DietCloud – Recipe

Recipe Name: Millet and Jowar Paniyaram Recipe

Diet Type:

Course: South Indian Breakfast

Cuisine: Tamil Nadu

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Foxtail Millet	4
• 1/2 cup Jowar Seeds	
• 1/4 cup White Urad Dal (Whole)	
• 2 tablespoons Methi Seeds (Fenugreek Seeds)	
• 1 Onion - chopped	
• 1 Green Chilli	
• 1 inch Ginger - chopped	
• 5 cloves Garlic - chopped	
• 1 teaspoon Mustard seeds	
• 1 teaspoon White Urad Dal (Split)	
• 1 sprig Curry leaves - chopped	
• 1 sprig Coriander (Dhania) Leaves - chopped	
• 2 tablespoons Fresh coconut - grated	
• Salt - to taste	

Preparation

• To begin making the Millet and Jowar Paniyaram Recipe, soak the grains in water for atleast 8 hours.

• Grind it into a smooth paste by adding little water.

• The batter should not be too thin as well.

• Add a teaspoon of soda and salt and keep it aside.

• Heat a flat skillet with oil, add mustard seeds and urad dal and allow it splutter for few seconds.

• Add chopped curry leaves and leave it to crackle, add ginger, garlic and saute until it softens.

• Once that is done, add onions and saute till they turn translucent.

• Switch off the heat and add coriander leaves and coconut and give it a stir.

• Add the sauted onion mixture into the batter and mix well and check salt and keep kuzhi paniyaram pan ready to start cooking.

• Heat Paniyaram pan on low-medium heat.

• Spoon the Millet and Jowar Paniyaram batter into the cavities.
• Don't fill it to the brim, but only 3/4th full.
• Cover the pan with a lid and cook on low to medium heat for about 3 to 4 minutes until the top of the paniyaram is steamed.
• Once the top looks steamed, flip the Paniyarams over the cook on the other side (without closing the lid) until golden brown.
• Once each Paniyaram is cooked, remove from the pan and pour another batch of batter and proceed the similar way.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)