



BREAKFAST

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BANANA DOSA

Ingredients

250g all-purpose flour (maida)
4 bananas, mashed
1 egg
75g sugar
2g cardamom powder
1/4 tsp baking powder
1 1/2 glass milk
50g oil

Method

Beat the egg well and to this, add sugar, milk and mashed bananas. These ingredients can also be mixed in a blender.

To the all-purpose flour, add the above banana mixture and mix well to form dosa batter.

Now add cardamom powder and baking powder to the batter and mix well.

Heat a flat pan and make thin dosas. Fry on both sides until golden brown in color with little oil.

Serve hot with any juice.

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COCONUT PURI

Ingredients

For Dough:

2 cups maida (all-purpose) flour

1 cup wheat flour

2 tbsp oil

1/2 tsp salt

for filling:

1 cup finely grated coconut

1/2 cup gram flour

2 tbsp oil

8-10 sprigs curry leaves
cut into fine pieces

8 green chillies, chopped

1 cm ginger, finely chopped

1/2 tsp chili powder

1/4 tsp mustard seeds

1/4 tsp salt

a pinch of asafoetida

Method

Mix maida, wheat flour, salt, oil with enough water to make a firm dough.

Heat oil in a pan, season with mustard seeds and asafoetida. When mustard splutters, add green chillies, ginger, curry leaves and fry for few minutes.

Then add coconut, gram flour and fry till roasted. Allow it to cool.

Also add salt, chili powder, little water and mix well. Make into small balls.

Make larger balls of the dough, fill them with the coconut gram flour balls, flatten them and gently roll them out into small puris. (Be careful that the filling does not come out).

Deep fry in hot oil till puffed, golden and serve hot with any chutney.

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DAHI VADA

Ingredients

urad dal - 1 cup

moong dal - 2 tablespoon

curd/yogurt - 3 cups

jeera - 2 tablespoon

dry red chillies- 2 - 3

coriander leaves- a small bunch

sugar - 1/4 teaspoon

salt to taste

oil for frying.

Method

Soak both the dals overnight or 6-8 hours, grind it to smooth paste.

Now take the curd and beat it nicely with a spoon along with salt and 1/4 teaspoon of sugar.

Fry jeera and the red chillies without oil and grind it to powder, add this to the beaten curd with very little water.

Now fry the vadas in oil, and as soon as you take it out put the vadas in warm water for 5-10 second, after that take the vadas out and squeeze any excess water with hand and put it in the curd.

Finally, you can garnish your dahi vada with coriander leaves. If you like you can add mustard, jeera, curry leaves and asafoetida seasoning to this.

P.s. : To make this dahi vada more appealing you can garnish little tomato ketchup and date and tamarind chutney.

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KANCHEEPURAM IDLI

Ingredients

pepper : 2 tbsp powdered
jeera : 1 tbsp
asafoetida : 1/2 tsp
ginger : 1" grated
urad dhal : 2 tsp
bengal gram : 2 tsp
g.chillies : 8 (finely chopped)
oil : 100 grams

Method

Pour water into the idli vessel and let the water boil.

Place the plate without the idli cloth.

Take small steel cups and pour 1 tsp ghee or oil into it and pour the prepared idli batter into the cup. Place the cups on the plate in the idli vessel. Steam the idli's for twenty minutes.

These idli's are best served with ginger kuzhambu.

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LAYERED ROTI

Ingredients

2 1/2 cups wheat flour
salt
thin buttermilk or water.

Method

Knead soft dough with above ingredients.

Make 4 mm thickness round about 6" diameter. Apply 1/2 tsp ghee and spread all over with fingers.

Fold into half. Press greasy fingers onto it. Fold again to quarter. Press with fingers.

Roll in dry flour. Now roll out again to a triangle about the size of a roti.

Heat griddle (tawa) and place roti on it. Turn to roast other said.

Now put a little ghee on both sides and shallow fry till crisp. Serve hot with any desired accompaniment.

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MANCHURIAN DOSA

Ingredients

2/1150 gms urad dal (black gram)
500 gms rice
10 gms methi (fenugreek) seeds
50 gms chana dal (bengal gram)
250 gms carrots
150 gms beans
100 gms green peas
5-6 green chilies, chopped
150 gms spring
(green) onions
chopped
50 gms oil

3-4 garlic cloves
finely chopped
a small piece of ginger
finely chopped
2 tsp soya sauce
1 tsp chili sauce
1/4tsp ajinomoto
2 tsp corn flour
few coriander leaves
chopped
salt to taste

Method

Soak urad dal, rice, methi seeds, chana dal in water for 1-2 hours. Drain the water and grind to a smooth paste. Keep aside for 6-8 hours until it gets fermented.

Cut the carrots, and beans into small pieces and boil until they are tender along with green peas. Drain the water and keep aside.

Heat oil in a pan and fry the chopped green chilies, ginger and garlic pieces. Also add boiled carrots, beans, green peas, soya sauce, ajinomoto, chili sauce, little water and cook for a while.

Mix little water to the corn flour and mix well. Add this to the above carrots mixture and mix well. Sprinkle green onions and coriander leaves and remove from heat. The manchurian curry is ready.

Heat non-stick dosa pan and rub the pan with wet cloth. Now make dosas from the above dosa batter. Add the curry on the top and spread throughout the dosa. Sprinkle little oil, roll the dosa and remove. Repeat for the remaining dosas.

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MASALA IDLI

Ingredients

- 2 idlis, cubed
- 1 cup mixed vegetables of your choice
- 2 onions, chopped
- 1 small piece ginger, finely chopped
- 2 green chilies, chopped
- 1/2 tsp. red chili powder
- 1/2 tsp. coriander powder
- 1/4 tsp. turmeric powder
- 2 cinnamon sticks
- 2 cloves
- 2 cardamoms
- 1 tbsp of fresh coriander mint leaves
(for garnishing)

Method

Heat oil in a pan and add the cinnamon, cloves and cardamom. Then add the chopped onions and stir for few minutes till they turn golden brown.

Now add the vegetables and saute for few minutes. Then add the ginger, salt, chili powder, turmeric and coriander powder.

To this add the idlis and stir till contents are thoroughly heated. Transfer into serving dish and garnish with mint and coriander leaves.

Tip: Garlic can also be added. Add few tomatoes if desired. The idlis can be made to very small pieces using your hands instead of cutting into cubes for this dish. Try out the masala idli instead of the usual fried rice or biryani for a change.

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MEDHU VADA

Ingredients

4 cups urad dal
1 cup ordinary rice
1 tsp. ginger grated
1 tbsp. coconut grated coarsely
8-10 whole pepper corns
1 tsp. cumin seeds
salt to taste
oil to deep fry

Method

Wash and soak dal and rice together in plenty of water overnight. Drain, grind to a soft batter, a fine grain should be felt in it.

Do not make the batter thin. It should be thick enough to shape vadas.

Add all ingredients and beat well with hand to incorporate air.

Heat oil, wet palm and take an idli sized lump on fingers palm side up.

Make a hole in the middle with thumb.

Slip gently into hot oil, repeat for more.

Or use a medhu vada press.

Fry 5-6 at a time on medium flame.

Drain, serve hot with chutney and sambar, or accompany with idli.

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PESARA VADA

Ingredients

250g green gram
25g ginger
5 green chilies
1 tsp cumin seeds
2 onions, chopped
2 sprigs curry leaves
oil for frying
salt to taste

Method

Wash the green gram and soak in water overnight. Drain all the water and blend them for 25-30 seconds. These should not be blended to fine paste.

To this batter, add chopped green chilies, onions, ginger pieces, cumin seeds, curry leaves, salt and mix well

Heat oil in a pan, place the batter on your palm, form an oval shape, insert your finger to form a hole in the middle of the batter and drop into the oil.

Fry them on both sides until golden brown in color and crispy.

Serve hot with any chutney.

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PHULKA

Ingredients

2-1/2 cups wheat flour
salt
thin buttermilk or water.

Method

Knead soft dough with above ingredients. Break off to a table tennis - ball sized (even smaller) bit of dough.

Roll with help of dry flour to a thin round. Roll as thin as possible (about 2 mm thick).

Heat griddle (tawa) and place phulka it.

When dry on one side, turn. When brown spots appear on second side, turn again. Use a kitchen towel and lightly press and phulka, rotating at same time. It will puff. Make as crisp as desired.

Apply ghee on crisp side and serve hot. Practice is required to make the phulka puff fully, so don't lose heart. Serve hot with vegetable curries.

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PLAIN DOSA

Ingredients

250g black gram

500g rice

salt to taste

100g oil

Method

Soak the rice and black gram in water for 4 hours and grind to a smooth paste for 2-3 minutes. Keep aside for overnight.

Add salt and water to the batter and spread on a flat pan with a spoon.

Add 2 tbsp of oil and fry until golden color.

Remove from heat and serve hot with any chutney.

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PUDINA PURIS

Ingredients

2 cups plain flour (maida)
1/2 cup mint leaves (pudina)
1 teaspoon cumin seeds (jeera)
2 green chillies, chopped
1 tablespoon lemon juice
1 teaspoon sugar
salt to taste
oil for deep frying

Method

Pound the mint leaves, cumin seeds, green chillies, lemon juice, sugar and salt together.

Combine this mixture with the flour, add enough water and knead into a firm dough. Divide into small portions

Roll out on a lightly greased surface into thin circles

Deep fry in hot oil till golden brown and drain on tissue paper

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PUFFY PURIS

Ingredients

2 cups wheat flour
1 tbsp ghee
salt to taste
1 tbsp curds
1 tbsp milk
water to knead dough
ghee or oil to deep fry

Method

Make soft pliable dough using all ingredients. Make some rounds rolling to about 3" - 4" diameter.

Make 8-10 at a time, then fry in hot ghee or oil, till light brown.

Turn once and fry other side.

Drain with strainer and serve hot with either spicy vegetables curries, or curds.

Or with sweetened mango pulp.

Variations:

Use few seeds of oregano in the dough

Use paste of spinach instead of water to get green puris. (Boil one bunch washed spinach, drain. Add one green chilli and blend in a mixie)

Add red chilli powder chopped coriander and turmeric to dough for masala puris

Boil jaggery water (strained) to dough for sweet puris.

Grind a handful of boiled peas + 1 chilli & add to dough.

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RAVA DHALIA

Ingredients

250g wheat sooji
100g carrots, cut into 1" pieces
50g potatoes, cut into small cubes
10g mustard seeds
5 sprigs curry leaves
30g refined oil
1 onion, chopped
4 green chilies, sliced
salt to taste

Method

Heat oil in a pan, fry mustard seeds and curry leaves until the mustard seeds splutter.

Then add chopped onions, green chilies, carrots and potato pieces to the pan and fry them for few minutes.

Now, add 3 glasses of water to the vegetables along with salt, cover the pan and boil until the vegetables gets tender.

Add wheat sooji to the above boiled mixture and mix well, so that no lumps should be formed.

Cook for 5-6 minutes and remove from heat.

Serve hot with any chutney.

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RAWA DOSA

Ingredients

sooji / rawa - 1 cup
green chillies - 5
(increase or decrease the quantity depending on your spice level)
jeera - half a tsp (optional)
onions - 2 medium
cilantro - a small bunch
curry leaves - a few
coconut grating - about two tbsp.
salt to taste.
water.

Method

Fry rawa like you would for upma. (I fry rawa in big quantities and store for ready use. In fact, this prevents the rawa from getting spoilt/worms too.) allow it to cool a bit.

Finely chop onions, green chillies & cilantro (coriander leaves) and add it to the rawa.

Add salt, jeera, curry leaves and required amount of water for dosa consistency & mix really well. After a few minutes you will notice that the batter absorbs water and becomes thicker. Add little more water and mix well till you get the right consistency. When the consistency is okay, start making dosas.

Grease the griddle / tawa well. Add oil droplets to the dosa to cook it well on both sides. When the dosa starts browning faintly in patches, you know it's done. Smear a little ghee on the dosa(sometimes it's okay to forget the calorie-count!).

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RICE ROTI

Ingredients

2 cups rice flour
1 cup overcooked soft rice
salt to taste
water

Method

Blend the cooked rice to a smooth paste in a blender. Use water as required. Add salt to the flour.

Add blended rice paste, knead into a soft dough. Take a ping pong ball sized dough. Roll in some dry flour, pat into a thin chappati.

Do the above with your palm or with a rolling pin. Place on a warmed griddle, apply water with hand on upper side.

Invert and roast on wetted side till cooked. Invert again and puff up like chappati or on direct flame.

Serve hot with saag, or other gravy vegetable.

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SPICY PURIS

Ingredients

1 raw mango chopped	1 tbsp oil
1/2 cup green coriander paste	1 tsp garam masala
1 tbsp mint paste	1 tbsp onion paste
10-12 green chillies	1 tbsp ginger-garlic paste
1 tsp cumin seeds	1 tbsp dry anardana powder
1/2 tsp salt	oil for frying
2 1/2-3 cups wheat flour	1 tbsp chat masala

Method

In a mixie bowl, put chopped raw mango, chat masala, coriander paste, chopped chillies, mint paste, cumin seeds, salt, garam masala and anardana. Switch on the mixie and make a thick paste.

Sieve the flour. Add curd, ginger-garlic and onion paste and oil. Mix them, add mango mixture and knead well to make a dough.

Cover for 1/2 hour with a damp cloth. Divide the dough into equal parts. Make balls.

Flatten and fry poories in hot oil. Serve these chatpati poories with curd or tea.

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SPICY ROTI

Ingredients

1 1/2 cups wheat flour	2-3 pinches asafoetida
1/2 cups gram flour	1/2 tsp each cummin
1 1/2 tsp chilli powder	oregano seeds
1 tbsp oil	finely chopped coriander
salt to taste	1 tbsp water
1/2 turmeric powder	

Method

Knead a slightly stiff dough, adding all above ingredients, cover with wet cloth.

Break off bits and make small potato sized balls. Roll to 3-4 mm thickness.

Roast on griddle (tawa) as for phulka.

Or after brown spots appear place direct on gas flame and puff, with help of tongs.

Phulka also may be done similarly if puffing with cloth, feels difficult.

Apply ghee or butter and serve hot with sweetened mango preserve (chunda) or curds or jam.

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MASALA DOSA

Ingredients

1 cup plain rice.

1 cup parboiled rice.

1/4 cup white urad dal.

1/2 tsp. methi (fenugreek) seeds

1/2 tsp soda bi carbonate

1/2 cup curds the batter.

10-12 tsps. ghee

or oil as preferred

water for grinding

Method

For masala:

2 large onions in vertical slices 2 large potatoes boiled and peeled 4-5 green chillies 1 tbsp. Chopped coriander 8-10 cashews halved 1/2 tsp. Each urad dal, cumin & mustard seeds 2 tbsp. Oil 1/4 tsp. Turmeric salt to taste

Wash the rice and dal together. Add plenty of water and methi seeds. Allow to soak for 7-8 hours or overnight. Re wash the rice by draining the water 2-3 times. Grind to a paste. Rawa-like grains should be felt in

Add soda bicarb and salt and mix well. Keep aside in a warm place for 8-10 hours. Beat the curds well. Add to the batter, add more water if required. The consistency of the batter should be enough to thickly coat on a spoon when dipped.

Heat the iron griddle or non-stick tawa well. Pour a spoonful of batter in the centre, spread .with the back of the spoon to a thin round. Pour a tsp. Of ghee or oil over it. Spread chutney spread over dosa.

Place a tbsp. Masala in the centre. Fold into triangle to cover masala. Remove with spatula when crisp. Serve hot with chutney and/or sambar. Chop potatoes coarsely. Chop green chillies. Heat oil, add cashews and brown lightly.

Add dal, seeds and splutter. Add chillies and onions. Fry till tender. Add turmeric, salt, otatoes, coriander. Mix well.

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ALOO PARATHA

Ingredients

chapati atta - 200 gms
jeera - 1 tsp
chilli powder - 2 tsp
turmeric powder - 1/2 tsp
yoghurt (dahi) - 3 - 4 tbsp
cooking oil - 2 tbsp
potato - 2 - 3 medium sized
salt to taste

Method

Boil 2 - 3 medium sized potato, remove skin and mash it.

In one bowl take 200 gms chapati atta. Add jeera, chilli powder, turmeric powder and salt. Mix it well.

Add mashed potato, mix it with 3 - 4 tbsp yoghurt, 2 tbsp cooking oil. Add little water to make a soft dough. Keep a side for about 15 to 20 minutes.

Make frying pan (tava) hot on medium heat.

Take small ball from dough and roll it for a while. Then just apply a little oil by four fingers and fold it into half. Again apply little oil and fold it. It will get triangular shape.

Roll it in triangular way.

Place it on hot tava. When it gets little brown, apply oil or ghee. Turn it and again apply oil or ghee on other side. Keep turning simultaneously until it gets golden brown.

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BOMBAY TOAST

Ingredients

bread : 5 slices

milk : 1 cup

egg : 1

sugar : 2 tbsp

butter : 1 tbsp

Method

Beat together egg, milk and sugar to a batter.

Heat a pan and spread a little butter.

Dip a slice of bread in the batter and fry till golden brown turning it once on either side.
Careful not to break the bread.

Can be used as breakfast or evening snack.

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BREAD UPMA

Ingredients

5 dry bread slices
(each cut into nine squares)
1 big onion (finely chopped)
1/2 tsp dhania-jeera powder
a pinch of red chilli powder
1/2 tsp mustard seeds
1 tsp urad dal
3 tsps of oil
salt to taste
a pinch of turmeric powder

Method

In a hard bottomed pan, add oil. Add mustard seeds and after it starts spluttering, add urad dal.

Add the onions and fry till it changes colour. Add the bread pieces and sprinkle a little water to soften the bread.

Add salt, turmeric powder, dhania-jeera powder and chilli powder. Mix well in a low flame.

Notes:

This requires very little salt as the bread already contains salt.

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CABBAGE PARATHA

Ingredients

1/4 cabbage
salt
3-4 cups wheat flour
any garam masala 1 tsp.
ghee
green chillies
coriander

Method

Shred the cabbage (with sharp knife,) finely.

Put it in a large bowl, sprinkle some salt over it and keep aside.

Chop chillies and coriander very fine and add to cabbage.

Put garam masala, wheat flour, add little water and knead well. (Try to use less water, as cabbage will leave some juice.) you can add more flour if necessary.

Heat tava, roll out paratha of kneaded flour, use ghee for roasting. Roast well.

Eat with pickle, dahi or lasanachi (garlic) chutney.

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CHATPATI CHAPATHIS

Ingredients

4 chapathis
2 boiled potatoes, peeled & grated
1/2 cup grated paneer
1 carrot, peeled & grated
1 cheese cube, grated
2 tsp. chat masala
1 tbsp. lemon juice
1 tomato, cut into strips
1 capsicum, cut into strips
salt to taste

Method

In a mixing bowl, add potatoes, paneer, carrot, cheese, 1 tsp. Chat masala, lemon juice, salt and mix well.

Divide the mixture into four equal parts and roll each part into a long roll of the size of chapatties. Keep aside.

Warm the chapatties and place on a serving plate. Put one roll of potato & paneer mixture in the center of a chapati.

Also add some capsicum and tomato strips, sprinkle chat masala on the top and roll up the chapati.

Repeat the same procedure with the other chapatties and serve hot.

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CHAWAL KI ROTI

Ingredients

1 1/2 cups rice flour (chawal ka atta)
4 tbsp cooked rice
2 tsps garlic, grated
2 tsps green chilies, chopped
2 tsps ginger, grated
3 tbsp curd (yogurt)
2 tbsp oil
salt to taste
oil for cooking

Method

Combine all the ingredients and knead into a firm dough using enough water. Divide the dough into 6 equal portions.

Roll out each portion into a circle of 150 mm. (6") diameter and 6 mm. (1/4") Thickness.

Heat a tava (griddle) and cook each roti on both sides with a little bit of oil until brown.

Press down with a spoon on the thicker edges to ensure the roti also gets cooked through on the inside.

Repeat with the remaining dough to make 5 more rotis. Serve hot with any gravy or curry.

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CHILI PRAWN NOODLES

Ingredients

2 pkt noodles, prawns flavor
100 gms prawns, cleaned
1 onion, finely chopped
1" piece ginger, chopped
2-3 green chilies, chopped
1 tomato, chopped
2 tbsp oil
salt to taste

Method

Heat oil and fry onion, ginger and prawns for 1-2 minutes.

Add chopped tomato, green chilies, salt, and cook till the prawns are tender.

Add 3 cups of water to the prawns and bring to a boil.

Add noodles and cook for another 2 minutes.

Serve hot with tomato soup.

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CHOLE HATRED

Ingredients

For chole:

200g kabuli chana
1/2 tsp garam masala
10g
1 tsp aam chur
50g ginger
1 tsp coriander seeds
1 bunch cilantro, chopped
2 onions, chopped
oil for frying
salt to taste

For bhature:

500g maida (all-purpose) flour
125g oil
200g yogurt
25g baking powder

Method

Soak the chana overnight and boil until tender.

Make a paste of ginger, garlic, and coriander seeds and keep aside.

Heat oil in a pan, fry onions, garam masala until brown, add ground paste and fry for few minutes.

Then add soaked chana, salt, chili powder, some water and cook until the gravy thickens. Later add aam chur powder, chopped cilantro and fry for 2 minutes. Remove and keep aside.

Sieve the maida flour, add ghee, yogurt, baking powder and knead to a smooth dough. Cover with a muslin cloth and keep aside for overnight.

Make small balls from the dough, roll into thick puris and fry in oil on both sides until golden brown.

Serve with the above prepared curry.

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CORN PARATHAS

Ingredients

For the filling:

1 1/4 cups corn, boiled and mashed
2 tbsp fresh coconut, grated
1 tbsp raisins
1 tbsp cashews, cut into small pieces
salt to taste
3-4 green chilies, cut into small pieces
1/3 tsp cumin seeds
1 tsp coriander powder
1 tsp garam masala
1/2 tsp asafoetida powder

150 gms gram flour
50 gms sooji
1 tsp yogurt
1/3 tsp ajwain seeds
4 tbsp oil for making the dough
oil or ghee for frying

Method

Mix gram flour, sooji, salt and sieve. Add ajwain seeds, yogurt, oil to the flour and make a dough with enough water. Cover the dough with a cloth and keep aside for a few minutes.

For the filling, heat oil in a pan, add cumin seeds, asafoetida, green chilies and fry for a minute. Then add coriander powder, mashed corn, cashews, raisins, grated coconut, salt, garam masala and mix well. Fry on low heat stirring continuously until it is done.

Make small balls from the gram flour mixture, keep in the middle of a greased polythene paper. Keep another polythene paper on the top and roll over into thin puris.

Stuff the corn mixture in the middle of the puri, cover the edges and again roll it into a paratha. Heat oil in a flat pan and fry the parathas on both sides until they are golden brown in color.

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DAHI-BREAD VADA

Ingredients

1 pkt of bread
500 ml curd (yogurt)
salt to taste
8-10 green chilies, chopped
few coriander leaves, chopped
1 tsp cumin seeds
1 tsp chili powder
oil for frying

Method

Soak bread slices in water for few seconds, remove and squeeze all the water. Make balls from this in the shape of cutlet or vada and fry in hot oil until golden brown.

Dip these fried bread vada in salt water for few seconds again. Remove and lightly squeeze all the water. Place them in a bowl.

Beat curd well without any lumps in it. To this, add chopped coriander leaves, green chilies, salt and mix well.

Pour this curd mixture over the vadas. Also sprinkle cumin powder and chili powder.

Optional: You can add seasoning too by frying mustard seeds and red chilies in oil.

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EGG & BREAD MASALA

Ingredients

- 8 bread slices, made into small pieces
- 3 eggs
- 2 green chillies
- 1 onion, cut into very small pieces
- 1 tomato, cut into very small pieces
- 1/2 tsp chili powder
- 2 tsp oil

Method

Heat oil in pan, fry the onions and green chillies.

Add bread pieces and fry well. Also add to it the beaten egg and scramble it.

Now add the chili powder, salt and tomatoes and fry till all mix well.

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EGG & CHEESE TOAST

Ingredients

2 boiled eggs
2 raw eggs
4 bread slices
50g cheese
2 green chilies, chopped
1 tbsp butter
1/4 lemon
1 tsp chili powder
few curry leaves, chopped
salt and pepper to taste
egg & cheese toast

Method

Cut the eggs into small pieces. To this, add grated cheese, eggs, green chilies, curry leaves, chili powder, lemon juice, salt and mix well.

Heat the butter on a pan, roast the bread slices on both sides with the above mixture on it.

Serve with tomato ketchup.

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EGG PARATHA

Ingredients

1/2 kg maida
salt to taste
1 egg for each paratha
1 tsp pepper powder
1 cup ghee or dalda

Method

Add maida salt ghee with little water kneed well
Roll into a paratha fry both sides with ghee
Add one egg to a paratha on top add little salt
Smash every thing with a spoon add pepper powder
Serve hot with gongura pachadi

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EGG VERMICELLI

Ingredients

2 boiled eggs
500g vermicelli
3 onions, chopped
1 tsp mustard seeds
40g bengal gram
1 sprig curry leaves
4 tbsp ghee or butter

1 tsp coriander seeds
1/2 tsp cumin seeds
2 red chilies
2 small cinnamon sticks
3-4 cardamoms
salt to taste

Method

Mix coriander seeds, cumin seeds, red chilies, cinnamon, cardamoms and grind to a fine powder.

Heat ghee in a pan, roast the vermicelli until golden color and keep aside.

In the remaining ghee, add mustard seeds, bengal gram, curry leaves, salt, ground powder and fry for few minutes.

Add 1 cup of water, vermicelli and cook until the vermicelli is tender.

Cut the eggs into four pieces and add to the vermicelli mixture.

Mix well and serve with tomato chutney

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GOBI PARATHA

Ingredients

1 cup of grated gobi(cauliflower)
3 cups of wheat flour for paratha
4 green chillies
2 spoons butter
1 spoon salt
coriander leaves

Method

Cut the chillies into very small pieces.

Take wheat flour in a vessel, add grated gobi, cut chillies, butter, coriander leaves and salt.

Mix all this with warm water , in such a way that you must be able to make paratha/roti with the dough.

Take small pieces of dough and press it with roti maker into round paratha.

Place the non-stick tawa on the stove . After heating, place the paratha on it and add 1 spoon of oil on either sides of paratha.

Keep it on the tawa until it becomes brown on both sides by repeatedly changing the sides.

Serve this hot with some pickle.

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DHOKLA (KHAMAN)

Ingredients

1 cup gram flour
1 cup water
1 1/2 tsp sugar
1/2 tsp citric acid
1 tsp soda bicarb
2 green chillies
1/2" piece ginger grated
2-3 drops yellow colouring
salt to taste

For Seasoning:

1/2 cup coconut grated
1/4 cup coriander chopped
1/2 tsp mustard seeds
1 tbsp oil.

Method

Warm the water. Take flour in a large bowl. Place sugar and citric acid in a cup. Place soda bicarb in another cup. Pour a little of the water over each. Pour remaining water in gram flour, add chilli and ginger. Mix well with palm till smooth.

Place the pressure cooker on gas with 1 litre water and stand.

Grease a round cooker or cake tin and place in the cooker. Allow to heat. Add sugar solution and colour to better.

Mix well till light and fluffy. Add soda solution and mix well. Pour into prepared tin before the foam goes down. Do not touch spoon now. Cover tin with a perforated lid and close cooker.

Cook without whistle for 13-14 minutes. Remove tin and allow it to cool. Cut in cubes and remove with spatula. Heat oil in a small pan.

Add mustard seed, allow to splutter. Pour over dhokla cubes. Sprinkle coconuts and coriander. Transfer to serving dish. Serve hot or cold with green chutney.

BREAKFAST

RECIPES



KHEEMA PARATHA

Ingredients

500g wheat flour	75g oil
200g mutton kheema	1 egg
1 tsp coriander powder	1 bunch of cilantro
2g garam masala	1/2 tsp ginger-garlic paste
50g onions, chopped	salt to taste
1/2 tsp chili powder	kheema paratha
a pinch of turmeri	

Method

Boil the kheema in salted water until it is tender.

Heat oil in a pan, add onions and fry until brown. Also add ginger-garlic paste, turmeric, chili powder, coriander powder, garam masala, boiled kheema and fry for 5 minutes

Add chopped coriander leaves and remove from heat. Keep aside.

Mix wheat flour with salt, water and knead to smooth dough. Keep aside for 10 minutes.

Then make small balls from the dough, roll into thin triangle shaped chapathis.

In the middle, place kheema curry and spread till end. Place another chapathi over this and close the edges by pasting using beaten egg.

Fry these parathas over flat pan on both sides until golden brown using oil

BREAKFAST

RECIPES



MAL PURIS

Ingredients

1 litre full milk cream
4 tbsp maida (white flour)
3 tbsp sooji
1 kg sugar
1/2 litre water
ghee (butter) for frying
mal puris

Method

Boil milk so that it reduces to half of the original quantity.

Keep the reduced milk to cool and then add sooji and maida together and mix so that it does not form lumps.

Keep the batter for 10-15 mins.

Take a pan and put in ghee for shallow frying.

Put 1 tbsp of batter in ghee and spread it (to give the shape of a pancake) and cook on slow fire.

Meanwhile, make sugar syrup with water.

Take out the pancakes when they are light brown and dip them in sugar syrup.

Garnish with pista/dryfruits and serve hot.(with kheer or rabri)

BREAKFAST

RECIPES



MANIPAL IDLIS

Ingredients

- 1 cup rava (sooji)
- 1 3/4 cups thick fresh yogurt
- 3 tsps ghee
- 1 tsp. mustard seeds
- 1 tsp. split black gram dal
- 1 tsp. split bengal gram
- 1 tsp. finely chopped ginger
- 1/4 cup grated coconut
- 1 1/2 tsp. salt
- 1/4 cup finely chopped coriander leaves
- 1/4 tsp baking powder
- manipal idlis

Method

Heat the oil in a pan and add mustard seeds. When they sputter add the grams. Fry until light brown.

Add chilies, ginger, coconut, salt and rava. Fry for two minutes over medium heat. Cool.

Add yogurt (curd), coriander leaves and baking powder to the rava mixture. Pour into 12 lightly greased moulds of an idli stand. Steam for ten minutes.

Cool slightly before removing from moulds. Serve with saar and mint chutney.

BREAKFAST

RECIPES



METHI PARATHA

Ingredients

2 bunches of fenugreek leaves
(methi)
2-3 cups wheat flour
1 tsp garam masala
1 tsp chili powder
2 tsp oil
salt to taste
ghee (butter) for frying

Method

Mix the wheat flour with finely chopped fenugreek leaves, salt, garam masala, chili powder, oil and knead to a fine dough.

Divide the dough into small balls, roll into paratha size and fry with ghee on both sides on a flat pan until golden brown.

Serve hot with any gravy curry.

BREAKFAST

RECIPES



MINTY CORN & VEGETABLE PARATHA

Ingredients

For stuffing:

1 big potato, boiled & roughly mashed
1/2 cup cabbage, finely chopped
1 cup fresh corn
2 tsps lemon juice
2 tsps oil
1/2 tsp. sugar
1/3 tsp. garam masala powder
3/4 tsps green chili paste
2 tsp. coriander leaves, chopped
1/2 tsp. cumin seeds
1/2 to 3/4 tsp. salt

1 cup all-purpose flour (maida)
1 cup whole meal flour
2 tsps melted ghee
oil for cooking

For mint sauce:

1/2 cup mint leaves
3 springs of curry leaves
3/4 tsp. lemon juice
2 green chilies
salt to taste

Method

Sprinkle 2 pinches of salt over cabbage and leave for 10-12 minutes. Squeeze the water from the cabbage with hands and keep aside. Boil the corn till tender and crush coarsely.

Heat the oil in a pan and add cumin seeds. When they splutter, add cabbage, coarsely mashed & boiled potatoes, crushed corn, lemon juice, sugar, coriander leaves, green chili, garam masala and salt. Mix well and remove from fire, keep aside.

Make paste of the above ingredients meant for the sauce in a mixer by adding water, as required.

Mix the flours, mint sauce, ghee; make soft dough for chapattis with water and keep aside for 1/2 an hour. Make very thin rounds and cook on griddle applying oil on both sides, till little brown spots appear on the surface.

Put about 2 tsp of the stuffing in the center of the parathas. Fold just like dosa and press well. Cook again applying oil, as required.

Serve hot at breakfast with sauce or curd. These parathas can be carried along journeys and picnics.

BREAKFAST

RECIPES



MIXED ROTIA

Ingredients

200g maida (all-purpose) flour
100g spinach
100g onions, finely chopped
200g gram flour
200 ml water
100g ghee or butter
salt to taste

Method

Sieve the gram flour and maida flour together.

To this, add finely chopped spinach, onions, salt, water and knead to smooth dough. Keep aside for 30 minutes.

Make small balls from the dough, roll like a chapathi. In the middle, place 1 tsp ghee, fold and roll again like a chapathi.

Fry on a flat pan on both sides until golden brown with ghee.

Repeat with the other balls and serve hot.

BREAKFAST

RECIPES



MUGHLAI PARATHA

Ingredients

1/4 cup rava (semolina)
1 1/2 cup wheat flour
1 1/2 cup maida (all-purpose flour)
1/2 cup milk
3/4 cup oil
oil for frying
salt to taste

Method

Mix the wheat flour, maida, rava with the oil, water, salt and knead into soft pliable dough. Cover and keep aside for atleast 30 minutes.

Divide the dough equally into balls. Roll out each ball and apply oil on it, then pleat it and make a circular roll.

Press and roll out again into a bigger round. Place the paratha on a hot tava and roast on both sides.

Heat oil in a shallow pan and shallow fry this roasted paratha in it.

Serve hot with curd (yogurt) or any vegetable curry.

BREAKFAST

RECIPES



NAAN

Ingredients

3 cups self-raising flour (maida)
1 tbsp oil
2 tbsp butter
1/2 cup curds fresh
salt to taste
1/2 tsp baking soda (soda - bicarb)
warm milk for kneading.

Method

Sieve together dry ingredients into a large rimmed plate. Add butter curds, oil and crumble with fingers. When does is like course crumbs, add milk a little at a time, till a soft pliable dough is formed.

Cover with wet muslin cloth. Cover with another plate and keep aside for 5 - 6 hours.

Knead dough lightly. Break of piece, the size of a medium potato and roll into a thick triangle, using dry dough if required.

Place on a pre-warmed griddle (tawa). Apply water on the top part with hands invert naan and stick to griddle.

Invert griddle and roast over the gas flame direct (or nothing like toasting over bar-b-que coals). Serve hot with a blob of butter on it.

BREAKFAST

RECIPES



OMELETTE PARATHA

Ingredients

For the filling:

4 eggs
1 tsp water
1/2 cup finely chopped onion
1 tsp finely chopped green chili
3 tsp finely chopped coriander leaves
1 tsp salt
2 tsp oil

For the dough:

2 cups wheat flour
1 tsp salt
1 tsp oil
water to knead
oil for shallow frying

Method

For the filling, beat eggs with water. Add chopped onion, green chili, coriander leaves and salt. Stir well.

Heat oil in a pan and pour the egg mixture into it. Make an omelette. Chop into very bits and cool.

For the parathas, sift wheat flour and salt. Rub oil into flour with your fingers. Gradually add water and make stiff dough. Cover with a damp cloth and set aside for 30 minutes.

Divide dough and stuffing into 4 equal parts. Make balls from the dough and roll into chappaties.

Place a portion of the filling in the centre. Gather the edges of the chappaties from all sides so as to cover the egg mixture. Press to seal.

On a floured board, roll out each ball into a slightly thick paratha. Shallow fry with oil until light brown.

BREAKFAST

RECIPES



PANEER METHI PARATHA

Ingredients

100 g methi (fenugreek) leaves
chopped
1 tbsp ghee or butter
1/2 tsp cumin seeds
salt & chili powder to taste
150 g paneer

6 green chilies, chopped
2 tbsp coriander leaves
chopped finely
1/2 cup dahlia
3 ripe tomatoes, chopped
2 cups rice flour
oil for frying

Method

Heat 1 tbsp of ghee and season with cumin seeds.

Add methi leaves, salt to taste and chili powder. Fry for 2-3 minutes and dry. When cool, grind to a paste.

Blend the paneer in a mixer. To this, add salt, green chilies and coriander leaves and mix well.

Cook the dahlia with salt and enough water till soft. When cool, grind to a fine paste. Also blend the tomatoes to a fine paste.

Heat oil in a pan and fry the tomatoes paste, adding salt to it, till almost dry.

Add oil and little salt to the rice flour and mix well. Add the dahlia paste and mix again.

Add enough water to mix to a smooth dough. Divide the dough into lemon sized balls.

Prepare the filling by combining methi paste, paneer mixture and tomato paste. Divide it into marble sized balls.

Roll each ball of rice flour-dahlia paste into a cup shape and put the methi-paneer-tomato mixture ball into each dough cup. Close the dough ball to cover the filling.

Roll out on a floured surface into a paratha. Roast on both sides with oil or butter till crisp and brown.

BREAKFAST

RECIPES



PANEER PARATHA

Ingredients

maida 1 cup

flour 1 cup

ghee 3 table spoon

peas 300 grams

paneer 200 grams

butter milk 1/2 cup ginger

green chilli 10pc.

coriander

garam masala 1 table spoon

salt

onion 2pc.

garlic

Method

First mix flour & maida & mix ghee in it. Add butter milk and make a tough dough. Add salt and green chilli.

Grind ginger, onion, garlic and coriander and make fine paste. Roast peas in a pan with 2 table spoon of ghee.

After frying add paste in it. Add garam masala in it and fry little more. Grind peas finely.

Cut coriander finely and add paneer & salt. Add peas paste to it. Make small dough of flour & make roti as usual & apply paste on full roti,

Make another roti & put it on the paste bake roti on tawa.

BREAKFAST

RECIPES



PEAS PARATHA

Ingredients

1 cup wheat flour
1 cup maida (all purpose flour)
1 cup shelled peas (or frozen)
(chop this by means of a mixie)
2 tablespoons oil
salt to taste.

garam masala 1 teaspoon.
red chili powder 1/2 teaspoon
ginger-garlic-green
chili paste 1 teaspoon
1/4 cup milk
(used for kneading all the above)

Method

Knead all the above ingredients with the milk. If needed a small amount of water can be used.

Keep it for 1/2 an hour.

Then make small balls out of the dough.

Roll out each ball and cook on a nonstick pan.

BREAKFAST

RECIPES



PEAS PURI

Ingredients

2 cups wheat flour
1 tbsp ghee or butter
salt to taste
a pinch of baking powder
1 cup peas
1" piece ginger
2 green chilies, chopped
1 tsp aniseed roasted
a pinch of asafoetida
oil for frying
peas puri

Method

Grind peas, ginger and chilies to a smooth paste. Powder the aniseeds and add to this paste.

Heat oil in a pan, add asafoetida. When this gives an aroma, immediately add the peas paste and fry till the paste becomes quite dry and leaves the sides of the pan. Add salt as required, stir well and remove.

Add a little water and ghee to the flour and knead to make a soft dough. Make small balls of the dough, flatten with a rolling pin.

Place a portion of the pea paste in the middle, enfold the filling, and pinch off the excess dough. Then roll out the puris.

Deep fry in oil on both sides until fluffy and golden brown.

BREAKFAST

RECIPES



PEAS VADA

Ingredients

500g green peas
4 tbsp gram flour
4 green chilies, chopped
2 tbsp chopped coriander leaves
1/3 tsp red chili powder
1/3 tsp black pepper powder
a pinch of sodium bicarbonate
oil for frying

Method

Boil the peas with 1/2 cup of salted water in a vessel until tender. Cool and mash it.

Mix the gram flour, green chilies, coriander leaves, salt, red chili and black pepper powders, sodium bicarbonate and knead to a smooth mixture.

Heat sufficient oil for frying, wet the palm of your hand with little water so that the mixture does not stick, take a little mixture and form flat balls out of it. Make a small hole in the center of the ball by piercing with your finger.

Gently drop them one by one into the oil and fry until they are golden brown on both sides.

Serve hot with peanut or mint chutney.

BREAKFAST

RECIPES



PIZZA OMELETTE

Ingredients

1/2 cup grated potatoes
5 eggs
1/4 cup finely chopped capsicum
1/4 cup finely chopped onions
1/4 cup finely chopped tomatoes
1/4 cup chopped mushrooms
a handful of sliced black or green olives
1/2 cup mozzarella cheese
1/2 cup cheddar cheese
2 green chillies, finely chopped
4 tsp. olive oil
salt & pepper to taste

Method

Heat the oil in a deep pan, add the grated potatoes and fry till nice and crispy. You can also use frozen hashed browns instead.

Meanwhile, beat the eggs until fluffy. Add the onions, capsicum (bell peppers), tomatoes, olives, mushrooms, salt, green chilies and mix well.

When the potatoes are done, remove from flame and add the egg mixture.

Preheat the oven to 200 degrees and place the pan on the top rack and let it bake for 15 minutes. When the egg is almost set, sprinkle the cheeses and cook till the cheese has melted. You can also cook on the stove top, but make sure it is in low flame, and cook with a lid on.

Sprinkle some pepper, cut into wedges and serve hot along with orange juice.

BREAKFAST

RECIPES



POHA UPMA

Ingredients

2 cups poha (beaten rice)
1 potato, boiled, peeled & chopped into cubes
1/2 cup onion, chopped finely
2 green chilies, chopped finely
2 dry red chilies, broken into pieces
salt to taste
1 tsp turmeric powder
1 tbsp coriander leaves for garnishing

For seasoning:

1 tsp mustard seeds
1 tsp urad dal
1 tsp channa dal
1 tsp curry leaves
1 tbsp oil

Method

Wash the poha and soak in 1/2 cup of water for about 5 to 7 minutes.

In a pan heat the oil. Add all the seasoning ingredients and fry for 3 minutes. Then add the chopped onions, green chilies, red chilies and saute until golden brown.

Then add the boiled potatoes, turmeric powder, salt and mix well. Finally, add the soaked poha and mix well. Keep on low heat for about 5 minutes.

Serve hot garnished with coriander leaves

BREAKFAST

RECIPES



RAVA DHOKLA

Ingredients

250 gms gram flour
3 tsp lemon salt
2 tsp cooking soda
3 tsp sugar
a pinch of turmeric
salt to taste
30 gms refined oil

10 gms mustard seeds
a pinch of asafoetida
4 green chilies
3 red chilies
1/4 cup grated coconut
cilantro for garnishing

Method

Sieve the flour, add sufficient water and make a fine batter.

To this batter, add lemon salt, sugar, cooking soda, turmeric, salt to taste and mix well until the batter rises and foam forms.

Add water to the pressure cooker and boil for some time. In another small bowl, add the batter and arrange in the cooker. Cook the batter on steam for 15 minutes.

Remove bowl from the cooker, cut the dhoklas into diamond shapes and arrange them on a plate.

Heat oil in a pan and season with mustard seeds, red chilies, asafoetida, green chilies and pour over the dhoklas.

Sprinkle grated coconut on the top of the dhoklas, garnish with cilantro and serve hot.

BREAKFAST

RECIPES



RICE NOODLES

Ingredients

For Seasoning:

peanuts - 1 tbsp
chana daal - 1 tbsp
urad daal - 1/2 tbsp
mustard - 1/2 tbsp
turmeric - a pinch
oil - 1 1/2 tbsp
salt to taste

rice noodles - 1 packet
lime - 2(big)
green chillies
curry leaves

Method

Boil water in a saucepan. Add salt to the water. When it is rolling, add noodle and leave for 2 min. Now the noodles are cooked. Remove water and keep it aside.

Put seasoning with all the above ingredients and once mustard splits add green chilli and curry leaves. Add this to cooked noodles.

Squeeze lime and add the juice to the noodles.

BREAKFAST

RECIPES



ROTI WITH METHI LEAVES

Ingredients

1/2 kg wheat flour, sieved
4 tbsp gram flour, sieved
1 cup methi (fenugreek) leaves, chopped
2 spring onions, chopped finely
3 tbsp yogurt, well beaten
ghee (butter) for frying
salt to taste

Method

Mix wheat flour with gram flour along with salt, yogurt, 1 tbsp ghee, onions and methi leaves. Mix well.

Add enough water to make a stiff dough and reserve for 30 minutes.

Make into lemon-sized balls and roll each ball into a 12 cms disc.

Fry on a hot greased griddle until browned on both sides with ghee.

Serve hot, dotted with butter.

BREAKFAST

RECIPES



ROOMALI ROTI

Ingredients

- 1 1/2 cups wheat flour
- 50 gms. plain flour
- 1 tsp. salt
- 2 tbsp. melted ghee or butter

Method

Sift flours, salt together. Rub in ghee till flour is crumbly. Add water, knead into soft, liable dough.

Cover and keep aside for 45 minutes. Knead again till smooth, divide into six parts. Shape into rounds.

Roll as thin as possible using dry flour for dusting. Place one on back of palm. With circular movement in one direction, flip and rotate roti.

This procedure will make the roti very thin. Invert deep tawa or heavy cast iron pan, and heat over gas.

When hot, spread roti over inverted griddle and allow to cook. Tiny black spots will appear on it when done.

This roti cooks very fast. Approx. 45- 50 seconds each. Fold like a handkerchief (roomal) before serving.

BREAKFAST

RECIPES



SABOODANA KICHIDI

Ingredients

250 gms saboodana
1 cup grated coconut
5 green chilies
50 gms ground nuts
salt to taste
4 tbsp oil
2 tsp sugar
2 tsp jeera

Method

Soak saboodana in water for 30 min or till they are soft. Fry (without oil) ground nuts.

Make powder of fried ground nuts. Grind coconut and green chilies.

Mix all the ingredients except jeera and oil. Split jeera in a pan with oil.

Put the above mixture and fry well. Serve with yogurt (recommended), coconut chutney

BREAKFAST

RECIPES



SHAHI PARATHA

Ingredients

1 cup wheat flour
500 gms minced meat
2 eggs, beaten
1 onion, chopped
1 tomato, chopped
5 green chilies, chopped
1 tbsp ginger-garlic paste
few coriander leaves, chopped
2 tbsp oil
2 tbsp ghee
salt and red chili powder to taste
shahi paratha

Method

To the flour add some water and knead into smooth dough.

Heat oil in a pan and fry the onions till pink. Also fry the ginger garlic paste and keep aside.

Cook the minced meat, salt, red chili powder and 1/2 cup of water till the meat is cooked and dry.

Add tomatoes to the egg and also salt and make two omelettes.

Take two portions of the dough and make two thin chappaties.

On one chapati place one omelette, spread a tablespoon of minced meat over it, sprinkle some green chilies, coriander and cover with the other omelette.

Top this with the next chapati and press the edges of the two chappaties tightly.

In a tava fry the paratha with a little oil, till both the sides are well done. Serve hot.

BREAKFAST

RECIPES



SOYA DAHIBARA

Ingredients

500 gms whole soya beans

60 gms urad dal (black gram)

1/2 cup curd (yogurt)

4-5 green chilies

few coriander leaves, chopped

salt to taste

1 tsp. cumin seeds

soya refined oil for deep frying

Method

Soak soyabeans and urad dal overnight. Drain water and grind mixture into a coarse consistency.

Add finely chopped green chilies and coriander leaves. Add salt to the mixture and mix well. Make flat baras and deep fry in soya oil till the baras turn golden brown.

Beat the curd into a smooth paste. Add salt to taste. Roast cumin seeds and powder them coarsely. Soak the baras in this curd. Garnish with cumin seeds powder. Served chilled

BREAKFAST

RECIPES



PUFFED RICE UPMA

Ingredients

puffed rice 1/2 kg
green chillies
roasted bengal gram 1/4 cup
salt
curry leaves
oil 4tsp
onion 1

Method

Soak puffed rice in water after they become tender remove them from water .grind roasted bengal gram and chillies with salt

Add that powder to puffed rice .cut onion into small pieces length wise .heat oil and add mustard seeds and urad dhal

Add curry leaves after they cook add some turmeric .add onions after they turned into reddish color add puffed rice

Mix it and cover the pan after 5 minutes upma is ready .

BREAKFAST RECIPES



WAFFLES WITH BUTTER & HONEY

Ingredients

1 cup plain flour (maida)
1/4 cup cornflour
1/4 tsp baking powder
1 tsp fresh yeast, crumbled
3 tsp sugar
1/4 cup butter, melted
3/4 cup milk
a pinch of salt
butter for cooking
honey & melted butter for serving

Method

Sieve together the flour, cornflour and baking powder in a bowl.

Dissolve the yeast in 3 tablespoons of lukewarm water.

Add the yeast solution, sugar, melted butter, milk and salt to the flour mixture and whisk well to make a smooth batter. Keep aside for 8 to 10 minutes.

Heat a waffle iron and brush it with butter. Pour 1/3 of the prepared batter in the waffle iron and spread evenly. Bake for 2 minutes or until the waffle is golden brown.

Repeat for the remaining batter to make 2 more waffles.

Serve hot with honey and melted butter.