

# Vendakkai Vatha Kulambu or Sun Dried Turkey berry with Okra in a tamarind Sauce

Hi Viewers,

Its been over a month since I touched this blog. I have been on vacation for a long time and I miss my blogging a lot and here is my recipe.



*This dish is famous in Tamilnadu, Southern Part of India which is healthy, tangy and flavorful. This tastes divine and often made with Okra, which is a tasty rendition of tamil culture and village cuisine. When combined with rice mixed with sesame oil, makes a wonderful lunch. This dish goes well with appalam or papad or [creamy spinach](#)*

## Ingredients

1/4 Cup of Dry Vathal  
1/4 Cup of Lady's Finger  
1 Chopped Onion(Big)  
5-6 Garlic Cloves  
Lemon Size Tamarind  
1/2 Tsp of Turmeric  
3 Tsp of [Vatha Kulambu Powder](#)  
1/2 Tsp of Sugar or Jaggery  
Salt and water as needed

## To Temper

2 Tbsp of Gingelly(Sesame Oil)  
2 Red Chillies  
1 Tsp of Mustard  
1 Tsp of Urad Dal  
1/2 Tsp of Fenugreek  
Few Curry Leaves  
Pinch of Hing(Asafoetida)

## Method

- Extract the juice from the tamarind by keeping it in hot water for 15 mins.
- Heat oil in a pan, roast the vathal until it turns dark and keep it aside.
- Heat oil in a pan and add red chillies, wait until it turns to dark brown color.
- Add mustard, urad dal, fenugreek, curry leaves, hing and turmeric (add one by one)
- Add garlic and fry for few mins.
- Add chopped onion and salt saute for few mins until it turns transparent.
- Add Vatha Kulambu powder and lady's finger. Sprinkle some water and cover it with a lid and cook in a medium flame for 3-4 mins.

- Now add thick tamarind juice. Mix well and cook in medium flame for 7-10 mins.
- When the kulambu gets thick enough, add sugar or jaggery and turn off the stove.
- Transfer to a serving bowl and enjoy with rice...



### Tips

- Use shallots instead of big onion, it tastes great.
- You can use 2 tsp coriander powder and 1tsp of chilly powder instead of sambar powder.
- Add salt while frying onion so it helps to cook onion faster
- Adding sugar/ jaggery gives sweet flavor in spicy curry.

### Health Benefits of Sun Dried Turkey Berry

- Good for mouth and stomach ulcers.
- Rich in fiber content.



- **Good antidote for worms in stomach.**
- **It controls diabetes and blood pressure.**

## **Vendakkai Vatha Kulambu**



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