



# Breads and Breakfast

SHAIL THOSANI

# **BREADS AND BREAKFAST**

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**SHAIL THOSANI**

## **ACKNOWLEDGMENT**

*I would like to thank my mom for supporting and encouraging me to follow my heart and help me in achieving my dreams and my husband for always being a part of my food experiments.*

## **INTRODUCTION**

*I started cooking after my 12<sup>th</sup> board exams and since then there has been no turning back. I am professionally a lawyer but cooking is my passion and even today after a long day at work I come back to the kitchen and that is my biggest stress buster. This is my first e-book and in this I have tried to compile some easy and simple recipes. There are two sections to this book first section is recipes using breads and second section is breakfast recipes. I like to keep my recipes simple so that even a beginner can follow these easily. All the recipes have been tried and tested by myself and the pictures are all taken by me.*

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***I) SAVORY RECIPES USING BREADS***



### **ALOO TIKKI SANDWICH**

We have had aloo tikki always with a burger so tried this different version of our favorite aloo tikki. Aloo Tikki sandwich is served piping hot with green pudina chutney/sauce/Mayonnaise. It is perfect as dinner option and you can serve it as finger food for any kitty party. You can make the tikkis in advance.

#### **Ingredients:**

Brown Bread - 10 pieces

Boiled Potatoes (chopped) - 5 large

Boiled Peas - 1/2 cup

Ginger-Garlic Paste- 2 tbsp

Onion - 2 large

Tomato (finely chopped) - 1 small

Onions (finely chopped)- 1/4 cup

Pav Bhaji Masala Powder - 2 tsp

Masala Oats (Classic Flavor) - 1/2 cup

Red Chilli Powder - 1 tbsp

Bread Crumbs - 2 cups

Chat Masala Powder - 2 tsp

Salt as per taste

Coriander Leaves (finely chopped)- 1/4 cup

Ice Berg Lettuce - 150 grams (roughly chopped)

Maida - 1/2 cup

Mayonnaise - 1 cup

Red Chilli Sauce - 4 tbsp

Water as required

Oil as required

Butter

**Method:**

**1.** In a pan take some oil let it warm up. Add the ginger garlic paste, finely chopped onions and let them saute. Now add the tomatoes. Add the red chilli powder, pav bhaji masala and salt and let it saute for few minutes. Now add the potatoes and peas and mix well. Take off the gas and keep it aside.

**2.** Slice the 2 onions into rings and sprinkle some red chilli powder on it. Take the mayonnaise and add the red chilli sauce to it and mix well. Keep aside.



**3.** Once the potato mixture is cooled down mash it all well. Add the masala oats powder, chat masala powder, coriander leaves and 1/4 cup bread crumbs and mix it all well. Make tikkis out of this mixture.

**4.** Make a paste out of maida and water. Dip the tikkis in the maida paste and roll them in the bread crumbs. Keep the tikkis in the fridge for 10-15 minutes.

**5.** Take a flat frying pan and add around 1/2 cup of oil in it and shallow fry the tikkis. Do not deep fry. The tikkis should be half dipped in the oil. Cook till brown and crispy on both sides. Keep aside to cool. Make tikkis in the size of bread. If you have large bread make the tikkis large.

**6.** Take a grill pan for the sandwich. For assembling the sandwich take two slices of brown bread. Apply 1 tbsp of butter on both the slices. Apply mayonnaise on the bread generously. Place the sliced onion, roughly chopped ice burg lettuce and one aloo tikki on top and cover with some more mayonnaise and the other bread slice. Apply butter on top of the bread and grill it till crispy. Make similar sandwiches with all the tikkis.

**7.** Serve hot with mayonnaise or chutney or sauce.



### **BREAD ROLLS**

Bread rolls have many different stuffing's I have made it using potato stuffing. Its is made with easily available ingredients and it is very easy to make specially if you have guests coming home and want to serve something simple and easy to make you can make these rolls and keep them in fridge beforehand and fry it when you want to eat it.

#### **Ingredients:**

Brown Bread Slices- 8-10 pieces

Potatoes (boiled) - 6-7 medium sized

Ginger paste - 1 tsp

Garlic paste - 1 tbsp

Green chilly paste - of 3 chilies

Lemon Juice - 1 tbsp

Coriander leaves (chopped) - 1/4 cup

Sugar (powdered) - 1 tsp

Garam Masala - 1 tbsp

Semi crushed coriander seeds/Dhania seeds - 1 tbsp

Water - 2 cups approximately

Salt as per taste

Oil for frying

**Method:**

**1.** In a mixing bowl grate the potatoes. To this add the salt, sugar, ginger paste, garlic paste, green chilly paste, coriander leaves, garam masala and semi crushed coriander seeds. mix it all well. Now add the lemon juice and mix it again.

**2.** Cover this and keep it aside for 10 minutes for the mixture to absorb the flavors.

**3.** In a bowl take the water. Take one bread slice and dip it partially in the water from one side. Take approximately 1 spoon of the stuffing prepared in step 1 and place it in the center of the moist bread slice. fold the slice from both sides together and using both your hands seal the slice from both sides while gently

forming it into a roll. Keep the rolls in the fridge for 5 minutes to become firm.

**4.** Take a wok and take oil in it. Let it become hot on high flame. Once hot lower the flame to medium and fry the rolls as prepared above till brown. Serve hot with ketchup or chutney.



### **BREAD BESAN CHILLA**

Instead of having regular besan chillas we make it with bread and serve it piping hot with tomato ketchup and green chutney. It is made using the simplest of ingredients and if you are bored of having the regular chillas this is a must try and have it for breakfast. It does not require too much of time and is very easy to make.

#### **Ingredients:**

Gram Flour/ Besan flour - 1 cup

Rava/Semolina - 1/4 cup

Onion - 1 large sized

Capsicum - 1 medium sized

Tomato -1 small sized

Grated Bottle Gourd/Dudhi - 1/2 cup

Ginger-Garlic-Green Chilli Paste - 2 tbsp

Garam Masala - 1 tsp

Haldi/Turmeric Powder - 1/2 tsp

Jeera/Cumin Powder - 1 tsp

Coriander powder - 1 tsp

Asafoetida/Hing- 1/4 tsp

Powdered Sugar - 1/2 tsp

Salt as per taste

Kashmiri red chilli powder -2 tsp

Water - approx 1 cup

Bread 5 slices

Butter

### **Method:**

- 1.** In a mixing bowl take the besan flour, rava, salt, garam masala, haldi powder, jeera powder, coriander powder, hing and powdered sugar and mix it well.
- 2.** Now add 1 cup water and make it into a thick batter. Now chop the onions, capsicum and tomato and add it into the batter. Finally add the grated dudhi, ginger-garlic-green chilli paste and add some more water to make the batter a little thin. Do not make the batter into a pouring consistency. It should be little thick so as to coat the bread properly.
- 3.** Now dip the bread slice into the batter and coat it completely with the batter using a spoon. Take a non stick pan and brush some butter in it. Place the coated bread slice once warm and brush some more butter from sides. Let it become golden brown from side. Once done using a spoon add little batter on the other side and flip the bread. Again brush some butter from sides and let the other side also cook till golden brown.
- 4.** Serve hot with chutney and tomato ketchup.



### **CORN SANDWICH**

Corn and cheese is classic combination for sandwich and pizza. I love corn in any form and when it combines with yummy melting cheese its food heaven. Try this yummy recipe of corn and cheese sandwich its is simple yet tasty and easy to make. You can have it for dinner or breakfast. I usually have it as breakfast recipe. To make it healthy I use brown bread instead of white bread you can make it with a bread of your choice.



**Ingredients:**

Boiled Corn Kernels- 1 cup

Finely Chopped Capsicum- 1/2 Cup

Finely Chopped Onion- 1/2 Cup

Finely chopped spinach- 1/4 Cup

Grated Mozzarella Cheese/Processed Cheese- 1 1/2 cup

Chilli Flakes- 1 tbsp

Oregano- 1 Tbsp

Peri peri powder-1 tbsp

Finely Chopped Green Chilli- 1 piece

Pizza Sauce- As required

Butter- As required

Brown Bread- 8

**Method:**

1) In a bowl mix the boiled corn kernels, capsicum, onion, green chilli, grated cheese, spinach, chilli flakes and oregano.

2) Take two slices of bread and apply pizza sauce on both slices on the inner side. Add the stuffing as prepared in step 1 on one

slice and cover with the other slice. Apply butter on the outer side of both the slices.

3) Prepare the all the sandwiches in this manner and grill it in the grill pan or toaster.

4) Serve hot with pizza sauce or cheese dip.



### **DOUBLE CHEESE BREAD PIZZA**

Bread pizza is an easy substitute to your regular pizza if you do not have a base ready. Just take bread slices and toppings of your choice and you are ready to make a pizza. Bread pizza also tastes yummy and the bread crust becomes nice and crispy and is loved by all. You can make this for your kitty party or kids birthday party also. I have used oregano and chilli flakes, you can use the Italian seasoning or pizza seasoning also which is readily available in the market.



**Ingredients:**

Bread slices - 8

Boiled corn kernels - 1/2 cup

Finely chopped capsicum- 1/2 cup

Finely chopped onions- 1/2 cup

Finely chopped tomatoes - 1/2 cup

Cheese Slices - 4

Grated Cheese (of choice) - 1 cup

Red Chilli Flakes

Oregano

Salt as per taste

Pizza Sauce - 4 tbsp

Oil - 4 - 6 tbsp

**Method:**

- 1.** Mix together boiled corn kernels, onions, tomatoes and capsicum. Add some salt in this taking care to add only a pinch or so as cheese will already have its own saltiness. Add some chilli flakes and oregano and mix everything together.
- 2.** Take 4 bread slices and cut its edges. Keep aside.
- 3.** Take the bread slice which has the edge and place a cheese slice on it. Now place the other bread slice (the one with the edge cut) and place it on the cheese slice and seal it by pressing the sides. Now roll the entire bread a little and make it little flat.
- 4.** Now apply the pizza sauce on the bread and add the toppings. Finally add the grated cheese and sprinkle some more chilli flakes and oregano on top.
- 5.** Take a non stick tawa and apply some oil. Place the bread pizza made on the tawa and cover it. Let it cook for 2 minutes on low flame till the cheese melts and the bottom becomes crisp.
- 6.** Serve hot with ketchup.



### **FOCACCIA BREAD**

I have tweaked the recipe for a classic Focaccia Bread to appeal the taste of my family. Being from an all foodie family experimenting has been my hobby even classic recipes go through my experimentation. Sometimes I am successful sometimes it fails but that the excitement to keep trying never dies. It is said that the journey is always more exciting than the destination same is for food.

**Ingredients:**

Maida/All purpose flour- 1 1/2 cup

Wheat flour- 1/4 cup

Instant dry active yeast- 1 1/2 tsp

Sugar- 1/2 tsp

Oregano- 2 tbsp

Chilli Flakes- 2 tbsp

Garlic powder- 2 tsp

Peri Peri Powder- 2 tsp

Onion (cubed) - 1 small

Tomato (diced)- 1 small

Capsicum (diced)- 1 small

Boiled corn kernels- 1 tbsp

Processed Cheese (grated) - 1/4 cup

Garlic (finely chopped)- 2 tbsp

Olive Oil or butter (at room temperature)- 1/2 cup

Salt as per taste

Warm Water- 1/4 cup (for kneading)

Warm Water- 1/4 cup (for activating yeast)

**Method:**

**1.** In a mixing bowl mix the maida/all purpose flour, wheat flour, garlic powder, chilli flakes, oregano, peri peri powder and salt.

**2.** In lukewarm water add the yeast and sugar and give it a stir. Cover and keep aside for 10 mins. The water should be lukewarm i.e. not too hot now cold. You should be able to put your finger in the water comfortably it should not sting.

**3.** After 10 mins check the yeast it will be bubbling. If the yeast is not bubbling then throw away and start again as the yeast has died.

**4.** Add the yeast activated water to the flour mixture as in step 1 and knead a soft dough and keep kneading for 5-10 mins. If the dough is hard add 1-2 tsp lukewarm water gradually. The dough will feel sticky but will be manageable. It should be soft. Knead the dough using your fingertips. Add 2-3 tsp of oil and cover the dough. Keep this dough aside to let it rest for at least an hour in a warm place. Do not disturb the dough at this stage.

**5.** In a bowl mix the olive oil/butter and garlic and keep aside for use.

**6.** After an hour the dough will be ready it will have increased in volume. Punch the dough lightly and knead again for 10-15 mins. Knead by adding oil on your palm and knead till it stops sticking.



- 7.** Pre- heat oven to 180 degrees.
- 8.** Use two tablespoons of the olive oil mixture to oil a rectangle or square or round rimmed baking tray of choice size.
- 9.** Transfer the dough to the baking tray then press it down into the pan. Use your fingers to dimple the dough then drizzle the top with mixture of the garlic-olive oil/butter. Let the dough rise for 20 minutes until it puffs slightly. Add the tomato, onion, capsicum and boiled corn kernels topping. Now sprinkle the grated cheese on top.
- 10.** Bake until golden brown for 15 to 20 minutes on 180 degrees. Cool baked focaccia bread on a wire rack. Serve with tea/coffee or any beverage of choice. You can also serve it with mayonnaise dip.



### **PANEER CHILLY SANDWICH**

Sandwich is my comfort food and I love to experiment with different fillings in sandwich. Paneer is my all time favorite ingredient and is everyone's favorite also. Paneer filling in a sandwich is so tasty you can make it for your kids tiffin or for any dinner party also. It is wholesome and very easy to make.

#### **Ingredients:**

Paneer/Cottage Cheese - 150 grams

Ginger-Garlic-Green Chilli Paste- 2 tbsp

Onions (chopped)- 2 small

Black Pepper Powder - 1 tsp

Capsicum (chopped) - 1 medium

Soya Sauce - 2 tsp

Red Chilli Sauce - 1 tbsp

Tomato Ketchup - 1 tbsp

Vinegar - 1 tsp

Potato (boiled and finely chopped) - 1 small

Salt as per taste

Brown Bread - 4- 6 pieces

Schezwan Sauce - 1 tbsp + 6 tbsp

Oil - 1 tbsp

Butter- 4- 6 tbsp

**Method:**

**1.** In a wok take some oil and let it become warm once warm add the ginger-garlic-green chille paste and saute for few seconds then add the capsicum and saute for 2-3 minutes. Now add the onions and saute till they are translucent.

**2.** Add the soya sauce, tomato ketchup, red chilli sauce, vinegar and 1 tbsp schezwan sauce and mix everything well. Finally add the salt, black pepper powder and paneer and toss it around. Do not mash the mixture. Take it off the gas now add the potatoes and mash it lightly. Keep aside to cool.

**3.** Take a grill pan for the sandwich. For assembling the sandwich take two slices of brown bread. Apply 1 tbsp of the schezwan sauce on both the slices. Add the filling in each of the sandwich. Apply butter on both the sides of the bread and grill it till crispy. Make similar sandwiches.

**4.** Serve hot with chutney or sauce.



### **PAV BHAJI TOAST**

The flavors used in the recipe are classic Mumbai street food pav bhaji flavors. I have combined the bhaji with bread and toasted it on an open tawa. It is very easy to make the stuffing as well as roast the bread on tava. You can serve this as an appetizer or snacks for a kitty party. Make the stuffing and keep the bread

ready all you have to do it toast it on the arrival of the guests and serve hot with chutney, ketchup or any dip of choice.

**Ingredients:**

White/Brown Bread Slices - 8 slices

Boiled potatoes- 3 large

finely chopped onions - 2 medium

finely chopped tomatoes - 1 medium

finely chopped capsicum - 1 large

Ginger-garlic Paste - 1 tbsp

Red Chilli Powder - 1 tsp

Cumin-Coriander Powder - 1 tsp

Pav Bhaji Masala - 2 tsp

Lemon Juice - 2 tsp

Butter - 1/2 cup (to apply on the bread)

Finely chopped coriander leaves- 1/2 cup

Green chutney of choice to apply on the bread

Mayonnaise to garnish

Oil/Ghee to toast the bread

Salt as per taste

**Method:**

**1.** In a bowl take the boiled potatoes and mash them. Now add the onions, tomatoes, capsicum, ginger-garlic paste to this and mix it all together.

**2.** Now add the red chilli powder, cumin-coriander powder, pav bhaji masala, salt, coriander leaves and lemon juice and mix it all well forming like a dough.

**3.** Now take one bread slice. Apply some butter on one of the slice. Apply green chutney on the same side. Now add the stuffing prepared (approximately 2 tbsp in one slice) and spread it on the slice. Make all the slices this way.



**4.** Take a non stick tava. Apply some oil on the tava and allow it to warm up on medium flame. Now place the above prepared bread slices on the tava (lower side facing down) and let it

become crusty and brown. Then apply some oil on the stuffing side (approximately 1 tsp) and flip the toast with the stuffing side facing down and let it cook till crispy.

**5.** Cook all the slices this way. Take it off the tava and top it with some mayonnaise and serve hot. You can also sprinkle some cheese on top if you like it.





### **POTATO CHEESE CHILLY SANDWICH**

Who can resist the deadly potato and cheese combination for sandwich. Yummy melting cheese and potatoes is like food heaven. It is an instant hit with kids and your easily make it and give in tiffin. Made with simplest of ingredients try this yummy recipe of sandwich. It is simple yet tasty and easy to make.

#### **Ingredients:**

Grated Potato- 1 cup

Finely Chopped Capsicum- 1/2 Cup

Finely Chopped Onion- 1/2 Cup

Grated Mozzarella Cheese/Processed Cheese- 1 cup

Chilli Flakes- 1 tbsp

Oregano- 1 Tbsp

Brown Bread- 6 pieces

Finely Chopped Green Chilli- 1 piece

Pizza Sauce- As required

Butter- As required

**Method:**

- 1.** In a bowl mix the grated potatoes, capsicum, onion, green chilli, grated cheese, chilli flakes and oregano.
- 2.** Take two slices of bread and apply pizza sauce on both slices on the inner side. Add the stuffing as prepared in step 1 on one slice and cover with the other slice. Apply butter on the outer side of both the slices.
- 3.** Prepare the all the sandwiches in this manner and grill it in the grill pan or toaster.
- 4.** Serve hot with pizza sauce or cheese dip.



### **VEG TOMATO OMELETTE SANDWICH**

On reading the title you might have the misconception that I have prepared an Omelette using eggs but no this is a purely vegetarian omelette which is a famous street food in Mumbai. It is served piping hot with green pudina chutney and sauce. I have made the sandwich version of this famous street food which tastes even better.

#### **Ingredients:**

Besan/Gram Flour - 1 cup

Powdered Oats- 1/2 cup

Tomato puree- 1/4 cup

Turmeric- 1 tsp

Ginger-Garlic-Green Chilli Paste- 2 tbsp

Onions (finely chopped)- 1/4 cup

Garam Masala (optional)- 2 tsp

Salt as per taste

Black Pepper Powder - 1 tsp

Coriander Leaves (finely chopped)- 1/4 cup

Cucumber - 1 medium (sliced)

Tomato - 1 medium (sliced)

Onion - 1 medium (sliced)

Brown Bread - 4 pieces

Processed Cheese/Mozzarella Cheese (grated) - 1 cup

Schezwan Sauce - 4 tbsp

Water as required

Oil as required

Butter- 4 tbsp

**Method:**

**1.** In bowl take the gram flour, oats powder, salt, turmeric, garam masala, black pepper powder, ginger-garlic-green chille paste, onions, coriander leaves, and tomato puree and mix well. Now add water slowly and keep mixing to make the batter. The batter should be of pouring consistency it should not be too loose.

**2.** Let this batter rest for 10 mins.

**3.** Take a non stick gridle/tawa. Grease it with 1 tsp oil.

**4.** After 10 mins pour a laddle of the batter on the tawa and make a round shape omelette which should be little thick. Cook on both sides on medium heat. Make omelettes of all the batter. Roughly 3-4 omelettes can be made using this recipe.

**5.** Take a grill pan for the sandwich. For assembling the sandwich take two slices of brown bread. Apply 1 tbsp of the schezwan sauce on both the slices. Place the tomato omelette as prepared on one bread. Now add 2-3 pieces of sliced, cucumber, onion and tomato and add the grated cheese generously on top and cover with the other slice. Apply butter on both the sides of the bread and grill it till crispy. Make similar sandwiches with all the omelettes.

**6.** Serve hot with chutney or sauce.



## **II) BREAKFAST RECIPES**



## **APPAM**

Appam is a South Indian recipe traditionally made with rice. You can make it for breakfast or dinner. It is tasty and uses minimum oil. I have made this using mixed pulses. Appam is made using the appam mould and it is very simple to use it. You can make these for tiffin also. Serve it with coconut chutney.

### **Ingredients:**

Black Urad Dal (Split) - 1 cup

Green Moong Dal (Split) - 1/2 cup

Urad Dal White (Split) - 1/4 cup

Rice - 2 tbsp

Rava - 2 tbsp

Ginger Green Chilly Paste - 2 tbsp

Black Pepper Powder - 1 tsp

Water - 1/4 cup

Curd - 1/4 cup

Onion (finely chopped) - 1 small

Oil for greasing

Salt as per taste

**Method:**

**1.** Soak the black urad dal, green moong dal, urad dal and rice for atleast 2 hours and if possible overnight. Grind the soaked dals using just 1/4 cup water. Grind into smooth batter. The batter should be thick.

**2.** To this add the curd, onion, ginger green chilly paste, rava, black pepper powder and salt. Let the batter rest for 15 minutes. Grease the appam tray with oil.



**3.** Take a spoonful of the batter and pour in the appam mould. Tap the tray gently. Let the appam cook on low to medium flame. Do not cook on high flame otherwise the bottom will burn and the appam will remain raw from the middle. Check after 5 minutes once it done from the bottom it will de-mould easily. Turn it over and let it become little crusty from the top.

**4.** Serve immediately with coconut chutney.



### **CHEESY MOONGLET**

This recipe is something like a Gujrati Handvo but made with yellow moong dal. It is tasty and quite easy to make since it is made with cheese it is loved by kids equally. You can make it for breakfast or dinner. The base will be crisp and the moonglet is soft. It is an ideal tiffin recipe also. The steps are simple and you can make it very easily.

**Ingredients:**

Yellow Moong Dal - 2 cups

Boiled Potatoes (chopped into small pieces) - 2 large

Onions (finely chopped) - 2 medium

Tomato (finely chopped) - 1 small

Cumin Seeds/Jeera - 1 tsp

Green Chilly ( finely chopped) - 1 piece

Ginger paste - 1 tsp

Kashmiri Red Chilli Powder - 1 tbsp

Turmeric Powder - 1/2 tsp

Coriander-Cumin Powder - 1 tsp

Garam Masala - 1 tsp

Curd - 1/4 cup

Sugar - 1 tsp

Oil - 1 tbsp

Grated processed cheese - 1 cup

Coriander Leaves (finely chopped) - 1/4 cup

Oil for greasing

Water - 1 to 1 1/2 cups

Baking Powder - 1 tsp

Soda (Cooking Soda) - 1/4 tsp

Salt as per taste

**Method:**

- 1.** Soak the yellow moong dal for 1-2 hours.
- 2.** Grind the soaked moong dal into a smooth paste. In this add the salt, sugar, curd, finely chopped green chilly and ginger paste and keep aside.
- 3.** In a wok/kadhai take oil and let it become warm. Now add the cumin seeds and let it crackle. Now add the finely chopped onions and saute till it becomes translucent. Now add in the tomatoes. Let it cook till 2-3 minutes.
- 4.** Now add in the red chilli powder, cumin-coriander powder, turmeric powder and garam masala, potatoes and mix it all well together.
- 5.** Add this to the moong dal mixture as prepared above and mix it all together. Add the chopped coriander leaves. Finally add the baking powder and cooking soda and give it a good mix. Keep it aside for few minutes.
- 6.** After few minutes Add the water and make the batter like dosa batter it should pour easily but not too watery.

**7.** Take a non stick pan and grease it with oil. Pour the batter into the pan (I have made two batches of the batter as I wanted my moonglet to be thin you can make it all together in batch also). Sprinkle grated cheese on top completely covering the top. Cover the pan and let the moonglet cook on medium flame for 15 minutes. Once the lower side is cooked and crisp turn the side. Let the lower side cook only for 5 minutes as the upper side need not be crisp.

**8.** Serve hot with mint chutney.



### **EGGLESS PANCAKES**

Pancakes are usually made using eggs. I have made them eggless and using these measurements and tips even these eggless pancakes turn out extremely fluffy and melt in mouth. They taste absolutely delicious and you can top with syrup of your choice.

#### **Ingredients:**

Maida/All purpose flour - 2 cups

Milk powder- 2 tbsp

Powdered Sugar - 3/4 cup

Butter (room temperature) - 1 tbsp

Lukewarm milk - 1 and 1/2 cup

Baking Powder - 1 tsp

Salt - 1/2 tsp

Oil - 1 tbsp

Vanilla Essence - a few drops

Coco Powder - 1 tsp

**Method:**

- 1.** In a bowl take the maida, milk powder, powdered sugar, baking powder and salt and mix it well.
- 2.** Now add in the butter and crumble it in the flour mixture.
- 3.** Now slowly add in the milk and keep mixing till there are no lumps. Now add the vanilla essence and oil and mix it well. The batter will be little thick not too runny but pouring consistency.
- 4.** Take out half the batter in another bowl and add the coco powder to it and mix it well.
- 5.** Take a non stick pan. Take a deep laddle or the measuring cup and pour out the batter on the pan. Do not spread the batter let it sit in the center. Let the pancake cook on low flame. You will see bubbles on top let them all pop to form a nice bubble net on the top.

**6.** Once done turn over and let it cook on the other side for few seconds.

**7.** Serve hot topped with peanut butter, pineapple syrup, black current syrup or chocolate sauce as you desire. Make sure soak your pancakes with the syrup.





### **MIXED VEGETABLE PANCAKES**

This recipe is a healthy, tasty, easy and light breakfast recipe for healthy start to the day. Using oats in the recipe gives it a healthy twist and it can be given in tiffin also.

#### **Ingredients:**

Powdered Oats (Any brand) - 1/4 cup

Semolina- 1/2 cup

Besan/Gramflour- 1/2 cup

Ginger-Garlic-Green Chilli Paste- 2 tbsp

Cabbage (finely chopped)- 1/4 cup

Grated Carrot- 1/4 cup

Onion (finely chopped)- 1 medium size

Cumin-Coriander (Dhania-Jeera) Powder- 1 tsp

Red Chilli Powder- 1 tsp

Salt as per taste

Water for batter- approx 1 1/2 cups

**Method:**

- 1.** Grind the oats and make powder. In a bowl add the powdered oats, semolina, besan, Ginger-Garlic-Green Chilli Paste, Red Chilli Powder, Cumin-Coriander Powder, cabbage, onion, carrot, water and salt and mix well to form batter.
- 2.** The consistency of the batter should be flowy, not too thick and not too watery, like a dosa batter.
- 3.** If the batter appears thick add some water to get the consistency.
- 4.** Let this batter rest for half an hour.
- 5.** After half an hour check the consistency and if thick then add some more water as oats tend to soak the water content.
- 6.** Switch on the gas and keep on low flame let. Once the non stick tawa/pan becomes warm spread the batter using a ladle.

Let it cook on low flame on one side. Then switch the side and let it cook on the other side.

**7.** Serve hot with dip/chutney of choice.

**Tip:** Always cook oats on low flame. If you feel the temperature of the pan has become too high drizzle some water on it. I do not grease the pancakes from sides. You can use oil/ghee/butter to grease the pancakes on sides.



### **OATS IDLI**

This is a healthy oats recipe. It is tasty and delicious and you can make this for tiffin also. The idli turns out soft and fluffy and I have spiced up my recipe using schezwan chutney.

#### **Ingredients:**

Powdered Oats - 1 cup

Rava/Semolina- 1/4 cup

Curd - 1/2 cup

Water - 1 - 2 cups

Grated Dudhi/Bottle Gourd - 1/2 cup

Onions (finely chopped) - 1/4 cup

Spinach (finely chopped)- 1/4 cup

Ginger/Green Chilli Paste- 1 tsp

Schezwan Chutney- 1 tbsp

Salt as per taste

Fruit salt/Eno/Soda bi Carb- 1 tsp

Oil - 1 tbsp

Mustard seeds - 1 tsp

Cumin seeds - 1 tsp

**Method:**

**1.** In a bowl take the powdered oats and rava and mix well. Now add the salt and curd and 1 cup water and mix well. Keep aside for half an hour.

**2.** After half an hour check the batter. If it has become thick add the remaining water and mix well.

**3.** Now add the salt, schezwan chutney, dudhi, onions, palak and ginger-green chilli paste and mix all together.

**4.** For tempering take the oil. Once it becomes warm add the mustard seeds and cumin seeds and let them splutter. Once they splutter take it off the gas and add it to the batter prepared above.

**5.** Finally add the fruit salt/eno and mix it.

**6.** Grease the idli stand and add the batter in the idli slots. Let it cook for 15 mins on high flame.

**7.** Serve hot with schezwan chutney.



### **PODI IDLI**

Idli Podi is famous idli dish made in the South India. Podi basically means powder and is made primarily out of urad dal, chana dal, sesame seeds and red chilly. Podi is also known as gun powder and it is so aromatic and flavorful when applied on idli and eaten the taste completely transforms. Normally Podi Idli is made by applying ghee on Idli and applying the powder evenly on the idli. I have made mine by chopping the idli and sautéing it in the Podi. I have made rava idli you can use regular idli batter also. Normally regular idli batter is used and sometimes even

leftover idli's are used. The Podi can be used on dosa's and uttapam's also. The flavor is strong and tasty.

**Ingredients:**

For Podi:

Dhania/Coriander Seeds - 1/4 cup

Chana Dal/ Split Bengal Gram - 1/2 cup

White Urad Dal/ Split Black Gram Lentils (White) - 1/2 cup

Sesame Seeds / White Til - 1/4 cup

Oil - 3 tsp

Garlic Cloves - 3 large

Kashmiri Lal Mirch (Whole) / Kashmiri Red Chilli (Whole) - 12 pieces

Curry Leaves - a few

Salt as per taste

Asafoetida - 1 tsp

Turmeric/ Haldi Powder - 1 tsp

For Idli:

Rava/Semolina - 2 cups

Rice Flour - 1/4 cup



Curd/Dahi - 1 cup

Water - 1 1/2 cup

Salt as per taste

Eno/ fruit salt - 1 tbsp

For Podi Idli:

Idli - 8 -10

Podi - 3 tbsp

Oil - 2 tsp

Mustard Seeds / Rai - 1 tsp

Cumin Seeds / Jeera - 1 tsp

Curry Leaves - a few

Onion ( Chopped ) - 1 small

Capsicum (Chopped) - 1 small

Tomato (Chopped) - 1 small

Coriander Leaves (chopped) - for garnishing

Sesame Seeds - for garnishing

**Method:**

For Idli:

- 1.** Mix together rava, rice flour, salt, curd and water and keep it to rest for 15 minutes.
- 2.** After 15 minutes add the eno and mix it well.
- 3.** Pour the idli batter in idli mould and steam for 20 minutes.

For Podi:

- 1.** In a wide pan roast the sesame seeds, urad dal and chana dal till light pink and keep aside to cool.
- 2.** Roast the dhania/coriander seeds till light brown and leaves aroma (approximately 5-8 minutes). Keep aside to cool.
- 3.** De-seed the Kashmiri Red Chilli and keep aside. In the same pan add the oil and let it become warm. Then add the garlic cloves, curry leaves and kashmiri lal mirch (de-seeded) and saute for 5 minutes. Keep aside to cool.
- 4.** Once cool in a grinder take the sesame seeds, coriander seeds, chana dal, urad dal, garlic cloves, curry leaves and kashmiri lal mirch, salt, turmeric powder and asafoetida and grind it all together into a fine powder. Do not add any water. Store in airtight container for further use.

For Podi Idli:

- 1.** In a wok take the oil. Let it become warm. Then add the cumin seeds and mustard seeds. Once they crackle add the curry leaves. Chop the idlis in 4 parts each or small as you desire.

**2.** Now add the capsicum and saute for 2-3 minutes. Then add the onions and saute till pink. Then add the tomatoes and cook for 2-3 minutes till soft.

**3.** Add the podi in this and mix well. Add the idli pieces to the mixture and mix well till completely coated with the podi. Garnish with coriander leaves and sesame seeds.

**4.** Serve hot with chutney.



### **RAGI DOSA**

Ragi Dosa is made using ragi/nachni flour. Ragi is gluten free and a very healthy option for people who are allergic to gluten. However since it has no gluten, working with ragi for baking items is quite challenging and some recipes call for using gluten powder. Ragi Dosa is a healthy option for breakfast though working with ragi is bit difficult but with some patience you will get a hang of it. Ragi has many health benefits, it is one of the best sources for calcium and also helps in fighting anemia. Ragi

is a wonder grain for patients having diabetes and of course recommended in many diet plans if you are working towards weight loss. I have already posted a recipe using ragi before which was of ragi idli. Ragi dosa batter does not require overnight fermentation and can be made within few minutes of fermenting. Follow the steps and tips and you will choose over this healthy dosa breakfast easily.

**Ingredients:**

For Dosa batter-

Ragi/Nachni Flour - 1 cup

Rice flour - 2 tbsp

Semolina/Rava - 2 tbsp

Ginger Paste - 1 tsp

Green Chilly paste - 1 tsp

Curd - 2 tbsp

Water - 1 1/2 cups

Salt as per taste

Oil for greasing

For stuffing:

Paneer (grated) - 1 cup

Salt - 1/2 tsp

Black Pepper powder - 1/4 tsp

Chopped coriander leaves - 1 tbsp

Lemon juice - 1/2 tsp

Red chilli powder - 1 tbsp

**Method:**

**1.** In a bowl mix take all the ingredients for the dosa batter except the water and oil and mix it well. Now add the water and mix well till no lumps (the batter of the dosa should be little thin not like your regular dosa batter). Cover and keep aside for 10 minutes.

**2.** In another bowl take the grated paneer and add the salt, black pepper powder, chopped coriander leaves and lemon juice and mix it together using a spatula or a spoon (do not form it like a dough).

**3.** Check the dosa batter and just give it a stir.

**4.** Take a non stick tava and let it become little warm on medium flame (do not make it hot it should be just warm. For checking just splatter some water on the tava it will sizzle a bit and not hiss). Once warm spread the dosa batter using a laddle (since the batter is little thin it will form pores on the top, which is the consistency we are looking for). Grease it with oil from sides and let it cook on medium flame (Do not cook on low flame as it will

become hard and if you keep the flame too high the batter will break while spreading and the ragi will not cook properly).

**5.** Take a spoonful of the stuffing and put it on the upper side of the dosa while the lower side cooks. Sprinkle some red chilly powder on the stuffing from the top. Once done fold the dosa and serve it hot with chutney.



### **RAGI IDLI**

Ragi or Nachni as we call it is a part of finger millet family and we Indians have yet to explore it completely. Ragi is rich in calcium and also helps in controlling blood sugar levels. It also battles anemia, reduces the risk of stroke, increases bone strength, helps in digestion, reduces cholesterol. Ragi is also gluten free and hence used by people who are allergic to gluten. However Ragi is bit sticky and heavy in nature and making any food item with ragi requires a lot of patience. Ragi can be used to make cakes, cookies, rotis, dosas, idlis, dhoklas and many more items. I have used vegetable in my idli batter to make it more healthy. This recipe is very healthy for breakfast or lunch.



### **Ingredients:**

Ragi flour - 1 cup

Rava/Semolina - 1/4 cup

Ginger-Green Chilli Paste - 2 tsp

Boiled corn kernels - 3-4 tbsp

Onions (chopped) - 1/4 cup

Capsicum (chopped) - 1/4 cup

Zucchini (grated) - 1/2 cup

Cooking Soda/Baking Soda - 1/2 tsp

Curd (preferably one day old and little sour) - 1/4 cup

Water - 1 and 1/4 cups

Salt as per taste

### **Method:**

**1.** In a bowl sieve the ragi flour and mix in the salt, ginger-green chilli paste and rava. Now add the curd and water and mix it all together till no lumps. The batter will be little thick and sticky and not like your regular idli batter. Cover and keep it aside for 10 minutes.

**2.** After 10 minutes check the batter it will have become little thick add the remaining 1/4 cup water and add in the corn,

onions, capsicum and zucchini and mix it all well. Finally add the cooking soda.

**3.** Take a idli stand and grease it. Pour the batter in the idli mould of the the stand and steam it for around 15 minutes on high flame. After 15 minutes switch off the gas and let the idli stay in the stand for another 5 minutes. Now open the stand and serve the idli hot.



### **WHEAT JAGGERY CHILLA**

The recipe I am posting today is that of whole wheat flour jaggery chilla/pudla. Pudla is basically is a type of dosa or pancake. This pudla is sweet in taste because of use of jaggery. This pudla can be made very easily using simple ingredients and is best for a light dinner or breakfast. The only pre-preparation required is the soaking of jaggery in water for a few hours. This tastes great with spicy green chilli-coriander chutney and we gujratis love our farsan so pair it with your favorite ghatia (in my case it is papdi) and some green chillies.

### **Ingredients:**

Whole wheat flour - 2 cups

Jaggery (roughly chopped)- 250 grams

Water - 3 cups (if needed add more 1 cup)

Salt - 1/2 tsp

Ghee/Clarified Butter

Oil for greasing

### **Method:**

- 1.** In a bowl take the jaggery and soak it in 2 cups of water till it completely dissolves (this will take around 2 hours).
- 2.** Once the jaggery has completely dissolved add in the wheat flour and salt and mix it well till the entire wheat flour has dissolved without lumps. Add the remaining water and mix it well. The batter should be loose and flowly. Let it rest for 5 minutes. If needed add the remaining 1 cup after 5 minutes. The batter has to be loose or else will not spread properly.
- 3.** Take a non stick tawa and let it become a little warm on low flame. Now spread the batter of the pudla using a laddle and grease it from all sides with oil. Let it cook from one side on medium flame. Apply oil on the upper side and flip and cook it. Once done apply some ghee/clarified butter on top and serve hot with spicy green chutney.

**Notes:** You have to serve this hot or else it will become hard and chewy. Do not spread on high flame or else it will tear. Keep the temperature of the tawa maintained by sprinkling some water in between. Cook it on medium flame and not on slow flame or else it will remain uncooked.



### **YELLOW MOONG DAL CHILLA**

Chilla or pancake basically is of the dosa family however it does not require any long fermentation process as the dosa batter and can be instantly made using any ingredients you want to mix and match. I made these chilla using yellow moong dal or yellow lentils (split). Yellow moong dal is very versatile in its nature and hence can be paired with any ingredient and can be made into many dishes. I use it to make bhajiyas/fritters also.

### **Ingredients:**

Yellow moong Dal - 1 cup

Rava/Semolina - 1/2 cup

Curd/Dahi - 1/4 cup

Onion (finely chopped) - 1 small

Turmeric powder - 1/4 tsp

Ginger-Green Chilly Paste - 1 tbsp

Salt as required

Water - 1 1/4 cup

Oil for greasing

### **Method:**

**1.** In a bowl soak the yellow moong dal for half an hour. After half an hour grind the yellow moong dal into a paste using little water if needed.

**2.** In a bowl mix together the dal paste, rava, curd, salt, turmeric powder, ginger green chilly paste and finely chopped onion and mix it all well. Add the water little by little and make a loose batter of pouring consistency. Keep this batter to rest for 10 minutes.

**3.** In Meanwhile take a non stick tawa. Let it become warm on slow flame. Once warm pour the above made batter on the tawa and make a round chilla/dosa. Cook till crisp.

**4.** Serve hot with chutney.