the dhokla as required.
- Below are the instructions for Safeed/white Dhokla Recipe.

Note: Please leave a gap to the rim of the plate while pouring the batter in the plates as the dhokla will raise when it's getting steamed. Don't put too much water at the bottom of the steamer as the water tends to go into the plate and make the dhokla soggy.....

🔋 715 Kcal

🕒 45 min 🍴 4 People

Making Dhokla

Ingredients

- 3 Cups Dhokla Batter
- ¾ cup Curd
- 2 Drops of Lemon
- 1 tsp Chilli Paste
- 1 tsp Ginger Paste
- 2 tsp refined oil
- Salt As required
- 1 Packet Eno

For Tempering

- 1 tsp Mustard
- 4 to 5 Curry Leaves
- 2 to 3 Green Chillies
- 1 ½ tsp Sesame/Till

How to DO ?

- Take a big bowl and mix Dhokla batter and all the items mentioned in the ingredients list except for Eno.
- Meanwhile put water in the steamer and put it on heat and grease the dhokla plates before use.
- Now before putting the batter in the dhokla plates, put Eno and mix it and pour the batter in the plates.
- Keep plates in the steamer for steaming, steam the dhokla for about 15 to 18 minutes.
- After we remove the steamed dhokla, cut into shapes of squares or diamonds as one prefers.
- Take a tempering vessel, heat oil, and add mustard then the curry leaves and sesame/til pour the tempering on the dhokla, mix the dhokla gently.
- Serve the Safeed Khatta Dhokla with Dhania Pudina Chutney (Green Chutney).

REFERENCE: WWW.FOODOPIUM.IN

POHA / AVALAKKI / FLATTENED RICE FLAKES

🕒 45 min 🍴 4 People

Ingredients

- Poha/Flattened Rice Flakes: 2 ½ cups
- Onions: 1 no.s diced finely
- Potato Cubed
- Peanuts: ¼ cup Fried
- Green Chillies: 2 no.s Varies upon spice level
- Fresh Coriander: A handful
- Salt as required

For Tempering

- Mustard seeds: 1 tsp
- Cumin/Jeera: 1 tsp
- Urad dal: ½ tsp
- Channa Dal: ½ tsp
- Curry Leaves: 1 sprig
- Oil for frying



6

🔋 368 Kcal

How to DO ?

- Take a colander with small pores/holes and put the flattened rice flakes/poha into the colander and run water through it or if you want you could soak the rice flakes for 5 minutes, drain them, but make sure that all the flakes are wet at this stage put salt as required and adjust it at the end and leave it aside. Poha/flattened rice flakes tend to absorb water and become fluffy.
- Now take a deep Kadai and bring oil to heat in that put all the items mentioned in "For Tempering Table", let them fry for a second.
- Now add onion and potato let them fry till they are translucent, add turmeric and fry for some time, now add poha/rice flakes, which has been soaked in water, drained and kept aside.
- Toss the whole mixture so that all the ingredients are properly mixed together. Now add the fried groundnuts and mix again.
- Serve the poha/rice flakes with some lemon juice squeezed on the top.

Serve it with curd or pickle

REFERENCE: WWW.FOODOPIUM.IN

MINI IDLI & PEARL ONION SAMBAR

For Mini Idli

Ingredients

- 4 Cups of Idli Batter
- Mini Idli Stand/Plates
- Steamer.

How to DO ?

- Put the steamer on heat with one glass of water, meanwhile start filling the greased mini idli mould and keep it in the steamer.
- Steam it for around 7 minutes, not more than 7 minutes otherwise idli tends to become hard. Rest it for some time.
- Scoop out the idli's with a spoon. Take the serving vessel and arrange the idli's.
- Take the idli in desired vessel or plate and serve it with Samabar. Either of the Sambar or idli should be hot, as the idli doesn't absorb the Samabar.



 576 Kcal

Making Pearl Onion Samabar

Ingredients

- ½ Cup Tuvar Dal/Arahar Dal
- 200 Gms Pearl Onion
- 1 no Tomato Finely Diced
- 2 to 3 nos Kokum petals
- ½ tsp Turmeric
- 3 tsp Sambar Powder
- ½ tsp Chilli powder

Tempering Pearl Onion Samabar

- ½ tsp Mustard
- ½ tsp jeera
- ½ tsp Urad dal
- ½ tsp Chana Dal
- 4 to 5 nos Curry Leaves
- 2 nos Dry Red Chillies

 1 hr  4 People

How to DO ?

- Cook the dal with water, turmeric, and salt in a pressure cooker for 4 to 5 whistles. Let the cooker cool and remove the dal and keep it aside.
- Take the peeled pearl onions, diced tomatoes, dry masalas, and salt (expect Sambar powder) and cook for 3 to 4 whistles. Let the cooker cool, one can prepare an onion sambar in the cooker itself.
- Once the cooker is cool remove the lid and add the cooked dal and mix it thoroughly, now take the tempering pan, heat oil and add the items mentioned in the tempering pan in the same order. Add the tempering to the sambar mixture and cook for a time until you achieve the desired consistency.
- Serve pearl onion sambar to the mini idli and enjoy...!

REFERENCE: WWW.FOODOPIUM.IN



BESAN KI CHILLA / GRAM FLOUR PANCAKE

Ingredients ⌚ 45 min 🍴 4 People

- 2 Cups Besan /Gram flour
- ½ cup Rice Flour
- 2 no's Onion Diced
- ½ tsp of Carom Seeds/Ajwain
- ½ tsp of Chilli Powder
- ¼ tsp of Cumin Powder
- Salt to Taste
- Water 2 to 3 cups

How to DO ?

- Take big bowl and mix all the above-mentioned ingredients with water and bring it to the consistency of dosa batter.
- Heat a Pan and put oil, once it's hot pour it on the tawa and spread just a bit, not as thin as dosa, Let it fry one side sprinkle some oil on the top.
- Flip it over once and cook both the sides crisp.

Serve it with curd, green chutney, whichever suits you.

🔋 576 Kcal



INSTANT PALAK / SPINACH DOSA

Ingredients

⌚ 45 min 🍴 3 People

- 250 Gms Palak /Spinach Leaves Chopped.
- 1 cup Whole Wheat Flour
- ½ Cup Rice Flour
- 1- inch Ginger
- 2 no's Green Chillies
- Salt as per taste

How to DO ?

- Take a large bowl and blanch the chopped Palak/Spinach Leaves with lot of water for 2 to 3 minutes, keep the blanched water aside for making the batter.
- Grind the blanched palak/spinach leaves with ginger and green chillies into a fine paste.
- Meanwhile take a bowl with the whole wheat and rice flour in it, Mix the palak/spinach paste and adjust the consistency with the reserved blanched water and adjust salt as required.
- Heat a dosa tawa and pour 1 ½ ladle for each dosa or decide as per the size of dosa required. Flip and fry for some time.

🔋 192 Kcal

REFERENCE: WWW.FOODOPIUM.IN

MULI/RADISH PARATHA

For The Filling Ingredients

- 250 Gms: Mooli/Radish
- ½ tsp Turmeric
- ½ tsp Chilli powder
- Oil to fry
- Salt to taste

🕒 35 min 🍴 4 People

For Paratha Dough Ingredients

- 4 ½ cup: Whole Wheat Flour
- Oil 2 tsp
- Salt as required
- Water from the mooli/radish



Making Moolhi Paratha....

How to DO ?

- Grate the radish/mooli with help of a grater, add salt and keep it aside. The mixture will release water after adding salt. Squeeze the grated radish to take the water out. Ensure to do this step the water can be used in making the dough for mooli paratha.
- Take the items mentioned "**for the filling**", in a deep pan add oil and heat the same, put the grated mooli/radish let it fry for some time now add the dry masala powders i.e. chili and turmeric powder, and let the whole mixture fry for some time. Allow the mixture to rest for some time.
- Make a dough using the ingredients mentioned "**Paratha Dough**", make medium-sized balls from the dough, and keep it aside.
- Now take each ball made out of the "Paratha Dough" and make a small dent in the middle and keep the stuffing in it and close the ball so that it does not open while rolling it.
- Roll the ball similar to making a chapati, it should be from the inner to the outer side when we are rolling the dough ball.
- This ensures the filling spread all corners of the flatbread/paratha. Meanwhile, heat up a tawa on the stove.
- Shallow fry this paratha with little oil, it will take more time than a chapatti, since it has stuffing. Flip over and repeat the same process.

Paratha can be served with achar/pickle, plain curd as shown in the image.

🔋 576 Kcal

Delicious breakfast is ready to savor.

REFERENCE: WWW.FOODOPIUM.IN

SPICY CURRY LEAVES RICE

Ingredients

- 1 ½ Cups Rice
 - ¼ Cup Peanuts
- 🕒 45 min 🍴 3 People

To Roast & Powder Ingredients

- 1 ½ Cups Curry leaves
- 2 Tbsp. Chana dal
- 2 Tbsp. Urad Dal
- ¼ Cup Grated Dry Coconut
- 2 Tsp Jeera - 2 tsp
- 2 Tsp Pepper
- 2 Tbsp. Dhania
- 7 no's Dry Red chilli Badigye
- 2 tsp Oil

For Tempering Ingredients

- 2 Tbsp. Oil
- 1 tsp Mustard
- 2 tsp Urad dal
- 1 no's Green chilli



11

🔋 645 Kcal

Making Spicy Curry Leaves Rice....

How to DO ?

- Make rice and fork it after draining the extra water, keep it aside and let it cool. Roast the peanuts and keep it aside.
- Take a deep pan and roast all the listed items in "To Roast" in tsp oil, put the curry leaves at the last as they do not require much time to get sautéed, and grind them to a slightly coarse powder.
- Temper the rice with the items given under "For Tempering" mix it to the rice and spicy curry leaves powder to the tempered rice. Mix it thoroughly

It can be enjoyed along with papad, coconut chutney, raita or chips.

Note: Add salt while cooking rice so that it will balance any shortage of salt in the rice. Use fresh curry leaves for better results and taste. Clean and dry the curry leaves before using.

REFERENCE: WWW.FOODOPIUM.IN



PESARATTU/MOONG DAL DOSA

Ingredients ⌚ 45 min 🍴 4 People

- 1 cup Moong dal
- ½ cup Raw Rice/Rice Flour
- 2 no's Green Chilies
- ½ tsp Cumin Seeds
- ½ inch Ginger
- 4 to 6 no's Fenugreek Seeds
- Salt as per taste

Making Pesarattu / Moong Dal Dosa

Making Batter...

- Rinse and soak Moong dal and Rice for 8 hours (min 6 hours)
- After 8 hours remove the water and grind it along with the green chili, ginger, and salt into too a thick paste same like the dosa consistency.

12

🔋 87 Kcal

How to DO ?

- Leave it for some time and pour two to three ladles on the dosa tawa and spread it like a dosa. Pour one or two tsp oil and shallow fry.
- Cover the skillet with a pan and cook for 30 seconds. Cook until the lower side of the pesarattu/moong dal dosa is golden brown. Loosen the edges of the dosa with a sharp spatula
- Turn it over once it is getting crisp, and remove and serve coconut chutney, onion chutney, or ginger chutney.

Recipe Notes:

- If using rice flour do not add it while grinding,, add it after grinding, i.e. mix it into the ground dough/batter.
- Do not use more fenugreek seeds it makes the batter bitter and the dosa will not be edible.
- As mentioned above it can be served with various stuffing, which gives a twist to the flavour.
- If the pesarattu dosa batter is very thick, thin it out by adding little water. We will need a pouring consistency for making pesarattu. Dense batter makes thick pesarattu.

REFERENCE: WWW.FOODOPIUM.IN

DIBBA ROTTI / URAD DAL ROTTI

Ingredients ⌚ 50 min 🍴 4 People

- 2 ¾ Cup Rice Rava
- 1 Cup Urad Dal
- ¼ Tsp Fenugreek seeds
- Salt as per taste
- Oil for cooking

Making Batter...

- This is like a dosa or idli batter preparation, soak the urad dal for 4 to 5 hrs, Soak the Rice Rava for 2 to 3 hrs.
- Remove the water from the urad dal, Fenugreek seeds and grind them into the smooth paste. If you are doing it in a mixie add cold water so the motor will not heat up and the addition of water makes it easier.
- Remove the water from Rice Rava by squeezing it and mix it in the urad dal batter and mix it thoroughly. Ferment the mixture for another 5 to 6hrs before preparing the Dibba Rotti.



13

 **430 Kcal**

How to DO ?

- Add salt as per taste into the batter.
- Take a thick Kadai, heat up some oil, add mustard seeds, pour two to three ladles cover it, and cook it for 6 to 8 minutes.
- Once the crust is formed on one side, flip it over to the other side and cook for another 3 to 4 minutes.
- .Once it's done both the sides, remove it onto a plate and cut into wedges like a pizza

Serve Dibba Rotti Recipe/ Andhra Minapa Rotti along with Ginger Chutney and savor your breakfast.

REFERENCE: WWW.FOODOPIUM.IN

VEGETABLE UPMA RECIPE

🕒 40min 🍴 4 People

Ingredients

- 1 ½ cup Roasted Semolina/Rava
- ¼ cup Roasted Peanuts
- 1 Cup Carrot Diced
- ¾ Cup Fresh Peas soaked in water
- 4 Cups Water

For Tempering

- ½ tsp Mustard
- ½ tsp Jeera
- 2 no's Green Chillies
- 1 Onion Finely Diced
- ½ tsp Ginger Grated
- 3 to 4 Curry Leaves
- Salt as per taste



🔋 381 Kcal

How to DO ?

- Take a deep pan and heat the oil.
- Put all the items in the list for tempering and fry them for a minute or so.
- Now put the water and let it come to a boil.
- As the water comes to a boil add the Rava and stir it continuously so that there are no lumps formed.
- Once the water evaporates switch of the flamed/heat and let it cool for around 5 to 10 minutes.
- Serve it with coconut chutney or any favorite pickle.

Notes:

Ratio of water is for every cup of rava have taken 2 ¾ cups of water. One can choose to put tomato, in my house they do not like it so have not put. One can increase the no. of green chillies as per their requirement.

REFERENCE: WWW.FOODOPIUM.IN



LAPSI RAVA PULAO / DALIA PULAO

🕒 45 min 🍴 4 People

Ingredients

- Dalia: 2 ½ cups
- Corn: 1 cup
- Green Chilli: 1 no's
- Ginger: 1 inch (Grated)
- Garlic: 2 to 3 (Finely Chopped)
- Black Pepper: 1.4 tsp (Finely grinded in pestle)
- Curry Leaves: 1 sprig
- Chilli Powder: 1tsp
- Coriander Powder: 1 tsp
- Mustard: 1 tsp
- Jeera/Cumin: 1 tsp
- Turmeric: ¼ tsp
- Hing/Asafoetida: pinch
- Water as required (5 cups)

15

🔋 241 Kcal

How to DO ? (Handi Method)

- Dry roast the Dalia till Dalia/Lapsi Rawa gives out a nice aroma. Steam corn and keep it aside.
- Take a handi or vessel where we normally cook biryani.
- Put oil and heat it, put mustard, jeera/Cumin, curry leaves, garlic, ginger, green chilies, black pepper, and corn. Fry for some time and add turmeric
- Now add the roasted Dalia to the handi/vessel and mix it properly and fry it for some time.
- Add the water, at the juncture adjust salt by tasting the water, and let it come to boil, reduce the heat a couple of points and then close the lid and leave it till the Dalia is cooked.
- One can see water completely evaporating and holes getting formed on the top. Switch of the heat and leave it to rest for at least good 15 to 20 minutes.

REFERENCE: WWW.FOODOPIUM.IN



241 Kcal



45 min



4 People

How to DO ? (Handi Method)

- Now one can fluff the Dalia with a fork and leave it for some time, this will ensure that Dalia grains are separate and don't become a lump.
- One can serve the Vegetable Dalia with Raita or pickle as per choice.

How to DO ? (Pressure Cooker Method):

- Dry roast the Dalia till Dalia/Lapsi Rawa gives out a nice aroma. Steam corn and keep it aside.
- Take a pressure cooker put oil and heat it, put mustard, jeera/cumin, curry leaves, garlic, ginger, green chilies, black pepper, and corn. Fry for some time and add turmeric
- Now add the roasted Dalia to the handi and mix it properly and fry it for some time.
- Add the water, at the juncture adjust salt by tasting the water, and let it come to boil, and close the lid of the cooker and let it cook for three whistles under reduced heat, switch of the heat, and leave it to rest for at least good 15 to 20 minutes till the heat comes down and pressure reduces.
- This gives the Dalia mixture to cook under latent heat. Now one can fluff the Dalia with a fork and leave it for some time, this will ensure that Dalia grains are separate and don't become a lump.

**One can serve the Vegetable Dalia / Lapsi Rawa Pulao /
Dalia Pulao with Raita or pickle as per choice.**

REFERENCE: WWW.FOODOPIUM.IN



CANDIPAPU NUKA / TUVVAR DAL DOSA

🕒 45 min 🍴 5 People

Ingredients

To Grind Coarse Powder:

- 1 cup Tuvvar/Arhar Dal
- 1 Cup Channa Dal
- 3 Cups of Raw Rice
- ½ Cup Urad Dal
- 1 ½ Onion Diced Finely

For Paste

- 3 Green Chillies
- ½ tsp Jeera
- ½ Cup Fresh Coconut
- ½ cup Sour Curd
- Salt as required

For Tempering

- ½ tsp Mustard
- ½ tsp Jeera
- 4 to 5 Curry Leaves
- ½ tsp Channa Dal
- ½ tsp Urad Dal
- 1 Pinch Hing /
Asafoetida

🔋 557 Kcal

How to DO ?

- First, grind all the dals and rice mentioned in the **1st list** into a coarse powder and keep it aside, to make our batter.
- Now take items in the list mentioned **for paste** & grind to a smooth paste, mix it with the dal and rice powder.
- Now use 3 ½ cups of ground powder and water to mix and bring it to a dosa batter consistency. Meanwhile, get the oil heating and put the tempering ingredients as listed above in the same order, and let it fry for a second or two and add the tempering to the dosa batter.
- Leave it to rest for around 1 to 2 hours. The more it soaks/rests the dosa will come out crisp and without sticking to the pan.
- Use a dosa pan to make dosa, keep a dosa pan to heat and put some oil and pour the one to two spoons of batter and let it fry for some time. As the crust is formed and can see that one side is done we flip it over to fry it other side.

Serve the dosa with curd/ginger chutney. These are the two best accompaniments.

REFERENCE: WWW.FOODOPIUM.IN

VEN PONGAL / KATTU PONGAL

🕒 45 min 🍴 4 People

Ingredients

- Rice: 1 cup
- Moong Dal: ½ Cup
- Black Pepper: ½ tsp (Nicely Grounded)
- Salt as required
- Water: 5 Cups

For Tempering

- Curry Leaves: 1 sprig
- Green Chillies: 2 no's
- Cashew nuts: 2 tbsp.
- Jeera: ¾ tsp
- Ghee: 2 to 3 tbsp.
- 1 Pinch Hing/Asafoetida



17

🔋 507 Kcal

How to DO ?

- First, take the Rice and moong dal dry roast them in a pan initially till they leave fragrance. Soak and drain the rice and dal in water and keep it aside
- Now take a pressure cooker and put 1 ½ tbsp of ghee and bring to it heat, put a portion of curry leaves, green chillies, jeera, salt, and fry them for a second or two.
- Now add the rice and moong dal, and mix the whole mixture nicely, and now add water, mix and close the lid of the cooker and cook it till 4 to 5 whistles on medium heat.
- Let the cooker cool down and get the tempering pan on heat now and add the remaining ghee to the pan, add the cashew nuts and jeera/cumin and curry leaves and add the mixture to rice and mix it.
- At this stage, one can add more water if required and bring it to desired consistency..

Pongal can be served with tamarind chutney or coconut chutney or sambar as traditionally done.

REFERENCE: WWW.FOODOPIUM.IN



RAVA DOSA

🕒 45 min 🍴 4 People

Ingredients

- Rice flour : 2 Cups
- Suji Rava: 1 Cup (Roasted)
- Maida: ¼ Cup

For Tempering

- Mustard/Rai: 1 tsp
- Jeera: 1 tsp
- Sundried Curd Chillies (torn into pieces)
- Dry Chillies: 1 or 2 (torn to pieces)
- Curry Leaves: 1 Sprig
- Oil for frying
- Rock Salt as per taste
- Water to mix ingredients

🔋 555 Kcal

How to DO ?

- First, take the items listed in the **ingredients** and salt in the bowl and mix them thoroughly making sure there are no lumps in the mixture.
- Take a tempering pan and put 2 tsp. oil and heat it, once the oil is hot put the ingredients under the heading **“For Tempering”** and fry for a second or two.
- Add the tempering to the batter in the bowl, and stir it nicely so that the batter is mixed without any lumps. It should resemble thick buttermilk consistency. Leave it aside for 10 to 15 minutes to rest.
- Put the dosa tawa on the gas stove and put it on heat. Spread / Pour the dosa batter on the tawa thinly so that it gets cooked evenly.
- One can see the crisp base formation, we can try lifting it up and then flip it over to the other side and cook it nicely.

This dosa can be served along with tomato chutney or ever-favorite coconut chutney or onion chutney.

REFERENCE: WWW.FOODOPIUM.IN



AKKI ROTI / CHAWAL KI ROTI

🕒 45 min 🍴 4 People

Ingredients

- 2 cups Rice flour
- 1/4 cup Fresh coconut, grated
- 1 Carrot, grated
- 4 sprig Dill leaves, chopped
- 1 Onion, finely chopped
- 2 sprigs Curry Leaves (Finely Chopped)
- 2 to 3 tbsp. of wheat flour

To Make Paste

- 1-inch Ginger, grated
- 1/4 tsp Asafoetida (Hing)
- 1/2 tsp Cumin seeds
- 1/2 cup of Groundnuts
- 2 Green Chillies
- A handful of coriander leaves

Other

Ingredients

- Oil, to cook
- Salt to taste
- Banana leaf

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🔋 444 Kcal

How to DO ?

- Take a large bowl and put all the items/ingredients mentioned in the list except for the list for paste. Mix it thoroughly and keep it aside.
- Now take all the items//ingredients mentioned for paste in a small grinder and make a coarse paste of the same.
- Now mix the coarse paste from the grinder to the ingredients in the bowl thoroughly. Now add salt and water and mix it. Start with a half cup of water and then slowly and gradually so that it does not get out of hand.
- The idea of this is to make dough consistent enough to be patted down on a banana leaf. Leave this for some time to rest, the idea is if there's water being left by the vegetables or any other ingredient we can adjust the same.
- After a while take a ball size dough and put on the banana leaf, which has been oiled prior
- Pat the dough with your fingers from the middle to the outside so the dough should spread and be intact in the shape of a roti.
- Meanwhile, bring a skillet/tawa to heat, then overturn the patted down dough on the tawa, wait for a second, and gently remove the leaf from the top. Make small holes in the roti and pour oil, which will help in proper roasting/frying of the roti from all sides.

Serve with coconut chutney or onion chutney - another mom recipe, we used to have it with chili pickle. Enjoy....!

REFERENCE: WWW.FOODOPIUM.IN

ABOUT THE AUTHOR



Kalyon is a passionate cook, he cooks from his heart and has a knack for turning basic ingredients into soulful meals. He did his Master's from Aberdeen University Scotland and subsequently worked in diverse portfolios in his corporate career. Subsequently, he gave up his corporate career of 10 years to fulfill his dream of becoming a chef. He creates magic whilst cooking Indian and continental dishes plus can also bake a mean cake...!

Post his corporate stint – he delved into being a food entrepreneur. He was a founding member of Kitchari Katering: an on the wheels food providing platform supporting IRCTC e-catering platform to serve the customers passing through Mumbai suburbs. Simultaneously he was associated as Home Chef with GORB, a startup of ZEE livingfoodz.

He is now a full-time food blogger and vlogger running his blog www.foodopium.in & www.youtube.com/c/foodopium successfully. His passion for cooking and sharing his experiences is beautifully captured in this vlog. Visit <https://www.foodopium.in> & www.youtube.com/c/foodopium to learn more about him through his posts.