
Breakfast Ready

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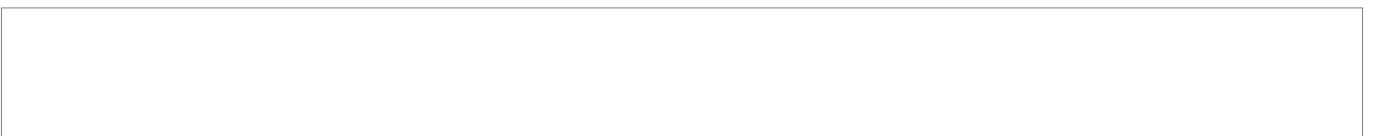
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There is an adage “Eat breakfast like a king, lunch like a prince and dinner like a beggar.” It is very Breakfast Ready much true.

Breakfast is the early meal of the day. The literal meaning of the word is breaking Breakfast Ready the fast of previous day. It gives energy to start a new day. For kids, it helps in improving concentration and performance. It helps in giving strength and endurance to engage them in physical activity.

For people in weight reduction program, it can reduce hunger throughout the day. It lowers the cholesterol levels. Breakfast skippers tend to eat more throughout the day and mainly at lunch, which results in weight gain. Breakfast menu varies from place Breakfast Ready to place. It is Breakfast Ready ideal to follow ones breakfast menu according to their geographical locations.

In India it is of two types, North Indian and South Indian. Breakfast should contain Breakfast Ready carbohydrates like poha, upma, bread, idli or dosa. Proteins like sprouts, milk or curd. Fats like inherent and invisible fats. Vitamins and minerals in fruits and vegetables.

So, in this book I am compiling of twenty varieties of South Indian breakfast recipes along with their side dishes recipes.

About the Author:

Hey !!! Before going through the book one would like to know about the author of it. Here it is all about me, the author.

I am Sailaja Angara, a house wife. A very simple and humble person. Interested in cooking and always would like to try new recipes. A complete vegetarian by default and also by design. I like people appreciating my culinary skills. Who Breakfast Ready doesn't like a praise or a pat on the back? Especially, when our work is praised by our most beloved people, we feel at cloud nine. Yep. This is true to all. And, Breakfast Ready I am no exception. As ordinary as any of the

folks around, I too like a sweet praise.

Most of these recipes are old and traditional. They are the staple breakfast dishes in different parts of South India. I am sure you will also enjoy testing your culinary skills with these breakfast recipes. Of course all of them are not quick and instant ones, but a little bit of concentration and prior planning gives ultimate satisfaction to our taste buds.

Bored of having routine breakfast, Breakfast Ready learned new recipes, tried, tested and tasted. Would like to stock them for future reference to me and also to future generations. So, the result of it is this "Breakfast Ready". Wish every one like it and encourage me to make more of them like in future.

Any suggestions and comments are always welcomed, any doubts regarding any recipe, feel free to contact me through my mail id: sailajaangara@gmail.com

Dosa Corner:

1. Plain Dosa
2. Rawa Dosa
3. Maize Flour Dosa
4. Steam Dosa
5. Aval Dosa/Atukula Atlu
6. Sorghum Dosa /Jowar Dosa
7. Suji Besan Dosa
8. Pitchatlu -- All Flour Dosa
9. Adai -- Dosa with all Dals
10. Daliya Dosa -- Godhuma Rawa Dosa

Upma:

1. Upma
2. Atukula Upma -- Poha
3. Cornmeal Upma
4. Semiya Upma
5. Broken Wheat Upma
6. Breakfast Ready Bread Upma
7. Tomato Breakfast Ready Upma
8. Mandakki
9. Pongal
10. Uppu Pindi

Side Dishes:

1. Aloo Curry
2. Peanut Chutney
3. Groundnut Chutney
4. Coconut Chutney
5. Bombay Chutney

Plain Dosa

Plain dosa or dosa is a very simple and tasty South Indian breakfast recipe. Breakfast Ready It is available in every corner of South India. There different varieties of dosas, like plain dosa, onion dosa, masala dosa, paper dosa, steam dosa and the list goes on. Breakfast Ready The basic ingredients in dosa making are rice and black gram. The dosa batter is prepared a day before making of Breakfast Ready it. So we need to plan

ahead to make this kind of dosa. We can make Breakfast Ready instant dosas also that is totally different.

Dosa making depends on batter and its fermentation. To get more Breakfast Ready crisp and colored dosa add poha or flattened rice. Adding fenugreek seeds also give little crispiness to dosa. Softness of dosa depends on fermentation, to get soft and lot of holes on dosa we Breakfast Ready need to ferment it for at least five to eight hours. Holes on dosa give a kind of nice look to them. We can store the batter in the refrigerator for two days.

Preparation Time: 30 mins + fermentation time

Cooking Time: 3 mins per each dosa

Recipe Category: Breakfast

Recipe Cuisine: Andhra

Serves: 5 people

Ingredients:

- Black Gram / Breakfast Ready Urad Dal - 1 cup
- Rice - 2 cups
- Fenugreek Seeds - 1/2 tbsp
- Salt - to taste

Procedure:

1. Wash and soak black gram, rice and fenugreek seeds for 4 hours.
2. We can soak them separately or combining.
3. Grind them altogether to make a smooth batter.
4. I have table top wet grinder to grind it, but even if it is Breakfast Ready not also we can grind them in mixer grinder.
5. While grinding add little water, approximately 1/2 cup to 1 cup.
6. Mix it while grinding. Use Breakfast Ready a plastic spatula to mix it.
7. Grind it till we get bubbles in the batter. We can check it with the plastic spatula.

Breakfast Ready

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