

Cup Idli & Masal Kuzambu

Ingredients

Boiled rice	- ½ cup
Tur dhal	- ¼ cup
Urad dhal	- ¼ cup
Gram dhal	- ¼ cup
Methi seeds	- 1 tbsp
Sour curds	- ½ cup
Salt	
Ginger	- 1"
Green chillies	- 3
Curry leaves	- few, chopped
Chopped coriander leaves	- 1 tbsp
Pepper	- 1 tsp
Gingelly oil	- 2 tbsp
Mustard seeds	- 1` tsp
Fruit salt	- 2 tsp



Preparation

- Wash soak rice, dhals & methi seeds for 3 hrs.
- Grind adding sour curds & salt to a pste.
- Ferment for 8 - 10 hrs.
- Add whole pepper, minced ginger & green chillies, curry & coriander leaves.
- Heat oil, add mustard seeds, splutter & add.
- Keep small greased cups ready & hot.
- Add fruit salt when the water in steamer is boiling.
- Steam it immediately.

Didn't turn out as expected?

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Cook : Chithra Viswanathan
Website : www.IndusLadies.com
Region : South Indian
Type : Tiffins / Snacks

Potato masal kuzambu

Ingredients

Potatoes – 4 (boil, peel & cube big)
Onions – 2 (chop)
Grated coconut – 1/4 cup
Ghee – 1 tbsp

To fry in 1 tsp oil :

Coconut – 2 tbsp
Red chillies – 3,4
Dhaniya – 2 tsp
Pepper – ½ tsp
Small onions – 5,6 (peeled)

& Grind to a paste with:

Garlic – 5,6
Jeera – ½ tsp
Tamarind paste – 2 tsp

- Add 1 cup of warm water to grated coconut & extract milk.
- Heat ghee, fry the onions well & add the paste .
- After the paste is fried to remove the raw smell add 1 cup of water & boil adding potatoes & salt.
- When everything has blended well, add coconut milk & simmer for a few mts.

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