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WILLS COOK-OFFS

# AVALAKKI BEEJA KHARE

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# Avalakki Beeja Khare

## **Avalakki Beeja Khare**

**Avalakki Beeja Khare** is a typical breakfast or an all day menu in most restaurants in coastal Kumta, India. **Avalakki** is a quick brekkie on a run. It can be prepared instantly within 10 - 15 minutes. I love this recipe for it's simplicity and flavour that you would have never tasted elsewhere. It brings back memories of my uncle Ruzar, who had this in his restaurant everyday of the week.

Many homes cook them regularly and is a tasty and healthy option. My mum used to cook it too. I observed and learnt this recipe from my uncle's restaurant and from my mum. It's just yum and you will love it too.

**Beeja and Khare** are optionals that are used as garnish on the Avalakki.

**Avalakki Beeja  
Khare**

# Avalakki Beeja Khare

**Avalakki** (in Kannada) is a healthy South Indian product made of rice. It's a flattened rice called as Poha or Rice Flakes. They are a common staple in many houses for breakfast.

It provides energy, iron, carbohydrates, rich in vitamins, and have a low-gluten level.

# Avalakki Beeja Khare

**Beeja (Peanuts)** Peanuts are a legume that originated in South America. I have used Redskin peanuts with the red skins still on them.

Peanuts are rich in protein, fat, and various healthy nutrients.

Beeja (Shenga Beeja) is a Kannada word in short .

# Avalakki Beeja Khare

**Khare** is made of Chickpeas Flour. Chickpea is an legume and there are different types of chickpeas. Chickpea is also called Gram or Bengal gram, Garbanzo, Channa, Chole, Kadla.

Chickpea seeds are high in protein, rich source of vitamins, minerals and fiber.

# INGREDIENTS

## Avalakki

- 150 gms Avalakki/Poha (thin)
- 2 large Onions
- ½ tsp coriander seeds
- 1 Kashmiri Chilli
- 1 tsp Kashmiri chilli powder
- 1/2 tsp Turmeric powder
- 1 tsp Mustard seeds
- 1/2 tsp Cumin seeds
- 10 -15 Curry leaves
- Desiccated coconut
- Salt to taste
- Jaggery
- Oil



# INGREDIENTS

## Beeja

- 250 gm red peanuts
- 100 gm Besan (Chickpea Flour)
- 3 tsp Chilli Powder
- 1/2 tsp Turmeric Powder
- Black Pepper Powder (optional)
- 1/2 tsp Cumin Powder
- Water
- Salt to taste
- Jaggery
- Oil for frying



# INGREDIENTS

## Khare

- 2 cups Besan (Chickpea Flour)
- 1/2 tsp Turmeric Powder
- 1 pinch Bicarb Soda
- 1 pinch Asafoetida (hing)
- Black Pepper Powder (optional)
- 1/2 cup water (approximately)
- Salt to taste
- 1 teaspoon Hot Cooking Oil (for dough)
- Oil for frying



# PREPARATION

## Avalakki with aromatic spices

1. In a pan, add little oil and shallow fry the coriander seeds. When slightly brown, remove them and keep aside. Shallow fry Kashmiri Chilli to crisp..
2. In that same pan, add remaining oil. When the oil is hot, add mustard seeds and cumin seeds until they crackle. Add curry leaves, onions and shallow fry.
3. When onions are translucent, add salt, turmeric and chilli powder. Mix well. Do not burn the spices.
4. Add jaggery and mix it well. Check seasoning. Switch off the gas/stove/fire. Keep it aside to cool to room temperature. Crush the fried coriander seeds and chilli and mix it with the pre-cooked spiced masala.
5. Use a deep bowl container and add the pre-cooked masala. Mix the thin Avalakki / Poha until all ingredients have combined well. Now add little desiccated coconut and toss it with the Avalakki. The Avalakki must be soft, firm and moist in texture. Your Avalakki is ready.



# PREPARATION

## Beeja

1. Mix all Beeja ingredients in a deep bowl.
2. Add water little at a time, until all the peanuts are coated with the spice mix.
3. Now they are ready to fry in oil.
4. In a fry pan, add oil and heat it until hot. Test with a curry leaf by dipping in oil.  
If the leaf starts bubbling, it's ready to fry the Beeja's
5. Fry on medium heat and sieve the Beeja's from the fry pan.
6. On a plate, place kitchen roll / paper towel for the oil to absorb.
7. Hot sieved Beeja's are placed in the plate to cool.
8. Spicy, aromatic and nutty Beeja's are ready

They can also be eaten as snack with chilled beer too. I prepared two versions of peanuts as shown in the photo attached



# PREPARATION

## Khare



1. Sieve the gram flour/ besan in a large bowl.
2. Add rest of the dry ingredients and mix it well
3. Now add water and water in small quantities to achieve a smooth and soft dough. Taste seasoning and add more if required.
4. Take a Khare/Sevai making device, fit mould with thinnest hole. Grease/spray the inside of the cylinder with oil.
5. Make the dough to cylinder shape and fit it inside the Khare/Sevai device and close its lid
6. Heat oil in a deep frying pan over medium heat.
7. When the oil is hot, squeeze the dough into the hot oil. The Khare pressed out of the cylinder device produces thin strands into hot oil.
8. As you press the strands, move the device in circular motion within the deep fry pan. Khare needs to be fried until crispy. Sieve it out on a kitchen roll (paper towel) placed on the plate. Khare is ready.

# PREPARATION

## Avalakee Beeja Khare - Presenting and Serving Tips

1. Use serving bowl, serve generous quantity of Avalakki as in the photo below
2. Garnish the Avalakki with desiccated Coconut, Beeja and Khare.
3. It is up to you to add more or less of item 2 listed above

Just enjoy!!!



## **SERVING TIPS:**

**AVALAKKI, BEEJA AND KHARE IS A GREAT BREAKFAST ALTERNATE WHEN YOU ARE IN A RUSH TO WORK/SCHOOL. SINGLE SERVE ISN'T ENOUGH, AS IT'S TOO TASTY AND TEMPTING.**

- **SOME HAVE AVALAKKI WITH MONKEY BANANAS.**
- **AVALAKKI BEEJA KHARE IS ALSO SERVED WITH SPICED AND AROMATIC WHITE PEAS AND MUNG LEGUME GRAVY/CURRY. LOCAL SPECIALITY.**

**DO TRY AND ENJOY!!!**



Wilson Fernandez 05-MAY-2020