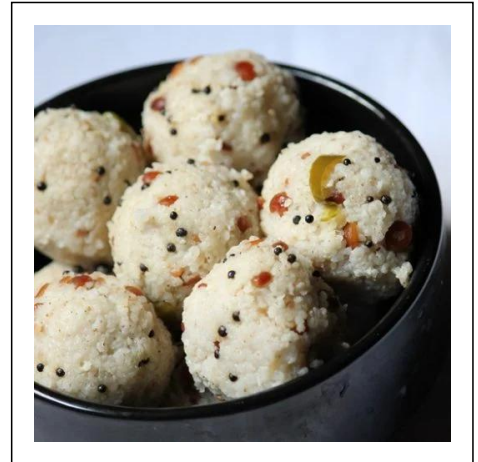


Recipe Name: Kuthiraivali Kozhukattai
Diet Type: Vegetarian
Course:
Cuisine: Indian
Quantity:



Description

Ingredients: Millet: 1 cup Barnyard Millet (Kuthiraivali). **Tempering:** 1 tsp oil, ½ tsp mustard seeds, 1 tsp urad dal, 1 tsp chana dal, a pinch of asafoetida (hing). **Flavoring:** 1-2 green chilies (chopped), 1 tsp chopped ginger, a few curry leaves, and 2 tbsp grated coconut. **Optional:** 1 grated carrot for added nutrition. **Liquid:** 2 to 2.5 cups of water. **Step-by-Step Instructions:** **Preparation:** Wash the millet thoroughly. You can dry roast it for 5 minutes for a better aroma. **Tempering:** Heat oil in a pan. Add mustard seeds, urad dal, and chana dal. Sauté until the dals turn golden. **Sauté Aromatics:** Add green chilies, ginger, curry leaves, and asafoetida. If using carrots or onions, sauté them until soft. **Boil:** Pour in water and add salt. Bring it to a rolling boil. **Cook Millet:** Slowly add the millet while stirring to avoid lumps. Cover and simmer on low heat for 10–15 minutes until the water is completely absorbed and the millet is cooked. **Shape:** Let the mixture cool slightly. Grease your palms with oil and take small portions to shape into cylindrical or round dumplings (pudi style). **Steam:** Place the dumplings in an idli steamer or any steamer plate. Steam for 8–10 minutes until they look shiny.

Ingredients

Ingredient	Quantity
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No ingredients added.

Preparation

No preparation steps added.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	10	60	10	8	2