

Thatta Payir(Karamani) Kara Kulambu / Black Eyed Peas Gravy

[Pinit](#)



This dish is famous in Tamilnadu, Southern Part of India which is healthy, tangy and flavorful. This tastes divine and they are made with karamani or thatta payir or black – eyed peas in a tamarind gravy, which is a tasty rendition of tamil culture and village cuisine. When combined with rice mixed with sesame oil(gingelly oil) makes a wonderful lunch. This dish goes well with appalam or papad or [kootu](#) or [creamy spinach](#)

Ingredients

1/2 Cup of Karamani / Black eyed Beans / Cow Peas

1 Large Red Onion, Finely Chopped

5 – 7 Garlic Cloves

1/4 Tsp of Turmeric Powder

1 Tbsp of [Vatha Kulambu Podi\(Spice Powder\)](#)

Lemon Sized Tamarind

1/2 Tsp of Jaggery or Sugar

Salt and water as needed

To Temper

1 Tbsp of Gingelly Oil (Indian Sesame Oil)

1 Tsp of Mustard Seeds

1 Tsp of Urad Dal

1/4 Tsp of Fenugreek

2 Red Chillies

Few Curry Leaves

Pinch Of Hing / Asafoetida

Method

- Soak karamani or thatta payir or black eyed peas for overnight in 2 cups of water along with little salt.
- Drain the water and wash it tap running water for 2 mins.
- Pressure cook the black eyed peas/ karamani along with enough water and salt for 2 whistles. Then simmer it for 15 mins. After 15 mins, turn off the stove.
- Extract the juice from the tamarind by keeping it in hot water for 15 mins.
- Heat oil in a pan, add red chillies (break it) and wait until it turns to dark brown color.

- Add mustard, urad dal, fenugreek, curry leaves and hing (add one by one). After it splutter, add garlic and fry for few mins until raw smell vanishes.
- Add chopped onion and salt, saut'e for few mins until it turns transparent.
- Add karamani (Black eyed peas or thatta payir), turmeric powder and [vatha kulambu powder](#). Saute for a 1 -2 mins.
- Now add thick tamarind juice. Mix well and add enough water based on your consistency and cover it with a lid and cook in medium flame for 7-10 mins.
- When the kulambu gets thick enough, add sugar or jaggery, mix well and turn off the stove.
- Transfer to a serving bowl and enjoy with rice and [kootu](#)...



Tips

- Use shallots or small onion instead of big onion, it tastes great.
- You can use 2 tsp coriander powder and 1tsp of chilly powder instead of Vatha kulambu powder.
- You can add vegetables like drum stick or brinjal to this kulambu.
- Add salt while frying onion so it helps to cook onion faster,
- Adding sugar/ jaggery gives little sweet flavor in spicy curry.

Health Benefits of Karamani / Black eyed Beans

- They are a source of good protein (23-32%) and dietary fiber.
- They have low glycemic index
- Rich source of lysine and tryptophan
- It has minerals like K, Mg, Ca, P and Fe
- The protein isolates are known to lower plasma cholesterol
- Light brown, red and black – eyed varieties are rich in antioxidants.
- The flavonoids in beans may help reduce heart disease and cancer risk.
- Phytosterols present in the beans help reduce blood cholesterol levels.

Karamani Kulambu



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