

PULICHA KEERAI THUVAIYAL | GONGURA CHUTNEY | SORREL LEAVES CHUTNEY



[Pin it](#)

Pulichha Keerai Thuvaiyal / Gongura chutney is a popular Andhra dish. Gongura leaves are sour in taste and high in vitamins, minerals and anti-oxidants. This is my mom's recipe.. Gongura chutney tastes great with white rice, idly and dosa. The tangyness of pulichakeerai thogaiyal compliments well with curd rice.

Ingredients

2.5 Cups of Gongura Leaves / Pulichha Keerai / Sorrel Leaves

(Tightly Packed)

Salt to Taste

To Saute

1 Tbsp of Coriander Seeds

1 Tsp of Whole Cumin

7 Red Chillies, Big

1/2 Tsp of Fenugreek

6 Garlic Cloves, Big

To Temper

1-2 Tbsp of Gingelly Oil / Nallennai

1/2 Tsp of Mustard Seeds

1/2 Tsp of Urad Dal

Pinch of Hing

Method



- Remove the gongura leaves from the stem, wash it in tap water and keep this aside.
- Heat oil in a pan and roast all the ingredients listed under " To Saute" list, fry for 2-3 mins in a medium flame till color changes and aroma comes. Turn off the flame. Let it cool for 5 mins.

- In the same pan, add gongura leaves, saute this for few mins until leaves shrinks and color changes. Turn off the flame. Let them cool down for 5 mins.
- In a blender, add the roasted spices, grind it to a coarse powder. To the blender, now add sauted gongura leaves and salt, grind it to a smooth paste.
- Heat oil in a pan, when it is hot, add mustard seeds, urad dal and hing, when it splutters, add the ground paste, saute well for 2 mins and turn off the flame.
- Gongura chutney / pulichakeerai thugayal is ready to be served with hot white rice. Also it is excellent combination with curd rice.



Tips

- It stays good in refrigerator for a week.

- Adjust the amount of red chillies according to your taste.
- You can use green chillies instead of red chillies.
- Adding gingelly oil increases the taste.
- Don't add water while grinding.

Health Benefits of Gongura Leaves

- It has a excellent source of vitamin A, B9 and C.
- Being rich in oxalic acid, they are not a good choice of people who suffers from rheumatism and kidney stones.
- Powerful laxative properties.
- Low in calories and high in anti-oxidants and fibers.
- It strengthens the functioning of heart and livers.

foody-buddy.blogspot.com

Pulicha Keerai Thogayal