

RAVA DOSA



Prep Time 30 mins
Makes 6 dosas

Fermentating Time 20 mins

Cooking Time 15 mins

Ingredients 1 Cup Semolina (rava) | 2 Tsp Plain Flour (maida) | 1/2 Cup Fresh Curds (dahi) | 1 Tsp Finely Chopped Green Chillies | 1/2 Tsp Cumin Seeds (jeera) | 2 Tbsp Thinly Sliced Fresh Coconut | 2 Tbsp Broken Cashewnuts (kaju) | Salt To Taste | 2 Tsp Coconut Oil Or Any Other Oil for The Tempering | Fried Coconut Chutney For Serving | Sambhar For Serving.

Method

1. Combine the semolina, flour, curds and ½ cup of water together in a bowl and mix well to get a smooth batter.
2. Cover and allow it to ferment in a warm place for at least 15 to 20 minutes.
3. Add the green chillies, cumin seeds, coconut, cashewnuts and salt and mix well.
4. Add more water as required and mix well to a thin batter
5. Heat a non-stick tava (griddle) and sprinkle a little water on it. It should steam immediately.
6. Grease it lightly with oil and wipe hard with a slice of onion or potato.
7. Pour ½ cup of the batter and tilt the tava in all directions so that it forms a thin circle.
8. Smear a little oil on the sides, cook till both sides are golden brown in colour and fold over to make a semi-circle.
9. Repeat with the remaining batter to make 5 more dosas. Serve hot with fried coconut chutney and sambhar.

RAVA IDLI



Soaking Time 30 mins **Preparation Time** 10 mins **Cooking Time** 20 mins

Ingredients 2 1/2 Cups Semolina (rava) | 4 Cups Buttermilk | 3 Tbsp Coconut Oil Or Any Other Salt To Taste
1 Tsp Urad Dal (split Black Lentils) | 1 Tsp Chana Dal (split Bengal Gram) | 1 Tbsp Fruit Salt
1 Tsp Mustard Seeds (Rai / Sarson) | 2 Tbsp Thinly Sliced Fresh Coconut
2 Green Chillies , Finely Chopped | 4 Curry Leaves (kadipatta) | Coconut Oil Or Any Other For Greasing

Method

1. Combine the semolina, buttermilk, 2 tbsp of oil and salt together in a bowl. Keep aside for 30 minutes.
2. Heat the remaining 1 tbsp of oil in a small pan and add the urad dal, chana dal and mustard seeds.
3. When the seeds crackle, add the coconut, green chillies and curry leaves and sauté for a few seconds.
4. Pour the tempering over the semolina batter and mix well.
5. Add the fruit salt and sprinkle a little water over it, when the bubbles form mix it gently.
6. Pour spoonfuls of the batter into greased idli moulds and steam for 8 to 10 minutes.
7. Serve hot with a chutney of your choice.

SOOJI HALWA



Prep Time 30 mins **Cooking Time** 30 mins

Ingredients 1 Cup Semolina (rava) | 1 1/4 Cups Sugar | 1 1/2 Cups Ghee | 2 Cups Water | 2 Pods Of Cardamoms (elaichi), Powdered | Mixed Nuts (optional)

Method

1. Fry the sooji in ghee till quite brown (for approx. 5-15 mts).
2. Add water and sugar and keep stirring till the mixture leaves the sides of the pan.
3. Finally add ilaichi and dry fruits and mix.
4. Serve hot.

RAVA UPMA



Prep Time 5 mins **Cooking Time** 30 mins **Makes** 2 to 3 servings

Ingredients 1 Cup Semolina (rava) | 1/2 Cup Finely Chopped Onions | 1/4 Cup Chopped Tomatoes | 2 Green Chillies
1/4 Cup Chopped Mixed Vegetables | 1/4 Cup Boiled Green Peas | Salt To Taste | 1 To 2 Cups Water
1 to 2 Tbsp Oil | 1/2 Tbsp Fenugreek (methi) Seeds | Coriander (dhania) Leaves for Garnishing

Method

1. Fry the rava in kadhai without oil only for a minute. Keep aside.
2. Put oil in kadaai. Temper mustard seeds.
3. Add onions and fry till golden brown.
4. Now add chopped green chillies and tomatoes and fry well.
5. Now add the vegetables and peas.
6. Now add 1 or 2 cups of water to it. Add salt and mix well.
7. Now add rava to it slowly and stir well with other hand so as to prevent forming lumps.
8. Close with a lid and let it boil for a minute. Stir well.
9. Garnish with coriander leaves.
10. Serve hot.