



Panner Appam with rice batter and paneer

Preparation Time: Over 1hr

Aapam, a popular breakfast recipe in South Aapam. A soft pancake that are spongy in the center and crispy at the corners. It is easy to make, tasty tiffin dish and healthy.



Dairy Free



Dairy Free



Dairy Free



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Ingredients



- 1 teaspoon TRS Cumin Seeds
- 1/2 teaspoon TRS Black Mustard seeds
- 1/2 teaspoon TRS Turmeric powder
- 1 teaspoon TRS Coriander Powder
- 1/2 teaspoon TRS Kashmiri Chilli powder

Instructions

1



To Prepare Batter

Wash and soak TRS rice for 3-4 hours. In a grinding jar, add TRS soaked rice, TRS coconut milk and boiled rice. Grind this to a fine paste and transfer it to a bowl. Add baking soda and mix well. Now cover this bowl and keep this in a warm place for at-least 12 hours to ferment. Once fermented enough, it's ready to go.



2



To get paneer appam, Crumble the paneer into small pieces and keep aside. Heat a pan over medium heat and add oil to it. Once warm, add Asafoetida, TRS Shahi jeera and TRS mustard seeds to it.

Once they crackle, add chopped onions to it and saute till they are pink in colour.

Add TRS Turmeric powder, TRS Dhania/coriander powder, TRS Kashmiri chilli powder, and Salt to it and saute. Add chopped chillies and tomatoes now and saute till they are cooked.

3



Add crumbled paneer and mix well. Cook for few minutes and switch off the heat.

Now take a round pan/skillet and heat it over medium heat. once its good hot, sprinkle little water and clean with kitchen towel carefully

4



Now pour half cup of appam batter to it and rotate the batter to the sides of pan too to give a nice bowl shape. Cook over medium heat for 4-5 mins.

Spread 2-3 tablespoon of paneer stuffing all over it and take the appam out on a serving plate.