



Subbu's Kitchen



Pulisseru



Saundal

SUBBU'S KITCHEN

SURVIVING THE LOCKDOWN

Vol. 1

VEGETARIAN RECIPES WITH MINIMUM INGREDIENTS AND LESS VEGETABLES

Dear Friends,

As Indian women, we have the in-built capability to use the items we have present to make a warm delicious dish for our family. No matter the situation, we are always able to set our minds to the task and create nutritious food with even a few vegetables or pulses. Whether it is a festival, a school day, or a weekend, women are always thinking about what the next meal is going to be and what pulses need to be soaked or what vegetables need to be cut. Every night, we plan and ponder about what needs to be prepared for the next morning and we keep the house running.

Now in the midst of all the daily schedules and events we have gotten so used to, a situation that no one has fathomed has been thrown into our lives. Something we are so unfamiliar with has changed our lives completely. The lock down situation we are all a part of has placed many restrictions on what we can do and cannot do. Social distancing and self-isolation are a bit overwhelming at this moment, but it's our only chance to stay safe with our family and flatten the curve of this new pandemic.

However, there is always a silver lining to every situation. While we are in scary times, we need to look at the opportunities that are sprouting. To make the best of the lock down situation, we can spend more time with our families and create beautiful memories. We can use this time to try new hobbies, activities, or learn something new.

One such thing we can learn is bringing a huge smile on the faces of our family by cooking traditional snacks and dishes that remind us and connect us with our roots in Indian culture.

Even though we may have a stocked fridge or pantry, we need to be prepared for the worst and cook using limited ingredients. I have come up with a collection of 70+ recipes across the different food categories that bring a whole-full and homely taste to the plate while using very limited ingredients.

I have grouped these recipes based on

1. Use of Pulses / Vathals in the place of Vegetables - We usually have a stock of pulses and vathals and they have higher shelf time. If we are running short of vegetables, then we can try these options.
2. Use of Millets / Oats in the cooking and reduce the dependency on the key ingredients like Rice and pulses
3. Vegetables with higher shelf life like Potato & Onion compared to other vegetables.
4. Recipes which requires lesser Ingredients
5. Very minimal Oil / ghee usage

By no means this e-book / collection is complete but just a representative sample. I am planning to collect more such recipes/ideas and release them in Volume 2.

I hope that this helps in this tough situation. I anticipate the end to the coronavirus pandemic and am longing to get back to the days of walking through crowded grocery stores, busy streets, and feeling the fresh air and sunlight hit my skin. I wish all of you good luck to persevere in this situation and get past this.

Stay Safe!

Sowmya Venkatachalam

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A. Breakfast Recipes

Instant Oats Dosa

We can make instant, crispy and yummy dosa with Oats. As it's name suggest it doesn't require grinding, fermentation of batter. Instant Oats Dosa is quick, easy and tasty to make. A perfect breakfast for a balanced diet.



5 from 2 votes

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Course: Breakfast Cuisine: Indian, South Indian, Tamilnadu Servings: 4 People
 Calories: 100kcal Author: Sowmya Venkatachalam

Equipment

- Tawa

Ingredients

- 1 Cup Oats
- ½ Cup Semolina (Sooji / Rava)
- ½ Cup [Rice Flour](#)
- ½ tsp Peppercorns
- ½ tsp Cumin Seeds
- 2 Green Chili
- Salt As Needed
- Few Curry leaves
- 2 tbsp Curd (Plain Yogurt)
- a Pinch Asafoetida (Asafetida / Hing)

Instructions

1. Take a pan and add oats to it. Dry roast the oats till we get a nice aroma and the oats turn slightly brown color. Remove the roasted oats and allow it to cool off and then grind it in a mixer to a nice powder
2. Take the ground oats powder in a bowl along with rawa, rice flour, salt and hing and mix well. Add curd to it and mix well
3. Add water to make it to a thin consistency like rawa dosa. To this add chopped green chillies, cumin seeds, pepper and curry leaves and mix well
4. Heat a tawa, and when the tawa is sizzling hot, using your hand take the batter and sprinkle in tawa like we do for rawa dosa. We can also pour using a ladle. Don't worry about the shape. Pour a teaspoon of oil and keep the flame low and allow the dosa to fry on one side. Then gently turn it other side and cook the dosa till it becomes crisp. Remove the crispy oats dosa from tawa and repeat the same for remaining batter
5. The yummy and crispy Oats Dosa is ready to serve. Serve with idly podi / chutney or sambar

Notes

1. The consistency of batter should be like Rava Dosa batter. Batter needs to be so watery that will make the dosa thin, crispy and tasty
2. If we like, we can add chopped onions.

3. Since the batter is so watery, we can't be able to spread the dosa and also its enough to cook on one side
4. Add ghee while cooking dosa, makes the dosa crispier than oil and also adds a nice flavor

Nutrition

Serving: 1Dosa | Calories: 100kcal | Carbohydrates: 18g | Protein: 3g | Fat: 1g

Wheat Flour Dosa | Godhumai Dosa | SouthIndian Breakfast

Wheat Flour dosa is a quick and easy dish which you can prepare in 20 minutes. Normally for dosa, we need to soak rice, urid dal for many hours and grind it and then ferment it. But Wheat flour dosa is very simple and can be made with ready made flours without much effort. It is a healthy dish too as we are using wheat flour. We can also make this for dinner.



4.5 from 2 votes

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Course: Breakfast Cuisine: Indian, South Indian, Tamilnadu Servings: 4 people Calories: 149kcal
 Author: Sowmya Venkatachalam

Ingredients

- 1 Cup Wheat Flour 1 Cup - 250ml
- 1/2 Cup [Rice Flour](#)
- 1 tsp Cumin Seeds
- 2 Green Chili Finely Chopped
- Salt As Needed
- 1 tbsp Curd (Plain Yogurt)

For Tempering

- 1 tsp Oil
- 1 tsp Mustard Seeds
- a Pinch Asafoetida (Asafetida / Hing)
- Few Curry Leaves

Instructions

1. Mix the flours, curd and salt. Add water and make it to a thin batter. The batter should be like Rava Dosa Batter (very watery)
2. To the batter, add cumin seeds, green chili and give a good stir
3. Heat oil in a pan. Add mustard seeds and allow it to sputter. Then add hing and curry leaves and pour this tempering to the batter. Now the Wheat Flour Dosa Batter Ready
4. Heat the tawa and pour little batter around the tawa. Since the batter is so thin, the batter will spread itself with lots of holes
5. Add oil and cook the dosa in low flame till the bottom side is fully cooked and the dosa is crisp
6. Take out the cooked dosa and serve hot with chutney of your choice or with Idli Podi

Notes

1. We can add Sooji to make the dosa crisp
2. Wheat flour tends to increase the body heat. So instead of oil, we can also use ghee.
3. We can also use finely chopped onions and coriander leaves

4. If we have leftover normal dosa batter, we can add wheat flour to it and prepare a batter instead of using rice flour

Nutrition

Serving: 2Dosa | Calories: 149kcal | Carbohydrates: 22g | Protein: 3g | Fat: 5g

Kalikanji Dosa | Instant Dosa (Kali Kanji Dosa)

Kalikanji Dosa is an instant dosa made using Rice flour batter. We soak the rice just for one hour to make the flour and by adding small quantity of Kanji (Porridge) to it. Since we are adding Kanji to the batter hence it's called Kali Kanji dosa. It's similar to Neer Dosa, but we don't kanji to it. This is a very delicious dosa variety and easy to make.



5 from 1 vote

Prep Time	Cook Time	Soaking Time	Total Time
10 mins	10 mins	1 hr	1 hr 20 mins

Course: Breakfast, Dosa Cuisine: Indian, Tamil Nadu Servings: 16 dosa Calories: 168kcal

Author: Sowmya Venkatachalam

Equipment

- Dosa Pan

Ingredients

- 3 cups Raw Rice Pacha Arisi (1 cup = 250ml)
- 1 tbsp Grated Coconut (optional)
- 1 tsp Gingelly Oil
- Salt to taste

Instructions

Make the Dosa Dough

1. Soak the rice in water for 1 hour and then drain it. Grind the rice nicely along with cocunut in a mixer and take the flour in a vessel
2. Clean the mixer with 2 cups of water and mix that water along with 1 ladle of ground batter and pour this into a pan along with oil and keep stirring the mixture till it becomes like a porridge consistency
3. When the above mixture starts to boil switch off the flame and add these to the ground batter. Add salt and stir well. Now Kalikanji dosa batter is ready for use.

Making of Dosa

1. Heat a tawa and pour 1 ladle of kalikanji dosa batter and drizzle little oil and cook the dosa.
2. Then flip the dosa on other side and cook it. Repeat this step for the rest of the batter
3. Serve the dosas with Idli Milagai Podi(gun powder) and enjoy your breakfast!

Nutrition

Serving: 1dosa | Calories: 168kcal | Carbohydrates: 29g | Protein: 3.9g | Fat: 3.7g | Saturated Fat: 0.5g | Polyunsaturated Fat: 0.5g | Monounsaturated Fat: 2.6g | Sodium: 94mg | Potassium: 76mg | Fiber: 0.9g | Sugar: 0.1g | Vitamin A: 5IU | Vitamin C: 0.5mg | Calcium: 4mg | Iron: 0.8mg

Maida Flour Dosai | Maida Dosa Recipe | Instant Maida Dosa

Different from conventional Dosa, Maida dosa is an instant dosa and can be made quickly and easily. It's a comfort food, all we need is just to mix Maida with water followed by tadka and we are ready to make dosas.



Prep Time
15 mins

Cook Time
20 mins

Total Time
35 mins

★★★★★
4.75 from 4 votes

Course: Breakfast, Dinner, Evening Tiffin Cuisine: Tamil Nadu Servings: 15 Dosas Calories: 128kcal
Author: Sowmya Venkatachalam

Ingredients

- 2 cup Maida (All Purpose Flour) 1 cup = 250 ml)
- 1 cup [Rice Flour](#)
- 1 cup Curd (Plain Yogurt)
- 1 tsp Salt adjust as needed
- 2 Green Chilli
- ¼ tsp Asafoetida (Asafetida / Hing)
- 1 tsp Cumin Seeds
- 1 tbsp Oil
- 1 fistful Curry leaves

Instructions

1. Mix the maida, rice flour along with the butter milk, salt and required water and keep it aside for about 15 mins. Meanwhile, lets get ready with our seasoning.
2. Heat a tawa and add a spoon of oil. Add cumin seeds, chopped green chillies, hing and curry leaves and stir-fry them for a minute and remove from flame. Add the seasoned ingredients to the maida dosa batter and mix well.
3. Heat the tawa and pour 1 ladle of batter and spread evenly in the tawa and pour little oil and once one side of the dosa is cooked, turn it on the other side and cook it till the dosa is crisp. Remove the dosa from tawa and repeat the step for rest of the batter
4. Serve the maida flour dosa with Gun powder/Sambar/chutney.

Notes

1. You can also add onion to the batter to make Onion Maida Dosa
2. The batter should be watery and we need to make thin dosas.

Nutrition

Serving: 1dosa | Calories: 128kcal | Carbohydrates: 13.8g | Protein: 2.2g | Fat: 7.1g | Trans Fat: 7.1g | Sodium: 26.4mg | Potassium: 23.2mg | Fiber: 0.9g | Vitamin A: 100IU | Calcium: 10mg | Iron: 0.5mg

Rava Idli | Instant Rava Idli | Sooji Idli Recipe

Soft & Sponjy Instant Idli - Simple recipe which combines the goodness of many dals and spices



0 from 0 votes

Prep Time
15 mins

Cook Time
10 mins

Total Time
25 mins

Course: All Recipes, Breakfast Dishes Cuisine: Tamilnadu Servings: 3 people
Calories: 240kcal Author: Sowmya Venkatachalam

Ingredients

- 1 cup Semolina (Sooji / Rava)
- 1 cup Curd (Plain Yogurt)
- 0.25 cup Water
- 3 Green Chilli
- 10 pcs Cashew
- Curry Leaves Few
- 1 (optional) Carrot
- 0.25 cup Green Peas (optional)
- Coriander Leaves Few
- 0.25 tsp Baking Soda
- Salt To Taste

For Tempering

- 1 tbsp Ghee (Clarified butter)
- 1 tsp Mustard Seeds
- 1 tbsp Split Bengal Gram (Channa Dal / Kadalaparuppu)

Instructions

1. If you have a Roasted Rava (Sooji), we can add sour yogurt and mix well and keep it aside. Then prepare the tempering and add it to the Rava-curd mixture. But if you don't have roasted Rava, please follow the below process

Start with Tempering

1. Heat the Tawa/pan and add a table spoon of ghee. Add mustard seeds and when the mustard seeds starts to sputter, add channa dal and fry till it turns golden brown color. Then add chopped green chilies, curry leaves and fry for 10 seconds.

Fry the Rava (Sooji)

1. Add the Rava and fry it till the raw smell goes off and the color of the rava turns out to be light brown and take it separately.

Prepare the Dough Mixture

1. In a separate vessel, beat the thick curd nicely and add grated carrot, green peas, salt and fresh coriander leaves and mix well

Mix the Rava to the Dough Mixture

1. To this add the fried Rava and keep it for 15 minutes.

Add Baking Soda (or) Eno Salt

1. After 15 mins, take the batter, if it is very thick, add buttermilk little by little to get like a idli batter consistency. Add 1/4 teaspoon of baking soda or 1 teaspoon of Eno salt and mix well. Grease the idli plates with oil. Keep a roasted cashew in each of the idli plate and pour the rava idli batter in each plate.

Cook the Idli

1. Steam cook in pressure cooker for 10 minutes. Remove from flame and keep it aside for 5 minutes and then using a wet spoon gently peel the Idli's and place it in a plate

Serving Time

1. Serve the hot Rava Idli (Rawa Idly)| Instant Rava Idli with Sambar, Chutney Powder and any Chutneys

Nutrition

Serving: 1 Serving | Calories: 240kcal | Carbohydrates: 44g | Protein: 9g | Fat: 4g | Sodium: 200mg

Instant Vegetable Oats Idli

Oats Idli an instant, yummy and healthy breakfast dish for all age groups. We can make healthy and tasty Idli with Oats and it tastes great with Idli Podi



Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

Course: Bachelor Recipes, Breakfast, Evening Tiffin

Cuisine: Indian, South Indian, Tamilnadu Servings: 4 people Calories: 26kcal

Author: Sowmya Venkatachalam



5 from 1 vote

Ingredients

- 2 Cups Oats I used Quick Oats
- 1 Cup Semolina (Sooji / Rava)
- 1.5 Cups Curd (Plain Yogurt)
- 1 Carrot
- 4 Beans
- 1 tbsp Green Peas
- 1 tbsp Chopped Coriander Leaves
- 1/2 tsp Baking Soda
- Salt As Needed

For Tempering

- 2 tsp Oil
- 1 tsp Mustard Seeds
- 2 Green Chili
- 1 tsp Split Bengal Gram (Channa Dal / Kadalaparuppu)

Instructions

1. Take a pan and add oats to it. Dry roast the oats till we get a nice aroma and the oats turn slightly brown color. Remove the roasted oats and allow it to cool off and then grind it in a mixer to a nice powder
2. Heat oil in the pan and add mustard seeds. When the mustard seeds starts to sputter, add channa dal and fry till the dals turns golden brown color. Add chopped green chillies and saute it for 10 seconds. Add Grated carrot, chopped beas and capsicum along with green peas and saute them in medium flame for 2 minutes
3. Add semolina to the pan and roast them for 3 minutes. When the semolina slightly changes its color add chopped coriander leaves and mix well and remove from flame.
4. Take the contents in the pan to a bowl and add powdered oats along with salt. To this add sour curd and mix well. .
5. Add water to adjust the consistency of the batter like our traditional idli batter. Finally add soda salt and mix well and keep the batter for 5-10 minutes. We can notice lots of bubbles in the batter. The addition of soda salt helps in getting softer and fully idlis. Grease the idli plates with oil and pour the oats idli batter
6. Steam cook them for 10 minutes. After the idlis are cooked completely, allow the idli plates to cool off completely. Using a wet spoon, gently remove each idli and place it in a serving plate

7. Serve the delicious Instant Vegetable Oats Idli with Tiffen Sambar, Chutney or milagai podi (Gun Powder). I always prefer to have oats idli with milagai podi which is a great combination for this. Enjoy your healthy breakfast and share your comments!!!

Notes

1. We can use Eno Salt instead of Baking Soda
2. Let the Oats powder be coarse so that the Idli is not sticky
3. We can use any type of oats like Instant, Rolled or steel-cut
4. After adding eno salt or baking soda, do not keep the batter aside for more than a minute. More we keep, the batter will become so diluted

Nutrition

Serving: 1Idli | Calories: 26kcal | Carbohydrates: 3g | Protein: 1g | Fat: 2g | Fiber: 1g | Iron: 1.8mg

Moong Dal Idli Recipe | No Rice Protein-rich Idli Recipe

Moong Dal is a protein rich lentil. We can make soft Idlis out of this healthy pulse. This is a no rice Idli Recipe with moong dal and spices. Serve with Mint-Coriander Chutney and enjoy this healthy Idli



Prep Time
10 mins

Cook Time
15 mins

Soaking Time
3 hrs

★★★★☆

3.71 from 17 votes

Course: Breakfast Cuisine: Indian Servings: 4 people Calories: 175kcal
Author: Sowmya Venkatachalam

Equipment

- Mixer Grinder
- Heavy Bottomed Pan
- Pressure Cooker
- Idli Plates

Ingredients

- 1½ Cups Moong dal 1 Cup - 250ml
- ¾ tsp Salt
- ¼ Cup Grated Carrot
- 2 tbsp Green Peas
- 1 tbsp Coriander Leaves
- 1 tsp Eno

For Tempering

- 2 tsp Salt
- 1 tsp Mustard seeds
- 1 inch Ginger Chopped
- 2 Green Chili
- Few Curry leaves
- 1 tbsp Cashews

Instructions

Soaking Dal

1. Wash and soak moong dal for atleast 3 hours

Grinding Dal

1. After 3 hours, drain water from the dal. Take dal to the mixer jar and grind it to smooth batter. Add water little by little till you get a thick but smooth batter like Idli batter.

Tempering Process

1. Heat oil in a pan. Add mustard seeds and allow it to sputter. Then add chopped ginger, green chili, curry leaves, cashews and fry till cashews turn light golden color

2. Add this tempering to the ground Moong Dal Batter. Also add salt to the batter
3. Next, add the grated carrot, boiled green peas, chopped coriander leaves to the batter and give the batter a good stir
4. Finally add eno salt just before you plan to make idli. Adding Eno salt makes the batter fluffy and more diluted and we don't need any fermentation of the batter. Always add eno salt just before you are ready to steam the idli.

Steam Cooking Process

1. Grease the idli plates with oil. Add a ladle of batter in each idli mould.
2. Steam cook for about 15 mins
3. Allow the steam to fully release and then allow it to cool off for a minute. Then using a spoon or take out the Idli's from the mould

Serving Time

1. Serve the delicious protein rich Moong Dal Idli with chutney of your choice and enjoy this delicious Idli!

Notes

1. We can add 1/4 Cup of curd to incorporate sourness in the batter
2. Adding veggies are optional. You can skip the vegetables

Nutrition

Serving: 2Idli | Calories: 175kcal | Carbohydrates: 33g | Protein: 11g | Fat: 1g

Instant Oats Kuzhi Paniyaram | Oats Paniyaram

Oats Paniyaram is a great snacks / breakfast or for evening tiffen which can be prepared instantly. All we need is oats, sooji and the spices usually available in our kitchen. This is very tasty and easy to prepare.



Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

★★★★★
5 from 1 vote

Course: Breakfast, Snacks Cuisine: South Indian Servings: 20 Paniyaram Calories: 113kcal
Author: Sowmya Venkatachalam

Equipment

- Paniyaram Pan

Ingredients

- 1 cup Oats Instant Cooking Oats
- ¾ cup Rava 1 cup = 250 ml
- ¼ cup [Rice Flour](#)
- 2 nos Green Chili
- 1 cup Sour Curd
- 1 tsp Mustard seeds
- 1 tsp Split Urad Dal
- 1 tbsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- few Curry leaves
- 1 tsp Salt
- ¼ tsp Baking Soda
- 50 ml Oil (1/4 cup)

Instructions

Preparation

1. Soak the channa dal in water for an hour.
2. Heat a pan and add the cooking oats and dry roast it for couple of minutes or till you get a nice aroma and the color changes slightly. Take the roasted oats and keep it aside

Preparing the Oats Paniyaram Batter

1. In the same pan, add sooji and dry roast till you get a nice aroma. Take roasted oats and sooji to the mixer
2. Grind the oats and sooji to a coarse powder. Take the ground oats-sooji powder in a mixing bowl. To that add rice flour and salt
3. Add sour curd and mix well. We need to add enough water to get a batter consistency. Keep this aside for 10 minutes.

Tempering & Making the batter ready for cooking

1. Heat the pan and add a teaspoon of oil and when the oil is hot, add mustard seeds. When the mustard seeds starts to sputter, add split urid dal, chopped green chillies and curry leaves and saute all of them.
2. Add the seasoned ingredients and soaked channa dal to the prepared batter. Finally add the cooking soda and you can see bubbles coming up in the batter. Gently mix once. You can feel the batter getting softer and thinner in consistency after adding cooking soda. But we need to add the cooking soda just before frying the paniyaram.

Making of Paniyaram

1. Keep the paniyaram mould in flame. Add 1/2 teaspoon of oil in each mould. When the paniyaram mould is piping hot, keep the flame low and add the oats paniyaram batter to each hole until it fills 3/4 of the hole. Let it cook on one side.
2. Gently flip it over and cook it on the other side. When the paniyaram is cooked and becomes golden brown, remove each paniyaram from flame. Repeat the same for rest of the batter.
3. The yummy and tasty Instant Oats Paniyaram is now ready to serve!

Notes

1. Add finely chopped mixed vegetables (beans, carrots, potatoes, etc..) and make it more healthier.
2. Finely chopped fresh methi leaves enhances the flavor and taste
3. You can skip yogurt and make it only with water and make it as Vegan food. Yogurt add slight tanginess to the paniyaram and i recommend to add it.
4. You can skip Baking Soda. However the Paniyaram may come slightly harder and flat. It's your choice if you want to avoid baking soda in the food.

Nutrition

Serving: 12pc | Calories: 113kcal | Carbohydrates: 16g | Protein: 3g | Fat: 3g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 1g | Trans Fat: 3g | Sodium: 95mg | Potassium: 35mg | Fiber: 1g | Sugar: 1g

Kuzhi Paniyaram

Kuzhi paniyaram (Tamil: குழி பணியாரம்) is Chettinad special cusine made by steaming batter using a mould (Paniyarakkal in Tamil).



Prep Time	Cook Time	Soaking Time	Total Time
10 mins	20 mins	2 hrs	30 mins

Course: Breakfast Cuisine: Indian, South Indian, Tamilnadu Servings: 4 people
Calories: 40kcal Author: Sowmya Venkatachalam



5 from 1 vote

Ingredients

- 1/2 Cup Raw Rice
- 1/2 Cup Parboiled Rice
- 1/4 Cup Urad Dal
- 1/4 tsp Fenugreek Seeds
- Salt As Needed
- 1 Onion Finely Chopped
- 1/4 Cup Oil For Cooking Paniyaram

For Tempering

- 1 tsp Oil
- 1 tsp Mustard Seeds
- 2 Green Chili
- 1 tbsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- Few Curry Leaves

Instructions

1. Soak the rice, urdal , fenugeek seeds in water for 2 hours
2. After 2 hours, rinse and drain the water and grind it to paste in a grinder. Add necessary salt and mix it well. Set it aside for Fermentation overnight or for about 8-12 hours
3. Next day, first prepare the tempering. Heat oil in a pan. Add mustard seeds and allow it to sputter. Then add bengal gram and fry till dal turns golden brown
4. Then add green chili and curry leaves and sauté for few seconds and switch off the flame.
5. Now, take the fermented batter, add the tempering we prepared along with chopped onions and mix the batter well
6. Heat the paniyaram pan. Pour 1/2 teaspoon of sesame oil in each mould. When the oil is hot, pour the prepared paniyaram batter into each mould
7. Cover & cook in low flame. After 30 seconds, flip the paniyaram in each mould and again cook till both the sides turn into golden color. Take out cooked paniyaram
8. Serve the yummy Paniyaram with Shallots Garlic Chutney or Coconut Chutney or Idli podi or Tiffin Sambar & Enjoy!

Notes

1. Soak channa dhal in water for about 30 minutes, drain and add. It gives a nice texture- soft with fried urdad dhal.
2. You can also add raw jeera to batter.
3. We can also enrich with grated coconut, grated carrot and even spinach or coriander leaves
4. We can make the Paniyaram with fermented adai batter also.

Nutrition

Serving: 1Paniyaram | Calories: 40kcal | Carbohydrates: 8g | Protein: 2g | Fat: 2g

Rava Paniyaram | Instant Kuzhi Paniyaram Recipe | Sooji Paniyaram

We usually make Paniyaram using Idli batter. But what if the batter is not available, then we have an option of using sooji as an alternative and sooji paniyaram is instant without fermenting batter. Serve with Chutney, Sambar or Idli podi and enjoy this instant paniyaram. It's crunchy, spicy and very tasty!



5 from 2 votes

Prep Time	Cook Time	Total Time
10 mins	15 mins	25 mins

Course: Breakfast, Evening Tiffen Cuisine: Indian, South Indian, Tamil Nadu Servings: 4 people
 Calories: 70kcal Author: Sowmya Venkatachalam

Equipment

- Paniyaram Pan
- Heavy Bottomed Pan

Ingredients

- ½ Cup Semolina (Sooji / Rava) 1 Cup - 250ml
- ½ tsp Salt
- ¼ Cup Curd (Plain Yogurt)
- 1 tbsp Coriander Leaves
- a Pinch Baking Soda
- 3 tbsp Sesame Oil For Cooking Paniyaram

For Tempering

- 1 tbsp Oil
- 1 tsp Mustard seeds
- 1 tsp Cumin Seeds
- 1 tbsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 2 Green Chili Chopped
- Few Curry leaves
- 1 Onion Finely Chopped

Instructions

Prepare Paniyaram Batter

1. Take a mixing bowl, add rava, salt, curd and give a good mix. Add water and stir well. We need the batter to be semi-thick batter like dosa batter. Keep this batter aside

Preparing Tempering

1. Heat oil in a pan. Add mustard seeds and cumin seeds and allow it to crackle. Then add split bengal gram and fry till the dal becomes light brown.
2. Next, add green chili and curry leaves and give a mix. Then add the chopped onions and saute the onions till translucent.

Finishing Batter

1. Add the tempering to the rava batter and give a good mix. Then we need to add the baking soda and mix the batter well. Adding soda makes the batter little thin in consistency. So do not add more water.

Making Paniyaram

1. Heat the paniyaram pan in medium flame. Add a teaspoon of oil in each mould. When the oil is hot, add a small ladle of rava batter in each mould
2. Close the pan and let it cook in low flame. Then open the lid and flip all the paniyaram and allow it to cook on the other side.
3. When the paniaram becomes golden, using a skewer, take out the cooked paniyaram. Repeat the same for the rest of the batter
4. Serve the delicious Instant Rava Paniyaram with chutney, sambar or idli podi and enjoy this easy snack!

Notes

1. We can use Eno Salt instead of baking soda. After adding baking soda or eno salt we should not keep the batter aside we need to immediately cook

Nutrition

Serving: 6pcs | Calories: 70kcal | Carbohydrates: 8g | Protein: 1g | Fat: 1g

Ven Pongal | Khara Pongal | How to make Ghee Ven Pongal ?

Fully cooked pongal with right blend of spices and ghee is a satisfying breakfast - Rich, Healthy and Delicious



0 from 0 votes

Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

Course: All Recipes, Breakfast Dishes Cuisine: Tamilnadu Servings: 4 people
Calories: 134kcal Author: Sowmya Venkatachalam

Ingredients

- 1 cup Raw Rice
- 0.5 cup Moong Dal
- Salt To Taste
- 10 Cashew
- 3 tbsp Ghee (Clarified butter)
- 1 tsp Cumin Seeds
- 1 tsp Black Pepper
- 1 tsp Pepper Powder
- 1 slit Green Chilli
- 1 tbsp Ginger (grated)
- Curry Leaves Few

Instructions

Dry Fry the Moong Dal

1. Heat a heavy bottomed pan, add moong dal. Roast the moong dal in the dry pan till it turns golden brown color

Rinse it !

1. Add the roasted moong dal with rice and rinse it once.

Cook the Pongal !

1. Cook the raw rice along with the moong dal and salt in the pressure cooker by adding 1/2 up extra water than normal rice cooking and for 2 extra whistles in the cooker than normal. This will make the rice cooked nicely and mushy. For one cup of rice and 1/2 cup of dal, i have added 4 1/2 cups of water and cooked it for 5 whistles.

Fry the Cashews

1. Heat the pan, add 1 teaspoon on ghee and add the broken cashews and fry till they turn golden brown color. Take this out and keep it aside in a plate.

Tempering process !

1. In the pan, pour the remaining ghee and add the cumin seeds. Once the cumin seeds begins to sputter add the whole black pepper, slit green chilli, asafoetida, curry leaves and pepper powder. Fry for some seconds.

Mix the tempering with cooked pongal

1. Add the tempering to the cooked rice and dal and add the fried cashews. Mix the rice evenly to spread the pepper and salt and switch off the flame. Finally add the grated ginger and mix well.

Pongal Ready !

1. Now the Venn pongal is ready to serve hot. You can serve this with Coconut chutney / Chidambaram Brinjal Gothsu / Sambar

Nutrition

Serving: 0.5 Serving | Calories: 134kcal | Carbohydrates: 24g | Protein: 4g | Fat: 3g | Sodium: 704mg

Rava Pongal | Sooji Pongal

Rava Pongal (Sooji Pongal), A slight change to conventional Ven Pongal with the use of Sooji in place of rice. Quick, easy to make and delicious Pongal!



Prep Time	Cook Time	Total Time
15 mins	30 mins	45 mins

Course: Breakfast Cuisine: Indian, South Indian, Tamilnadu Servings: 4 people
 Calories: 200kcal Author: Sowmya Venkatachalam

★★★★★
5 from 1 vote

Equipment

- Heavy Bottomed Pan

Ingredients

- 1 Cup Semolina (Sooji / Rava) 1 Cup - 250ml
- ½ Cup Moong Dal
- ¼ tsp Turmeric Powder
- 4 Cups Water
- 1 tbsp Peppercorns
- 1 tsp Salt As Needed

For Tempering

- 2 tbsp Ghee (Clarified butter)
- 2 Green Chili
- 1 tsp Cumin Seeds
- 10-15 Cashews
- Few Curry leaves

Instructions

1. Dry fry the moong dal in a heavy bottomed pan till it turns golden red colour. We can also cook the moongdal directly without roasting. Roasting dal makes it easier to cook.
2. Add 1:3 (for 1/2 cup dal, you need to add one and half cup of water) water in the pressure cooker and cook the dal. For proper cooking, you may need to cook this in simmer and allow three whistles. Once its cooked, smash it with a ladle and keep it aside.
3. In the pan, add some ghee and the rawa and fry it till it turns to golden red color and take it out and keep it aside
4. Add 2 cups of water (1 cup of rawa = 2 cups of water) in the cooked dal and bring the water to boil. Also add the salt
5. Once the water starts to boil, add the rawa slowly in the water, while you continue to stir the water to avoid the lumps. Keep the flame in simmer and stir it till water is absorbed
6. Add three tables spoon of oil and add the black pepper, cumin seeds, cashew. Allow the pepper to completely fry in the ghee. The pepper has to float on the top of the ghee from bottom once its cooked. Add the curry leaves and fry for a while.
7. Mix the ghee mixture to the cooked rawa pongal and mix well.

8. The yummy rava pongal is ready to serve with coconut chutney or Peanut Chutney or Brinjal Gotsu.

Notes

1. Generally we get store bought roasted rava for making upma, we can use the same rava for making this pongal
2. Even if you are using roasted rava, just roast it again in ghee that will give more flavor
3. Some variety of rava needs more water to cook. Water quantity can be adjusted according to the quality of rava. We can boil a cup of water and keep it aside and use it if needed
4. Ghee really enhances the flavor of the pongal. So trying adding ghee as mentioned

Nutrition

Serving: 1Cup | Calories: 200kcal | Carbohydrates: 22g | Protein: 4g | Fat: 7g

Bread Upma | Kids Lunch Box Recipes

Bread upma, is one of the easiest snack that we can make. This can be made using left over / fresh bread, this upma is favorite among kids especially when served with ketchup. Tastes well when served hot.



5 from 1 vote

Prep Time	Cook Time	Total Time
10 mins	15 mins	25 mins

Course: Chat, Kids Lunch Box, Snack Cuisine: Indian, South Indian, Tamil Nadu
 Servings: 3 people Calories: 433kcal Author: Sowmya Venkatachalam

Equipment

- Heavy Bottomed Pan

Ingredients

- 6 Slices Bread I have used White bread. We can use wheat bread too
- 1 Onion Finely Chopped
- 1 Tomato Chopped
- ½ tsp Turmeric Powder
- 1 tsp Salt
- ¼ Cup Green Peas 1 Cup = 250ml
- 1 tbsp Coriander Leaves
- 1 tbsp Ghee
- ½ tsp Red Chili Powder

For Tempering

- 1 tbsp Oil
- 1 tsp Mustard seeds
- 1 tsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 1 Green Chili
- 1 sprig Curry Leaves
- 1 inch Ginger finely chopped

Instructions

Preparation

1. Finely chop the onions and tomatoes separately and keep it aside.

Fry Bread Cubes

1. Cut the bread slices into diamond size pieces (or small square). Heat ghee in a pan and add the bread slices and fry it till it is crisp. Take the fried bread crumbs in a separate plate. (Alternateively you can skip this step and take the sliced bread directly to make the upma)

Tempering Process

1. Heat oil in a pan. Add mustard seeds when the oil is hot. When the mustard seeds starts to sputter, add Bengal gram dal, curry leaves and fry till the urdal turns golden brown color.

Making Upma

1. Now add the chopped ginger, chopped green chillies and fry for few seconds. Add the chopped onions and fry till the onions turns transparent.
2. Add the tomatoes, peas, salt, red chili powder, turmeric powder and fry them in medium flame. If required add 2-3 tablespoon of water to cook the peas. Cook until the mixture turns thick. Check the spice and salt and adjust it if required.
3. Add the fried bread pieces and mix well. Allow the bread upma to cook for 2-3 minutes in low flame.
4. Finally garnish with Coriander Leaves. Remove from flame. The yummy bread upma is serve hot!

Notes

1. We can enrich the bread umpa with mixed vegetables
2. We can crush peanuts and add it to the upma. Also we can fry the cashews in ghee and add it to the mixture
3. You can grind a tomato, get the paste and mix it with the upma mixture. This gives nice color and taste.
4. Sprinkle some lemon juice if required.

Nutrition

Serving: 1Cup | Calories: 433kcal | Carbohydrates: 48g | Protein: 11g | Fat: 17g | Saturated Fat: 1g | Sodium: 651mg | Potassium: 599mg | Fiber: 8g | Sugar: 12g

Broken Wheat Upma Kozhukattai | Samba Godhumai Rava Upma Kozhukattai

Broken Wheat Upma Kozhukattai | Samba Godhumai Rava Upma Kozhukattai, a very scrumptious breakfast which is healthy too. Serve this Broken Wheat Upma kozhukattai with coconut chutney and enjoy this healthy breakfast.



Prep Time

5 mins

Cook Time

30 mins

Soaking Time

30 mins

Total Time

1 hr 5 mins

★★★★★

5 from 1 vote

Course: Breakfast Cuisine: Tamil Brahmin, Tamil Nadu Servings: 4 people Calories: 107kcal

Author: Sowmya Venkatachalam

Equipment

- Mixer Grinder
- Pressure Cooker

Ingredients

- 1 cup Samba Godhumai (Broken Wheat) 1 cup = 250 ml
- ¼ cup Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 2 nos Red Chili
- ¼ cup Grated Coconut
- 2 cups Water
- 1 tsp Salt adjust to your taste

For Tempering

- 1 tbsp Cooking Oil
- 1 tsp Mustard seeds
- 1 tsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 1 tsp Split Urad Dal
- 1 pinch Asafoetida (Asafetida / Hing)
- few Curry Leaves

Instructions

1. Soak the channa dal and red chilli in water for half an hour.
2. Meanwhile, heat a pan, add broken wheat and dry roast it for 3-4 minutes till we get a nice aroma
3. After 30 minutes, drain the water from the dal and add the dal and red chilli to the mixer and grind it to a nice paste
4. Heat oil in a pan, add mustard seeds. When the mustard seeds starts to sputter, add chana dal and urad dal and fry till the dals turn brown colour. Add hing, curry leaves and fry for 10 seconds
5. Add water along with grated coconut and ground paste and bring the water to boil. When the water starts to boil, add salt and broken wheat and mix well with the ladle to mix the wheat evenly without forming lumps. Keep the flame medium and allow the broken wheat to cook and the water to drain

6. Allow the half-cooked, broken wheat upma to cool off. Then take lemon sized upma and roll it to make like kozhukattai. Grease the idli plates and place the upma kozhukattai and steam cook for 10 minutes.
7. Serve the steam cooked Broken Wheat Upma Kozhukattai | Samba Godhumai Rava Upma Kozhukattai with coconut chutney or tomato chutney

Nutrition

Serving: 1cup | Calories: 107kcal | Carbohydrates: 18g | Protein: 2.4g | Fat: 2.8g

Vegetable Aval Upma | Vegetable Poha Recipe

Aval Upma is one of the quickest breakfast that we can make. It's one of the popular breakfast dish in many parts of India. This can be made using different variations. In this recipe, we are adding rich vegetables to make the poha (aval upma) more tasty and healthy.



5 from 1 vote

Prep Time	Cook Time	Total Time
10 mins	15 mins	25 mins

Course: Breakfast, Dinner, Evening Tiffin Cuisine: Indian, South Indian, Tamil Nadu Servings: 3 people
 Calories: 211kcal Author: Sowmya Venkatachalam

Equipment

- Heavy Bottomed Pan

Ingredients

- 1 Cup Aval / Poha / Flattened Rice 1 Cup - 250ml
- 1 Onion Finely Chopped
- 1 Carrot Finely Chopped
- 5 Beans Finely Chopped
- ¼ Cup Green Peas
- 1 tsp Salt Adjust as Needed
- 2 tsp Coriander Leaves
- 1 tbsp Lemon Juice
- 1 tsp Grated Coconut Optional

For Tempering

- 1 tbsp Oil
- 1 tsp Mustard seeds
- ½ tsp Split Urad Dal
- 1 tbsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 1 tbsp Peanuts
- 2 Green Chili
- 1 tsp Ginger Chopped
- Few Curry leaves

Instructions

Preparation

1. Wash the poha (aval / flattened rice) thoroughly and keep it aside. Thick poha needs sprinkling water in regular intervals for twice atleast to become soft. Thin variety of poha just need washing once. If we add more water than needed then the poha becomes mushy.

Tempering Process

1. Heat oil in a pan. Add mustard seeds and allow it to sputter. Then add split urad dal, bengal gram and peanuts and fry till the dal turns light brown
2. Add green chili, ginger and curry leaves to the pan and give a mix. Then add the onions and saute the onions till translucent

Cooking Aval Upma

1. Now, its time to add chopped veggies to the pan. Saute the veggies in high flame for a minute. Add 1/2 teaspoon of salt and sprinkle water. Cover and cook till the vegetables are tender and soft.
2. Once the vegetables are cooked, add the soft poha and give a good mix. Also adjust the salt. Toss thoroughly so that the poha is mixed well with vegetables
3. Finally add lemon juice and garnish with coriander leaves and grated coconut.

Serving Time

1. Serve the delicious Vegetable Aval Upma with sev or papad!

Nutrition

Serving: 1Cup | Calories: 211kcal | Carbohydrates: 31g | Protein: 5g | Fat: 7g

Vermicelli Sooji Bhath | Semiya Rava Kichadi

Semiya Rava Kichadi, a combination of both Vermicelli and Sooji along with vegetables makes this bhath so rich and tasty.



4 from 1 vote

Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

Course: Breakfast, Dinner Cuisine: Indian, South Indian, Tamil Nadu
Servings: 4 people Calories: 168kcal Author: Sowmya Venkatachalam

Equipment

- Heavy Bottomed Pan

Ingredients

- ½ Cup Vermicelli (Semiya) 1 Cup - 250ml
- ½ Cup Semolina (Sooji / Rava)
- 1 Onion Finely Chopped
- 1 Tomato Finely Chopped
- 1 Cup Mixed Vegetables Beans, Carrot, Potato, Peas
- 4 Cups Water
- 1 tsp Salt Adjust As Needed
- 1 tsp Ghee
- 1 tbsp Coriander Leaves

For Tempering

- 2 tbsp Oil
- 1 tsp Mustard seeds
- 1 tbsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 3 Green Chili
- Few Curry leaves

Instructions

Dry Roasting Process

1. Heat a heavy bottomed pan. Add semiya and dry roast till its light brown. Its always better to roast the semiya even if you got the roasted semiya from shop. Take this roasted Semiya aside
2. In the same pan, add rava and dry roast till its light brown. Take this roasted rava aside

Tempering Process

1. Heat oil in a pan. Add mustard seeds and allow it to sputter. Then add the split bengal gram and fry till light brown
2. Next, add chopped green chili and few curry leaves, give a mix

Prepare Kichadi

1. Add onions to the pan and saute the onions till translucent. Next, add tomatoes and give a mix

2. To the pan, add the mixed vegetables and stir-fry for a minute
3. Next, add 4 cups of water to the pan. Stir well. Add the necessary salt and give a good mix
4. Bring to water to rolling boil. When the water starts to boil, add the roasted vermicelli and rava slowly and stir continuously till they are combined with the water completely without any lumps
5. Close the pan and cook the kichadi in low flame till all the water is absorbed and the rava and semiya are cooked completely

Garnishing Time

1. Once the Semiya and Rava are cooked, add a teaspoon of ghee and garnish the kichadi with coriander leaves

Serving Time

1. Serve the delicious Vermicelli Sooji Bhath with Coconut Chutney or Lemon Pickle and enjoy your breakfast!

Notes

1. Add ginger while tempering. Its good for digestion.Â
2. Adjust water according to the consistency of the kichadi you need. Generally the kichadi is little sticky than upma. Thats why I added 4 cups, but if you want like crumbly texture, you can limit the water to 3 cups.

Nutrition

Serving: 0.5Cup | Calories: 168kcal | Carbohydrates: 29g | Protein: 5g | Fat: 4g

Puli Upma | Tamarind Upma | Pulima Upma

Puli Upma | Tamarind Upma | Pulima Upma is a traditional breakfast or evening tiffin variety. Rice is prepared into Rava and then cooked in tangy tamarind extract and served with papad.



5 from 2 votes

Prep Time	Cook Time	Total Time
20 mins	20 mins	40 mins

Course: Breakfast, Evening Tiffin Cuisine: Indian, South Indian, Tamilnadu

Servings: 5 people Calories: 250kcal Author: Sowmya Venkatachalam

Equipment

- Heavy Bottomed Pan

Ingredients

- 2 Cups Raw Rice We can use Ponni or Sona Masoori or Basmati
- 1 Gooseberry Size Tamarind Soak in 2.5 Cups of water & Extract the juice
- ¼ tsp Asafoetida (Asafetida / Hing)
- ¼ tsp Turmeric Powder
- Few Curry Leaves
- 2 Cups Water
- 2 tbsp Sesame Oil
- Salt As Needed

For Tempering

- 3 tbsp Sesame Oil
- 1 tsp Mustard Seeds
- 1 tsp Split Urad Dal
- 3 tsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 1 tbsp Peanuts
- 5 Red Chili

Instructions

1. Soak tamarind in 2.5 cups of warm water and extract the juice

Rice Rava Prepration

1. Take 2 cups of rice. Sprinkle water to damp the rice. The rice should be just wet. Do not soak rice in water.
2. Set the wet rice aside for about 10 mins to dry completely.
3. Split the dried rice into two parts. Take one part to mixer jar and give a pulse or two. The rice should be broken but not be ground to powder. The consistency of the rice rava should be more coarse than the sooji we use for upma
4. Repeat the same grinding process for the second part of the rice.
5. Our Rice Rava Ready! Lets make Puli Upma!

Tempering Process

1. Heat Sesame oil in a heavy bottomed pan. Add mustard seeds and allow it to sputter. Add split urad dal, bengal gram (kadalaparuppu) and peanuts and fry till dal turns golden brown.
2. Then add hing, broken red chili, turmeric powder and curry leaves and saute for few seconds
3. Add tamarind extract and water to the pan. Add salt and bring the tamarind water to boil
4. When the water starts rolling boil, add the rice rava and keep stirring so that there are no lumps
5. Cover & Cook the rice rava in medium flame. Open and stir in regular intervals to check if the rice is cooked and also to prevent burning or sticking to the bottom of the pan
6. If the rice is not cooked completely but the tamarind water is fully absorbed, then add plain water and keep cooking the rice rava. Also if we add more water, we need to adjust the spice and salt. We can add red chili powder and also adjust salt.
7. Once all rice rava is cooked completely and water is fully absorbed, switch off the flame. Close the pan with lid and let the upma remain aside for about 5-10 mins. This will make the upma to crumble a little.
8. Serve the delicious Puli Upma | Tamarind Upma with papad and enjoy the traditional breakfast!

Notes

1. Puli Upma can also be done using Rice Flour. Add Rice Flour, tamarind water, turmeric, Hing and salt and mix well. This will be like Idli dough consistency. After seasoning this dough will be cooked till this comes like upma consistency.
2. The preparation of the rice rava mentioned above is instant method which can be used at that time. But if we want to make rice rava to store for longer period, then there is a separate method.
3. Method for making More quantity of Rice Rava to store: Wash the rice thoroughly and spread it in a clean white towel and let it for about 6 hours. The rice will become dry completely. Then grind the rice into a coarse powder. The rice should be like a broken wheat not like Semolina (sooji). Store it in air-tight container and use it whenever needed
4. The Tamarind extract+water should be in the ratio 1:2.5. For 1 Cup of Rice Rava we need 2.5 cups of Tamarind extract+ water. But some of the rice varieties need more water to cook. So when we are cooking the rice rava, we need to check the rava in regular intervals. If the rice rava is not cooked but all the water is absorbed, then add more plain water and cook till the rice rava is cooked completely
5. The cooked upma seems to be sticky but if we leave it for 5-10 mins covered, then while cooling, the upma tends to become dry and crumble.
6. We can taste the upma and adjust the spice and salt level while its still cooking. Adjust the spice by adding red chili powder.
7. There are few other variations in making Puli Upma - Some prefer to use rice flour to make this upma.

Nutrition

Calories: 250kcal | Carbohydrates: 45g | Protein: 8g | Fat: 3g

Upma Kozhukattai | Kara Pidi Kozhukattai

A twist from the normal Rice Upma. Very scrumptious and tasty upma with broken raw rice along with Indian spices. A very simple to make breakfast dish. Serve Upma Kozhukattai with Coconut Chutney and enjoy the dish.



5 from 4 votes

Prep Time	Cook Time	Total Time
15 mins	20 mins	35 mins

Course: Breakfast Cuisine: Indian, South Indian, Tamilnadu Servings: 4 people
 Calories: 400kcal Author: Sowmya Venkatachalam

Ingredients

- 1 Cup Raw Rice 1 Cup - 250ml
- 2.5 Cups Water
- 1 tsp Salt
- 1/4 Cup Grated Coconut

For Tempering

- 1 tbsp Oil
- 1 tsp Mustard seeds
- 1 tsp Split Urad Dal
- 1 tsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 2 Red Chili
- a Pinch Asafoetida (Asafetida / Hing)
- Few Curry Leaves

Instructions

1. Wash the raw rice(preferably Pacharisi) in water. Spread the rice in the towel and let the rice dry completely. Grind the rice in the mixer and grind it like sooji (rawa) and keep it aside. Make sure that the rice is not grind completely like rice flour.
2. Heat the oil in the pan. When the oil is hot, add the mustard seeds. Once the mustard seeds starts to sputter add the urdhal, channa dhal, broken red chillis, curry leaves. Fry the above mixture till dhal turn into golden brown color. Finally add hing and switch off the flame .
3. Take the broken rice in a vessel. Add 2.5 cups of water along with salt. Add Seasoning to the water and stir well
4. Finally add grated coconut and stir well. Keep the vessel inside the pressure cooker and pressure cook allowing for 3 whistles
5. Allow the pressure to release fully and then open the cooker and stir the cooked upma well
6. Spread the cooked upma in plate and allow it to cool. Now make a small balls out of it and place it in a Idly plate and steam cook it for five minutes.
7. Serve Upma Kozhukattai with coconut chutney/Vendhya kuzhambu

Notes

1. We can use dry rice also to make upma kozhukattai. The main reason to wash and dry rice is that while grinding we will get evenly coarse rice
2. We can also add 1/4 cup of toor dal along with rice
3. We can also use 1 teaspoon of peppercorns while grinding the rice
4. We can make large quantity of coarsely ground rice powder and store it in air-tight container and use it whenever needed

Nutrition

Serving: 1Cup | Calories: 400kcal | Carbohydrates: 50g | Protein: 20g | Fat: 7g

Arisi Upma Recipe | Rice Upma Recipe | South Indian Breakfast

Serve with Coconut Chutney or Vathakuzhambu

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Course: Breakfast Dishes Cuisine: Indian, Tamilnadu Servings: 2 people
 Calories: 170kcal Author: Sowmya Venkatachalam



0 from 0 votes

Ingredients

- 1 cup Raw Rice
- 1/4 cup Toor Dal
- 2 tbsp Peppercorns
- Salt To Taste

For Seasoning

- 2 tbsp Sesame oil
- 1 tsp Mustard Seeds
- Curry Leaves Few
- 2 tsp Split Urad Dal
- Asafoetida (Asafetida / Hing) a Pinch
- 4 broken Red Chili
- 1 tbsp Grated Coconut

Instructions

Grinding Rice+Dal

1. Take raw rice, dal and peppercorns in a mixer jar and grind it to a coarse powder like Rava (Sooji). We can also wash the rice and spread in towel and once it is dry, we can grind the rice along with dal. This process ensures proper grinding to a coarse powder. Also we can store this coarse powder in a air-tight container and we can use it later also

Tempering Process

1. Heat Sesame oil or coconut oil in a pan. Add mustard Seeds and allow it to sputter. Then add the split urad dal, and saute till light brown. Then add curry leaves, hing, broken red chilies

Cook Upma

1. Take 1 cup of coarsely ground rice+dal mixture aside. In the pan add 2 cups of water along with salt, coconut and bring it to boil. When the water starts to boil, add the cup of coarsely ground rice+dal mixture little by little and keep stirring to avoid lumps
2. Cover & cook the upma in low flame for about 10 mins. Mix the upma in frequent intervals to avoid the upma getting burnt or sticking to the bottom of the pan. After 10 mins, switch off the flame and let the upma sit in the covered pan for another 5 mins and then you can transfer the upma to the serving bowl

Serving Time

1. Serve the delicious Arisi Upma (Rice Upma) with Coconut Chutney or Vathakuzhambu and enjoy the breakfast!

Nutrition

Serving: 1Cup | Calories: 170kcal | Carbohydrates: 29g | Protein: 3g | Fat: 4g | Sodium: 1167mg

Puli Aval Upma Recipe | Tamarind Poha Recipe

Puli Aval Upma Recipe, tamarind infused poha, one of the traditional evening snack for marriages or engagement parties. Spicy tamarind gravy is prepared and damped and soft poha is tossed and mixed to make this delicious Tamarind Poha. Puli Aval Upma with toasted papad is a great combo!



5 from 2 votes

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Course: Breakfast, Breakfast Dishes, Evening Tiffin

Cuisine: Indian, South Indian, Tamil Brahmin, Tamil Nadu Servings: 4 people Calories: 354kcal

Author: Sowmya Venkatachalam

Equipment

- Heavy Bottomed Pan
- Mixer Grinder

Ingredients

- 1 Cup Aval / Poha / Flattened Rice Use thick Poha. 1 Cup - 250ml
- 1 Gooseberry Size Tamarind
- 1 tsp Salt Adjust as Needed
- ¼ tsp Turmeric Powder
- a Pinch Asafoetida (Asafetida / Hing)

For Grinding

- 2 tbsp Peanuts
- ¼ Cup Sesame Seeds

For Tempering

- 2 tbsp Sesame Oil
- 1 tsp Mustard Seeds
- 1 tsp Split Urad Dal
- 1 tbsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 2 tbsp Peanuts
- 6 Red Chili
- Few Curry Leaves

Instructions

Soaking Tamarind

1. Soak Tamarind in warm water for about 10 mins. Extract the juice and set the tamarind juice aside

Prepare Aval

1. Take aval in a vessel. Wash the aval thoroughly and cover and set aside. Again after 5 mins, check the aval. If all the water is absorbed and still the aval is hard, then sprinkle little more water and mix well.

Close with lid again and set aside.

Preparing Grinding Process

1. Dry roast peanuts for couple of minutes. Then add sesame seeds and fry till it sputters.

Grinding Process

1. Take the fried peanuts and sesame seeds to mixer jar and grind it to powder. Set this powder aside.

Tempering Process

1. Heat oil in a pan. Add mustard seeds and allow it to sputter. Then add split urad dal, bengal gram, peanuts and fry till the dal turns light brown. Next, add curry leaves and give a mix.

Cook Tamarind Gravy

1. Add tamarind extract to the pan. Also add salt, turmeric powder, asafoetida and allow the tamarind to boil for about 5 mins to get rid off the raw smell
2. Once the raw smell of tamarind goes off, add the ground peanut-sesame powder and give a good mix.
3. Finally add the soft aval and gently mix with tamarind mixture without mushing aval

Serving Time

1. Puli Aval Upma is now ready!!! Serve with toasted papad and enjoy this delicious snack!

Notes

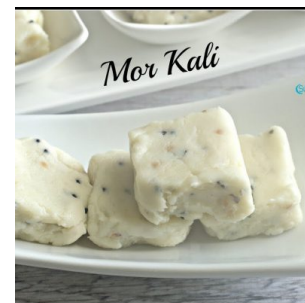
1. Adding peanut, sesame seed powder is optional. We can just prepare tamarind gravy and mix aval.

Nutrition

Serving: 1Cup | Calories: 354kcal | Carbohydrates: 49g | Protein: 10g | Fat: 19g

Mor Kali (Mor Koozh) Recipe

Mor Kali (Mor Koozh) is a traditional recipe made using butter milk and rice flour. We can use it for the breakfast or for the evening tiffin.



Prep Time	Cook Time	Total Time
15 mins	15 mins	30 mins

Course: Breakfast, Evening Tiffin Cuisine: Indian, South Indian, Tamilnadu

Servings: 4 people Calories: 360kcal Author: Sowmya Venkatachalam



5 from 4 votes

Equipment

- Heavy Bottomed Pan

Ingredients

- 1 Cup [Rice Flour](#) 1 Cup - 250ml
- 1 Cup Sour Yogurt
- 2 Cups Water

For Tempering

- 3 tbsp Sesame Oil
- 1 tsp Mustard Seeds
- Few Curry leaves
- 4 Mor Milagai If we dont have Mor Milagai, we can use Red Chili
- 2 Pinch Asafoetida (Asafetida / Hing)

For Garnishing

- 2 tsp Sesame Oil

Instructions

1. Take a square container or plate and grease it with oil and set it aside
2. Take curd in a bowl and add water and beat the curd well to make it to a thin butter milk. Mix one cup of rice flour with the prepared sour butter milk. Add the salt and stir well so that there are no lumps
3. Heat the kadai (vanali) and add Sesame oil. Once the oil gets heat, add the mustard seeds. When the mustard seeds starts to sputter add the Mor Milagai, Hing and curry leaves and mix well.
4. Add the rice flour/buttter milk mixture now and mix it well. Keep the flame low.
5. When the mixture becomes thick and shiny, add 2 teaspoon of gingelly oil and keep stirring. Keep stirring till the mixture rolls like a ball without sticking to the sides of the pan. If you wet you fingers with cold water and touch the mor kali, it should not stick to the fingers. If you feel sticky, stir the mixture in low flame for more time till it becomes non-sticky.
6. Pour the mor kali mixture to a greased plate. Take a spoon and in the back of the spoon, grease it with oil. Use the back of the spoon to level the mor kali mixture in the greased plate. Allow it to cool and then cut into cubes and serve it warm!
7. The easy and delicious Mor Kali is ready to serve!

Notes

1. We can serve the Mor Kali as upma or we can could own and cut into pieces and serve as a savoury cake.
2. Mor Milagai is a sun-dried and fried chili. If we don't have stock of it, then we can use regular red chili. The speciality of this recipe is Mor Milagai.
3. Sesame oil gives nice flavor. But we can use regular cooking oil too but the taste will be compromised
4. We can also try making it with Dosa/Idli batter. Dilute it with water or mor and make it the same way.
5. Few Variations can be made
 - You can grind coconut with red & green chilies and add it to the batter
 - Instead of Rice flour, you can make this with Rava (Semolina)

Nutrition

Serving: 250g | Calories: 360kcal | Carbohydrates: 70g | Protein: 6g | Fat: 5g | Fiber: 2.25g

Rava Toast Recipe | Sooji Toast Recipe

Rava Toast is a very tasty and easy toast recipe for a wonderful morning. We can make it quickly within 15 mins and it will be a nice filling breakfast. We can make this toast in a normal Dosa Tawa itself. When served hot, this toast will be crispy with rich in vegetables too. We can also make this Sooji Toast as an after school snack for kids!



5 from 2 votes

Prep Time
10 mins

Cook Time
10 mins

Total Time
20 mins

Course: Breakfast, Evening Tiffin Cuisine: Indian Servings: 4 people Calories: 202kcal

Author: Sowmya Venkatachalam

Equipment

- Tawa
- Mixing Bowl

Ingredients

- 4 Slices Bread We can use white or wheat bread
- ¼ Cup Semolina (Sooji / Rava) 1 Cup - 250ml
- 1 Onion Finely Chopped
- 1 Tomato Finely Chopped
- ½ Green Capsicum Finely Chopped
- 2 tbsp Coriander Leaves Finely Chopped
- ¼ Cup Curd (Plain Yogurt)
- 1 tsp Red Chili Powder
- ½ tsp Salt
- 2 tbsp Butter

Instructions

Preparing Sooji Masala

1. In a mixing bowl, take Rava, chopped onions, tomatoes, capsicum, coriander leaves along with the spices red chili powder, salt.
2. Next, add curd and give everything a good mix. Our Rava Masala is ready

Preparing Bread

1. Take 2 bread slices. On one side of each bread, place a scoop of sooji masala and spread it nicely with a bread knife covering one side of the bread with a thin layer of masala. Repeat this step for the next bread!

Toast Process

1. Heat a tawa. Brush the tawa with butter. Place the masala spread side of the bread facing down in the tawa.
2. Toast the bread in medium flame for 30 seconds. Then flip the bread on the other side and toast the bread again in medium flame for 30 seconds

3. Repeat the process for the next set of bread.

Serving Time!

1. Serve the delicious Rava Toast with Ketchup or Green Chutney and enjoy the toast!

Notes

1. We can also add grated paneer or grated carrot along with the other veggies.
2. We can also top this toast with cheese.

Nutrition

Serving: 2Slices | Calories: 202kcal | Carbohydrates: 24g | Protein: 8g | Fat: 9g

Kambu Koozh Recipe / Pearl Millet Porridge Recipe / Kambang Koozh Recipe

Kambu (Pearl millet) is a great dish for the gluten intolerent people. Apart from offering excellent taste, these millets contain essential mineral and nutrients, which provide the body with a variety of advantages.



5 from 1 vote

Prep Time

10 mins

Cook Time

15 mins

Total Time

25 mins

Course: Breakfast Cuisine: Indian, Tamil Nadu Servings: 3 cups Calories: 30kcal

Author: Sowmya Venkatachalam

Ingredients

- 1/2 cup Pearl millet (Bajra / Kambu)
- 5 cups Water (1 cup = 250 ml)
- 2.5 tsp Salt (adjust to your taste)
- 2 Green Chili
- 1/2 cup Sour Curd
- 1/2 tsp Cumin Seeds
- 1/2 inch Ginger

Instructions

1. Take the pearl millet in a mixer and grind it to a little coarse powder. Measure the kambu flour. Take 5 measures of water in a sauce pan and add the kambu flour and mix well
2. Keep the flame in medium and stir continuously. Within 5 mintues, the koozh starts getting thicker. Stir continuously to avoid sticking to the bottom of the pan. When the koozh is thick, switch off the flame. Allow the koozh to come to room temperature. We can see the koozh gets further thickened.
3. Now add cold water to the koozh and make it to a drinking consistency. It should be diluted nicely. Cover the koozh vessel with a lid and keep it aside overnight for fermentation. Generally in hot weather, the koozh gets nicely fermented. If you stay abroad and during winter, fermentation process takes more time, so we can also add 1 fist full of mashed cooked rice to the koozh which helps the fermentation process to be quicker. But adding cooked rice is optional.
4. The next day morning, the koozh would have nicely fermented. Now take the curd in a mixer along with green chilli, ginger and cumin seeds
5. Grind the curd to a nice paste. Add salt to the koozh and mix well. Then add the ground curd to the koozh and give it a nice stir.
6. Now healthy and tasty kambu koozh is ready. Serve with chopped onions / shallots, green chillies, Mor Milagai and enjoy the drink!

Notes

Fermentation process is optional.. This was the conventional method used by the farmers and villagers as they cant afford for milk / curd. We can prepare the koozh and use it immediately also. We can mix sour buttermilk instead of more water so that the sourness in the koozh is maintained,

Also during fasting days, we can avoid this fermentation and also curd/buttermilk will also be not used and those days, we can add milk to the koozh and have it or we can add lemon juice to the prepared koozh and we could have it. In any ways, this koozh is very very healthy and stuffy.

Nutrition

Serving: 4oz | Calories: 30kcal | Carbohydrates: 32g | Protein: 3g | Fat: 1g | Saturated Fat: 3g | Fiber: 3g | Sugar: 2g | Calcium: 40mg | Iron: 0.2mg

B. Chutney Recipes

Bombay Chutney Recipe | Besan Chutney Recipe

A slightly different and delicious accompaniment to dosa/idli/chapati/poori.



Bombay Chutney



0 from 0 votes

Prep Time	Cook Time	Total Time
10 mins	30 mins	40 mins

Course: Chutney, Veg Gravies Cuisine: Indian, Maharashtra Cuisine

Servings: 4 people Calories: 300kcal Author: Sowmya Venkatachalam

Ingredients

- 3 tbsp Gram Flour (Besan / Chickpea Flour)
- 1 thinly Onion Sliced
- 2 chopped Tomato
- 1/4 tsp Turmeric Powder
- Salt To Taste
- Coriander Leaves For Garnishing
- Lemon 1/2

For Tempering

- 2 tbsp Oil
- 1 tsp Mustard Seeds
- 1 tsp Cumin Seeds
- 2 tsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 1 tbsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 4 slit Green Chilli
- Curry Leaves Few

Instructions

Making Gram Flour Batter

1. Take Gram flour in a bowl and add 1 cup of water and whisk well so that there are no lumps. Set this aside

Tempering Process

1. Heat oil in a pan. Add mustard seeds and cumin seeds and allow it to sputter. Then add split urad dal and chana dal and fry till the dal turns light golden color. Then add the slit green chili and curry leaves and fry for few seconds

Sautéing Onions

1. Add sliced onion to the pan along with pinch of salt and sauté the onions till translucent. Then add tomatoes and sauté in high flame for 2 mins.

Cooking with Besan

1. Then add 1 cup of water along with turmeric powder and salt. Cook tomatoes till they are tender and soft. Then add the besan batter and stir well to get rid of any lumps. Cover & Cook for 5 mins to get rid the rawness of besan. Depending upon the consistency you want, adjust the water and salt.

Garnishing Time

1. Switch off the flame and garnish with coriander leaves. Once the chutney cools down for 5 mins, squeeze juice from 1/2 lemon and stir once.

Serving Time

1. Serve the mouth-watering Bombay Chutney (Besan Chutney) with Idli/Dosa and enjoy a complete breakfast!

Nutrition

Serving: 1Cup | Calories: 300kcal | Carbohydrates: 84g | Protein: 27g | Fat: 9g | Sodium: 81mg

Kumbakonam Kadappa / Kadapa

Onions and Potatoes cooked with fennel and garlic flavored coconut gravy is a perfect accompaniment for hot Idli

Kumbakonam kadappa



Prep Time
10 mins

Cook Time
30 mins

Total Time
40 mins

Course: Kuzhambu Cuisine: Tamilnadu Calories: 150kcal

Author: Sowmya Venkatachalam



0 from 0 votes

Ingredients

- 0.25 cup Moong Dal
- 2 Potato
- 0.25 tsp Turmeric Powder
- 1 Onion
- 2 Green Chilli
- 1 tsp Lemon Juice
- Coriander Leaves Few

For Grinding

- 0.25 cup Grated Coconut
- 2 Garlic
- 1 tsp Fennel Seeds
- 2 tsp Poppy Seeds

For Tempering

- 1 tsp Mustard Seeds
- Cinnamon (Pattai) 1"
- 1 Bay Leaf
- 2 tsp Oil

Instructions

Pressure cook the Dal & Potatoes

1. Wash the moong dal, add water and pinch of turmeric. Also add the Potatoes in the pressure . Pressure cook the potatoes along with the dal and allow for 3-4 whistles. Mash the the cooked dal and the potatoes and keep it ready

Start with the Tempering

1. Soak the poppy seeds in hot water for 10 minutes. Finely slice the onions and chop the green chilies. Heat oil in a pan and add bay leaf and cinnamon stick and also add mustard seeds

Fry the Onions

1. When the mustard seeds starts to sputter, add green chilies, curry leaves and fry for 10 seconds. Then add the sliced onions along with a pinch of salt and saute them till the onions turn transparent

Add the Masalas

1. Meanwhile, take the grated coconut, fennel seeds, soaked poppy seeds along with garlic cloves in mixer and grind it to a nice paste

Add Potato & Dal

1. When the onions are transparent, then add 2 cups of water and add necessary salt for the dish. Then add mashed dal with mashed potatoes and mix well and allow the mixture to boil for 5 minutes in medium flame

Add the ground paste

1. Finally add the ground paste to the boiling kadapa mixture and again keep the flame in low for 5 more minutes and then remove from flame. Finally add lemon juice and chopped coriander leaves and mix well

Serving Time

1. The yummy Kumbakonam Kadappa is ready to serve with Idli / Dosa

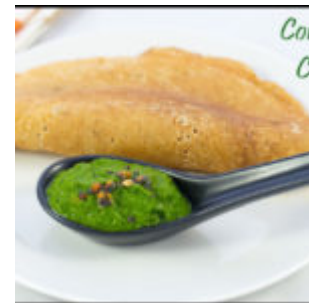
Nutrition

Serving: 0.25 Serving | Calories: 150kcal | Carbohydrates: 21g | Protein: 3g | Fat: 7g | Sugar: 3g

Restaurant Style Coriander Chutney Recipe

I Kothamalli Chutney Recipe

Coriander Chutney is fresh, spicy, tart and goes very well with Idli, Dosa or any snacks. The bright rich green color of the coriander along with its strong flavor makes this chutney a wonderful accompaniment for Idli/dosa. Learn how to make Restaurant Style Coriander chutney with step by step @ Subbus Kitchen



4.5 from 2 votes

Prep Time	Cook Time	Total Time
10 mins	10 mins	20 mins

Course: Chutney Cuisine: Indian, South Indian, Tamilnadu Servings: 4 people Calories: 15kcal
 Author: Sowmya Venkatachalam

Equipment

- Mixer Grinder

Ingredients

- 2 Cups Coriander Leaves Tightly Packed
- ¼ Cup Mint Leaves optional
- 2 Green Chili
- Salt To Taste
- 2 tbsp Grated Coconut
- 1" Piece Ginger
- 2 Garlic cloves
- ¼ tsp Turmeric Powder
- 2 tbsp Roasted Gram Dal (Pottukadalai / Dhaliya)

For Tempering

- 1 tsp Coconut Oil
- 1 tsp Mustard seeds

Instructions

1. Discard the stem and pluck the leaves from the coriander leaves bunch. Wash it thoroughly.
2. Take the coriander leaves, coconut and rest of the ingredients to the mixer. Grind them everything to a nice paste by adding water little by little.
3. Take the coriander chutney in a bowl . Finally season with mustard seeds. (I have added few curry leaves, but its optional.. if you like the flavour of curry leaves then you may want to add few curry leaves.)
4. Serve the ddelicious Coriander Chutney with Idli / Dosa

Notes

1. Roasted Gram is optional. Roasted gram gives thickness to the chutney.
2. We can make it much more healthier by adding curry leaves along with coriander and mint leaves
3. We can refrigerate to use it for couple of days. Serve with Idli/Dosa/Vada/Uttapam.
4. Adding Turmeric powder enhances the color of green

5. You can optionally add 1/2 teaspoon of lime juice to enhance the taste

Nutrition

Serving: 1tbsp | Calories: 15kcal | Carbohydrates: 1g | Protein: 1g | Fat: 1g

Red Coconut Chutney Recipe | Red Chili Coconut Chutney | Hotel Style Spicy Coconut Chutney Recipe

Red Coconut chutney is a lip smacking chutney made using fresh coconut, red chilli and other spices, an easy to prepare chutney is a best accompaniment for Idli, Dosa and other breakfast dishes. We made slight variation in the conventional red coconut chutney to get the hotel / restaurant style



5 from 1 vote

Prep Time	Cook Time	Total Time
5 mins	10 mins	15 mins

Course: Accompaniment, Chutney Cuisine: India, South Indian, Tamil Nadu Servings: 4 people
 Calories: 30kcal Author: Sowmya Venkatachalam

Equipment

- Mixer Grinder

Ingredients

- ½ cup Grated Coconut 1 cup = 250 ml
- 2 tbsp Roasted Gram Dal (Pottukadalai / Dhaliya)
- 5 nos Red Chili
- 1 small gooseberry size Tamarind 1
- 1 cloves Garlic
- 4 nos Shallots / Baby Onions
- 1 tsp Salt

For Tempering

- 1 tbsp Coconut Oil
- 1 tsp Mustard seeds
- 2 nos Red Chili broken
- 1 tsp Split Urad Dal
- Curry Leaves few
- 1 pinch Hing

Instructions

1. Take all the grinding ingredients to the mixer jar. Grind everything to a nice paste by adding little water
2. In a pan, heat oil. Add mustard seeds and allow it to sputter. When the mustard seeds starts to sputter, add split urid dal, red chili, hing and curry leaves and fry till the dal become golden brown color
3. Add the seasoned ingredients to the chutney
4. The delicious and spicy Red Coconut Chutney is ready! Serve with Idli or dosa and enjoy the dish!

Notes

1. Use fresh coconut for the tasty chutney

2. You can also add ginger to this mixture

Nutrition

Serving: 1tsp | Calories: 30kcal | Carbohydrates: 2.5g | Protein: 0.6g | Fat: 2.2g | Saturated Fat: 1.4g | Sodium: 74mg | Potassium: 56mg | Fiber: 0.8g | Sugar: 0.9g | Vitamin A: 100IU | Vitamin C: 33.8mg | Iron: 0.4mg

Peanut Onion Chutney Recipe | Verkadalai Vengaya Chutney Recipe

Peanut Onion Chutney, easy and quick to make chutney made with raw peanuts, onion and red chilies enriched with mustard, dal and curry leaves tempering! This is a perfect side dish for Idli/Dosa/utappam/ Veng Pongal



Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

★★★★★
5 from 2 votes

Course: Accompaniment, Chutney, Side Dish Cuisine: Andhara, Indian, South Indian
Calories: 36kcal Author: Sowmya Venkatachalam

Servings: 4 people

Equipment

- Heavy Bottomed Pan
- Mixer Grinder

Ingredients

- 1 Cup Peanuts
- 1 nos Onion Roughly Chopped
- 5 nos Red Chili
- 2 nos Garlic cloves
- 1 Salt As Needed
- Few Curry Leaves
- 1 Small Goosebeery Size Tamarind or 1 tsp Tamarind Paste
- 1 tsp Cumin Seeds
- 1 tbsp Oil

For Tempering

- 2 tsp Oil
- 1 tsp Mustard Seeds
- 2 tsp Split Urad Dal
- Few Curry Leaves

Instructions

Preparing Grinding Ingredients

1. Heat 1 teaspoon of oil in a pan. Add raw peanuts and fry in medium flame for about 3 minutes. Take this aside
2. Next, add red chili and saute for few seconds. Take this red chili aside
3. In the same pan, add 2 teaspoon of oil, add onions and saute onions till translucent. Also add garlic cloves and saute with onions. In the same pan, add curry leaves and fry for few seconds.
4. Take peanuts, red chili, onion, garlic, curry leaves, to the mixer jar. Add Jeera, salt, tamarind paste to the mixer jar.

5. Grind everything to smooth paste by adding water little by little. Take the ground chutney to the serving bowl

Tempering Process

1. Heat oil in a pan. Add mustard seeds and allow it to sputter. Then add split urad dal and fry till light brown. Then add curry leaves to the pan and switch off the flame
2. Add this tempering to chutney and give a mix

Serving Time

1. Serve the delicious Peanut Onion Chutney with Dosa/Idli/Pongal and enjoy your breakfast!

Notes

1. We can also add grated coconut or roasted gram if we like.
2. We can sauté tomato instead of adding tamarind paste
3. If you have store bought tamarind paste, you can use 1 tsp instead of using dry tamarind

Nutrition

Serving: 1tbsp | Calories: 36kcal | Carbohydrates: 3g | Protein: 1g | Fat: 2g

Coconut Chutney | Thengai Chutney

Coconut chutney is a very common chutney most of us make on a day to day basis. Other than Tempering, this chutney doesn't need any cooking. So easy and quick to make and also a great accompaniment for variety of South Indian food like Idli / Dosa / Upma / Bajji / Bonda etc.



★★★★★
5 from 2 votes

Prep Time
2 mins

Cook Time
10 mins

Total Time
12 mins

Course: Chutney, Side Dish Cuisine: Indian, South Indian, Tamilnadu
Servings: 4 people Calories: 30kcal Author: Sowmya Venkatachalam

Ingredients

- 1 Cup Grated Coconut
- 2 tbsp Roasted Gram Dal (Pottukadalai / Dhaliya)
- 3 Green Chili
- Salt As Needed
- 1/8 tsp Tamarind Paste* * We can use pinch of tamarind instead of paste

For Tempering

- 2 tsp Coconut Oil
- 1 tsp Mustard Seeds
- 2 tsp Split Urad Dal
- Few Curry Leaves
- 2 Red Chili

Instructions

1. Take Grated Coconut, Green Chili, Salt, Tamarind Paste, Roasted Gram in a mixer jar and grind everything to a smooth paste
2. Heat oil in a pan. Add mustard seeds and allow it to sputter.
3. Add Split Urad Dal and fry till dal turns light brown. Then Add curry leaves and broken red chili. Switch off the flame
4. Add this tempering to the Coconut Chutney
5. Simple, Quick and tasty Coconut Chutney is ready to serve!

Notes

1. Instead of Green Chili, we can add red chili while grinding.
2. If we add mint and coriander leaves to this chutney, we will get yummy Coriander-Mint Chutney
3. You can add roasted peanuts instead of roasted gram dal. You can also substitute it with cashews.
4. Add some ginger and grind curry leaves along instead of tempering to take the flavor to the next level

Nutrition

Serving: 1tbsp | Calories: 30kcal | Carbohydrates: 2.5g | Protein: 0.6g | Fat: 2.2g | Fiber: 0.8g | Sugar: 0.9g |
Vitamin A: 100IU | Vitamin C: 33.8mg | Iron: 0.4mg

Puli Milagai | Green Chili Pickle | Green Chili Chutney

A Perfect Accompaniment for Dosa, Roti & Curd Rice

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins



0 from 0 votes

Course: Chutney, Pickles Cuisine: Indian, Tamilnadu Servings: 4 people
Calories: 226kcal Author: Sowmya Venkatachalam

Ingredients

- 1 lemon Tamarind Size
- 8-10 Green Chilli
- Asafoetida (Asafetida / Hing) a Generous Pinch
- Salt As Needed
- 1 tbsp Grated Jaggery
- 1/4 tsp Turmeric Powder
- 1/4 tsp Fenugreek Powder
- 2 tsp Oil

For Tempering

- 1 tsp Sesame oil
- 1 tsp Mustard Seeds

Instructions

Soak Tamarind

1. Soak Tamarind in warm water for 10 mins and extract the juice and keep it aside

Sauteing Chillies

1. Heat oil in a pan. Add chopped green chillies and saute for 3-4 mins and take it aside. Cool this Sauteed green chillies

Grinding Process

1. Grind the green chillies to a smooth paste

Cook Tamarind

1. In the pan pour the tamarind extract, turmeric, hing and add salt. Let the mixture boils for 5 mins till the tamarind raw smell goes off.

Spice up Tamarind

1. Now add the ground paste and let the mixture boils and becomes a thick consistency. While boiling add the grated jaggery which reduce the sour and spice. Add Fenugreek Powder and then switch off the flame.

Tempering Process

1. In a separate pan, pour the oil and add the mustard seeds. When the mustard seeds begins to sputter add the hing and fry for some time and add these to the Puli Milagai

Serving Time

1. Now the mouth-watering Puli milagai is ready to serve with idly, dosa, Roti or Curd Rice

Nutrition

Serving: 0.5Cup | Calories: 226kcal | Carbohydrates: 38g | Protein: 4g | Fat: 6g

C.Kuzhambu Recipes

Vatha Kuzhambu | Kalyana Vatha Kuzhambu Recipe

Vatha Kuzhambu is a very traditional recipe in any Tamil Brahmin Kitchen. Vatha Kuzhambu has the balanced mix of tangy, spice and sweetness. Serve the delicious Vatha Kuzhambu with hot steaming rice along with a teaspoon of sesame oil or ghee and enjoy the traditional Kuzhambu.



4.8 from 5 votes

Prep Time	Cook Time	Total Time
5 mins	20 mins	25 mins

Course: Kuzhambu Cuisine: Indian, South Indian, Tamil Nadu Servings: 4 people Calories: 150kcal
 Author: Sowmya Venkatachalam

Equipment

- Heavy Bottomed Pan
- Mixer Grinder

Ingredients

- 1 Lemon Size Tamarind
- 2 tbsp Sundakkai vathal We can also use Manathakali Vathal
- 1 tsp Grated Jaggery
- 1 tsp Salt Adjust As Needed
- 3 tsp Sesame Oil (for frying Vathal)

For Grinding

- 1 tsp Sesame Oil
- 6 Red Chili
- 2 tbsp Urad Dal
- 1 tsp Peppercorns
- Few Curry leaves

For Tempering

- 1 tsp Sesame Oil
- 1 tsp Mustard seeds
- 1 tsp Cumin Seeds
- ¼ tsp Fenugreek seeds
- Few Curry leaves

Instructions

Preparation

1. Soak the tamarind in water and extract the juice
2. Pour 3 teaspoon of oil in the pan and add the sundakai vathal (or manathakkali vathal). Fry the vathal in medium flame till it becomes dark brown. Take the fried vathal aside.

Making of the Spice Paste

1. Pour a teaspoon of oil in the pan. Fry the pepper, red chillies, urdhal, curryleaves and hing and grind it into a paste in a mixer. Set aside this spice paste

Start with Tempering

1. Pour a teaspoon of oil in the pan and add the mustard seeds. When the mustard seeds begins to sputter, add the cumin seeds, and hing and fry till it becomes light brown color.

Making the Kuzhambu

1. Add the tamarind extract along with salt and allow it to boil till the raw smell of tamarind goes off.
2. Now add ground paste to the kuzhambu. Allow it to boil for 10 minutes. Adjust the consistency with water if needed. The urad dal makes the kuzhambu thicker so add water to adjust the consistency.
3. Add jaggery and give a mix. Switch off the flame.
4. Now the delicious vathakuzambu is ready to serve with hot rice and Fried/sutta Appalam.

Notes

1. Adjust red chillies as per your spice level
2. Jaggery is optional. But it will bring out a nice balance of tangy and spice taste.

Nutrition

Calories: 150kcal | Carbohydrates: 8g | Protein: 1g | Fat: 5g

Vendhaya Kuzhambu Recipe | வெந்தய குழம்பு

Vendaya kuzhambu is a conventional kuzhambu most of us make often. A very simple Kuzhambu rich in fenugreek flavor. A perfect kuzhambu to be served with hot steaming rice along with a teaspoon of sesame oil.



4 from 3 votes

Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

Course: Kuzhambu Cuisine: Indian, South Indian, Tamil Nadu

Servings: 4 people Calories: 175kcal Author: Sowmya Venkatachalam

Equipment

- Heavy Bottomed Pan

Ingredients

- 1 Lemon Size Tamarind
- ½ tsp Fenugreek seeds
- 1 tsp Salt Adjust As Needed
- 1 tbsp Manathakkali Vathal

For Tempering

- 2 tbsp Sesame Oil
- 1 tsp Mustard seeds
- Few Curry leaves
- ¼ tsp Turmeric Powder
- ¼ tsp Asafoetida (Asafetida / Hing)
- 1 tsp [Sambar Powder](#)
- ½ tsp Coriander Powder

Instructions

Soaking Tamarind

1. Soak tamarind in warm water for 10 mins and extract the juice and set aside

Preparing Fenugreek Powder

1. Dry roast fenugreek seeds till golden brown and cool it and grind it to powder. Its very hard to grind it to smaller quantity in mixer jar. So we can dry roast 2 tablespoon of fenugreek seeds and grind it to powder. But we need to use only 1/2 teaspoon fenugreek powder for this kuzhambu.

Tempering Process

1. Heat oil in a pan. Add mustard seeds and allow it to sputter. Then add turmeric powder, curry leaves and hing and give a mix.
2. Now, add the sambar powde, fenugreek powder and sauté the mixture for a minute in low flame without burning it
3. Pour the tamarind juice to the pan. Add necessary salt and allow the tamarind juice to boil for at least 10 mins in medium to get rid of its raw smell

4. After 10 mins, adjust the consistency of the kuzhambu by adding water. Keep in flame for another 2 mins and switch off the flame
5. In another pan, add ghee and fry the manathakali vathal in low flame till crispy and dark brown. Switch off the flame. Add the vathal to the kuzhambu

Serving Time

1. Serve the yummy Vendhaya Kuzhambu is now ready to serve with hot steaming rice along with a teaspoon of ghee or sesame oil and enjoy the delicious food.

Notes

1. We can add a teaspoon of jaggery. Adding jaggery adjusts the tanginess of the tamarind.

Nutrition

Serving: 1Cup | Calories: 175kcal | Carbohydrates: 14g | Protein: 3g | Fat: 8g

Vengaya Vatha Kuzhambu | Onion Vatha Kuzhambu

Shallots cooked in tangy and spicy tamarind gravy is a wonderful mix for hot steaming rice. Vatha Kuzhambu is one the traditional recipe in Tamil Brahmin kitchen. We can make Vatha kuzhambu in 2 different ways. This is an instant method the most common method for routine cooking.



5 from 2 votes

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Course: Kuzhambu Cuisine: Indian, South Indian, Tamil Brahmin, Tamil Nadu Servings: 4 people
Calories: 50kcal Author: Sowmya Venkatachalam

Equipment

- Heavy Bottomed Pan

Ingredients

- 1 Lemon Size Tamarind
- 1 Cup Shallots Finely Chopped
- 1½ tbsp [Sambar Powder](#)
- 1 tsp Salt Adjust As Needed
- 1 tbsp [Rice Flour](#)

For Tempering

- 2 tbsp Sesame Oil
- 1 tsp Mustard seeds
- ½ tsp Fenugreek seeds
- ½ tsp omam
- Few Curry Leaves

Instructions

Soaking Tamarind

1. Soak tamarind in warm water for about 10 mins and extract the juice. Set this tamarind juice aside

Tempering Process

1. Heat oil in a pan. Add mustard seeds and allow it to sputter. Then add fenugreek and omam and give a mix. Then add curry leaves and mix well

Cooking Vathakuzhambu

1. To the pan, now add the chopped shallots and saute the shallots till translucent
2. Once the onions are translucent, add sambar powder and fry the powder in oil till its brown
3. Then lower the flame and add the tamarind extract. Add salt and allow the tamarind extract to boil for about 5 mins
4. Allow the vatha kuzhambu to boil for about 5 mins. Meanwhile, take rice flour in a bowl. Add water and make it to paste.

5. Add this rice flour to the vatha kuzhambu. Adding rice flour paste makes the kuzhambu thicker. So we can adjust the consistency by adding water.
6. Keep in flame and bring it to boil and then switch off the flame

Serving Time

1. The mouth-watering Vengaya Vatha Kuzhambu is now ready. Serve with hot rice along with a teaspoon of sesame oil and toasted papad and enjoy your meal!

Notes

1. We can add a teaspoon of grated jaggery to adjust the tanginess of the tamarind
2. Instead of shallots we can add yellow pumpkin, ladyfingers, carrot, brinjal etc

Nutrition

Serving: 0.5Cup | Calories: 50kcal | Carbohydrates: 4g | Protein: 1g | Fat: 3g

Puli Thanni | Vengaya Puli Thanni

Vengaya Puli Thanni is one of the kuzhambu which is quickest and fastest to prepare with very minimum ingredients in the home. It's basically a tamarind water with minimum spices (preferably only sambar powder) and onion. We prepare this when we run out of stock of vegetables / lazy days or when we are back from travel and need to prepare the food very quickly. Let's learn how to make Vengaya Puli Thanni with step by step pictures



5 from 1 vote

Prep Time	Cook Time	Total Time
5 mins	15 mins	20 mins

Course: Kuzhambu Cuisine: Tamil Brahmin, Tamil Nadu Servings: 4 people Calories: 133kcal
 Author: Sowmya Venkatachalam

Ingredients

- 1 small lemon size Tamarind
- 1 nos. Onion (medium to big size)
- 1 tbsp [Sambar Powder](#)
- 1 tsp Salt (adjust to your taste)

For Tempering

- 1 tbsp Oil
- ½ tsp Mustard seeds
- 1 sprig Curry leaves

Instructions

1. Soak the tamarind in water and extract the juice.
2. Chop the onion roughly to medium to big size.
3. Pour the oil in a pan and add the mustard seeds once the oil is hot. When the mustard seeds begins to sputter add the curry leaves and chopped onions and fry it till onion becomes light brown color.
4. Now add the tamarind extract along with salt
5. Add the sambar powder and allow the tamarind extract to boil well. When the sambar powder raw smell goes away add 1 cup of water and adjust the salt and switch off the flame.
6. The vengaya pulithanni is ready to serve with plain rice. The pulithanni will be of very thin consistency. We can add a teaspoon of gingelly oil with the rice and have this dish.

Notes

1. You can replace tamarind with Tamarind paste.
2. You can also add 1 or 2 green chili (and reduce sambar powder) for good flavor
3. Serve with a teaspoon of gingelly oil.

Nutrition

Serving: 200g | Calories: 133kcal | Carbohydrates: 7g | Protein: 1g | Fat: 11g | Saturated Fat: 1g | Sodium: 127mg | Sugar: 2g

Sukku Milagu Kuzhambu | Sukku Milagu Thippili Kuzhambu | Dry Ginger Pepper Kuzhambu

Sukku Milagu Kuzhambu is one of the traditional kuzhambu made using dry ginger and pepper which has lot of medicinal properties. Along with Dry ginger and Pepper we are also adding Thippili (Long pepper) which adds even more nutritional value to this kuzhambu. During winter this kuzhambu is very much recommended to make once in a week to get rid of seasonal fever or cold.



4.5 from 2 votes

Prep Time	Cook Time	Total Time
15 mins	20 mins	35 mins

Course: Kuzhambu, Main Course Cuisine: Indian, South Indian, Tamil Brahmin, Tamil Nadu

Servings: 4 people Calories: 91kcal Author: Sowmya Venkatachalam

Equipment

- Heavy Bottomed Pan

Ingredients

For Spice Powder

- 3 tsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 2 tsp Urad Dal
- 1 tbsp Coriander seeds
- 1 tsp Peppercorns
- 3 nos Red Chili
- 25 grams Sukku (Dry ginger)
- ½ tsp Arisi Thippili / Long Pepper

Other Ingredients

- 1 Lemon Size Tamarind (or 2 tbsp Tamarind Paste)
- 5 nos Garlic cloves
- 10 nos Shallots / Baby Onions
- 1 tsp Salt adjust to your taste
- 1 tbsp Grated Jaggery

For Tempering

- 1 tsp Cumin Seeds
- 3 tbsp Gingelly Oil
- 1 tsp Mustard seeds
- Few Curry leaves

Instructions

Soak the Tamarind

1. Soak tamarind in warm water for 10 mins and extract a thick juice and keep it aside. If you are going to use the Tamarind Paste then mix the tamarind paste with 1 cup of water and mix well.

For making Spice Powder

1. Heat a teaspoon of oil in a pan. Add bengal gram dal, urad dal, coriander seeds, peppercorns, red chili and fry them in oil till dal turns golden brown color. Take these aside
2. Again heat 1 teaspoon of oil in the pan, add long pepper, dry ginger and fry for about 3 minutes in medium flame. Take these roasted ingredients in a mixer jar
3. Add cumin seeds and grind everything to a smooth paste by adding little water (about 2 tbsp of water)

Let's start making the Kuzhambu

1. Heat 2 tablespoon of gingelly oil in a pan. Add mustard seeds and allow it to sputter. Add curry leaves and fry for few seconds
2. Next, add garlic cloves and shallots and stir-fry in oil till the onions turn translucent
3. Then, add the tamarind extract (or Tamarind Paste) along with salt and boil the tamarind extract till its raw smell goes off (about 5 minutes).
4. When the tamarind's raw smell goes off, add the ground spice paste and give a good mix
5. Keep the flame in low and allow the kuzhambu to boil for 10 mins. Finally add grated jaggery and give a good mix and switch off the flame
6. The tasty and healthy Sukku Milagu Thipili Kuzhambu ready to serve!

Notes

1. Generally we get Sukku, milagu, Thipili in any Indian Grocery shop. There are 2 varieties of Thipili available, one is Arisi thipili and another one is Kandanthipili. We are using arisi Thipili for this recipe. We can get these Thipili in Ayurveda shops (Naatu Marundhu Kadai)
2. Do not add more long pepper (Thipili). If added more, we may experience itching of tongue
3. If you don't have Dry ginger piece you can use dry ginger powder
4. Adjust the spice level according to your needs.

Nutrition

Serving: 1cup | Calories: 91kcal | Carbohydrates: 16g | Protein: 3g | Fat: 4g | Monounsaturated Fat: 2g | Sodium: 44mg | Potassium: 325mg | Fiber: 9g | Vitamin A: 1IU | Calcium: 1mg | Iron: 7mg

Poondu Milagu Kuzhambu | Garlic Pepper Curry

a very flavourful kuzhambu with the combination of garlic, pepper and curry leaves



0 from 0 votes

Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

Course: Kuzhambu Cuisine: Indian, Tamilnadu Servings: 4 people

Calories: 92kcal Author: Sowmya Venkatachalam

Ingredients

- 1 lemon Tamarind Size
- 1/2 cup Garlic
- Salt To taste
- 1 tbsp Grated Jaggery

For Grinding

- Red Chili 4-5
- 1.5 tbsp Peppercorns
- 2 tsp Whole Urad Dal
- 2 tsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 2 tsp Coriander Seeds
- Curry Leaves Few
- Asafoetida (Asafetida / Hing) a Pinch
- 1 tsp Oil

For Tempering

- 2 tbsp Sesame oil
- 1 tsp Mustard Seeds
- Curry Leaves Few
- 1 Red Chili

Instructions

Soaking Tamarind

1. Soak tamarind in warm water for 10 mins and extract the juice and keep it aside

Frying Grinding Ingredients

1. Heat oil in a pan. Add all the grinding ingredients mentioned above and fry till the dal turns light brown.

Grinding Process

1. Cool and Grind all the fried ingredients to a smooth paste and set it aside

Tempering Process

1. Heat oil in a pan. Add mustard seeds and allow it to sputter. Add broken red chili and curry leaves. Now add the peeled garlic to the pan and saute the garlic in oil in low-medium flame for 2 mins

Cook Kuzhambu

1. Add tamarind juice along with salt and boil in medium flame for 5 mins to get rid of the raw smell of tamarind juice
2. After 5 mins, add the spice paste and mix well. Keep flame in low and cook for 10 mins. If the kuzhambu becomes very thick, add water to adjust the consistency.

Final Touch

1. Add Jaggery and stir once and keep the kuzhambu for another 2 mins before switching off the flame

Serving Time

1. Serve the spicy and healthy Poondu Milagu Kuzhambu with hot steaming rice along with a teaspoon of ghee or oil and tasted papad and enjoy this perfect healthy meal!

Nutrition

Serving: 1Cup | Calories: 92kcal | Carbohydrates: 16g | Protein: 3g | Fat: 4g | Fiber: 9g

Orange Peel Kuzhambu | Orange Skin Puli Kuzhambu

Flavor of Puli Kuzhambu enhanced with the dominant flavor of Orange Peel. Perfect Kuzhambu with hot steaming rice. Quick, Easy & Orange Flavored Kuzhambu to treat our taste buds.



5 from 1 vote

Prep Time

10 mins

Cook Time

20 mins

Total Time

30 mins

Course: Kuzhambu Cuisine: Indian, South Indian, Tamilnadu Servings: 4 people Calories: 33kcal
 Author: Sowmya Venkatachalam

Ingredients

- 3 Orange Wash & Peel the Skin
- 1 Lemon Size Tamarind
- 3 Red Chili
- 2 tbsp [Sambar Powder](#)
- Salt As Needed
- 2 tsp Grated Jaggery

For Tempering

- 4 tbsp Sesame Oil
- 1 tsp Mustard Seeds
- 1 tsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 1 tsp Toor Dal (Pigeon pea)
- 1/4 tsp Fenugreek Seeds
- a Pinch Asafoetida (Asafetida / Hing)

Instructions

1. Wash & Peel the skin of oranges and chop into small pieces
2. Soak the tamarind in water for sometime and extract the juice and keep it aside
3. Heat the pan, add oil and when the oil is hot, add mustard seeds.
4. When the mustard seeds starts to sputter, add hing, fenugreek seeds, broken red chilli, dals and when the dals turn golden brown
5. Add the chopped orange skin and fry it well
6. To this add tamarind extract, sambar powder and required salt and allow the kuzhambu to boil till the tamarind raw smell goes off
7. After the kuzhambu has boiled nicely, add grated jaggery and let the mixture boil for 2 minutes and then remove the kuzhambu from flame
8. The mouth-watering orange skin kuzhambu is ready to serve with hot rice and 1 spoon of gingelly oil and appalam

Notes

1. We can freshly prepare the sambar powder by frying Chana dal, coriander seeds, red chili in oil and then grind it to powder or paste and add it to kuzhambu
2. Instead of sambar powder, we can just temper 6-7 Red Chili
3. Adding jaggery is optional but it surely enhances the taste

Nutrition

Calories: 33kcal | Carbohydrates: 2g | Protein: 1g | Fat: 5g | Vitamin C: 20.6mg

Anjaraipetti Kuzhambu

A rich flavourful Kuzhambu Variety!

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Course: Kuzhambu Cuisine: Indian, Tamilnadu Servings: 4 people

Author: Sowmya Venkatachalam



0 from 0 votes

Ingredients

- 1 lemon Tamarind Size
- 10 pieces Drumstick
- Salt To taste

For Grinding

- 1 tsp Toor Dal
- 1 tsp Whole Urad Dal
- 1 tsp Moong Dal
- 1 tsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 2 tsp Coriander Seeds
- 1/2 tsp Fenugreek seeds
- 1 tsp Raw Rice
- 1 tsp Peppercorns
- 6 Red Chili
- 1 tsp Oil

For Tempering

- 2 tsp Oil
- 1 tsp Mustard Seeds
- 2 slit Green Chilli
- Curry Leaves Few

Instructions

Soaking Tamarind

1. Soak the tamarind in water and extract the juice and keep it aside

Frying Grinding Ingredients

1. Dry fry raw rice and fenugeek seeds in a pan and take it in a mixer. Pour some oil and add the rest of the grinding ingredients and fry till the dals turn golden brown color.

Grinding Process

1. We can also fry each ingredient separately so that they are evenly fried. Then take all these in a mixer. Grind the ingredients to a nice powder

Cooking Veggie

1. In the pan, pour some oil and fry the ladys finger(we can also use brinjal or drumstick). Once it is cooked, take it in a plate and keep it aside. In the same pan, now add oil and when the oil is hot, add

mustard seeds. When the mustard seeds starts to sputter, add curry leaves, hing and vertically split green chilli and fry for a minute

Preparing Kuzhambu

1. Now add the tamarind extract and salt. Allow the mixture to boil till the raw smell of the tamarind goes off. Add the fried ladysfinger to the tamarind extract and mix well and allow the kuzhambu to boil for 5 minutes
2. Now add the ground kuzhambu powder and stir well to avoid lumps. Immediately we need to stir after adding the powder as the powder tend to form lumps. Let the kuzhambu boils for some time.

Serving Time!

1. The delicious Anjaraipetti Kuzhambu is ready to serve with hot rice. This goes well with appalam/pappad or potato fry.

Appalam Kuzhambu | Appalam Vatha Kuzhambu | Pappad Kuzhambu

Appalam Kuzhambu is a simple [vatha kuzhambu](#) made just using Appalam and the common masala ingredients available in any south indian kitchen. No vegetables are required to make this kuzhmabu instead Appalam (Pappad) is added. If there are no vegetables in the stock and if we are in no mood to prepare an elaborate meal, we can make this kuzhmabu which is not only easy, tasty but also gives the satisfaction of the home made food. This kuzhambu will go well with [Javvarasi Vadam](#) and [Beans Paruppu Usuli](#)



5 from 1 vote

Prep Time	Cook Time	Total Time
5 mins	15 mins	20 mins

Course: Kuzhambu Cuisine: South Indian, Tamil Brahmin, Tamil Nadu Servings: 4 people
 Calories: 50kcal Author: Sowmya Venkatachalam

Equipment

- Heavy Botto

Ingredients

- 3 nos Urad dal Pappad (Ulundhu Appalam)
- 1 tbsp [Sambar Powder](#)
- 1 small lemon size Tamarind or 2 tbsp Tamarind Paste

For Tempering

- 2 tsp Gingelly
- 1 tsp Mustard seeds
- ¼ tsp Fenugreek seeds
- 1 tsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 1 nos Red Chili
- 1 pinch Asafoetida (Asafetida / Hing)
- 1 - 1½ tsp Salt (adjust to your taste)
- few Curry leaves

Instructions

Preparation

1. Soak the tamarind in ½ cup (125 ml) water for about 5 minutes and extract the juice and keep it aside. Adding warm water will help to extract the juice quicker. If you are using the Tamarind paste then you can skip this step.
2. Break the Urad Dal Pappad (Ulundhu Appalam) roughly into 3-4 pieces and keep it ready

Making of Kuzhambu

1. Heat the oil in pan, add mustard seeds and when the mustard seeds starts to sputter, add channa dal, fenugreek seeds, broken red chilli and hing and fry till dal turns golden brown color. Also add Curry

leaves and fry with these ½ ingredients

2. To this, add broken ulundhu appalam (pappad) to the oil and fry for a minute
3. Add the sambar powder and fry the powder in oil till its brown
4. Then add the tamarind extract and salt and allow the mixture to boil till the raw smell of sambar powder goes off completely. Add Water to adjust the consistency and quantity if required.
5. If the kuzhambu is very dilute in consistency, we can mix 1 teaspoon of rice flour with water and add this to the kuzhambu to make it thicker.
6. The mouth-watering appalam kuzhambu is ready to serve with hot rice and a spoon of gingelly oil. This kuzhambu will go well with [Javvarasi Vadam](#) and [Beans Paruppu Usuli](#)

Notes

1. To enhance the taste / flavor, you can also add chopped onion (preferably shallots) to this kuzhambu
2. You can add 1/2 tsp of Jaggery additionally at the end. This will bring the light sweet taste to the kuzhambu

Nutrition

Serving: 0.5cup | Calories: 50kcal | Carbohydrates: 4g | Protein: 1g | Fat: 3g

Malli Kuzhambu Recipe | Dhaniya Kuzhambu | Coriander Seeds Kuzhambu Recipe

Coriander Seeds are an integral ingredient in most of the Kuzhambu / Sambar / Rasam varieties. This Malli Kuzhambu made with Coriander seeds (Dhaniya) as a key ingredient has a dominant and rich flavor of coriander seeds and tastes yummy when served with hot white rice and a spoon of Gingelly oil.



4 from 2 votes

Prep Time	Cook Time	Total Time
5 mins	20 mins	25 mins

Course: Kuzhambu Cuisine: Indian, South Indian, Tamil Brahmin, Tamil Nadu Servings: 4 people
Calories: 92kcal Author: Sowmya Venkatachalam

Equipment

- Heavy Bottomed Pan
- Mixer Grinder

Ingredients

- 1 Lemon Size Tamarind 1 tablespoon of tamarind paste
- 1 tsp Salt adjust to your taste
- a Pinch Asafoetida (Asafetida / Hing)

For Grinding

- ¼ Cup Coriander seeds 1 Cup - 250ml
- 6 Red Chili
- 1 tsp Peppercorns
- 2 tsp Oil

For Tempering

- 1 tsp Oil
- 1 tsp Mustard seeds
- Few Curry leaves

Instructions

Soaking Tamarind

1. Soak tamarind in warm water for 10 mins and extract the juice

Preparing Grinding Ingredients

1. Heat oil in a pan. Add coriander seeds, peppercorns and red chili and fry till the coriander seeds become slight brown and wonderful aroma of coriander seeds comes out

Grinding Process

1. Take the fried ingredients to the mixer jar and grind it to smooth paste

Tempering Process

1. Heat Oil in a pan. Add mustard seeds and allow it to sputter. Add curry leaves and give a mix.
2. To the pan, now add the tamarind juice along with salt and asfoetida. Let the tamarind juice boil in medium flame for about 5 mins to get rid off the raw smell of the tamarind
3. Next, we need to add the ground Dhaniya-spice paste and give a good mix. Allow the kuzhambu to boil for about 5-7mins in medium flame
4. Dhaniya kuzhambu will become little thick in consistency. We can fry sundakkai vathal in ghee and add it or we can add cooked ladysfinger or drumstick too.
5. Serve the delicious Dhaniya Kuzhambu with hot steaming rice along with a teaspoon of sesame oil and enjoy the kuzhambu!

Notes

1. We can add vegetables like ladies finger, drumstick, shallots (baby onions) or plain fried Sundakkai Vathal to make this kuzhambu much richer

Nutrition

Serving: 1Cup | Calories: 92kcal | Carbohydrates: 16g | Protein: 3g | Fat: 4g

Black Chickpeas Masala Kuzhambu I

கொண்டக்கடலை மசாலா குழம்பு

Black Chickpeas Masala Kuzhambu, a protein rich kuzhambu variety that is so healthy and tasty and a perfect mix for hot steaming rice.



5 from 1 vote

Prep Time	Cook Time	Soaking Chickpeas	Total Time
10 mins	20 mins	8 hrs	30 mins

Course: Kuzhambu Cuisine: Indian, South Indian, Tamilnadu

Servings: 4 people Calories: 77kcal Author: Sowmya Venkatachalam

Ingredients

- 1 Lemon Size Tamarind
- 1/3 Cup Black Chickpeas We can use white also
- 1/2 tsp Turmeric Powder
- Salt As Needed
- 1 Onion Finely Chopped
- 1/2 Tomato Chopped

For Grinding

- 1 tbsp Coriander Seeds
- 1 tbsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 4 Red Chili
- 1/4 tsp Fenugreek Seeds
- 1 tsp Peppercorns
- 1/2 tsp Cumin Seeds
- 10 Shallots / Baby Onions
- 1 Tomato Chopped
- 2 tbsp Sesame Oil

For Tempering

- 3 tbsp Sesame Oil
- 1 tsp Mustard Seeds
- 2 Red Chili
- Few Curry Leaves

Instructions

Soaking Chickpeas

1. Clean Chickpeas and soak overnight. Atleast we need 8-12 hours of soaking. But if we forget to soak, we can add boiling water and soak chickpeas for 4 hours
2. After 12 hours, drain water, add salt and fresh water and pressure cook chickpeas for 4-5 whistles. The cooked chickpeas should be soft and mushy

Soaking Tamarind

1. Soak tamarind in warm water for 10mins and extract the juice and set it aside

Preparing Grinding Ingredients

1. Heat 2 tbsps Sesame oil. Throw in coriander seeds, chana dal, peppercorns, red chili, fenugreek and cumin seeds and fry till the dal turns golden brown. Take the fried ingredients to mixer jar
2. In the same pan add the shallots and fry till translucent. Then add chopped tomato and sauté till tomatoes are soft. Take these also in mixer jar

Grinding Process

1. Grind the fried ingredients to a smooth paste. Set this paste aside

Tempering Process

1. Heat oil in a pan. Add mustard seeds and allow it to sputter. Then add broken red chili and curry leaves and sauté for few seconds
2. Now add finely chopped onions and sauté onions till translucent. Add tomato and sauté till tomatoes are mushy
3. Next add tamarind extract to the pan along with salt and turmeric powder
4. Allow the tamarind to boil for 5 mins to get rid off raw smell.
5. Then add the ground spice paste to the tamarind paste and mix well. Boil the mixture for 5 mins
6. Finally add cooked chickpeas and keep in flame for another 5 mins and then switch off the flame.
7. Serve the healthy and delicious Black Chickpeas Masala Kuzhambu with hot steaming rice and enjoy!

Notes

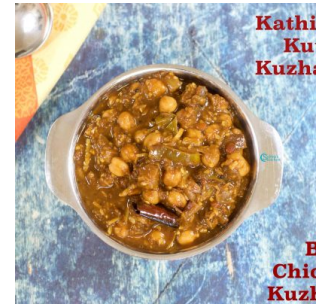
1. We can use white chickpeas instead of black chickpeas
2. We can add ginger and garlic with other grinding ingredients
3. We can make it even more richer by adding coriander and mint leaves too

Nutrition

Serving: 1Cup | Calories: 77kcal | Carbohydrates: 11g | Protein: 6g | Fat: 1g

Kathirikaai Kutta Kuzhambu

Kathirikaai Kutta Kuzhambu is a Tanjore cuisine. This kuzhambu will be in thick consistency where the brinjal and chickpeas are cooked in tamarind water along with other spices. It tastes awesome when served with a teaspoon of gingelly oil and sutta appalam



4.75 from 4 votes

Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

Course: Kuzhambu Cuisine: Indian, Tamil Nadu, Tanjore Servings: 4 people
Calories: 133kcal Author: Sowmya Venkatachalam

Ingredients

- 250 grams Brinjal
- 1/4 cup Cooked Chick Peas Frozen Chick Peas also can be used
- 1 lemon size Tamarind
- 3 tsp [Sambar Powder](#)
- 1/2 tsp Coriander Powder
- 1/4 tsp Turmeric Powder
- 1/2 tsp Asafoetida (Asafetida / Hing)
- 1 tsp Grated Jaggery
- 1.5 tsp Salt Adjust to your taste

For Seasoning

- 1.5 tsp Gingelly Oil
- 1 tsp Mustard Seeds
- 1/2 tsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 1 fistful Curry Leaves
- 1/2 tsp Fenugreek Seeds
- 1 Red Chili
- 1 tbsp Grated Coconut

Instructions

1. Wash the brinjals and finely chop it and soak it in water. We need to immediately drop the chopped brinjals in water else it will turn black
2. Heat gingelly oil in a pan, and add mustard seeds and fenugreek seeds
3. When the mustard seeds starts to sputter, add channa dal, broken red chili and fry till it becomes golden brown color
4. Now add the sambar powder and fry well
5. To this add coriander powder, turmeric powder and fry them all for atleast 5 minutes so that the raw smell of sambar powder and coriander powder goes off well. This is the main step
6. Add the curry leaves and fry this as well
7. After 5 minutes, add chopped brinjals and fry it in oil fully

8. Add the cooked chick peas and mix well
9. Now add the tamarind juice, hing and salt and stir well. Allow the tamarind mixture to boil well so that the raw smell of tamarind goes off. Keep the flame in medium-low and allow the mixture to boil.
10. The tamarind juice should reduce to 1/4 of its quantity to get a thicker gravy.
11. Meanwhile, in a separate pan, add 1 teaspoon of gingelly oil and add grated coconut
12. Fry it well till it turns golden brown color. Remove the fried coconut from flame
13. Add the fried coconut to the final kuzhambu and add grated jaggery and stir once and remove the kuzhambu from flame
14. The yummy Kathirikaai Kutta Kuzhambu is ready to serve with plain rice

Notes

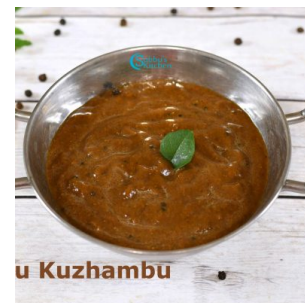
- Jaggery is optional, the main reason for adding is that it helps in raising the flavour of tamarind and spicy
- While frying coconut we can add curry leaves which will add more flavour to the kuzhambu
- I have used frozen chick peas. If you don't get the frozen chick peas or if you don't like it then you can use the fresh chick peas. In this case we have to soak the chick peas overnight and pressure cook till it becomes soft
- Gingelly oil will have its own flavour. For those who don't get gingelly oil outside India, then we can use Ghee instead of Sunflower oil
- You can also fry few baby onions separately and add it to the kuzhambu while adding the tamarind water. It enhances the taste and flavor.

Nutrition

Serving: 1cup | Calories: 133kcal | Carbohydrates: 7g | Protein: 1g | Fat: 11g | Sodium: 127mg | Fiber: 1g |
Sugar: 2g

Milagu Kuzhambu | Pepper Kuzhambu | No Onion No Garlic Milagu Kuzhambu

Milagu Kuzhambu is one of the traditional kuzhambu made using Black Pepper and other few ingredients. It has a dominant flavor of pepper and often considered very good for rainy season and to combat cold. Very easy to make and usually has longer shelf life compared to other kuzhambu varieties.



3.2 from 10 votes

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Course: Kuzhambu Cuisine: Indian, South Indian, Tamil Brahmin, Tamil Nadu Servings: 4 people
Calories: 91kcal Author: Sowmya Venkatachalam

Equipment

- Mixer Grinder
- Heavy Bottomed Pan

Ingredients

Ingredients

- 1 big lemon size Tamarind (or) 3 tbsp Tamarind Concentrate
- 1 tsp Jaggery
- 1.5 tsp Salt adjust to your taste
- 1 tbsp Gingelly Oil (or other cooking oil)

For making Pepper masala paste

- 4 nos Red Chili
- 1½ tsp Peppercorns
- 2 tsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 2 tsp Urad Dal
- 2 tsp Coriander seeds
- 1 pinch Asafoetida (Asafetida / Hing)
- 1 sprig Curry leaves

For Tempering

- 1 tsp Gingelly Oil or other cooking oil
- 1 tsp Mustard seeds
- few Curry leaves
- 1 pinch Asafoetida (Asafetida / Hing)

Instructions

Preparation

1. Soak Tamarind in one cup of warm water and extract the juice and set aside.

Making of Pepper Masala Paste

1. Heat the pan and add 1/2 teaspoon of oil and fry the red chillis first. When the colour of the red chilli changed to light brown, add peppercorns, urud dal, channa dal, coriander seeds and hing and fry on medium heat.
2. Add the curry leaves at the final stage and fry once and take them into a mixer.
3. Add little water (may be 1/4 cup first) and grind it to a fine paste. If required add more water while grinding. But make sure that you don't add too much water and make the ground paste too watery. The paste should be absolutely fine.

Start making the Kuzhambu

1. Heat the pan and add 1 table spoon of Oil. Once the oil get heat, add the mustard seeds. On sputtering add the curry leaves & a pinch of hing.
2. Add the Tamarind extract juice along with salt and allow it to boil for 5 minutes so that the raw smell of the tamarind goes off.
3. Add the ground paste and stir well to make sure that the paste mixes well in the kuzhambu mixture and there are no lumps formed from the paste. Also add the jaggery. Keep the flame low and allow the kuzhambu to boil in low flame for atleast 10 minutes.
4. When the kuzhambu comes to a thick consistency, remove from flame. We can store it in the fridge and use it for upto 2 weeks.
5. Serve this with white rice and a spoon of Gingelly oil with Appalam.

Notes

- Sesame oil is well suited for making this kuzhambu. If you don't get Sesame oil, then you can use any other cooking oil
- I made this as 'No Onion No Garlic' Kuzhambu. If you wish you can also add shallots and Garlic as well. Before adding the tamarind past, add the onion / garlic and fry them till its cooked.
- This will be a spicy kuzhambu. Adjust the pepper / red chili based on your liking.
- To make milagu kuzhambu travel friendly as a paste, add the tamarind to the grinding ingredients and grind it to a thick paste by adding 1 cup of water. Then cook the tamarind-spice paste in low flame and allow the quantity to further reduce to half of its quantity. This simple way, makes the kuzhambu a thick paste and hence it has a long shelf life.

Nutrition

Serving: 1cup | Calories: 91kcal | Carbohydrates: 16g | Protein: 3g | Fat: 4g | Sodium: 44mg | Potassium: 325mg

Pulissery | Nagercoil style Mor Kuzhambu

A pretty simple way to make Mor Kuzhambu but in a unique style



Prep Time
10 mins

Cook Time
15 mins

Total Time
25 mins

Course: All Recipes, Kuzhambu Cuisine: Kerala, Tamilnadu Servings: 4 people
Calories: 24kcal Author: Sowmya Venkatachalam

☆☆☆☆☆
0 from 0 votes

Ingredients

- 1 cup Curd (Yogurt)
- 1 cup Water
- Salt To Taste

For Grinding

- 1 cup Grated Coconut
- 2 Red Chili
- 2 Green Chilli
- 1 tbsp Raw Rice

For Seasoning

- 1 tbsp Oil
- 1 tsp Mustard Seeds
- 0.25 tsp Fenugreek seeds
- Curry Leaves Few

Instructions

1. Soak the Raw Rice for 10 minutes

Prepare Buttermilk

1. Meanwhile take sour curd in a vessel. Add little water and whisk well to make it to a thick buttermilk and set it aside.
2. In a Mixer, take the grated coconut, Red chilies, Green chilies, soaked raw rice and grind them to a fine paste. Add little water to make fine paste. Don't add too much of water and make it watery.
3. Add salt to buttermilk along with ground paste and stir well. Keep the buttermilk mixture in flame till you get a frothy layer formed on top of the kuzhambu. Switch off the flame. Don't let it boil. We usually don't let the buttermilk to boil.

Let's do the tempering

1. In a separate pan add the oil and when the oil is hot add the mustard seeds. When the mustard seeds begins to sputter add the fenugreek seeds and fry it until it becomes red color and then add curry leaves. Add these to Pulisseri

Optional - Add fried lady's fingers

1. You can also fry 1/2 cup of lady's finger till they are tender and add it to pulissery

Ready for Serving !

1. Pulissery (Mor Kuzhambu) is ready to serve !

Nutrition

Serving: 1 Servings | Calories: 24kcal | Fat: 9g

Mor Kuzhambu (Morkuzhambu)

Mor Kuzhambu is a very simple and yummy and traditional kuzhambu variety made using yoghurt.



Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Course: Kuzhambu, Main Course Cuisine: Indian, Tamil Nadu
 Servings: 4 People Calories: 24kcal Author: Sowmya Venkatachalam

★★★★★
4.67 from 3 votes

Ingredients

- 1 Cup Thick buttermilk or yoghurt
- 1/4 teaspoon Turmeric powder 1/4 teaspoon
- 10 Ladyfinger
- To taste Salt

For Grinding:

- 1 tablespoon Coriander seeds
- 2 teaspoon Channa dal
- 1" Piece Ginger
- 4 Green Chillies
- 1/2 Cup Grated Coconut

For Tempering:

- 1 teaspoon Coconut Oil / Cooking oil
- teaspoon Mustard seeds
- Few Curry leaves

Instructions

1. Soak the coriander seeds, channa dal in water for 10 minutes. Heat oil in a pan and add mustard seeds. When the mustard seeds starts to sputter, add curry leaves and then fry for 5 seconds
2. Then add chopped ladysfinger along with salt and turmeric powder and mix well and stir -fry them nicely and remove from flame. Please note that the salt that we are adding here for only the ladysfinger so adjust the salt accordingly. The salt for the Kuzhambu will be added at the last step.
3. Drain water from the soaked coriander seeds and channa dal and take them to the mixer along with green chillies, ginger and grated coconut and grind it to a nice paste
4. In a pan or vessel, take the ground paste. Add yoghurt, turmeric powder and mix well. Keep the vessel over the flame
5. When the morkuzhambu starts forming forth and it is about to boil, remove from flame. Add salt mix well and add the seasoned ingredients along with stir-fried ladysfinger
6. The yummy morkuzhambu is now ready to serve

Nutrition

Serving: 0.5cup | Calories: 24kcal | Carbohydrates: 1g | Fat: 8g

Cabbage Kootan | Cabbage Sambar

A Kuzhambu that has richness of Cabbage & Indian Spices

Prep Time	Cook Time	Total Time
15 mins	40 mins	55 mins

Course: Kuzhambu Cuisine: Indian, Tamilnadu Servings: 4 people

Calories: 260kcal Author: Sowmya Venkatachalam



0 from 0 votes

Ingredients

- 2 cups Chopped Cabbage
- 1 lemon Tamarind Size
- 1/2 cup Toor Dal
- 1 tsp [Sambar Powder](#)
- Salt To Taste

For Grinding

- 1 tsp Oil
- 2 tbsp Coriander Seeds
- 1 tbsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 6 Red Chili
- 1 tsp Peppercorns
- 1/4 tsp Fenugreek seeds
- 1/2 cup Grated Coconut

For Tempering

- 2 tsp Oil
- 1 tsp Mustard Seeds
- 1 Red Chili
- Curry Leaves Few

Instructions

Soak Tamarind

1. Soak Tamarind in warm water for 10 mins and extract the juice and set aside

Pressure Cook Dal

1. Take Toor Dal in a vessel. Add turmeric Powder and water and pressure cook for 3-4 whistles. The cooked dal should be soft and we need to mash it nicely and set it aside

Frying Grinding Ingredients

1. Heat oil in a pan. Add coriander seeds, chana dal, red chili, fenugreek seeds and peppercorns and fry till dal turns light brown. Then add coconut and fry till coconut turns light brown. Switch off the flame & allow it to cool

Grinding Process

1. Take the frying ingredients in a mixer jar and grind it to a smooth paste and set aside

Cooking Cabbage

1. Add cabbage to a pan. Add turmeric & water and cover & cook cabbage till cabbage is soft

Cook with Tamarind

1. Once the cabbage is cooked, add tamarind juice along with salt and sambar powder and cook for about 5 mins to get rid off raw smell of the Tamarind

Enriching with Dal & Spice Paste

1. Add mashed dal and stir well. Then add ground spice paste and mix well. Keep the Kootan in flame for 5 minutes and adjust the consistency if it is very thick by adding water. Switch off the flame after 5 mins

Tempering Process

1. Heat oil in a pan. Add mustard seeds and allow it to sputter. Then add red chili and curry leaves and add the tempering to the Cabbage Kootan

Serving Time

1. Serve the yummy Cabbage Kootan with hot steaming rice along with a teaspoon of ghee and you will enjoy this rich meal!

Nutrition

Serving: 2Cups | Calories: 260kcal | Carbohydrates: 53g | Protein: 14g | Fat: 1.3g | Sodium: 404mg

Chickpeas Sambar Recipe | Kondakadalai Sambar Recipe

spicy lentil soup with protein rich Chickpeas



5 from 1 vote

Prep Time
15 mins

Cook Time
20 mins

Total Time
35 mins

Course: Kuzhambu Cuisine: Indian, Tamilnadu Servings: 4 people

Calories: 152kcal Author: Sowmya Venkatachalam

Ingredients

- 1 lemon Tamarind Size
- 1/4 cup Chickpeas (Kondakadalai)
- 3/4 cup Toor Dal
- 1/4 tsp Turmeric Powder
- Salt To taste

For Grinding

- 1 tsp Ghee (Clarified butter)
- 4 Red Chili
- 1 tsp Peppercorns
- 1 tbsp Whole Urad Dal
- Asafoetida (Asafetida / Hing) a Pinch

For Tempering

- 1 tsp Ghee (Clarified butter)
- 1 tsp Mustard Seeds
- 1 tsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 1 tbsp Sundakkai Vathal (Dry Turkey Berry)
- 1 tbsp Grated Coconut
- Curry Leaves Few

Instructions

Soaking Chickpeas

1. Soak the chickpeas in water overnight. Next morning, pressure cook the chickpeas allowing it for 5-6 whistles or till the chickpeas are soft

Soaking Tamarind

1. Soak the tamarind in warm water and extract the juice and set it aside

Cooking Dal

1. Pressure cook the dal with a pinch of turmeric powder and mash it nicely and set it aside

Frying & Grinding Process

1. Heat ghee in a pan. Add grinding ingredients and fry it till urad dal turns golden brown color. cool the roasted ingredients and grind it to a fine paste

Preparing Sambar

1. Boil the tamarind juice along with salt. When the raw smell of the tamarind extract goes off, add cooked chickpeas.
2. Also add ground spice paste and mix well. Allow the kuzhambu to cook in medium flame for 5 minutes for the ground paste to cook nicely. Then, add mashed dal and stir well. Again in low flame allow the kuzhambu to cook for 5 minutes and then switch off the flame.

Tempering Process

1. In a separate pan, heat ghee and add mustard seeds and allow it to sputter. Then add bengal gram dal along with sundakkai vathal and saute till dal turns golden brown. Finally add curry leaves. Add the seasoning to the kuzhambu and stir once finally

Serving Time

1. Serve the delicious Chickpeas Sambar with hot steaming rice and enjoy the kuzhambu.

Nutrition

Serving: 1Cup | Calories: 152kcal | Carbohydrates: 25g | Protein: 11g | Fat: 1g | Fiber: 13g

Vengaya Sambar | Small Onion Sambar

Vengaya Sambar is one of the very popular sambar variety in Tamil Nadu. Made with just pearl onion (chinna vengayam) and freshly made sambar masala, it's one of the most popular sambar in Tamil Nadu houses and restaurants. It's usually served with hot rice along with a dash of ghee. Learn how to make tamil nadu style popular vengaya sambar (onion Sambar) with step by step pictures and Videos.



4.6 from 5 votes

Prep Time

10 mins

Cook Time

30 mins

Course: Accompaniment, Kuzhambu Cuisine: Tamil Nadu Servings: 5 people Calories: 260kcal

Author: Sowmya Venkatachalam

Equipment

- Pressure Cooker
- Mixer Grinder

Ingredients

- ¼ kg Shallots / Baby Onions (Chinna Vengayam)
- ½ cup Toor Dal (Pigeon pea)
- 1 lemon size Tamarind
- 1½ tsp Salt (adjust to your taste)
- 2 tbsp Coriander Leaves chopped

For Sambar Masala (to grind)

- 8 nos Red Chili
- 3 tsp Coriander seeds
- 2 tsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- ¼ tsp Fenugreek seeds
- 5 nos Shallots / Baby Onions
- 2 tsp Oil
- ¼ tsp Asafoetida (Asafetida / Hing)
- 2 tbsp Grated Coconut

For Seasoning

- 1 tsp Oil
- 1 tsp Mustard seeds
- 1 sprig Curry Leaves
- 1 pinch Asafoetida (Asafetida / Hing)

Instructions

1. Soak tamarind in water and extract the tamarind juice and keep it aside. Peel the onion skin and keep it aside.
2. Cook the dal in a pressure cooker till it is soft and mash it nicely and keep it aside.

3. In the pan, pour the oil and fry the asafoetida. Add the red chillies, channa dal, fenugreek seeds and coriander seeds and fry it until the dal becomes golden colour and take this aside for grinding. Take few baby onions and cocunut for grinding along with the fried ingredients in the above step. Grind all these ingredients to a paste
4. In the pan pour the oil and add the mustard seeds and when it starts to sputter, add the curry leaves and a pinch of Hing
5. Add the peeled Onions and fry it for a minute and then add water to cook the onions. When they are half-cooked add the tamarind extract and salt. Let the mixture boil for about 5 minutes in the medium flame.
6. Add the mashed dal and stir well to avoid lumps. Now add the ground paste and allow it to cook in the medium flame.
7. When the sambar starts to boil, add the coriander leaves.
8. Now the onion sambar/ vengaya samabr is ready to serve.

Nutrition

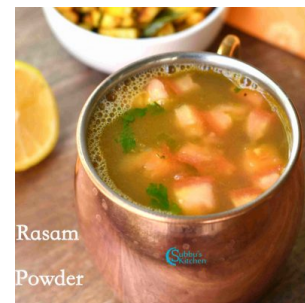
Serving: 2cups | Calories: 260kcal | Carbohydrates: 53g | Protein: 14g | Fat: 1.3g | Saturated Fat: 0.2g | Sodium: 404mg | Potassium: 1054mg | Fiber: 15g | Sugar: 18g | Vitamin A: 2300IU | Vitamin C: 94.1mg | Calcium: 110mg | Iron: 6.1mg

D.Rasam Recipes

Lemon Rasam

Lemon rasam can be made in different ways. This is a simple method of making Lemon Rasam with Rasam Powder. This Lemon rasam can be served with hot rice or as a soup for digestion.

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins



5 from 3 votes

Course: Rasam, Soup Cuisine: Indian, South Indian, Tamil Brahmin, Tamil Nadu
 Servings: 4 people Calories: 146kcal Author: Sowmya Venkatachalam

Equipment

- Sauce Pan

Ingredients

- 2 tbsp Moong Dal
- 5 Green Chili Slit
- a Pinch Turmeric Powder
- 1 tbsp [Rasam Powder](#)
- 1 tsp Pepper Cumin Powder
- 1½ tsp Salt
- 1 tbsp Coriander Leaves
- 2 tbsp Lemon Juice Adjust As Needed

For Tempering

- 2 tsp Ghee
- 1 tsp Mustard seeds
- Few Curry Lea
- 1 Tomato Roughly Chopped

Instructions

Cooking Dal

1. Take moong dal, slit green chili and turmeric in a vessel. Add water and pressure cook for about 3-4 whistles.

Making Rasam

1. In a sauce pan, add the cooked dal and green chili and add 2 cups of water
2. To the sauce pan, add rasam powder, pepper-cumin powder and salt. Allow the rasam to boil for about 5 mins
3. Add 1 more cup of water and allow the rasam to form a frothy layer on top of the rasam. Switch off the flame. Do not bring it to boil
4. Garnish with coirander leaves

Tempering Process

1. Heat ghee in a pan. Add mustard seeds and allow it to sputter. Then add curry leaves and give a mix. Finally add tomato and saute the tomato for a minute
2. Add this Tempering to the Rasam. Finally add lemon juice and give a mix

Serving Time

1. Serve Lemon Rasam with hot steaming rice along with a teaspoon of ghee or we can serve after a heavy meal to help in digestion.

Nutrition

Serving: 0.5Cup | Calories: 146kcal | Carbohydrates: 16g | Protein: 11g | Fat: 4g

Milagu Rasam | Pepper Rasam

A Traditional & Healthy Rasam which tastes yummy with a hot steamed rice and a spoon of ghee



Prep Time	Cook Time	Total Time
5 mins	10 mins	15 mins

Course: Rasam, Soup Recipes Cuisine: Indian, Tamilnadu Servings: 4 people
Calories: 128kcal Author: Sowmya Venkatachalam



0 from 0 votes

Ingredients

- 1 gooseberry Tamarind Size
- 1/4 tsp Turmeric Powder
- Asafoetida (Asafetida / Hing) a Pinch
- Salt As Needed

For Grinding

- 2 tsp Peppercorns
- 1 tsp Cumin Seeds

For Seasoning

- 1 tsp Ghee (Clarified butter)
- 1 tsp Mustard Seeds
- Curry Leaves Few

Instructions

Soaking Tamarind

1. Soak tamarind in warm water for 5 mins and extract the juice

Grinding Spice

1. Take Peppercorns and Cumin Seeds in a mixer jar and grind it to a powder and keep it aside. We can grind large quantity of peppercorns and cumin seeds and store it in air-tight container and use it whenever we want

Boil Tamarind

1. In a sauce pan, add tamarind juice along with salt, turmeric powder, Ground Pepper-Cumin Powder and asafoetida and boil the tamarind juice till the raw smell of the tamarind goes off.

Add Water

1. Then add 2 cups of water and keep in medium flame till a frothy layer forms on top of the rasam

Tempering Time

1. In the pan, pour the ghee and add the mustard seeds. When the mustard seeds begins to sputter add the curry leaves and fry for a minute. Add this tempering to the Pepper Rasam and switch off the flame

Nutrition

Serving: 1 Serving | Calories: 128kcal | Carbohydrates: 1g | Protein: 1g

Paruppu Rasam | Dal Rasam

Paruppu Rasam (Dal Rasam) is a hot rasam made using cooked and mashed dal and flavored with rasam powder, tomato and few other spices which is finally served with fresh coarinander leaves. It's a staple food in many of the south indian home.



5 from 2 votes

Prep Time

5 mins

Cook Time

20 mins

Total Time

25 mins

Course: Rasam

Cuisine: Indian Recipes, South Indian Recipes, Tamil Brahmin, Tamil Nadu Recipes

Servings: 4 people

Calories: 63kcal Author: Sowmya Venkatachalam

Equipment

- Pressure Cooker
- Heavy Bottomed Pan

Ingredients

- 2 tbsp Toor Dal (Pigeon pea)
- 1 goosberry size Tamarind (or 2 tsp of Tamarind paste / concentrate)
- 1 nos Tomato big size
- 2 tsp [Rasam Powder](#)
- 1 tsp Salt adjust to your taste
- 1 pinch Asafoetida (Asafetida / Hing)
- 1 handful Coriander Leaves chopped

For Tempering

- 1 tsp Ghee (Clarified butter) (or cooking oil)
- 1 tsp Mustard seeds
- ½ tsp Cumin Seeds
- 6-7 nos Curry Leaves

Instructions

Preparation for making the Rasam

1. Soak the Toor dal in water for about 15 minutes if possible. This will help to reduce the cooking time.
2. Add a pinch of turmeric powder to the Toor dal and cook it in pressure cooker over 3-4 whistles till they are completely soft. Let the pressure release naturally from the pressure cooker. With a spoon or ladle, mash the dal nicely and keep it aside.
3. Soak the tamarind in water and extract the juice. If you are using the tamarind extract/concentrate then skip this step
4. Roughly chop the Tomatoes and keep it ready

Making of the Dal Rasam

1. Add the chopped Tomatoes, Salt, Hing and Rasam Powder to the extracted tamarind juice.
2. Heat this mixture over medium flame for about 10 minutes

3. Add the mashed dhal and 2 cups of water to adjust the consistency of the Rasam and continue to heat the mixture. Check the taste of the rasam and adjust the salt / consistency of the rasam. Simmer the flame
4. Switch off the flame once you notice the froth forming on the top of the rasam. Don't let the Rasam to boil at this stage.

Tempering

1. In a separate pan, add the ghee and add mustard seeds. When the mustard seeds begins to sputter add the cumin seeds, curry leaves and add these to Rasam.
2. Garnish the rasam with coriander leaves. Delicious rasam is ready for serving

Notes

1. We can add a teaspoon of jaggery to rasam to enhance the taste
2. We can add slit green chili which will enhance the flavor

Nutrition

Serving: 1cup | Calories: 63kcal | Carbohydrates: 8.5g | Protein: 2.2g | Fat: 3.1g | Saturated Fat: 1.4g | Cholesterol: 5.4mg | Sodium: 12mg | Potassium: 470mg | Fiber: 2.7g | Sugar: 4.9g

Poondu Thippili Rasam | Garlic Thippili Rasam

Poondu Thippili Rasam is made using Arisi Thippili (Long Pepper), Kanda Thippili (roots of the Long Pepper) and Poondu (Garlic). It's one of the very healthy rasam with lot of medicinal properties. However it will have a very strong flavor from Garlic. If you like Garlic, then you will like this rasam for sure. It will be spicy and very tasty.



5 from 1 vote

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Course: Main Course, Rasam Cuisine: Indian, South Indian, Tamil Nadu Servings: 4 people
 Calories: 70kcal Author: Sowmya Venkatachalam

Ingredients

For making Rasam Paste

- 10-15 nos Garlic cloves adjust to your liking of Garlic
- 1 tbsp Toor Dal (Pigeon pea)
- 1 tbsp Coriander seeds
- ½ tsp Peppercorns
- 2 sticks Kanda Thipili
- 2 sticks Arisi Thipili / Long Pepper
- 1 nos Red Chili
- ½ tsp Cumin Seeds
- 1 tsp Ghee

For Tempering

- 1 tsp Ghee
- 1 tsp Mustard seeds
- 1 sprig Curry leaves

Other Ingredients

- 1 gooseberry size Tamarind
- 1½ tsp Salt adjust to your taste

Instructions

Making the fresh Rasam Paste

1. Heat the pan and a ½ teaspoon of ghee.
2. Add Toor dal, Red Chilies, Coriander seeds, Kanda Thipili and Arisi Thipili and fry till the Toor dal turns golden brown color. Take the fried ingredients in a mixer
3. Add remaining ½ teaspoon of ghee in the pan. Add peeled garlic cloves to the pan and fry it for a minute in a medium flame. Take the fired garlic cloves to the mixer
4. Add Pepper and Cumin seeds to the mixer. Grind all the fried ingredients along with pepper and cumin seeds into a fine paste by adding little water

Let's start making the rasam

1. In a Pan add a teaspoon of Ghee. Once the Ghee is hot add Mustard seeds. When the mustard seeds finished sputtering add the curry leaves
2. Add the tamarind extract and salt. Keep this mixture in flame for 5 minutes till the raw smell of the tamarind goes off.
3. Add the ground paste and keep the flame in medium low.
4. When the mixture starts to boil, add required water to adjust the consistency.
5. Now the delicious Poonda Rasam(Garlic Rasam) is ready to serve with plain rice.

Notes

1. Kandanthipili and Arisithipili can be bought from any Naatu Marundhu Shops (Ayurvedic Shops). Even some of normal departmental shops sells these healthy ingredients.
2. We can also make garlic rasam without Kandanthipili and Arisithipili.
3. My Grandmother used to sauté the garlic and add it as whole without grinding. That way the garlic will not be so much dominating and mouth will not have pungent smell. But if we grind the garlic the essence of the garlic will be nicely incorporated and flavor will be dominant and wonderful.

Nutrition

Serving: 1cup | Calories: 70kcal | Carbohydrates: 13g | Protein: 2g | Fat: 1g

Tomato Rasam | Thakkali Rasam Recipe

Tomato rasam (Thakkali Rasam) is one of the most common rasam variety in Tamil Nadu. This rasam has a rich flavor of tomato along with mild spices. We can serve Tomato Rasam with hot rice along with a teaspoon of ghee or we can serve as soup or at the end of a heavy meal for digestion.



5 from 2 votes

Prep Time

10 mins

Cook Time

15 mins

Total Time

25 mins

Course: Rasam, Soup

Cuisine: Indian, Indian Recipes, South Indian, South Indian Recipes, Tamil Brahmin, Tamil Nadu, Tamil Nadu Recipes

Servings: 4 people Calories: 86kcal Author: Sowmya Venkatachalam

Equipment

- Sauce Pan
- Heavy Bottomed Pan

Ingredients

- 1 Gooseberry Size Tamarind
- 2 tsp [Rasam Powder](#)
- a Pinch Asafoetida (Asafetida / Hing)
- 1 tsp Salt Adjust as Needed
- 1 tbsp Coriander Leaves
- 2 tbsp Toor Dal (Pigeon pea)
- 1 tsp Pepper Cumin Powder Grind 1 tsp of Peper & Cumin to the powder

To Grind

- 3 Tomato

For Tempering

- 2 tsp Ghee
- 1 tsp Mustard Seeds
- Few Curry leaves

Instructions

Soaking Tamarind

1. Soak tamarind in warm water for about 10 mins and extract the juice. Set this tamarind juice aside

Grinding Process

1. Wash and roughly chop the tomatoes and take it in a mixer jar. Grind it to smooth paste

Cooking Dal

1. Take toor dal in a vessel. Add turmeric powder and water. Pressure cook dal for about 4 whistles of till its mushy. Set this cooked dal aside

Cooking Rasam

1. Take the tamarind juice in a sauce pan. Add rasam powder, salt and asafoetida and give a good mix. Keep in medium flame and allow the tamarind juice to cook
2. Then add the tomato puree and cook the rasam for another 5 mins.
3. Now add cooked dal and adjust the consistency of rasam with water. Add coarsely ground pepper powder to rasam
4. Finally garnished with coriander leaves and when a frothy layer forms on the top of the rasam, we need to switch off the flame

Tempering Process

1. Heat ghee in a pan. Add mustard seeds and allow it to sputter. Now, add few curry leaves and switch off the flame. Add this tempering to the rasam.

Serving Time

1. Serve the yummy Tomato Rasam with hot steaming rice along with a teaspoon of ghee or serve as a soup and slurp!!!

Notes

1. We can add 2 slit green chili which gives a nice spicy flavor
2. We can add a teaspoon of jaggery to give a mild sweet flavor to rasam

Nutrition

Serving: 1Cup | Calories: 86kcal | Carbohydrates: 13g | Protein: 5g | Fat: 1g

E.Rice Varieties

Lemon Rice Recipe | Quick and Easy South Indian Rice

Lemon Rice is a staple food in South Indian Kitchen. It's one of the best travel friendly and even a Lunch box recipe. Takes only 10 minutes to make Lemon rice if we have the rice ready. Let's learn how to make Lemon rice with step by step pictures and a video recipe



5 from 1 vote

Prep Time	Cook Time	Total Time
5 mins	20 mins	25 mins

Course: Rice Varieties Cuisine: Indian, South Indian, Tamil Nadu Servings: 2 people Calories: 300kcal
 Author: Sowmya Venkatachalam

Equipment

- Heavy Bottomed Pan

Ingredients

- 1 Lemon
- 1 Cup Cooked Rice 1 Cup - 250ml
- ¼ tsp Turmeric Powder
- Salt As Needed
- ¼ tsp Fenugreek Powder

For Tempering

- 2 tbsp Sesame Oil
- 1 tsp Mustard seeds
- ½ tsp Split Urad Dal
- 2 tsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 1 tbsp Peanuts
- ¼ tsp Asafoetida (Asafetida / Hing)
- Few Curry Leaves
- 2 Green Chili
- 1 Red Chili

Instructions

1. Cut the lemon in halves and squeeze the lemon and extract the juice and add the salt and keep it aside
2. Spread the cooked rice in a broad plate and allow it to cool it off.
3. In a heavy bottomed pan, add the the gingelly oil and add the mustard seeds. When the mustard seeds begins to sputter add the split urid dal, channa dhal, peanuts and hing and fry for a while till the dhal changes its color to red.
4. Now add the chopped green chilli and then add the turmeric powder and remove from flame. To this add the cooked rice, salt and fenugreek powder and stir the rice gently to avoid mashing of rice.
5. Finally add the lemon extract and adjust the salt and gently mix the rice

6. The yummy lemon rice is ready to serve with appalam/ papad or vadam

Notes

1. We can use any rice to make Lemon rice - Sona Masoori, Ponni Arisi and even Basmati Rice.
2. You can add chopped ginger as well.
3. We can make Lemon rice using Left over rice as well
4. You can optionally add grated carrot. This will make the rice more colorful and nutritious.
5. The quantity of the Lemon required to make lemon rice depends on the tanginess of the lemon. Taste the rice and adjust the lemon. Usually the tanginess will be high in the beginning. Once it settled down, the tanginess will be reduced
6. We can dry roast 1/4 Teaspoon of Fenugreek seeds, 2 red chili and grind it and add it for spice.
7. We can also add masala while tempering that makes this more masala based Lemon Rice

Nutrition

Serving: 1g | Calories: 300kcal | Carbohydrates: 94g | Protein: 13g | Fat: 20g

Coconut Rice | Thengai Sadham | South Indian Coconut Rice | Nariyal Chawal

Coconut Rice is an easy to make rice variety loaded with flavor of coconut. With fresh grated coconut and minimal spices this is one of the very common rice variety in South India, especially in Kerala and Tamil Nadu. Let's learn how to make Coconut rice with step by step instructions and the recipe video



Save

Prep Time
10 mins

Cook Time
10 mins

Total Time
20 mins

★★★★★
5 from 2 votes

Course: Lunch Cuisine: India, South Indian, Tamil Nadu Servings: 4 people Calories: 313kcal
Author: Sowmya Venkatachalam

Ingredients

- ½ cup Grated Coconut (fresh coconut)
- 1 cup Cooked Rice 1 cup - 250 ml
- 1 tsp Salt (adjust to your taste)

For Tempering

- 1 tbsp Coconut Oil
- 1 tsp Mustard seeds
- 1 sprig Curry leaves
- 1 tsp Moong dal
- 1 tsp Ginger finely chopped

Instructions

1. Soak the Moong dal in water for atleast 10mins.
2. Chop finely the green chillies and curry leaves and keep it aside
3. Pour 1 teaspoon oil in the pan and add the grated cocunut and fry until the cocunut turns into light brown color and keep it aside.
4. Heat oil in pan and add mustard seeds, when the mustard seeds starts to sputter, and fried moong dal and then add the chopped green chillies and curry leaves and fry for a minute and then remove the pan from flame.
5. Add the cooked rice to the pan and mix it with the grated fried coconut . Add salt to your taste and mix it thoroughly.
6. Yummy Coconut Rice is ready to Serve.

Notes

1. Add Cashews or Peanuts for crunchiness and taste.
2. You can add grated carrots and small cut capsicum also. It looks awesome. Kids loves the colour.

Nutrition

Serving: 1g | Calories: 313kcal | Carbohydrates: 54g | Protein: 5.1g | Fat: 8.4g | Saturated Fat: 7.2g | Polyunsaturated Fat: 0.2g | Monounsaturated Fat: 0.5g | Sodium: 401mg | Potassium: 134mg | Vitamin C: 0.6mg | Calcium: 0.8mg | Iron: 9.9mg

Madapalli Puliyodharai | Temple Style Tamarind Rice

Madapalli Puliyodharai | Temple Style Tamarind Rice is a very appetizing and yummy Prasad served in most of the Vishnu temples and Hanuman temples. A spicy and tangy rice variety conventionally made as prasad for many auspicious occasions and festivals. This Madapalli Puliyodharai will also be a perfect Lunch Box Recipe!



5 from 6 votes

Prep Time	Cook Time	Total Time
15 mins	30 mins	45 mins

Course: Festival, Rice Varieties Cuisine: Indian, South Indian, Tamil Nadu Servings: 4 people
 Calories: 270kcal Author: Sowmya Venkatachalam

Equipment

- Heavy Bottomed Pan

Ingredients

- 1 Lemon Size Tamarind or 2 Tablespoon Tamarind Paste
- Salt As Needed

For Spice Powder

- 1 tsp Urad Dal
- 1 tsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- ½ tsp Fenugreek seeds
- 1 tsp Peppercorns
- 10 Red Chili
- a Pinch Asafoetida (Asafetida / Hing)
- Few Curry leaves

For First Set of Tempering

- 3 tbsp Sesame Oil
- 2 tsp Split Urad Dal
- 2 tsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 1 tbsp Peanuts
- 6 Red Chili

For Second Set of Tempering

- 1 tbsp Sesame Oil
- 1 tsp Mustard Seeds
- ½ tsp Turmeric Powder
- Few Curry Leaves

For Tamarind Rice

- 2 Cups Cooked Rice
- ½ tsp Salt
- 1 tsp Sesame Oil

Instructions

Extracting Tamarind Juice

1. Soak tamarind in warm water for about 10 mins and extract thick juice out of it. Or we can mix 2 tablepoon of tamarind paste and mix with a cup of water and keep it aside

Prepare Spice Powder

1. Heat a pan. Add all the grinding ingredients and dry roast till dal turns golden brown.
2. Cool the pan roasted ingredients and take it to mixer and grind it to a smooth powder. Keep this spice powder aside

Prepare First Tempering

1. Heat oil in a pan. When the oil is hot, add split urad dal, bengal gram, peanuts, curry leaves, asafetida and red chili.
2. Fry all the ingredients in the oil till the dals turn golden brown

Prepare Puliyodharai Mix

1. Then add tamarind juice along with salt. Allow the tamarind juice to boil for about 10 mins
2. After 10 mins, add the spice powder which we prepared earlier and give a good mix
3. Stir continuously till the spice powder is incorporated well with the tamarind juice. If we don't mix well we will end up with lumps. So mix thoroughly
4. Let the Puliyodharai boil in very low flame till it becomes a thick paste
5. Once the Puliyodharai mix becomes thick, we can switch off the flame.

Preparing 2nd Tempering

1. Heat oil in another pan. Add mustard seeds and allow it to crackle.
2. Then add turmeric and curry leaves. Give a mix and switch off the flame.
3. Add this tempering to the Puliyodharai Mix
4. The delicious Madapalli Puliyodharai is now ready!

Preparing Tamarind Rice

1. Spread the cooked rice in a wide plate or bowl.
2. Add salt and sesame oil and give a good mix. Please mind that the puliyodharai mix already has salt in it. So just add 1/4 teaspoon of salt
3. Add 3-4 tablespoon of Puliyodharai mix and mix gently. If needed, add more puliyodharai and mix gently.
4. Temple Style Tamarind Rice is now ready to serve!

Notes

1. Ponni Raw rice or Sona masoori are more preferable.
2. Rice to the water ratio if 1:2
3. Deep fry the broken red chilies as part of the tempering that will enhance the taste and flavor
4. There's a saying that Oru Padi Arisikku Oru Pidi Puli. Based on that , we can use this tamarind paste upto five cups of rice.

Nutrition

Serving: 0.5Cup | Calories: 270kcal | Carbohydrates: 36g | Protein: 5g | Fat: 12g

Pepper Rice Recipe | Milagu Sadham | Milagu Jeeraga Sadam

Pepper Rice is one of the very simple and yummy rice made using freshly ground black pepper. This can be made using left over rice or fresh rice. Easy of digestion, good for health and tasty too. With minimum available ingredients at home, we can make this rice in jiffy.



4.6 from 10 votes

Prep Time

5 mins

Cook Time

20 mins

Course: Main Course, Rice Varieties Cuisine: Andhara, Indian, South Indian, Tamil Brahmin, Tamil Nadu
 Servings: 4 people Calories: 238kcal Author: Sowmya Venkatachalam

Equipment

- Heavy Bottomed Pan

Ingredients

- 1 cup Cooked Rice 1 cup = 250 ml
- ½ tbsp Peppercorns whole black
- ½ tbsp Sesame Seeds
- 2 tsp Cashews
- 1 sprig Curry leaves
- 1 tbsp Ghee
- ½ tsp Mustard seeds
- ½ tsp Cumin Seeds

Instructions

1. Heat a pan and add the peppercorns and the curry leaves. Dry roast them for a minute before adding the sesame seeds. Sesame seeds will take only less time for sputter. So we are going to add it after roasting pepper corns for a minute.
2. Add the sesame seeds and roast them till they are nicely brown. Switch off the flame and add them to a mixer jar. Allow the dry roasted ingredients to completely cool off before grinding
3. Grind the dry roasted ingredients to a coarse powder. Tiny bits and pieces of pepper are nice to bite with rice, that's why we grind them coarsely. Keep this ground spice powder aside.
4. Spread the cooked rice on a broad plate to cool it so that the rice would be fluffy and not mushy when we mix it later

Tempering

1. Heat a teaspoon of ghee and add broken cashews and fry them till they are light brown in color. Take them aside in a bowl.
2. Then again add 2 teaspoon of ghee to the pan and mustard seeds
3. When the mustard seeds starts to sputter, add cumin seeds and then finally add broken curry leaves and saute them all for 10 seconds. Switch off the flame.

Mixing the mixture with Rice

1. Add the cooked rice to the tempering in pan and gently mix with a wooden spatula. Then add the ground spice powder little by little and give a good and gentle mix.
2. Finally add salt and toss them all well so that salt and spice powder are nicely incorporated with the rice and tempering.
3. Add the roasted cashews and give a final mix.
4. The irresistibly aromatic Pepper rice is now ready!!! Serve the pepper rice with your favorite crisp or stir-fry vegetable and enjoy your meal

Notes

1. Gingelly Oil is preferable for making this rice
2. Use freshly ground pepper powder for good flavor and taste
3. You can use any rice variety to make this rice, though i prefer basmati rice.
4. Grated Carrot, green peas can also be added optionally to get

Nutrition

Serving: 1cup | Calories: 238kcal | Carbohydrates: 45g | Protein: 5.5g | Fat: 4.1g | Saturated Fat: 0.7g |

Polyunsaturated Fat: 1.5g | Monounsaturated Fat: 0.9g | Cholesterol: 25mg | Sodium: 530mg | Potassium:

104mg | Fiber: 1.5g | Sugar: 0.8g | Vitamin A: 7.6IU | Vitamin C: 8.7mg | Calcium: 1.3mg | Iron: 5mg

Peanut Rice | Verkadalai Sadham

Peanut rice is a delicious Rice variety made with peanuts and freshly ground spice powder. A very simple and easy to make variety rice. A perfect Rice variety that is quick to make and perfect for any parties or any potluck. The peanuts & sesame seeds add a nice flavour to the whole rice!



5 from 1 vote

Prep Time

5 mins

Cook Time

20 mins

Total Time

25 mins

Course: Kids Lunch Box, Main Course, Rice Varieties Cuisine: Indian, Tamilnadu

Servings: 4 People Calories: 288kcal Author: Sowmya Venkatachalam

Ingredients

- 2 Cups Cooked Rice 1 Cup - 250ml
- 1/2 Cup Raw Peanuts
- 2 Pieces Red Chili
- 1/2 Teaspoon Pepper
- 2 Tablespoon Desiccated Coconut
- 2 Teaspoon Sesame Seeds
- 1/2 Teaspoon Oil

For Tempering

- 2 Tablespoon Sesame Oil
- 1 Teaspoon Mustard Seeds
- 1 Teaspoon Split Urad Dal
- 1 Teaspoon Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 1 Tablespoon Peanuts
- Few Curry Leaves

Instructions

1. Cook the rice and spread the cooked rice in a plate to have a fluffy rice
2. Heat 1/2 teaspoon oil in a pan and roast the peanuts till the peanuts turn brown. Set this roasted peanuts aside
3. Again in the same pan, add red chilli, peppercorns, sesame seeds and fry till the sesame seeds starts to sputter. Then add the dry grated coconut and fry till the coconut turns brown color
4. First add the roasted ingredients to the mixer jar, except peanuts. Grind the ingredients to a coarse powder
5. Then add the roasted peanuts to the mixer jar and grind it to a coarse powder. Set this peanut based spice powder aside
6. Heat gingelly oil in a pan. Add mustard seeds and allow it to sputter. Then add split Urad dal, gram dal and fry the dals till it turns golden brown.
7. Then, add peanuts and fry it for few seconds. Finally add few curry leaves and saute for few seconds. Add the peanut spice powder and saute for a minute

8. Add cooked fluffy rice along with salt and mix well gently. Do not mash the rice. Mix gently and add it to the serving bowl
9. The delicious Peanut Rice is ready to serve! Serve with Potato Fry and papad and enjoy the rice!

Notes

Other Yummy Rice Varieties you can Try!

1. [Beans Masala Rice](#)
2. [Hara Bhara Pulao](#)
3. [Vegetable Biryani](#)
4. [Paneer Pulao](#)
5. [Masala Bhaat](#)

Nutrition

Serving: 1Cup | Calories: 288kcal | Carbohydrates: 42g | Protein: 9g | Fat: 9g | Sodium: 465mg | Fiber: 3g

Ulundhorai | Urad Dal Spice Powder Rice

Ulundhorai | Urad Dal Spice Powder Rice is a prasada made in many Vishnu Temples. For Puratasi month, some of us have a tradition to do [Maa vilaku](#) on Saturday for Lord Vishnu and we make [Ellotharai](#) or Ulundhorai as prasada. Very simple yet tastes divine !



4 from 5 votes

Prep Time

15 mins

Cook Time

20 mins

Total Time

35 mins

Course: Rice Varieties Cuisine: Indian, South Indian, Tamil Nadu

Servings: 2 people Calories: 375kcal Author: Sowmya Venkatachalam

Equipment

- Pressure Cooker
- Heavy Bottomed Pan

Ingredients

For spice Powder

- 3 tbsps Split Urad Dal we can also use whole urad dal
- 3 Red Chili
- 1 tsp Peppercorns
- a Pinch Asafoetida (Asafetida / Hing)
- Few Curry Leaves
- 1 tsp Oil

Other Ingredients

- 2 cups Cooked Rice
- 2 tsp Salt Adjust as needed

For Tempering

- 1 tbsps Ghee or we can use Sesame Oil
- 2 Red Chili
- Few Curry Leaves
- 1 tbsps Cashews

Instructions

Preparing Urad Dal Spice Powder

1. Heat a teaspoon of oil and add split urad dal, red chili, peppercorns, curry leaves and hing.
2. Fry all the ingredients till the dal turns golden brown. You will get a nice aroma from the dal. Switch off the flame
3. Cool the roasted ingredients and grind it to coarse powder.
4. Ulundhorai Spice Powder Ready!

Tempering Process

1. Heat ghee in a pan. Add mustard seeds and allow it to sputter. Then add broken red chili, curry leaves and give a stir.
2. Then add cashews and fry till they are light golden and then switch off the flame

Preparing Ulundhorai

1. Take a broad vessel and spread the cooked rice. Let it cool for 5 mins
2. Then add the tempering , Urad Dal spice powder and Salt. Gently mix so that the spice powder is nicely incorporated and coated well with the rice.
3. Ulundhorai | Urad Dal Spice Powder Rice is now Ready for Prasad or for serving!

Notes

1. We can also use whole urad dal or Black urad Dal (with skin) to make it even more healthier
2. You can also add roasted peanuts.
3. Adjust the spice level according to your needs
4. You can make the Urad Dal powder, store it in air tight container and use it when required.

Nutrition

Serving: 1Cup | Calories: 375kcal | Carbohydrates: 15g | Protein: 4g | Fat: 2g

Kadugu Sadam | Mustard Seeds Rice | Kadugorai

Kadugu Sadam is a traditional variety rice made using the fresh spice powder. The spice powder is prepared using raw mustard seeds, dals and coconut which made this dish colorful, spicy, very flavorful and tasty. An easy, simple rice but packed with amazing flavor and aroma. It is no onion no garlic variety rice, perfect for neyveidhyam and lunch box / tiffin box too.



4.25 from 4 votes

Prep Time	Cook Time	Total Time
5 mins	20 mins	25 mins

Course: Rice Varieties Cuisine: Indian, South Indian, Tamil Brahmin, Tamil Nadu Servings: 4 people
 Calories: 313kcal Author: Sowmya Venkatachalam

Equipment

- Pressure Cooker
- Mixer Grinder
- Heavy Bottomed Pan

Ingredients

For Spice Powder

- 2 tsp Mustard seeds
- 1 tsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 1 tsp Urad Dal
- 1 tsp Whole black pepper
- 2 nos Red Chili
- 1 tbsp Coriander seeds

For Tempering

- 1 tsp Ghee
- 1 tsp Gingelly Oil
- 1 tsp Mustard seeds
- 1 tsp Chana Dal
- 2 tbsp Peanuts roasted
- few Curry Leaves
- 1 tsp Split Urad Dal
- 2 tbsp Grated Coconut
- 1 marble size Tamarind (Optional) or 1/4 tsp of Tamarind paste

Other Key Ingredients

- 2 cups Cooked Rice
- 1 tsp Salt (adjust to your taste)

Instructions

Preparation

1. Cook the rice as usual. Make sure that it's not mushy. Once cooked spread the cooked rice in a large bowl to cool off. sprinkle the salt

Making of the Spice Powder

1. Heat the Pan. Add the Mustard seeds, Split Bengal Gram dal (Kadala paruppu), Urad dal, Black Pepper corns, Coriander Seeds and Red Chili (all the ingredients given under "For spice powder"). Dry roast all the ingredients till the dal turns golden brown. You will get a nice aroma from the dal. Switch off the flame
2. (If you are using fresh coconut, then dry fry the coconut as well. I have used the desiccated coconut hence i have not fried it here)

(You can also optionally add small gooseberry size tamarind piece)
3. Cool the roasted ingredients. Add the desiccated coconut and grind it to coarse powder. The Kadugu Sadham spice powder is ready

Tempering

1. Heat the pan and add Gingelly oil and Ghee. Once the oil is hot, add mustard seeds and allow it to sputter. Then add chana dal, urad dal, roasted peanuts, curry leaves and give a stir.
2. Switch off the flame

Let's make the Kadugu Sadam

1. Take a broad vessel and spread the cooked rice.
2. Then add the tempering , Urad Dal spice powder. Gently mix so that the spice powder is nicely incorporated and coated well with the rice. Adjust the salt if required
3. Kadugu Sadam | Mustard Seeds Rice | Kadugorai is ready to serve

Nutrition

Serving: 1cup | Calories: 313kcal | Carbohydrates: 54g | Protein: 5.1g | Saturated Fat: 7.2g | Polyunsaturated Fat: 0.2g | Monounsaturated Fat: 0.5g | Sodium: 401mg | Potassium: 134mg | Vitamin C: 0.6mg | Calcium: 0.8mg | Iron: 9.9mg

Vendaya Kuzhambu Sadam | Kids Lunch Box Recipe

Vendaya Kuzhambu Sadam is a flavorful and tasty rice where the rice cooked in the tamarind gravy along with spices and freshly ground masala. Similar to Tamarind Rice, it's a travel friendly rice and also perfect for the lunch boxes.



★★★★★
4.45 from 9 votes

Prep Time
5 mins

Cook Time
30 mins

Total Time
35 mins

Course: Kids Lunch Box, Rice Varieties Cuisine: Indian, South Indian, Tamil Nadu Servings: 4 people
Calories: 380kcal Author: Sowmya Venkatachalam

Equipment

- Heavy Bottomed Pan

Ingredients

- 1 Lemon Size Tamarind
- 1 Cup Raw Rice 1 Cup - 250ml. I used Basmati but we can use regular ponni or sona masoori rice.
- 2 tbsp [Sambar Powder](#)
- 1 tsp Salt Adjust As Needed
- 2 Cups Water for Basmati Rice. For other rice varieties please use 2.5 or 3 cups of water based on the type of rice

For Grinding

- 1 tbsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 1 tbsp Split Urad Dal
- 2 Red Chili

For Tempering

- 2 tbsp Sesame Oil
- 1 tsp Mustard Seeds
- 2 tsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 2 tsp Split Urad Dal
- 1 tsp Fenugreek seeds
- 1 Red Chili
- a Pinch Asafoetida (Asafetida / Hing)
- Few Curry leaves

Instructions

Preparing Tamarind Juice

1. Soak tamarind in 2 cups of warm water for 10 mins, extract the juice and set aside.

Grinding Spice Powder

1. Heat a pan. Add Bengal gram, urad dal, red chili and dry fry till dal turns light golden color
2. Cool the roasted ingredients and grind it to a smooth powder

Tempering Process

1. Heat sesame oil in a pan. Add mustard seeds and allow it to sputter. Then add bengal gram, split urad dal, fenugreek seeds and fry them in oil till the dal turns light brown
2. Next, we need to add broken red chili, asafoetida and few curry leaves. Give a mix

Making of Vendaya Kuzhambu Rice

1. Add the extracted tamarind juice to the pan. To the tamarind juice, add sambar powder and salt.
2. Next, add the rinsed rice to the tamarind juice. Allow the tamarind juice to boil. Then cover the pan with lid and keep the flame in low, allow the rice to get cooked completely but not become mushy
3. Once the rice is cooked, add the spice powder and give a mix.
4. Now Vendaya Kuzhambu Sadam is now ready! Serve with any Stir-Fry vegetable or papad and enjoy the delicious rice.

Notes

We can add a teaspoon of grated jaggery to top up the flavor of the tamarind.

Nutrition

Serving: 1Cup | Calories: 380kcal | Carbohydrates: 63g | Protein: 10g | Fat: 9g

Raw Mango Rice | Mangai Sadam Recipe

Raw Mango Rice | Mangai Sadam Recipe, a very quick, easy to make variety rice with grated raw mango along with simple tempering. The sourness of raw mango along with the spicy chilies combined with chanadal and peanut based tempering makes this rice so tempting. A perfect Mango recipe for this mango season!



5 from 1 vote

Prep Time
10 mins

Cook Time
15 mins

Total Time
25 mins

Course: Rice Varieties Cuisine: Indian, South Indian, Tamil Nadu

Servings: 4 people Calories: 261kcal Author: Sowmya Venkatachalam

Equipment

- Grater
- Heavy Bottomed Pan

Ingredients

- 1 Raw Mango Peeled, Grated
- 1 Cup Cooked Rice 1 Cup - 250ml
- 2 Green Chile Slit
- 2 Red Chili
- ¼ tsp Turmeric Powder
- a Pinch Asafoetida (Asafetida / Hing)
- 1 tsp Salt Adjust As Needed
- ¼ tsp Fenugreek

For Tempering

- 2 tsp Sesame Oil
- 1 tsp Mustard seeds
- 1 tsp Cumin Seeds
- 1 tbsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 1 tbsp Peanuts
- Few Curry Leaves

Instructions

Prepare Rice

1. Spread the Cooked rice in a plate and set it aside

Grating Raw Mango

1. Wash and peel the raw mango. Grate the raw mango using a grater and set the grated mango aside

Tempering Process

1. Heat oil in a pan. Add mustard seeds, cumin seeds and allow it to sputter. Then add the bengal gram and peanuts and fry till the dal turns light brown
2. Next, add the green chili, red chili, curry leaves and stir once.

Cooking Raw Mango

1. Add grated mango and stir-fry for 2-3 minutes. Add turmeric powder and 1/2 tsp salt while stir-frying mango. Switch off the flame

Finishing Raw Mango Rice

1. Add the spread cooked rice to the pan. Also add fenugreek powder and adjust salt. Gently mix everything well

Serving Time!

1. Serve the delicious Raw Mango Rice with Potato fry and enjoy this delicious rice!

Notes

1. If the mango is not sour enough, we can add lemon juice to adjust the tangy taste.

Nutrition

Serving: 1Cup | Calories: 261kcal | Carbohydrates: 10g | Protein: 1g | Fat: 2g

Carrot Rice | Kids Lunch Box Recipes

Carrot Rice is very delicious rice variety. This Carrot rice is a way to make our kids love healthy carrots. Its a perfect Kids Lunch Box Recipe.



Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Course: Rice Varieties Cuisine: Indian, South Indian, Tamil Nadu
 Servings: 4 people Calories: 323kcal Author: Sowmya Venkatachalam



5 from 1 vote

Equipment

- Heavy Bottomed Pan

Ingredients

- 1 Cup Cooked Rice 1 Cup - 250ml
- 1 Onion Finely Chopped
- 1 Cup Grated Carrot
- ¼ tsp Turmeric Powder
- ½ tsp [Sambar Powder](#)
- 1 tsp Salt Adjust As Needed
- 1 tbsp Coriander Leaves

For Tempering

- 2 tbsp Ghee We can use oil too
- 1 tsp Mustard Seeds
- 1 tsp Cumin Seeds
- 1 Green Chili Chopped
- Few Curry Leaves
- 1 tsp Split Urad Dal
- 1 tsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 2 tbsp Peanuts

Instructions

Preparing Ingredients

1. Peel the carrot and grate it. Keep the grated carrot aside
2. Chop the onions and green chilies finely. Keep it aside

Tempering Process

1. Heat the oil/Ghee in the pan and add mustard seeds. When the mustard seeds start to sputter, add cumin seeds, split urad dal, channa dhal and peanuts and fry until the dhal becomes golden brown color
2. Now add the chopped curry leaves and green chili and fry for few seconds.

Preparing Carrot-Onion Masala

1. Then add the chopped onions and fry it until the onion becomes transparent

2. When the onions are sautéed , then add the grated carrot along with a pinch of turmeric, salt and sambar powder and fry them until the carrot is cooked completely. switch off the flame.

Mixing with Rice

1. Add the cooked rice and mix it gently without breaking rice. Finally garnish with coriander leaves!
2. The yummy Carrot rice is ready to serve.

Notes

1. We can dry roast coriander seeds, bengal gram and red chili and dry roast till golden color and then grind it to powder. We can add this spice powder to the carrot masala instead of sambar powder

Nutrition

Serving: 1Cup | Calories: 323kcal | Carbohydrates: 60g | Protein: 8g | Fat: 11g

Nellikai Sadham | Amla Rice | Gooseberry Rice

A one-pot meal made with Indian Gooseberry and rice.

Prep Time	Cook Time	Total Time
15 mins	15 mins	30 mins



0 from 0 votes

Course: Rice Varieties Cuisine: Indian, Tamilnadu Servings: 4 people

Author: Sowmya Venkatachalam

Ingredients

- 2 cups Cooked Rice
- 4 big Gooseberry
- 3 tbsp Sesame oil
- 1 tsp Mustard Seeds
- 1 tsp Split Urad Dal
- 1 tbsp Split Bengal Gram (Channa Dal / Kadalaparuppu)
- 1 tbsp Cashew
- 4 slit Green Chilli
- 1 tsp Ginger Grated
- Curry Leaves Few
- 1/4 tsp Turmeric Powder
- Salt To taste
- 1/4 tsp Fenugreek Powder

Instructions

Preparing Rice

1. Take the cooked rice and spread it in a broad plate. Add 2 teaspoon of oil and give a gentle mix and set it aside. Wash and grate Gooseberry (Amla/Nellikai) and set aside

Tempering Process

1. Heat oil in a pan. Add mustard seeds and allow it to sputter. Add split urad dal, bengal gram, cashew and give a mix. Then add the green chili, ginger, curry leaves and sauté for few seconds

Cooking Gooseberry

1. Add grated gooseberry to the pan. Also add turmeric powder and salt and cook the gooseberry in low flame for 5 mins. Since we have grated the gooseberry, it will cook quickly. Switch off the flame

Mixing with Rice

1. Add the cooked rice which we spread in a plate with oil to the pan. Mix gently everything without breaking rice. Finally add fenugreek powder and give a final mix.

Serving Time

1. Serve the healthy and tasty Gooseberry Rice (Amla Rice / Nellikai Rice) with any Stir-fry veggies or papad and enjoy your meal!

Dal Masala Rice | Arisi Paruppu Masala Sadam

Dal Masala Rice, is a very easy to make protein rich rice variety. Rice and thoor dal are cooked with whole garam masala and this rice is a aromatic and delicious, yet quick & simple to make.



Prep Time
15 mins

Cook Time
25 mins

Total Time
40 mins

★★★★★
5 from 1 vote

Course: Rice Varieties Cuisine: Indian, South Indian, Tamilnadu Servings: 4 people Calories: 177kcal
Author: Sowmya Venkatachalam

Ingredients

- 1 Cup Raw Rice Basmati is preferable but we can use sona masoori or any raw rice
- 1/2 Cup Toor Dal (Pigeon pea)
- 2 Bay Leaf
- 1 tbsp Ghee Need 1 more teaspoon of ghee for garnishing
- 3 Cloves
- 2 Cardamom
- 1" Stick Cinnamon
- 1 tsp Cumin Seeds
- 3 Green Chili
- 1 tsp Salt As Needed
- Coriander Leaves For Garnishing
- 1/2 tsp Garam Masala
- 1/2 tsp Curry Leaves

Instructions

1. Take basmati rice & dal in a vessel, add water to soak. Set this aside for 15 mins
2. Heat ghee in a heavy bottomed pan, add bay leaves, cloves, cinnamon sticks, cardamom and saute for a minute.
3. Add cumin seeds, vertically slit green chilies along with curry leaves and saute it
4. Now add garam masala and mix it well. Drain water from basmati rice+dal and add it to the pan.
5. Add 4.5 Cups of water along with salt and stir well. Add this mixture to the rice cooker and cook till it come to warm mode. We can also pressure cook it for 2 whistles or cook rice in the pan itself
6. Heat a teaspoon of ghee in a pan. Add cashews and roast them in ghee till it turns golden brown. Keep this roasted cashews aside
7. Once the rice is cooked, garnish with roasted cashews & finely chopped coriander leaves
8. The yummy dal masala rice is ready to serve. This goes well with crispy potato fry or onion raitha or potato chips

Notes

1. If you have an Instant pot, we can first keep it in sauté mode, start with the tempering and proceed with the method till Step5. After adding water, we cancel the sauté mode and start the manual or pressure cook mode and cook for 4 mins in high pressure. Allow the pressure to naturally release for 10 mins and then force release the pressure carefully. In instant pot or rice cooker, we will surely get more fluffy rice
2. We can make the same rice in pressure cooker. Follow the instructions till step 5 till the water starts to boil and then close the cooker with the lid without putting a whistle. Cover the whistle spot with a tumbler and cook in low flame for 10 mins.
3. Ghee gives a nice flavor but if we can use cooking oil.

Nutrition

Calories: 177kcal | Carbohydrates: 38g | Protein: 4g | Fat: 1g

Green Peas Rice | Pacha Pattani Sadham | Pressure Cooker Method

Green Peas Rice (Pacha Pattani Sadam) is mild masala rice made using green peas and spices. Unlike Peas Pulao we don't add whole masalas, but it's typical tamil nadu style where we just grind coconut ground masala and mix it with the rice. A flavorful and tasty rice for kids lunch box



Subbus Kitchen
Green Peace Rice

★★★★★
4.5 from 2 votes

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Course: Kids Lunch Box, Lunch Cuisine: Indian, South Indian, Tamil Nadu Servings: 4 people
Calories: 168kcal Author: Sowmya Venkatachalam

Equipment

- Pressure Cooker

Ingredients

- ½ cup Fresh Green Peas (you can also use frozen peas)
- 1 cup Basmati Rice (other rice variety can also be used)
- 1.25 cups Water 1 cup rice = 1.25 cups water
- 1 nos Onion medium size, chopped lengthwise
- 1 nos Tomato medium size, chopped
- 1 pinch Turmeric Powder
- 1 tsp Salt adjust to your taste

For Grinding

- 1 tbsp Grated Coconut
- 1 inch Ginger
- 2 nos Garlic cloves (optional)
- 1 tsp Cumin Seeds
- 2 nos Green Chili

For Tempering

- 1 tsp Oil
- 1 tsp Mustard seeds
- 1 tsp Split Urad Dal
- few Curry leaves

Instructions

Preparation

1. Wash and Soak the Basmati Rice for about 30 minutes
2. Finely chop the Onion and Tomato and keep it aside

Masala Preparation

1. Add the green chili, cumin seeds, grated coconut, garlic and ginger in the mixer and grind it to the fine paste

Let's start making the Pattani Rice

1. In a pressure cooker add the oil and heat the pan. Once the oil gets heat add the mustard seeds. When the mustard seeds started to sputter add the urad dhal and curry leaves and fry them till the color of the dhal change to golden brown.
2. Add the chopped onion and fry them till the onion becomes transparent. Then add the chopped tomato and mix well.
3. Now add the ground masala paste and mix well. Cook it for a minute.
4. Then add Green Peas and give a mix
5. Finally add soaked rice and add 1.25 cups of water along with salt. (1 cup of basmati rice = 1.25 cups of water)
6. Close the pressure cooker, keep the whistle and cook in low flame for about 20 minutes. Don't need to worry about the number of whistles, but just cooke for 20 minutes in low flame
7. Switch off the flame. Once the pressure is released add coriander leaves and serve hot.

Notes

1. We can use Red chili instead of green chili.
2. We can use the same procedure and cook in Instant Pot. Once all the ingredients are added in instant pot in sauté mode, we can cancel the mode and press the pressure cook or manual button and keep the cook time as 5 mins. Once the cooking is done, let the pressure gets naturally released for 10 mins and then force release the pressure to get fluffy Pattani Rice.
3. We can use Diluted Coconut milk instead of water to enhance the flavor.
4. Also for tempering we can use ghee or butter in place of oil.

Tips for cooking the Basmati Rice using Pressure Cooker

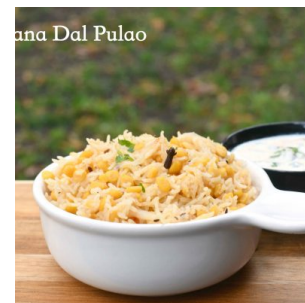
1. Rinse rice in water for few times until you see clear water without starch
2. Soak the rice in water for about 30 minutes
3. After 30 minutes, strain the water. Add required salt and teaspoon of oil and mix well
4. The water ratio would be 1 cup of rice : 1.25 cups of water
5. Cook the rice in pressure on low flame with the whistle on. It's fine if the whistle comes in between
6. After 20 minutes switch off the flame. Once the steam is released, open the pressure cooker.

Nutrition

Serving: 0.5cup | Calories: 168kcal | Carbohydrates: 28g | Protein: 4g | Fat: 2g | Cholesterol: 6mg | Sodium: 200mg | Potassium: 57mg | Fiber: 4g | Sugar: 5g | Vitamin A: 5IU | Vitamin C: 3mg | Calcium: 1mg | Iron: 6mg

Chana Dal Pulao

Chana Dal Pulao, a one-pot complete meal with well balanced carbs, proteins and mild spices. Chana dal is soaked and cooked in pressure cooker along with rice and mild spices. Its perfect for Kids' Lunch Box! Serve the Pulao with Raita of your choice and enjoy this delicious and healthy Rice variety!



4 from 2 votes

Prep Time

10 mins

Cook Time

20 mins

Soaking Dal

2 hrs

Total Time

2 hrs 30 mins

Course: Rice Varieties Cuisine: Indian, North Indian Servings: 4 people

Calories: 265kcal Author: Sowmya Venkatachalam

Equipment

- Pressure Cooker

Ingredients

- ¾ Cup Split Bengal Gram (Channa Dal / Kadalaparuppu) 1 Cup - 250ml
- 1 Cup Raw Rice I used Basmati. We can use ponni or sona masoori also
- 1 Onion Finely Sliced
- 10 Mint Leaves
- 2¼ Cups Water
- 1 tsp Salt Adjust As Needed
- ½ Garam Masala
- ½ Red Chili Powder

For Tempering

- 2 tbsp Ghee
- ½ tsp Peppercorns
- 1 tsp Cumin Seeds
- 1 inch Cinnamon Stick
- 1 Bay Leaf
- 3 Cloves
- 2 Cardamom
- 2 Green Chili Slit
- 1 tsp Ginger Grated
- 1 Star Anise

Instructions

Soaking Process

1. Wash and Soak Chana Dal for about 2 hours. Wash and soak rice for 20 mins

Tempering Process

1. After 2 hours of soaking Chana Dal, start with tempering process. Heat ghee in a pressure cooker. Add peppercorns, cumin seeds and allow it to sputter

2. Then add whole garam masala (cinnamon, clove, bay leaf, cardamom and Star Anise), slit green chili, ginger and give a mix
3. Add sliced onions and saute till translucent.
4. When the onions becomes translucent, drain water from soaked dal and add it to pressure cooker.
5. Also drain water from soaked rice and add it to pressure cooker. Mix the dal and rice well without breaking the rice
6. Add mint leaves and water.
7. Finally add salt, red chili powder and garam masala and give a gentle mix.
8. Close the cooker and put on the weight. Allow for 2 whistles in high flame and then reduce the flame to low and allow for 1 whistle. Allow the pressure to naturally release.

Serving Time

1. Fluffy and yummy Chana Dal pulao is now ready! Serve with Raitha of your choice and enjoy!!!

Notes

1. Onion is optional we can exclude it.
2. We can enrich with Green Peas, Carrot too

Nutrition

Serving: 1Cup | Calories: 265kcal | Carbohydrates: 47g | Protein: 5g | Fat: 9g

F.Snack Recipes

Adai Mavu Kunukku Recipe | Lentil Fritters Recipe

Kunukku is a deep fried crispy fritters made from Idli batter or Adai Batter. This is Adai Batter Kunukku. A very crunchy snack to compliment with tea/coffee for a wonderful evening



Save

Prep Time	Cook Time	Soaking Time	Total Time
10 mins	30 mins	2 hrs	2 hrs 40 mins

★★★★★
4.2 from 5 votes

Course: Chat, Snacks Cuisine: Indian, South Indian, Tamil Nadu Servings: 4 people

Calories: 160kcal Author: Sowmya Venkatachalam

Equipment

- Heavy Bottomed Pan
- Mixer Grinder

Ingredients

- 2 Cups [Adai Batter](#)
- 1 tbsp [Rice Flour](#)
- 1 Onion Finely chopped
- 2 Green Chilli Chopped
- 1 tbsp Coriander Leaves
- 1 tbsp Cashews
- 2 Cups Oil For Deep Frying

Instructions

Preparing Kunukku Batter

1. Take the adai batter In a mixing bowl. To the batter, add rice flour and give a good mix. Rice flour thickens the batter and also makes the fritter crispy
2. Now to the batter, add chopped onions, green chili, coriander leaves and cashews. Mix the batter well. Adjust the salt if needed. The adai batter would have got salt already so, its better to taste and adjust. Now our kunukku batter is ready

Deep Frying Process

1. Heat oil in a pan. Check the readiness of the oil by dropping a pinch of batter in hot oil and check to see if it rises immediately.
2. Once the oil is hot, using a spoon, or clean hands, we can take small quantity of the kunukku batter and gently drop in oil. We don't need to shape the kunukku. It will be in random shape like pakoda.
3. Deep fry the kunukku till it becomes golden brown and crispy. Take the fried kunukku out of the oil and place in paper towel to drain excess oil.
4. Serve the hot and crispy Adai Mavu Kunukku with Coconut Chutney or Ketchup and enjoy the delicious snack!

Notes

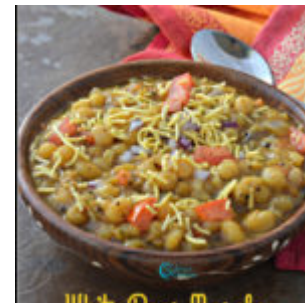
1. We can make the fritter with Idli batter too.
2. Instead of green chili we can add crushed peppercorns
3. We use rice flour to make the batter thick. But we can use sooji instead of rice flour

Nutrition

Serving: 4pieces | Calories: 160kcal | Carbohydrates: 30g | Protein: 5g | Fat: 5g

Yellow Peas Masala Chaat / White Peas Masala Gravy / White Peas Masala Gravy Chaat

Beach Sundal, Beach Pattani (Peas) gravy are very popular India. We love eating hot and steaming peas masala in the breezy air. I have seen how they serve, first in a bowl, they add broken samosa and then on top of it they add this masala gravy and garnish with fresh onions, coriander leaves etc. Such a mouthwatering chaat is nutrition rich too as we are using dried peas which are rich in dietary fiber and proteins.



4.75 from 4 votes

Prep Time 10 mins	Cook Time 20 mins	Soaking Time 12 hrs	Total Time 30 mins
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Course: Chat Cuisine: Indian, South Indian Servings: 4 people Calories: 149kcal

Author: Sowmya Venkatachalam

Ingredients

- 1 cup Dried Yellow Peas 1 cup = 250 ml
- 1 Onion finely chopped
- 2 Tomato finely chopped
- 1/2 tbsp Ginger Chopped
- 1/2 tbsp Garlic Chopped
- 1/4 tsp Turmeric Powder
- 1 tsp Coriander Powder
- 1 tsp Red Chili Powder
- 1/2 tsp Peper Powder
- 1/2 tsp Garam Masala Powder
- To Taste Salt
- For Garnishing Coriander Leaves
- 1 tbsp Sev

For Tempering

- 2 tbsp Cooking Oil
- 1 tsp Mustard Seeds
- 1 tsp Fennel Seeds

Instructions

1. Wash and Soak the Dried Yellow Peas and set it aside overnight or for atleast 12 hours.
2. Drain the water. Add Fresh water to soak the peas along with salt and pressure cook it allowing for 5-6 whistles
3. Heat oil in a heavy bottomed pan. Add mustard seeds and allow it to sputter, then add fennel seeds. To this now add chopped ginger & garlic and saute for a minute
4. Then add finely chopped onions and saute till the onions turn transparent. Then add chopped tomato

5. After adding tomato, add salt that is required for this dish along with red chii powder, coriander powder and turmeric powder and mix everything well. Allow the tomatoes to cook till it gets mushy
6. Then, add cooked peas and mix well. Add 2 cups of water and stir well. Keep the flame low and allow the peas to cook in low flame for 10-12 minutes. The peas will absorb the masala and the gravy thickens a bit. We need little watery consistency for this recipe
7. After 10 minutes, add pepper powder, garam masala and stir well and switch off the flame. Finally garnish with coriander leaves. Just before serving, garnish with freshly chopped onions along with coriander leaves and sev
8. The delicious Street Side Style White Peas Masala Gravy ready to serve!

Notes

You can additionally add a teaspoon of lemon juice to enhance the taste.

Nutrition

Serving: 1cup | Calories: 149kcal | Carbohydrates: 19g | Protein: 4.7g | Fat: 7g | Saturated Fat: 2.4g | Trans Fat: 0.1g | Cholesterol: 8.6mg | Sodium: 227mg | Potassium: 486mg | Fiber: 4.7g | Sugar: 8.3g | Vitamin A: 2200IU | Vitamin C: 47mg | Calcium: 50mg | Iron: 1.4mg

Punugulu | Idli Batter Fritters Recipe

Punugulu is a popular snack from Andhara cuisine made using idli/dosa batter. It's a popular teatime snack / street food usually served with peanut/coconut chutney. Learn how to make Punugulu with step by step instructions and video at Subbu's Kitchen



5 from 1 vote

Prep Time

5 mins

Cook Time

15 mins

Total Time

20 mins

Course: Snacks Cuisine: Andhara, South Indian Servings: 4 people

Calories: 29.9kcal Author: Sowmya Venkatachalam

Ingredients

- 2 cups [Idli Batter](#) 1 cup = 250 ml
- 1 tbsp Semolina (Sooji / Rava)
- 2 nos Green Chili finely chopped
- 1 fistful Curry Leaves
- 1 tsp Cumin Seeds
- 2 tbsp Coriander Leaves finely chopped
- ¼ tsp Salt
- Oil for deep frying

Instructions

1. In a mixing bowl, pour the idli batter. Add semolina and give a good stir. Add finely chopped green chili, curry leaves, cumin seeds, chopped coriander leaves and give the batter a good stir. We don't need to add salt as the batter has already salt in it. If you have store bought batter and it doesn't have salt, then add salt and mix well
2. Heat oil in a pan. When the oil is hot enough, drop a small pinch of batter to check the readiness of the oil. If the batter raises up in the oil, then the oil is in perfect heat.
3. Keep the flame in medium and gently drop 4-5 dumplings out of the batter using a spoon or clean hands. We don't need to make a perfect circle shape. When the dumplings gets cooked, it will raise up in the oil as the batter is fermented nicely already
4. Deep fry the idli batter fritters in oil till they are golden brown and nicely crispy
5. Serve the Punugulu (Idli Batter Fritters), hot with your favorite dip. [Coconut chutney](#), [Peanut Chutney](#) or even ketchup would be a great complement for this awesome dish.

Nutrition

Serving: 1Piece | Calories: 29.9kcal | Carbohydrates: 2.35g | Protein: 0.43g | Fat: 2.09g

Bread Channa Chaat

Tasteful chat made using Bread and Channa. They are not only tasty but at the same time stomach filling too. I have seen most of the office goers tend to crowd near these chaat shops.

Prep Time
10 mins

Total Time
10 mins



5 from 1 vote

Course: Chat, Snacks Cuisine: Indian Servings: 3 people Calories: 397kcal

Author: Sowmya Venkatachalam

Ingredients

- 4 Slices Bread Wheat Bread
- 0.25 cup Chole Boiled
- 0.25 cup Potatoes Boiled and Mashed
- 1 Onion
- 0.25 cup Yogurt
- 2 tbsp [Green Chutney](#).
- 2 tbsp Sweet Chutney
- 1 tsp Cumin Powder
- 1 tsp Red Chili Powder
- 0.5 cup Sev
- 0.5 tsp Sugar
- 1 tbsp Chaat Masala
- To Taste Salt
- 1 tbsp Butter
- 1 handful Coriander Leaves
- 0.5 Lemon

Instructions

1. Finely chop the onions. Beat the curd along with sugar and salt and keep it ready
2. I have soaked channa overnight and pressure cooked it and keep it ready. You can very well use store bought canned boiled chick peas also. Take the boiled channa and mashed potatoes in a bowl. Add channa masala and mash the chick peas coarsely with the back of fork gently.
3. Chop the edges of the each bread and cut into 4 parts and take each bread slice and apply butter on one side of the bread. Heat a tawa and place butter applied side of the breads down facing and toast them in medium flame
4. Apply butter on the top facing side of the breads and gently flip it on and toast on the other side also till they are crisp and turns golden brown colour. Place the toasted bread slices on a plate
5. First spread spoon full of potato-chaana mixture on each bread slice. Add chopped onions on top of the channa mixture and also few chopped coriander leaves. Add green chutney to all the bread slices followed by sweet chutney. Then add the beaten curd on top of all bread slices.

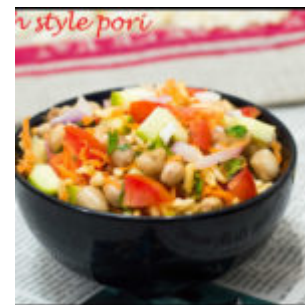
6. Finally sprinkle cumin powder and red chilli powder on top of the curd followed by Sev and 2-3 drops of lemon juice in each bread slice.
7. Serve the yummy Bread Channa Chaat immediately to retain the crispness toasted bread and other ingredients. Enjoy the wonderful Bread Channa Chat with hot coffee / tea

Nutrition

Serving: 1g | Calories: 397kcal | Carbohydrates: 53g | Protein: 18g | Fat: 13g | Saturated Fat: 2.8g | Sodium: 880mg

Beach Style Masala Kara Pori Recipe

Masala Kara Pori is a snack made using Puffed rice, boiled peanuts and chopped vegetables like carrot, raw mango along with other spices. This is very famous in the Chennai beaches where many street side vendors selling it in the moving cart. It's spicy, tangy, crunchy and healthy snack that you can make it easily in the home.



5 from 1 vote

Cook Time	Peanut Soaking Time	Total Time
15 mins	30 mins	45 mins

Course: Appetizer, Snack

Cuisine: Indian, South Indian, Street Food, Tamil Nadu Servings: 4 people Calories: 56kcal

Author: Sowmya Venkatachalam

Equipment

- Pressure Cooker

Ingredients

- 2 cups Puffed Rice (Pori) (1 cup = 250 ml)
- 1 nos Carrot grated
- ¼ cup Raw Peanuts
- 3 tbsp Raw Mango finely chopped
- 1 nos Onion finely chopped
- 1 nos Tomato finely chopped
- ¼ tsp Red Chili Powder
- 1 tbsp Coriander Leaves chopped
- ½ tsp Salt adjust to your taste
- 1 tsp Lemon Juice

Instructions

Preparation

1. Soak the raw peanuts in water for 30 minutes. After half an hour, drain the water and add fresh water along with salt and pressure cook the peanuts allowing it for 3 whistles.
2. Meanwhile, finely chop onion, tomato, mango and coriander leaves

Making of Masala Kara Pori

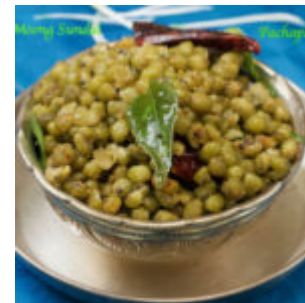
1. Take the puffed rice in a mixing bowl. Add cooked peanuts to the mixing bowl
2. Then add red chilli powder and give a good mix. Then add chopped onion, tomato, mango, grated carrot and mix well. Finally add chopped coriander leaves
3. Mix everything well and add the lemon juice and again mix once
4. The yummy Beach Style Pori is now ready to serve!!!

Nutrition

Serving: 1cup | Calories: 56kcal | Carbohydrates: 13g | Protein: 0.9g | Fat: 0.1g | Sodium: 0.4mg | Potassium: 16mg | Fiber: 0.2g | Calcium: 0.1mg | Iron: 25mg

Pachai Payaru Sundal | Green Moong Dal Sundal | Green Gram Dal Sundal

Pachai Payaru Sundal is one of the sundal that we make during Navarathri for the God's offering and also distribution to friends and family who are visiting Golu. It's one of the sundal variety which can be made quickly and less planning as the soaking is not mandatory.



5 from 1 vote

Prep Time	Cook Time	Soaking Time	Total Time
5 mins	20 mins	2 hrs	2 hrs 25 mins

Course: Accompaniment, Snack, Sundal Cuisine: Indian, South Indian, Tamil Nadu Servings: 4 people
Calories: 105kcal Author: Sowmya Venkatachalam

Equipment

- Pressure Cooker
- Heavy Bottomed Pan

Ingredients

- ½ cup Green Gram (Pachai Payiru) 1 cup = 250 ml
- 1 tsp [Sundal Powder](#)
- 1 tsp Salt
- 1 tbsp Grated Coconut

For Tempering

- 1 tsp Oil
- 1 tsp Mustard seeds
- Few Curry leaves
- 1 pinch Asafoetida (Asafetida / Hing)
- 1 nos Red Chili

Instructions

1. Soak the Dal for about 2-3 hours.
2. After 2-3 hours strain the water, soak the dal in fresh water, add the salt and pressure cook for 2 whistles. Dal should be cooked till soft but not sticky.
3. Now heat the oil in the pan, and add mustard seeds and when the mustard seeds begins to sputter add red chili, curry leaves and a pinch of hing
4. To this add the cooked PachaiPayiru(Green Moong dhal) and mix it thoroughly
5. Add Sundal Powder and mix gently
6. Finally add the grated cocunut and then mix it well
7. The delicious PachaiPayiru(Green Moong dhal) sundal is ready for neivedhyam for Navrathri as well as for Serving

Notes

1. You can cook this sundal without soaking as well. Fry the Dal till nice aroma arise. Take them to the pressure cooker and cook for 4-5 whistles
2. You can skip the sundal powder if you don't have it handy. Add one more Red chili while tempering.

Nutrition

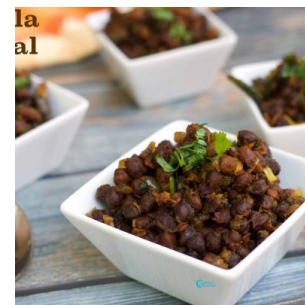
Serving: 100g | Calories: 105kcal | Carbohydrates: 19g | Protein: 7g | Potassium: 266mg

Masala Sundal Recipe

A Healthy & Nutritional Sundal, can be served as sidedish or can be eaten as salad

Prep Time	Cook Time	Total Time
12 mins	1 hr	1 hr

Course: Chaat, Snacks, Sundal / Salad Cuisine: Indian, Tamilnadu
 Servings: 5 people Calories: 160kcal Author: Sowmya Venkatachalam



0 from 0 votes

Ingredients

- 1 cup Black Chickpeas (Kala Chana)
- 2 small Onion or 1 Big, Finely Chopped
- 2 finely Tomato Chopped
- 1/4 tsp Turmeric Powder
- 1 tsp Coriander Powder
- 1 tsp Red Chili Powder
- Salt To taste
- Coriander Leaves For Garnishing

To Crush

- 1 Green Chilli
- 3 cloves Garlic
- Ginger 1"

For Tempering

- 2 tbsp Oil
- 1 tsp Mustard Seeds
- 1 tsp Cumin Seeds
- 1 tsp Fennel Seeds
- 1 tsp Split Urad Dal
- Cinnamon (Pattai) 1" Stick
- 3 Cloves (Krambu / Lavang)
- Curry Leaves Few
- 1 broken Red Chili

Instructions

Soaking Chickpeas

1. Wash and soak the Black Chickpeas overnight or at least for 8 hours

Cooking Chickpeas

1. Drain water from Soaked Chickpeas and then take the chickpeas in a pressure cooker. Add water to soak the chickpeas along with salt and pressure cook for 4-5 whistles. The chickpeas should not be mushy but it should be soft inside

Crushing Process

1. Take green chili, garlic and ginger and crush them coarsely in a mortar and pestle. Set this Crushed spice aside

Tempering Process

1. Heat oil in a pan. Add mustard, cumin and fennel seeds and allow it to sputter. Then add the split urad dal and fry till dal turns light brown. Then add cinnamon, clove, red chili and curry leaves and fry for few seconds

Preparing Masala

1. After Tempering, add onions and sauté the onions till translucent. Then add tomatoes along with salt, turmeric powder, coriander powder and red chili powder and mix well. Cook till tomatoes are mushy
2. Add Crushed Green Chili+Garlic+Ginger and give a good mix. Then add the cooked chickpeas and mix well. Cover & cook everything in low flame for about 5 mins and then switch off the flame. Finally garnish with coriander leaves.

Serving Time

1. Serve the delicious Masala Sundal and enjoy the healthy Salad

Nutrition

Serving: 0.5Cup | Calories: 160kcal | Carbohydrates: 22g | Protein: 7g | Fat: 4g | Fiber: 6g

Methi Muthia | Gujarati Steamed Methi Muthia Recipe

Methi Muthia is a popular, healthy and delicious Gujarati snack recipe. Steamed or fried dumplings made with fenugreek leaves/ methi a mix of whole wheat flour and gram flour with few spices.



Save

Prep Time
10 mins

Cook Time
40 mins

Total Time
50 mins

★★★★★
5 from 1 vote

Course: Snacks Cuisine: Gujaratian, Indian Servings: 4 people Calories: 60kcal

Author: Sowmya Venkatachalam

Equipment

- Pressure Cooker
- Mixing Bowl
- Heavy Bottomed Pan

Ingredients

- 2 Cups Methi Leaves Washed and Roughly Chopped
- ½ Cup Wheat Flour 1 Cup - 250ml
- ½ Cup Gram Flour (Besan / Chickpea Flour)
- 1 tbsp Sugar
- 1 tsp Salt
- 3 Green Chili Finely Chopped
- 1 tsp Ginger Grated
- 2 tbsp Oil
- ½ tsp Red Chili Powder

For Tempering

- 2 tbsp Oil
- 1 tsp Mustard Seeds
- 1 tbsp Sesame Seeds

Instructions

Making Methi Muthia Dough

1. In a mixing bowl, add wheat flour, besan, sugar, salt, red chili powder, green chili, ginger and give a good mix. Add oil and mix all
2. Then add methi leaves to the mixture and mix well. The moisture in the washed leaves itself is enough to knead the dough. If the leaves are dry, we can sprinkle water little by little and knead it to a smooth dough

Steam Cook Muthia

1. Take big lemon sized dough ball and shape into 2- 3" cylinder. Repeat the steps for the rest of the dough
2. Place the rolled muthia in a steamer and steam cook for about 20 mins. Add enough water in the steamer to make sure it doesn't get burnt
3. Once the steaming process is done, allow the dumplings to cool down and then slice into circular dics of 1" thickness

Shallow frying

1. Heat oil in a pan. Add mustard seeds and allow it to sputter. Then add the sesame seeds and give a mix.
2. To that add the steam cooked sliced methi muthia. Keep the flame in low and saute till its light brown and crispy

Serving Time

1. Serve the crispy and tasty Methi Muthia with ketchup or Green chutney and enjoy this delicious snack!

Notes

1. Instead of steaming and shallow frying we can make dumplings out of the muthia dough and deep fry in oil till golden brown.

Nutrition

Serving: 1piece | Calories: 60kcal | Carbohydrates: 7g | Protein: 1g | Fat: 2g

G.Vegetable Gravy Recipes

Kerala Style Potato Stew

Kerala Potato Stew is a delicious Indian recipe served as a Curries. A Perfect accompaniment for Idiapam.

Prep Time
5 mins

Cook Time
30 mins



Course: Accompaniment, Stew (Kootu) Cuisine: Indian Servings: 4 people
Calories: 115kcal Author: Sowmya Venkatachalam



4.5 from 2 votes

Ingredients

Vegetables for Stew

- 3 Potato
- 2 Onion
- 10 Beans
- ¼ Cup Green Peas
- 3 Green Chili
- 1 tbsp Chopped Ginger
- Few Curry Leaves

Spices & Other Ingredients Needed

- 1 tbsp Coconut Oil
- 1 tsp Peppercorns
- ¼ tsp Pepper Powder
- 2 Cup Thin Coconut Milk 1 Cup - 250ml
- 1 Cup Thick Coconut Milk
- Salt As Needed

For Tempering

- 1 tbsp Coconut Milk
- 1 inch Cinnamon Stick
- 3 Cloves
- 1 Bay Leaf
- 2 Cardamom

Instructions

1. Heat a heavy bottomed pan and add oil. Add whole garam masalas and saute them in oil. To that, add the peppercorns, slit green chillies, curry leaves and chopped ginger and saute them all till you get a nice aroma out of the masala
2. Then, add the thinly sliced onions and saute them in oil till they turn translucent. When the onions are translucent, then add chopped potatoes, carrot, beans and peas and stir-fry in high flame for couple of minutes
3. Then add thin coconut milk along with salt and cook the veggies till they are nicely tender and soft
4. When the veggies are cooked completely, add the thick coconut milk and mix well. When the stew starts to boil, add coconut milk along with chopped curry leaves and pepper powder and mix well

5. The delicious Kerala Style Potato Stew is now ready to serve! Relish with your roti, idiyappam or appam and enjoy the dish!

Notes

1. We can exclude other veggies and add only potato and onion
2. We can use store bought coconut milk. I usually get 1 can of coconut milk, take half of it aside for thick milk. Dilute the rest of the milk with 1.5 to 2 cups of water and keep it aside for thin consistency.
3. Always switch off the flame and add the thick coconut milk. We should not boil the stew after adding thick coconut milk.

Nutrition

Serving: 1Cup | Calories: 115kcal | Carbohydrates: 26g | Protein: 2g | Fat: 3g

Tomato Masala Curry

Enrich this curry with veggies and even with Paneer!

Prep Time	Cook Time	Total Time
15 mins	40 mins	55 mins

Course: Veg Gravies Cuisine: Indian Servings: 4 people

Author: Sowmya Venkatachalam



0 from 0 votes

Ingredients

For Grinding

- 2 tbsp Oil
- 1 tsp Fennel Seeds
- 1 tsp Cumin Seeds
- Cinnamon (Pattai) 1"
- 3 Cloves (Krambu / Lavang)
- 3 cloves Garlic
- 3 slit Green Chilli
- 2 finely Onion Chopped
- 4 roughly Tomato chopped
- Salt To Taste
- 1/4 tsp Turmeric Powder
- 1 tsp Red Chili Powder
- 1/2 tsp [Sambar Powder](#)
- 2 tbsp Roasted Gram Dal (Pottukadalai / Dhaliya)

Other Ingredients

- 1/4 cup Green Peas
- 1/2 cup French Beans Chopped
- 1/2 cup Carrot Chopped
- Salt To Taste
- Coriander Leaves For Garnishing

Instructions

Prepare Grinding Ingredients

1. Heat oil in a pan. Add fennel and cumin seeds and allow it to sputter. Then add cinnamon, cloves, green chili, garlic cloves and saute in oil for 2 mins

Saute Onions & Tomatoes

1. Add chopped onions and saute onions till translucent. Then tomatoes along with salt, turmeric, red chili, sambar powder, Roasted Gram Dal and saute till the tomatoes are soft and mushy. Switch off the flame.

Grinding Process

1. Cool down the onion-tomato mixture and grind it to a smooth paste

Cook with Veggies

1. Take the ground onion-tomato paste in a vessel. To that add green peas, beans and carrots. Adjust the salt if needed. Add a cup of water and pressure cook the masala allowing for 3 whistles

Garnishing Time

1. When the pressure is fully released, remove the vessel from the cooker and garnish with coriander leaves

Serving Time

1. Serve the yummy Tomato Masala Curry with Roti / Naan & slurp!!!

Gujarati Dal (No Onion No Garlic)

Gujarati Dal made using Toor Dal which is slightly sweet, spicy and tangy. It's usually made in thin consistency and served with Rice / Roti / Pulkha. It's considered to be very healthy and full of protein. It's one of the staple food in gujarati household for chapti / roti.



4.5 from 4 votes

Prep Time

5 mins

Cook Time

20 mins

Total Time

25 mins

Course: Accompaniment, Dal Varieties Cuisine: Gujaratian, Indian, North Indian

Servings: 4 people Calories: 194kcal Author: Sowmya Venkatachalam

Equipment

- Pressure Cooker

Ingredients

- ½ cup Toor Dal (Pigeon pea) 1 cup = 250 ml
- 1 nos Tomato medium size
- 2 nos Green Chili slit
- 1 tsp Ginger finely chopped
- 2 tbsp Grated Jaggery
- ¼ tsp Turmeric Powder
- 1 tsp Salt adjust to your taste
- 2 tsp Lemon Juice
- 2 tbsp Coriander Leaves

For Tempering

- 1 tbsp Ghee
- 1 tsp Mustard seeds
- ½ tsp Cumin Seeds
- 1 inch Cinnamon Stick
- 2 nos Cloves
- 1 pinch Asafoetida (Asafetida / Hing)
- few Curry leaves
- ½ tsp Red Chili Powder

Instructions

Pressure cooking the dal

1. Add Toor Dal (Pigeon pea) and add 1.5 cups of water in a pressure cooker and cook the dal over 3 whistles.
2. When the pressure is fully released, open the cooker and take out the cooked dal. Using a hand blender or whisk or even with a back of a ladle, mash the dal nicely. If you want, you can add 1/2 cup of water and mash it nicely

3. Take the mashed up dal in a heavy bottomed pan. Add turmeric powder, salt, green chili, tomato, ginger, jaggery and stir well. Keep this in flame and cook in medium flame for 10 minutes

Tadka (Tempering)

1. Meanwhile, in another pan, heat the ghee. Add mustard seeds and allow it to sputter. Then add cumin seeds. Add cinnamon, cloves and curry leaves and saute for few seconds. Then switch off the flame and add asafetida and red chili powder. Add this tempering to the cooking dal and stir well
2. Keep in flame for another couple of minutes and then switch off the flame. Finally add lemon juice and garnish with coriander leaves
3. The delicious No Onion No Garlic Gujarati Dal ready to serve with hot steaming rice / Rotis

Notes

1. You can wash and soak your dal for a couple of hours in advance, for less cooking time in the pressure cooker.
2. Authentically Kokum is used for Sourness. But for some of us staying abroad, Kokum is not easily available and we can substitute with Lemon juice
3. Always add lemon juice after switching off the gas. Do not boil the dal with lemon juice
4. The sweetness and sourness can be adjusted accordingly to our taste
5. We can also pressure cook Yam and Raw peanuts and add it after we add tadka.
6. Before serving ,we can add ghee to enhance the flavor

Nutrition

Serving: 0.5cup | Calories: 194kcal | Carbohydrates: 29g | Protein: 10g | Fat: 5g

No Onion No Garlic Sabut Moong Dal

Perfect to serve with roti chapati paratha or rice

Prep Time	Cook Time	Total Time
3 mins	40 mins	3 hrs 40 mins

Course: Veg Gravies Cuisine: Indian Servings: 4 people Calories: 347kcal

Author: Sowmya Venkatachalam



0 from 0 votes

Ingredients

- 1 cup Green Gram (Pachai Payiru)
- 1/4 tsp Turmeric Powder
- 2 tsp Ginger
- Asafoetida (Asafetida / Hing) a Pinch
- 3 slit Green Chilli
- 3 chopped Tomato
- 1 tsp Coriander Powder
- 1/2 tsp Garam Masala
- Salt as Needed
- Coriander Leaves For Garnishing
- 2 tbsp Ghee (Clarified butter)

For Tempering

- 2 tsp Ghee (Clarified butter)
- 1 tsp Cumin Seeds
- 2 Red Chili

Instructions

Soak Dal

1. Wash and soak dal in water for 3 hours

Pressure Cook Dal

1. After 3 hours, drain the water and add salt, turmeric powder, ginger and add 3 cups of fresh water and pressure cook for 3-4 whistles. Once pressure is fully released, take out the cooked dal and keep it aside

Preparing Gravy

1. Heat ghee in a pan. Add hing, green chili and sauté for few seconds. Then add the tomatoes to the pan. To the pan, then add, garam masala, coriander powder and salt and cook in medium flame till the tomatoes are soft and mushy
2. Once the tomatoes are cooked, add the cooked dal. Add 2 cups of water and adjust the consistency. Adjust the salt if necessary. Keep in flame for 2 minutes and switch off the flame.

Tempering Process

1. Heat ghee in a pan. Add cumin seeds and allow it to sputter. Then add the red chili and switch off the flame. Add this tempering to the cooked Dal

Serving Time

1. Serve the delicious No Onion No Garlic Sabut Moong Dal with Roti / Naan / Rice and enjoy the healthy and protein packed food.

Nutrition

Serving: 1Cup | Calories: 347kcal | Carbohydrates: 63g | Protein: 24g | Fat: 1g | Fiber: 1g

Raw Mango Dal Recipe | Mamidikaya Pappu Recipe

Raw Mango (Mamidikaya) dal is the most delicious dal variety with a well balanced taste of spice and sour. This is one of the most popular dal variety in Andhra. This dal is usually served with hot steaming rice along with a teaspoon of ghee.



★★★★☆
3.5 from 2 votes

Prep Time
10 mins

Cook Time
30 mins

Total Time
40 mins

Course: Dal Varieties Cuisine: Andhra, Indian, South Indian Servings: 4 people Calories: 486kcal
Author: Sowmya Venkatachalam

Equipment

- Pressure Cooker
- Heavy Bottomed Pan

Ingredients

- 1 Raw Mango Big Size
- ¾ Cup Toor Dal 1 Cup - 250ml
- ½ tsp Turmeric Powder
- 1 Onion Finely Chopped
- ½ tsp Red Chili Powder
- 1 tsp Salt Adjust As Needed

For Tempering

- 2 tbsp Oil We can use Ghee Instead
- 1 tsp Mustard seeds
- 1 tsp Cumin Seeds
- 3 Green Chili Slit
- 1 inch Ginger Finely Chopped
- 1 Garlic Clove Chopped
- Few Curry leaves
- ¼ tsp Fenugreek seeds

Instructions

Cooking Dal and Mango

1. Clean the thurdal/masoor dal and fill in water just to soak the dal and keep it aside. Clean the raw mango and chop it into medium sized cubes.
2. Add chopped mangoes and turmeric to the toor dal and pressure cook it for 2-3 whistles. Once the dal is cooked, mash it well and keep it ready

Tempering Process

1. Heat oil in a pan and add mustard seeds. When the mustard seeds starts to sputter, add cumin seeds, fenugreek seeds and fry for 10 seconds. Then add vertically slit green chillies, red chillies and curry leaves and fry for another 10 seconds

2. Add chopped onions and add a pinch of salt and fry it till the onions turn transparent. Now add the mashed dal and mix well

Finishing Dal

1. Adjust the water to make the dal watery. When the dal cools off, it will become thick so don't worry while adding water. Close the pan with a lid and keep in medium flame for 5 minutes. Then remove from flame.
2. The yummy mango dal is ready to serve with hot rice or Indian Bread

Notes

1. We can make the dal without onion and garlic.
2. We can add lemon juice or tomato if the mango is not sour enough

Nutrition

Serving: 1Cup | Calories: 486kcal | Carbohydrates: 91g | Protein: 21g | Fat: 3g



Subbu's Kitchen

We love Cooking & Blogging. Nothing would be more tiresome than eating and drinking if God had not made them a pleasure as well as a necessity. Our goal is to bring smiles on the faces of others by connecting us all through what we have in common- exquisite food ! In this e-book, we have collected some of the recipes which can be cooked with least ingredients and less vegetables. Hope you find this book useful. Stay Indoor & Stay Safe !