

Recipe- Idly Fry

Idly Fry

Ingredients

Mini [Idlis](#) 1 medium bowl
Tomato 1 small (Roughly chopped)
Carrot 1 small (Sliced in thin strips)
Capsicum 1 small (Sliced in thin strips)
Salt 1 tsp (or according to taste)
Turmeric Powder 1 tsp
Red chili Powder 1 tsp
Mustard Seeds 1 tsp
Sambhar Masala 1 tsp
Ghee

Method

Take 1 tbsp ghee in a non stick pan and heat on medium flame. When ghee is hot enough add 1 tsp Mustard seeds and let it cracker.

Add tomato and fry until soft.

Add turmeric powder and red chili powder mix well.

Add all other vegetables with 0.5 tsp salt, fry for few seconds.

Cover the pan and reduced the flame to low, check after 4-5 minutes.

When vegetables are soft, raise the flame to high and add Mini idlis.

Toss well on high flame when idlis starts change in color, switch off the flame and sprinkle sambhar masala powder.

Serve hot with chutney.

Tips

Jains or others who don't eat root vegetables, can cook this

recipe without carrot.

You can use yellow or red capsicum as well to make the dish more colorful.

Best for tiffin as well.

Make sure to adjust chilli if you are serving to kids.

“Be Vegetarian be Happy”

“Live and Let Live”

Recipe - Suji/ Semolina Pancake



Suji/ Semolina Pancake

Ingredients (4 nos)

Suji/ Semolina 2 cups

Curd 2 tbsp

Salt 1 tsp or according to taste

Eno Salt 2 tsp

Mustard Seeds 2 tsp

Sesame Seeds 2 tsp

Oil to temper

Method

- Take suji in a deep bowl add curd and salt, mix well.
- Add sufficient water to make a thick paste.
- Cover and keep aside for 0.5- 1 hour.
- Divide the mixture in 4 portions.
- Take 1-2 tsp oil in a deep pan and heat on high flame.
- When oil is hot enough add 0.5 tsp Mustard seeds and let

it cracker.

- Meanwhile take a small bowl add one portion of suji paste and mix 0.5 tsp Eno salt to it.
- Pour this batter in the heated pan and sprinkle 0.5 tsp of sesame seeds over it.
- Cover the pan and reduce the flame on low.
- let it cook for 5 minutes on low flame.
- Check if its upper side is cooked.
- Otherwise cover the pan for another 1-2 minutes and check again.
- Turn pancake carefully and cover the pan again.
- Let this side also cook for 5 minutes approx.
- When both sides are cooked and golden brown in color.
- Remove and serve hot with chutney.
- Make other pancakes following the same steps.

Tips

Do not beat too much after adding Eno salt.

Eno salt.

according to your child taste and tolerance.

“Be Vegetarian be Happy”