

Quick & Easy Recipes

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Rice
Recipes

Tomato Rice

1. Add some Jeera in oil
2. Add chopped tomatoes and salt and let it cook a little
3. Add raw rice and let it cook or add cooked rice and mix well and let it cook for 1-2 min.
4. Add fresh cut coriander and ghee
5. Serve it a little warm



Curd Rice

1. Add some curd and milk in cooked rice and mix well
2. Add some rai, jeera, curry leaves in oil
3. Add rice in pan and mix well. Add a little sugar and salt to taste. Cook it only for a minute.
4. Add fresh cut coriander
5. Serve it a little warm



Veg Rice

1. Add jeera, dal chini, tej patta and cloves in oil
2. Add finely chopped vegetables, salt to taste & let it cook a little.
3. Add sauté cashew and add cooked rice and mix it well.
4. Add fresh cut coriander and mint leaves
5. Serve it a little warm



Paneer Rice

1. Add jeera in oil
2. Add finely chopped vegetables of your choice, salt to taste & let it cook a little.
3. Add paneer cubes and sauté.
4. Add cooked rice and mix it well.
5. Add fresh cut coriander
6. Serve it a little warm



Carrot-Corn Rice

1. Saute finely chopped carrots and sweet corn pearls in oil
2. Add oregano/seasoning, salt and black pepper
3. Add cooked rice and mix well.
4. Serve it warm



Soya Rice

1. Soak Soya chunks in warm water. Drain after 10 min
2. Add jira, curry leaves, tej patta, green chili and onion in oil and sauté
3. Add soya chunk and salt. Let it cook a little.
4. Add cooked rice and mix it well.
5. Add fresh mint leaves
6. Serve it a little warm



Lemon Rice

1. Sauté peanuts
2. Add rai, jira, curry leaves, green chilli in oil and sauté
3. Add peanuts and salt and mix well.
4. Add the seasoning to cooked rice. Squeeze a little lemon and mix well.
5. Serve it a little warm



Italian Rice

1. Sauté chopped vegetables - onion, beans, carrots, baby corn, red & yellow bell pepper
2. Add basil leaves, oregano/seasoning, salt and black pepper
3. Add cooked rice and mix well.
4. Serve it warm



Dal Khichadi

1. Add toor dal, moong dal, red masoor dal & rice in 2:1:1:2 ratio
2. Add water, haldi, salt & hing in it
3. Pressure cooker it for 2-3 whistles
4. Add fresh cut coriander and ghee
5. Serve it a little warm



Vegetable Khichadi

1. Add veggies like potato, lauki, turai, tomato, carrot, green peas and toor dal & rice
2. Add water, haldi, salt & hing in it
3. Pressure cooker it for 2-3 whistles
4. Add fresh cut coriander and ghee
5. Serve it a little warm



Egg Rice

1. Whisk an egg
2. Add butter or oil in pan
3. Add whisked egg and cook it
4. Add cooked rice, salt & black pepper and mix it well.
5. Serve it a little warm

Add veggies of your choice, if required.



Chillas

&

Uttapams

Ragi Chilla



1. Add Ragi aata, Rice Flour & Curd in 2:1:1 ratio
2. Keep it aside for 5 min
3. Add water to have a pouring consistency
4. Make Chilla or food art and cook on both sides
5. Tastes best if cooked in ghee.

Methi/Palak Chilla



- 1. Clean and wash the veggies thoroughly**
- 2. Take few leaves and grind it into fine paste.**
- 3. Add rice flour and wheat flour to it in 1:1 ratio.**
- 4. Add water to make pouring consistency**
- 5. Make Chilla or food art and cook on both sides.**

Note: Methi & Palak taste bitter after grinding thus use in small quantity.

Potato Chilla



1. Mash a boiled potato
2. Add rice flour to mashed potato and a little curd
3. Mix well & keep it aside for 5 min.
4. Add haldi, jeera & fresh cut coriander to it.
5. Add water to make pouring consistency
6. Make Chilla or food art and cook on both sides.

Peanut Chilla



1. Dry roast handful of peanuts & grind them.
2. Add rice flour, wheat flour & curd to peanut powder in 2:1:1 ratio
3. Mix well & keep it aside for 5 min.
4. Add water to make pouring consistency
5. Make Chilla or food art and cook on both sides.
Tastes best in ghee.

Cucumber Carrot Chilla



1. Finely grate carrot & cucumber.
2. Add rice flour, wheat flour, gram flour, rawa & curd to it in 2:2:1:1:1 ratio
3. Mix well & keep it aside for 10 min.
5. Add fresh cut coriander and water to make pouring consistency
6. Make Chilla and cook on both sides.

Dal Chilla



- 1. Soak yellow moong dal overnight**
- 2. Wash thoroughly and grind it with some hing and ginger**
- 3. Add fresh cut coriander to it**
- 4. Add water to have a pouring consistency**
- 5. Make Chilla and cook on both sides**

Tip: Make the chilla out of the dahi vada batter in ghee. They are crispy and yummy.

Poha Uttapam



1. Thoroughly wash and grind flattened rice (Poha)
2. Add poha, rice flour, rawa & curd in 2:1:2:1 ratio
3. Mix well & keep it aside for 5 min.
4. Add chopped onions, fresh cut coriander to it
5. Add water to make pouring consistency
6. Make Chilla and cook on both sides.

Tomato Uttapam



- 1. Add Suji & curd in 3:1 ratio**
- 2. Mix well & keep it aside for 10 min.**
- 3. Add finely chopped tomatoes & fresh cut coriander to it**
- 5. Add water to make pouring consistency**
- 6. Make uttapam and cook on both sides. Tastes best in ghee.**

Rawa Dosa



1. Add Suji, rice flour & curd in 2:2:1 ratio
2. Add fresh cut coriander, jira and salt
3. Add water and mix well. have a watery consistency
4. Pour on hot greased pan and spread to make dosa
5. Cook on both sides and serve with coconut chutney.

Tastes best in ghee.

Paneer Dosa



- 1. Soak yellow moong dal overnight**
- 2. Wash thoroughly and grind it with some hing and ginger. Add water for pouring consistency**
- 3. Add onion, coriander, salt & chilli to grated paneer to make filling**
- 4. Spread batter on pan and let it cook a little.**
- 5. Add filling, fold and cook on both sides**

***No Sugar
Desserts***

Makhana Kheer

- 1. Roast a handful of Makhanas in ghee**
- 2. Grind it into fine powder**
- 3. Add milk, cashew & almond powder, coconut powder, makhana powder in a pan**
- 4. Cook for a min, add a pinch of cardamom powder.**



It gets thick once cooled, add milk before serving, if required. Cashew & coconut brings sweetness to it.

Rice Kheer

1. Wash and grind regular white rice.
2. Cook the rice in milk or mash the cooked rice and add in milk
3. Add Kesar, cashew & almond powder, coconut powder in the pan and cook a little
4. Add a pinch of cardamom powder



Cookies

1. Add half cup powdered jaggery to half cup of ghee (at room temp)
2. Seive 1 cup of wheat flour and 1/8 tsp baking powder(optional)
3. Add all ingredients together and make a dough
4. Flatten the dough and make desired shapes
5. Bake at 180 on convention mode in pre heated oven for 15-20 min.



Chikki

1. Dry roast 2 cups of peanuts, remove its cover and coarsely grind them
2. Roast 1 cup of mixed dry fruits and grind it into fine powder
3. Add 2 cups of powderes jaggery to a pan and stir it till it bubbles
4. Add peanuts and dry fruits and mix well.
5. Grease the surface and spread it and cut it when it is warm



Sesame Laddo

1. Dry roast 1 cup white sesame seeds
2. Road half cup of almonds + cashew in ghee
3. Grind til into fine powder
4. Grind dry fruits separately into fine powder
5. Mix both and grind jaggery with this mixture
6. Add a spoonful of ghee and mix well
7. Make laddos and store in air-tight container



Ragi Laddo

1. Roast 1 cup ragi flour in half cup ghee
2. Melt 1 cup jaggery powder in half cup water separately
3. Roast 1/4 cup of rice flour in 2 tablespoon ghee on low flame
4. Add roasted ragi flour, roasted rice flour, dry fruit powder and jaggery syrup together and mix well.
5. Add a little ghee(melted) if the mixture is dry.
6. Roll the laddoos lightly in desiccated coconut powder and let it cool a little before serving it.



It can be stored in refrigerator upto 2 weeks