

SUKKU MILAGU KUZHAMBU RECIPE / SUKKU KUZHAMBU



Sukku Milagu kuzhambu Recipe / Sukku Kuzhambu / Dry Ginger Pepper kulambu is a South Indian style medicinal kuzhambu recipe. Sukku (dry ginger) has a lot of medicinal properties. It is used to treat cold, cough, headaches, fever and very good for digestion. So I always keep sukku powder in my kitchen. Whenever I get headache, I make a paste with sukku

powder and water, apply it directly to the forehead. They are really effective to cure headache. I already posted lot of medicinal kuzhambu recipes like [milagu kuzhambu](#), [manathakali kuzhambu](#), [vendhaya kuzhambu](#), [Thuthuvalai kuzhambu](#) recipes. Coming to the sukku kuzhambu recipe, they are mildly tangy, flavorful and spicy in taste. This kuzhambu is very healthy, so try to include in your diet. I had this kuzhambu with hot rice, papad and [cabbage fry](#).

How to make Sukku Kuzhambu **Recipe**

Ingredients for Sukku Milagu Kuzhambu Recipe

Preparation Time: 10 mins Cooking Time :25 mins Serves:3

- 1 Red Onion, Finely Chopped
 - 10 Garlic Cloves
- 1 Medium Size Tomato, Finely Chopped
 - 1/2 Tsp of Turmeric Powder
 - Grape Size Tamarind
 - Pinch of Jaggery
 - Pinch of Asafoetida
 - Salt to taste

To Grind

- 3 Tbsp of Coconut
- 1 Tbsp of Pepper
- 3/4 Tsp of Dry Ginger Powder (sukku powder)
 - 1/2 Tsp of Cumin
 - 2 Tsp of Sambar Powder
 - 1 Tsp of Coriander Powder

To Temper

- 2 Tbsp of Gingelly Oil
- 1 Tsp of Mustard Seeds
 - 1 Tsp of Urad Dal
- 1/2 Tsp of Fenugreek Seeds
 - Few Curry Leaves

Method for Sukku Milagu Kuzhambu Recipe

- Place the tamarind in a warm water for few mins and extract the juice. Keep it aside.
- Grind coconut, sukku, pepper, cumin, sambar powder and coriander powder with little water.
- Heat a pan with oil, add all the ingredients listed under " To Temper" when mustard seeds pops up, add onion, turmeric powder and garlic, fry well until onion turns golden brown colour. Add tomato and fry for a min.
- Now add ground mixture, fry for a min. Add tamarind water and salt, bring it to a boil. Simmer it for 15 mins until kuzhambu turns thick in consistency.
 - Finally add a pinch of jaggery and asafoetida. Turn off the flame.
 - Hot, delicious sukku kuzhambu is ready to serve.

Tips

- If you don't have sambar powder, instead add 2 tsp of coriander powder, 1 tsp of red chilly powder.
- My tamarind is very tangy even in small amount, so I used grape size. If yours is not that tangy, add little more.
 - Gingelly oil adds a nice taste. You can also use any cooking oil.
 - If you have dry ginger, use that instead of using dry ginger powder.
 - Add small onions in place of big onions for great taste.



Sukku Kuzhambu

Tags: [Sukku Milagu Kuzhambu Recipe](#), [sukku kuzhambu](#), [sukku recipe](#), [sukku milagu kuzhambu](#), [dry ginger kulambu](#), [pepper dry ginger kulambu](#), [how to make Sukku Milagu Kuzhambu Recipe at home](#), [Kuzhambu Recipes](#), [south indian kulambu recipes](#), [medicinal kuzhambu recipes](#), [easy no vegetable kuzhambu recipe](#).