DietCloud – Recipe

Recipe Name: PUDALANGAI PORRIYAL

Diet Type:

Course: General Course

Cuisine: Indian

Quantity:



Description

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BROWN BASMATI RICE PULAO
5 minutes ago

Brown Basmati Rice Pulao is a nutritious, fiber-rich version of the classic Indian rice dish, offering a nuttier flavor and lower glycemic index than white rice. Because brown basmati retains its bran layer, it requires longer soaking and more water to achieve a fluffy texture.
Brown Rice Pulao Recipe: How to Make Brown Rice Pulao Recipe ...
Brown Basmati Rice Pulao Recipe
Brown Rice Pulao - SHARAN
Essential Preparation Steps
Rinsing: Wash the rice 2–3 times in cold water to remove excess starch.
Soaking: Soak the rice for at least 30 to 60 minutes. This is critical for brown rice to ensure even cooking and a soft bite.
Water Ratio: Generally, use 2.5 to 3 cups of water for every 1 cup of brown rice.
Ingredients
Rice: 1 cup Brown Basmati Rice.
Aromatics: 1 medium onion (sliced), 1 tsp ginger-garlic paste, and 1-2 green chilies.
Whole Spices: 1 bay leaf, 1-inch cinnamon stick, 3-4 cloves, 1 tsp cumin seeds (jeera), and 2-3 green cardamoms.
Vegetables: Carrots, peas, beans, cauliflower, or potatoes.
Fat: 2 tbsp ghee or oil.
Cooking Methods
Method Instructions

Pot (Stovetop) Sauté spices and onions in ghee. Add veggies and soaked rice. Add water and salt. Bring to a boil, then cover and simmer on low heat for 15–25 minutes until water is absorbed. Let it rest covered for 5 minutes before fluffing.
Pressure Cooker Sauté spices, aromatics, and veggies. Add soaked rice and 2.5 cups of water. Pressure cook for 2 whistles on medium flame. Allow the pressure to release naturally for 15 minutes before opening.
Instant Pot Use the "Sauté" function for spices and veggies. Add rice and 2.5 cups of water. Close lid and "Pressure Cook" on High for 22 minutes. Allow a 10-minute Natural Pressure Release (NPR) before manual release.
Tips for Success
Fluffing: Always use a fork to fluff the rice gently to avoid breaking the long grains.
Flavor Boost: Use vegetable broth instead of water for a deeper savory profile.
Garnish: Finish with fresh coriander leaves, mint, or toasted cashews for texture.
These recipes explain how to prepare brown basmati rice pulao using stovetop, pressure cooker, or Instant Pot methods:
Brown Basmati Rice Pulao Recipe - Yummy Tummy Aarthi
Fennel Seeds / Saunf / Sombu - 1 tsp. Cinnamon / Pattai - 3 cm piece. Cardamom / Yelakai - 4. Cloves / Krambu - 4. Bay Leaf - 1. M...

Yummy Tummy Aarthi

A Brown Rice Pulao Recipe - Aap Ka Bazar
1 cup Basmati Brown Rice for enhanced flavor) 2 cups water or vegetable broth (for more flavor) 1 tablespoon oil or ghee (clarifie...

Aap Ka Bazar - Blog

Brown Rice Pulao Recipe (Instant Pot + Pressure Cooker)
Rinse 2 cups of brown rice with water 2-3 times and soak in 3-4 cups of water for an hour. Press the SAUTE button on the instant p...

Whisk Affair

How to Make Brown Rice Pulao Recipe - Times Food
Ingredients of Brown Rice Pulao * 1 cup brown basmati rice. * 2 medium chopped onion. * 2 medium chopped into cubes potato. * 5 ch...

Times Food

Brown Rice Pulao - Sanjeev Kapoor
Ingredients. 1½ cups quick cooking brown Basmati rice. 2 tablespoons ghee. 1 inch cinnamon. 1 bay leaf. 8-10 black peppercorns. 5-

www.sanjeevkapoor.com

How To Cook Perfect Wholegrain Brown Basmati Rice | Tilda Rice UK
Add a minimum of 500ml of water with the washed rice to a saucepan and bring to the boil. Stir and cook for 25 minutes over a medi...

Tilda Rice

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Basmati Rice Uncovered: Brown vs. White – Which is Healthier?
Nutritionally, brown basmati rice is very healthy as it is high in fiber, which helps in digestion and keeps you feeling full. Mor...

DRRK Foods
Brown Rice Pilau - easy healthy vegan dinner - Cinnamon and Kale
Most importantly, this pilau also tastes delicious. Brown rice has much more flavour than white, and it adds a lovely nuttiness to...

Cinnamon and Kale

How To Cook Perfect Wholegrain Brown Basmati Rice | Tilda Rice UK
Add a minimum of 500ml of water with the washed rice to a saucepan and bring to the boil. Stir and cook for 25 minutes over a medi...

Tilda Rice

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GINGER LEMON BROWN RICE
2 minutes ago

Ginger Lemon Brown Rice is a fragrant, zesty dish that combines the nutty texture of whole-grain brown rice with the digestive benefits of fresh ginger and the brightness of lemon. It is a healthier, fiber-rich alternative to traditional white lemon rice.
Key Ingredients
Rice: 1 cup brown basmati or long-grain brown rice.
Aromatics: 1-2 tbsp finely grated or minced fresh ginger, 2-3 cloves of garlic (optional), and 1-2 green chilies.
Zest & Juice: Juice of 1 large lemon and its zest for intensified flavor.
Tempering Spices: 1 tsp mustard seeds, 1 tsp cumin seeds, a pinch of turmeric for color, and a handful of curry leaves.
Crunch (Optional): Roasted peanuts or cashews.
Ginger Lemon Rice Recipe - Ginger Lemon Brown Rice Recipe
Homemade South Indian-Style Lemon Rice - Cook With Manali
Lemon Rice Recipe (South Indian Chitranna) - Swasthi's Recipes
Preparation Methods
Method Instructions
Traditional (Stovetop) 1. Soak rice for 30–60 minutes.
2. Boil rice in a 1:2.5 rice-to-water ratio until tender but firm.

3. In a separate pan, heat oil and sauté ginger, chilies, and tempering spices.
4. Fold the cooked rice into the spice mixture.
5. Turn off heat and stir in lemon juice and zest.
Instant Pot / Pressure Cooker 1. Sauté spices, ginger, and chilies in the pot.
2. Add soaked rice and 1.75 to 2 cups of water.
3. Pressure cook for 20–22 minutes (high pressure) followed by a 10-minute natural release.
4. Add lemon juice only after pressure is released and the rice is slightly cooled to preserve the vitamin C and flavor.
Nutritional Benefits (per serving)
Fiber: 2–4g from the whole grain brown rice, which aids digestion.
Immunity: High Vitamin C from lemon and anti-inflammatory gingerol from ginger.
Low Glycemic Index: Brown rice provides sustained energy and prevents blood sugar spikes compared to white rice.
Pro Tips
Cool Before Mixing: If using the traditional method, let the rice cool slightly before adding lemon juice; adding it to piping hot rice can sometimes cause a bitter aftertaste.
Better Texture: For fluffy, non-sticky grains, rinse the rice thoroughly until the water runs clear to remove excess surface starch.
Meal Prep: This dish holds up well in lunch boxes and can be eaten at room temperature.

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South Indian Lemon Rice With Brown Rice
South Indian Lemon Rice with Brown Rice * This lemon turmeric rice recipe combines the delicious flavors of the popular South Indi...

Go Healthy Ever After

Lemon & Ginger Rice - Be Inspired - Food Wine Travel
Ingredients * 200g basmati rice (7oz) * 1¼ cups of water (310ml) * 1 lemon, juiced and zested. * 2 teaspoons finely grated ginger.

Be Inspired - Food Wine Travel

How to Cook Perfect Brown Rice Recipe - Love and Lemons
How to Cook Brown Rice * First, rinse the rice. This step is essential for removing excess starches on the outside of the rice. If...

Love and Lemons

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PUMPKIN THEEYAL
1 minute ago

Pumpkin Theeyal (Mathanga Theeyal) is a traditional Kerala curry characterized by its deep brown color and complex flavor profile—spicy, tangy, and earthy. The name "Theeyal" translates to "burnt dish," referring to the critical step of slow-roasting grated coconut until it is dark brown but not burnt.

Core Components

The Base: A thick gravy made from slow-roasted coconut ground into a smooth, oily paste with dried red chilies, coriander seeds (or powder), and sometimes a hint of fenugreek.

The Vegetable: Yellow pumpkin (Mathanga) provides a natural sweetness that balances the sharp tamarind and roasted spices.

The Tang: Tamarind extract is essential for the characteristic sourness of the dish.

Preparation Steps

Roast the Masala: Heat a pan with minimal oil. Add grated coconut and roast on low-medium heat, stirring constantly until it turns a deep golden brown. Add red chili powder and coriander powder in the final minute, then grind into a fine, smooth paste with very little water.

Cook the Pumpkin: Sauté cubed pumpkin with turmeric, salt, and green chilies. Add enough water to cook the pumpkin until tender but not mushy.

Simmer with Tamarind: Stir in tamarind extract and the roasted coconut paste. Simmer for 10–15 minutes until the flavors meld and oil begins to separate on the surface.

Tempering (Tadka): Heat coconut oil and splutter mustard seeds. Add shallots, dried red chilies, and curry leaves. Sauté until shallots are golden brown and pour over the curry.

Key Differences from Other Kerala Curries

Theeyal vs. Erissery: While both use pumpkin and coconut, Erissery is milder and often contains cowpeas (vanpayar). Its coconut is either ground fresh or only lightly toasted for garnish, resulting in a yellow color rather than the deep brown of Theeyal.

Theeyal vs. Pulissery: Pulissery uses a yogurt-based gravy with a fresh (unroasted) coconut-cumin paste, making it yellow, thin, and tangy-sweet.

Serving Suggestions

Pumpkin Theeyal is most commonly served with steamed matta (red) rice and is a staple in the traditional Kerala Sadya (feast). It also pairs well with appam or chappathi.

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16 sites

Pumpkin Theeyal Recipe - Yummy Tummy Aarthi

Pumpkin Theeyal is a traditional South Indian curry made with soft pumpkin slices cooked in a thick, toasted coconut and tamarind ...

Yummy Tummy Aarthi

Kerala Theeyal Recipe - pachakam.com

Kerala Theeyal is a quintessential dish that holds a special place in the rich culinary traditions of Kerala. Known for its deep, ...

pachakam.com

Theeyal - Wikipedia
Theeyal (pronounced [t?i?jal]) is a South Indian dish originating from the Indian state of Kerala. It has a soupy consistency, and...

Wikipedia

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PUMPKIN PORRIYAL
Pumpkin Poriyal (also known as Arasanikai or Parangikai Poriyal in Tamil Nadu) is a simple South Indian stir-fry that highlights the natural sweetness of yellow pumpkin. Unlike a Theeyal, which has a complex, deep-roasted gravy, a Poriyal is a dry dish typically finished with freshly grated coconut.
Pumpkin Poriyal Recipe | Poosanikai Poriyal Recipe
Sweet and Spicy Pumpkin Poriyal (Stir Fry) Recipe - Mads ...
Yellow Pumpkin stir fry Recipe | Parangikai Poriyal - Navirundu
Essential Preparation
Sizing: Cut the pumpkin into medium-sized cubes (about 1 inch). If the cubes are too small, they will turn mushy during cooking.
Skin: For mature pumpkins, peel the hard, fibrous skin; for young, tender pumpkins, the skin can be left on if preferred.
Ingredients
Vegetable: 2–3 cups cubed yellow pumpkin.
Tempering (Tadka): 1 tsp mustard seeds, 1 tsp urad dal (split black gram), 1 tsp chana dal (optional for crunch), a pinch of asafoetida (hing), and fresh curry leaves.
Aromatics: 1 medium onion (or 6–8 shallots for better flavor), 2–3 dried red chilies, and 1–2 green chilies.
Seasoning: ½ tsp turmeric powder, salt to taste, and optional ½ tsp jaggery to enhance the pumpkin's sweetness.
Finish: ¼ to ½ cup freshly grated coconut.
Cooking Instructions
Tempering: Heat oil (coconut oil is traditional for flavor) in a pan. Splutter mustard seeds, then add urad dal, chana dal, dried red chilies, hing, and curry leaves.
Sauté Aromatics: Add chopped onions or shallots and green chilies. Sauté until the onions are translucent.
Cook Pumpkin: Add the pumpkin cubes, turmeric, and salt. Toss well. Sprinkle 2–3 tablespoons of water, cover with a lid, and cook on low-medium heat for 8–10 minutes until tender.
Finish: Once the water has evaporated and the pumpkin is cooked, add jaggery (optional) and the grated coconut. Mix gently to avoid mashing the pumpkin, then turn off the heat.
Nutritional Value
Pumpkin Poriyal is a low-calorie side dish high in Vitamin A (for eye health) and antioxidants. It is also a good source of dietary fiber, supporting healthy digestion.

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14 sites
Arasanikai Poriyal, Yellow Pumpkin Poriyal - Kannamma Cooks
9 Feb 2018 — Recipe with step by step pictures. * Arasanikai or Yellow Pumpkin is my husband's favorite

veggie at home and this is a ...

Kannamma Cooks

Pumpkin Stir Fry Recipe | Poosanikkai Poriyal - Sharmi's Kitchen
21 Sept 2019 — Pumpkin Stir Fry Recipe | Poosanikkai Poriyal | Yellow Pumpkin Poriyal. ... Pumpkin Stir Fry is one of the simple, yet...

www.sharmiskitchen.com

Sweet and Spicy Pumpkin Poriyal (Stir Fry) - Mads' Cookhouse
15 May 2024 — Sweet and Spicy Pumpkin Poriyal (Stir Fry) ... Rate the Recipe: Simple ingredients but high on flavor. The sweet and sp...

Mads' Cookhouse

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PUDALANGAI PORRIYAL
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SNAKE GOURD (PUDALAI) | ?????
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Ulavar Anand

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?????????? ??????? / Snake Gourd Fry Recipe In Tamil ??????? ?????? Jayanthi Jayaraman
22 Jul 2021 — ??????? ????????? 1 ????? ?????????? 1 ??? ???????? ??????? ??????? 2 ????????? 2
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Cookpad

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in English
Pudalangai Poriyal (Snake Gourd Stir-fry) is a popular South Indian side dish known for its high water content and cooling properties. It is simple to prepare and pairs perfectly with Sambar, Rasam, or Curd rice.
Essential Ingredients
Vegetable: 1 medium Snake Gourd (Pudalangai).
Tempering (Tadka): 2 tsp coconut oil (recommended), 1 tsp mustard seeds, 1 tsp urad dal (split black gram), a pinch of asafoetida (hing), and fresh curry leaves.
Aromatics: 1 small onion (finely chopped) and 2-3 dried red chilies (or green chilies).
Seasoning: ½ tsp turmeric powder and salt to taste.
Garnish: 3–4 tbsp freshly grated coconut.
Preparation & Cooking Steps
Prep the Gourd: Scrape the thin white outer layer of the snake gourd gently. Cut it lengthwise, remove the inner white pith and seeds, and then chop the gourd into small, even pieces.
Tempering: Heat oil in a pan. Add mustard seeds and let them splutter. Add urad dal and sauté until golden brown. Add dried red chilies, hing, and curry leaves.
Sauté: Add the chopped onions and sauté until they become translucent.
Cook: Add the chopped snake gourd, turmeric, and salt. Toss well. Snake gourd releases its own moisture, so you generally do not need to add water. If it looks too dry, sprinkle just a teaspoon of water. Cover and cook on low-medium heat for 6–8 minutes until the pieces are tender.
Finish: Once the gourd is cooked and the moisture has evaporated, add the grated coconut. Mix gently for a minute and turn off the heat.

Ingredients

Ingredient	Quantity
• Need to Fill	

DietCloud – Recipe

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	8	70	10	4	2