

Recipe Name: Waffle Broth Recipe - Puppet's Yamarinta Crovy

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 tablespoon Gingelly oil	3
• 1/4 teaspoon Mustard seeds	
• 1/4 teaspoon Methi Seeds (Fenugreek Seeds)	
• Asafoetida (hing) - a pinch	
• 3 Dry Red Chillies	
• 1/2 cup Pearl onions (Sambar Onions) - halved	
• 1 sprig Curry leaves	
• 3 Urad dal papad - broken in to quarters	
• 1 cup Tamarind Water	
• 1 teaspoon Sambar Powder	
• 1 tablespoon Jaggery	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 3 cups Water	
• Salt - as needed	

Preparation

- To begin making the Appalam Vatha Kuzhambu recipe, prepare all the ingredients and keep them ready.
- Heat oil in a preheated pan over medium heat.
- Allow it to crackle.
- Add the onions and.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	10	35	10	2	5