Upma

Rava / Sooji Upma is the most favourite south Indian breakfast.

A huge number of variations of Upma are made with whole or refined ground wheat and rice of varied grain size, vermicelli or wheat semolina. A wide range of vegetables may be added, and may be garnished with a variety of beans (raw or sprouted), cashew and peanuts. For a variation called masala upma (known as ‘Kharabath’ in Karnataka), sambhar masala or garam masala is added along with red chilli powder, instead of green chillies.

Samosa

Samosas were brought to the Indian subcontinent by various Muslim merchants, and patronized under various Islamic dynasties in the region.

 The Indian style, often accompanied by chutney is probably the most widely-known of a broad family of recipes from Africa to China, which have origins in medieval times or earlier.Samosas are a popular entrée, appetizer, or snack in the local cuisines of the [Indian subcontinent](https://en.wikipedia.org/wiki/Indian_subcontinent), [Western Asia](https://en.wikipedia.org/wiki/Western_Asia), [Southeast Asia](https://en.wikipedia.org/wiki/Southeast_Asia), the [Mediterranean](https://en.wikipedia.org/wiki/Mediterranean), the [Horn of Africa](https://en.wikipedia.org/wiki/Horn_of_Africa), [North Africa](https://en.wikipedia.org/wiki/North_Africa), and [Southern Africa](https://en.wikipedia.org/wiki/Southern_Africa).

The samosa is made with [all-purpose flour](https://en.wikipedia.org/wiki/All-purpose_flour) , shell stuffed with some filling, generally a mixture of mashed boiled potato, onions, green peas, lentils, spices and green chili, or fruits. The entire pastry is then deep-fried in vegetable oil or rarely [ghee](https://en.wikipedia.org/wiki/Ghee) to a golden brown color. It is served hot and is often eaten with fresh green chutney, such as mint, [coriander](https://en.wikipedia.org/wiki/Coriander), or [tamarind](https://en.wikipedia.org/wiki/Tamarind).

Chole bathura

**Chole bhature** is a dish from the [Punjab region](https://en.wikipedia.org/wiki/Punjab_region) in the northern part of the [Indian subcontinent](https://en.wikipedia.org/wiki/Indian_subcontinent). This  [dish](https://en.wikipedia.org/wiki/Punjabi_cuisine) is a combination of [chana masala](https://en.wikipedia.org/wiki/Chana_masala" \o "Chana masala) (spicy white chickpeas) and [bhatura](https://en.wikipedia.org/wiki/Bhatura" \o "Bhatura), a fried bread made from [maida flour](https://en.wikipedia.org/wiki/Maida_flour" \o "Maida flour) (soft wheat).[[1]](https://en.wikipedia.org/wiki/Chole_bhature#cite_note-1)

Chola Bhatura or Chole Bhature is an extremely popular and super-delicious main dish recipe that Punjabis love to eat in breakfast, and can be prepared on any occasion

Chole bhature sometimes accompanied with [lassi](https://en.wikipedia.org/wiki/Lassi" \o "Lassi), however, it can also be a street food or a complete meal, and may be accompanied by, for example, onions, carrot pickle, green chutney and [achaar](https://en.wikipedia.org/wiki/Indian_pickle" \o "Indian pickle).[[2]](https://en.wikipedia.org/wiki/Chole_bhature#cite_note-2)

DOSA

**Dosa** is a type of [pancake](https://en.wikipedia.org/wiki/Pancake) originating from the [Indian subcontinent](https://en.wikipedia.org/wiki/Indian_subcontinent), made from a [fermented](https://en.wikipedia.org/wiki/Fermentation_(food)) [batter](https://en.wikipedia.org/wiki/Batter_(cooking)). Its main ingredients are [rice](https://en.wikipedia.org/wiki/Rice) and [black gram](https://en.wikipedia.org/wiki/Vigna_mungo). Dosa is a typical part of the [Southern Indian](https://en.wikipedia.org/wiki/Southern_Indian) but is now popular all over the Indian [subcontinent](https://en.wikipedia.org/wiki/Subcontinent). The **masala** **dosa** is served with a yummy stuffed potato curry, coconut chutney and sambar.

Dosa is high in [carbohydrates](https://en.wikipedia.org/wiki/Carbohydrate) and contains no added sugars or saturated fats. As its key ingredients are rice and [black gram](https://en.wikipedia.org/wiki/Vigna_mungo), it is also a good source of [protein](https://en.wikipedia.org/wiki/Protein). The fermentation process increases the [vitamin B](https://en.wikipedia.org/wiki/Vitamin_B) and [vitamin C](https://en.wikipedia.org/wiki/Vitamin_C) content.

Vada

## Everything about My Favorite Vada Recipes:

**Vada** is a very popular savory deep fried fritter type of snack from Southern India. It is a typical street food in the Indian subcontinent and Sri Lanka. They are also prepared at most homes especially during some [festivals](https://www.vahrehvah.com/events-festival-foods) or functions.

**Vada** a category of savory fried [snacks](https://en.wikipedia.org/wiki/Snack) from India. Different types of vadas can be described variously as [fritters](https://en.wikipedia.org/wiki/Fritter), [doughnuts](https://en.wikipedia.org/wiki/Doughnut), or [dumplings](https://en.wikipedia.org/wiki/Dumpling)

The various types of vadas are made from different ingredients, ranging from [legumes](https://en.wikipedia.org/wiki/Legumes) (such as [medu vada](https://en.wikipedia.org/wiki/Medu_vada" \o "Medu vada) of South India) to [potatoes](https://en.wikipedia.org/wiki/Potatoes)(such as [batata vada](https://en.wikipedia.org/wiki/Batata_vada" \o "Batata vada) of West India). They are often served as a breakfast item or a snack, and also used in other food preparations (such as [dahi vada](https://en.wikipedia.org/wiki/Dahi_vada" \o "Dahi vada) and [vada pav](https://en.wikipedia.org/wiki/Vada_pav" \o "Vada pav)).

IDLI

**Idli** are a type of savory rice cake, originating from the [Indian subcontinent](https://en.wikipedia.org/wiki/Indian_subcontinent), popular as breakfast foods in southern India and northern [Sri Lanka](https://en.wikipedia.org/wiki/Sri_Lanka). The cakes are made by steaming a batter consisting of [fermented](https://en.wikipedia.org/wiki/Fermentation_(food)) [black lentils](https://en.wikipedia.org/wiki/Vigna_mungo)(de-husked) and rice. The fermentation process breaks down the starches so that they are more readily metabolized by the body.

This South Indian food made with fermented rice and black gram, it’s a great source of carbohydrates and proteins. The fermentation increases proteins and enhances the vitamin B content of the food. As it is steamed, fat content is low and it is easily digestible. Use of black gram and rice in idli is a good combination as the amino acids in them complement each other. Idli is nutritious as it is a rich source of carbohydrates, fibres and proteins

**RAVA CARROT UPMA / CARROT SEMOLINA UPMA**

Prep time: 20 min | Cooking time: 30 min | Serves: 4

* 1 cup rava / semolina / sooji
* 1 onion, finely chopped
* 1 cup grated carrot
* 2 green chillies, chopped
* A few curry leaves
* 1/4 tsp Black mustard seeds
* ½ cup brocken cashews
* 2 tsp oil
* Salt to taste
* 1 tsp Bengal gram
* 1 tsp Urad dal
* 1 tbsp ghee (optional)
* Fry semolina in 1 tsp of ghee till it turns pinkish in colour. I don’t use ghee for roasting but simply dry roast the semolina in a non-stick pan. Once the semolina is roasted keep it aside.
* Heat oil in another pan and add the mustard seeds. When mustard seeds splutter add onion, green chili, bengal gram, urad dal and curry leaves.
* Fry for few minute then add grated carrots and cashews, stir for few minutes.
* Add 2 cups of water to the pan and bring it to boil.
* Now add the semolina into the pan, mix it well and remove from heat. Cover the pan with a lid and leave it to settle for about 5-7 minutes.
* Mix the carrot upma and serve hot.

Samosa

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 The Indian style, often accompanied by chutney is probably the most widely-known of a broad family of recipes from Africa to China, which have origins in medieval times or earlier.Samosas are a popular entrée, appetizer, or snack in the local cuisines of the [Indian subcontinent](https://en.wikipedia.org/wiki/Indian_subcontinent), [Western Asia](https://en.wikipedia.org/wiki/Western_Asia), [Southeast Asia](https://en.wikipedia.org/wiki/Southeast_Asia), the [Mediterranean](https://en.wikipedia.org/wiki/Mediterranean), the [Horn of Africa](https://en.wikipedia.org/wiki/Horn_of_Africa), [North Africa](https://en.wikipedia.org/wiki/North_Africa), and [Southern Africa](https://en.wikipedia.org/wiki/Southern_Africa). Due to [cultural diffusion](https://en.wikipedia.org/wiki/Cultural_diffusion) and [emigration](https://en.wikipedia.org/wiki/Emigration) from these areas, samosas in today's world are also prepared in other regions

The samosa is made with [all-purpose flour](https://en.wikipedia.org/wiki/All-purpose_flour) , shell stuffed with some filling, generally a mixture of mashed boiled potato, onions, green peas, lentils, spices and green chili, or fruits. The entire pastry is then deep-fried in vegetable oil or rarely [ghee](https://en.wikipedia.org/wiki/Ghee) to a golden brown color. It is served hot and is often eaten with fresh green chutney, such as mint, [coriander](https://en.wikipedia.org/wiki/Coriander), or [tamarind](https://en.wikipedia.org/wiki/Tamarind).

Ingredients

40 m[18 servings258 cals](https://www.allrecipes.com/recipe/24871/beef-samosas/)

* large potatoes, peeled
* 1 cup frozen peas, thawed
* tablespoons vegetable oil
* 1/2 teaspoon cumin seeds
* 1 bay leaf, crushed
* 2 large onions, finely chopped
* 1 pound ground beef
* 4 cloves garlic, crushed
* 1 tablespoon minced fresh ginger root
* 1/2 teaspoon ground black pepper
* 1 teaspoon ground cumin
* 1 teaspoon ground coriander
* 1 teaspoon ground turmeric
* 1 teaspoon chili powder
* 1/2 teaspoon ground cinnamon
* 1/2 teaspoon ground cardamom
* 2 tablespoons chopped fresh cilantro
* 2 tablespoons chopped green chile peppers
* 1 quart oil for deep frying
* 1 (16 ounce) package phyllo dough

Add all ingredients to list

1. Bring a medium saucepan of lightly salted water to a boil. Stir in potatoes and peas. Cook until potatoes are tender but still firm, about 15 minutes. Drain, mash together and set aside.
2. In a large saucepan over medium high heat, heat the oil. Brown cumin seeds and bay leaf. Mix in onions and ground beef. Cook until beef is evenly brown and onions are soft, about 5 minutes. Mix in garlic, fresh ginger root. Season with black pepper, salt, cumin, coriander, turmeric, chili powder, cinnamon and cardamom. Stir in the mashed potato mixture. Remove from heat and chill in the refrigerator for 1 hour, or until cool.
3. Heat oil in a large, heavy saucepan over high heat.
4. Mix cilantro and green chile peppers into the potato and beef mixture. Place approximately 1 tablespoon of the mixture onto each phyllo sheet. Fold sheets into triangles, pressing edges together with moistened fingers.
5. In small batches, fry until golden brown, about 3 minutes. Drain on paper towels and serve warm.

Chole bathura

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Ingredients

* 1 cup soaked overnight chick peas
* 1 chopped onion
* 1/2 large tomato
* 1/4 teaspoon coriander powder
* 2 curry leaves
* 1 teaspoon garam masala powder
* 1/4 teaspoon red chilli powder
* 1/2 teaspoon cumin
* 1/8 piece ginger
* 1/2 teaspoon onion paste
* 1 teaspoon salt
* 3 cloves garlic
* 1/4 teaspoon turmeric1 teaspoon chana masala powder

For dough

* 1 cup all purpose flour
* 3 teaspoon yoghurt (curd)
* 2 teaspoon refined oil
* 1/4 teaspoon salt
* 1/4 tablespoon wheat flour

For Garnishing

* 2 tablespoon chopped coriander leaves

How to make chole bhatura

Cook the 6-8 hrs soaked chickpeas for 15-20 minutes

Meanwhile, put a pan on medium flame and heat a little oil in it. Add the cumin seeds, curry leaves and half sliced onion in the pan. Saute the onion till golden brown, then add minced garlic, ginger and onion paste. Saute the ingredients for a few seconds until the raw smell of garlic goes away and then add the chopped tomato with tomato puree.

Once the oil is separated, add turmeric, red chilli powder, coriander powder, and chana masala. Cook the tomato-onion mixture for another two minutes, and then add cooked chola with little water. Stir well to mix the masala with the chola or the chickpeas. Check salt and allow it to cook for a few minutes. The chola is prepared, you can garnish with chopped onion and coriander leaves.

Now for making the bhaturas, combine together all purpose flour or maida and wheat flour or atta in a dough kneading plate. Then add salt and oil in it. Mix well. Add yoghurt in the flour mixture and knead the dough welll. You can add a little water and knead the dough.

Now, put a kadhai on high flame and meanwhile, take equal quantities of the dough and roll big size puris (bhatura). When the oil is hot enough, carefully add these bhaturas in the oil and deep fry. Repeat with the rest of the dough. Then take a plate and serve chola bhatura hot!

<div class=ingrdients><h1>Ingredients of Masala Dosa</h1>

<ul><li>2 Cups Rice (preferably parboiled)</li><li>1/2 Cup Black Gram (Dhuli Urad)(split and husked)</li><li>1/2 tsp Fenugreek seeds</li><li>2 tsp Salt</li><li>For cooking dosas Oil</li><li><b>For the Masala for Dosas:</b></li><li>500 Gram Potatoes (peeled and cubed), boiled</li><li>1 1/2 Cups Onions, sliced</li><li>2 Green chillies (optional), finely chopped</li><li>2 Tbsp Oil</li><li>1 tsp Mustard seeds</li><li>6-7 Curry leaves</li><li>2 tsp Salt</li><li>1/4 tsp Turmeric, powdered</li><li>1/2 Cup Water</li></ul>

</div>

<dic class: “method”>how to make masala dosa

<ul><li><i>1.</i><span>Wash and soak the rice in one container and the dal and fenugreek seeds together in another container for 5-6 hours or over night, depending on the weather.</span></li><li><i>2.</i><span>Grind dal mixture together to a very smooth consistency. Next grind the rice smooth too and mix the two batters.</span></li><li><i>3.</i><span>Add salt and enough water to make into a dropping consistency. Leave to ferment over-night or more depending on the weather, till a little spongy.</span></li><li><i>4.</i><span>If thickened too much, add a little water to thin a bit. Heat tawa, and brush oil over it. When really hot, splash a little water over it, and immediately pour batter onto it, spreading it thin, with a circular motion.</span></li><li><i>5.</i><span>This will have to be very swift and will need a bit of practice.</span></li><li><i>6.</i><span>After spreading the batter, lower the heat and dribble a little oil around the edges so that it seeps under the dosa.</span></li><li><i>7.</i><span>When edges start browning a bit, pass a flat spoon under it to ease the dosa off the pan. Put desired filling in the center, and fold the two edges over.</span></li><li><i>8.</i><span>Serve accompanied with sambhar and chutney.</span></li><li><b>Prepare the masala filling:</b></li><li><i>1.</i><span>Heat the oil in a heavy based pan and add the mustard seeds, then onions, curry leaves and green chillies, and saute over high heat till the onions are a little transparent.</span></li><li><i>2.</i><span>Add the salt and the turmeric and mix well, before adding the potatoes.</span></li><li><i>3.</i><span>Turn the potatoes around till well mixed, and add the water, and let it simmer, for 2-3 minutes.</span></li></ul>

</div>

Vada

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | | **Ingredients used in Medu Vada** | | • Urad dal - 200 grams. | | • Onion (chopped) - 1 cup. | | • Cumin seed - 1/2 tea spoon. | | • Pepper powder(for taste) - 1 tea spoon. | | • Hing - 1/4 tea spoon. | | • Salt - to taste. | | • Oil - to fry. | | • Curry leaves(chopped) - 1 spring. | | **Method:** |  * Soak urad dal for 6 hours or overnight. * Take a blender add soaked urad dal, blend it into a coarse paste. * Take a Frying pan add oil to it, let it heat. * In a bowl add blended urad dal, hing, pepper, curry leaves, cumin seeds, salt as per taste mix all these ingredients and beat it well.   Now add onions mix it, take a dumpling make a hole add in a hot oil fry it until golden brown color and serve.  Rawa laddu  <li class="wprm-recipe-ingredient"> <span class="wprm-recipe-ingredient-amount">1 ¼</span> <span class="wprm-recipe-ingredient-unit">cup</span> <span class="wprm-recipe-ingredient-name">rava</span> <span class="wprm-recipe-ingredient-notes">or semolina or suji (refer notes)</span></li><li class="wprm-recipe-ingredient"> <span class="wprm-recipe-ingredient-amount">¼</span> <span class="wprm-recipe-ingredient-unit">cup</span> <span class="wprm-recipe-ingredient-name">coconut</span> <span class="wprm-recipe-ingredient-notes">fresh or desiccated (optional)</span></li><li class="wprm-recipe-ingredient"> <span class="wprm-recipe-ingredient-amount">¾</span> <span class="wprm-recipe-ingredient-unit">cup</span> <span class="wprm-recipe-ingredient-name">sugar</span></li><li class="wprm-recipe-ingredient"> <span class="wprm-recipe-ingredient-amount">2 to 3</span> <span class="wprm-recipe-ingredient-name">green cardamoms</span> <span class="wprm-recipe-ingredient-notes">or elaichi</span></li><li class="wprm-recipe-ingredient"> <span class="wprm-recipe-ingredient-amount">¼</span> <span class="wprm-recipe-ingredient-unit">cup</span> <span class="wprm-recipe-ingredient-name">ghee</span> <span class="wprm-recipe-ingredient-notes">+ (2 tbsp Optional, use as needed)</span></li><li class="wprm-recipe-ingredient"> <span class="wprm-recipe-ingredient-amount">10</span> <span class="wprm-recipe-ingredient-name">raisins</span> <span class="wprm-recipe-ingredient-notes">or as needed</span></li><li class="wprm-recipe-ingredient"> <span class="wprm-recipe-ingredient-amount">10</span> <span class="wprm-recipe-ingredient-name">cashews</span> <span class="wprm-recipe-ingredient-notes">or as needed chopped</span></li> |

DOSA

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Vada

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