

# Vendhaya Kuzhambu Recipe – South Indian kuzhambu

Vendhaya Kuzhambu Recipe also called Venthaya kulambu / Fenugreek Seeds Gravy / Methi seeds Curry is a traditional and authentic south Indian kuzhambu recipe prepared with fenugreek seeds. This is my mom's signature kuzhambu recipe and it looks tempting and heavenly in taste with hot steamed rice and ghee. This vendhaya kuzhambu has lot of medicinal properties, good for diabetic patients as it controls the blood sugar level in blood.

To make vendhaya Kuzhambu Recipe – This is very similar to [puli kulambu](#) preparation, except the addition of roasted fenugreek seeds. Make sure to add lot of small onions and garlic, that makes the vendhaya kuzhambu more tasty and lip smacking

This simply delicious vendhaya kuzhambu goes well with hot steamed rice, papad and [keerai kootu..](#)



## How to Make Vendhaya Kuzhambu Recipe

**Preparation Time : 15 mins**

**Cooking Time : 20 Mins**      **Serves :**  
**4**

### Ingredients For Vendhaya Kuzhambu Recipe

- 2 Tsp of Fenugreek Seeds (Roast and grind)
- 2 Handful of Small Onions(Shallots)
- 12 Garlic Cloves
- 2 Medium Size Tomatoes
- Gooseberry Size of Tamarind

- 2 Tsp of [Sambar Powder](#)
- Salt as required

## To Temper

- 1 Tbsp of Gingelly Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Handful of Curry Leaves
- 1/4 Tsp of Asafoetida (Hing)
- 1 Red Chilly

## Method

- Heat a pan, dry roast the fenugreek till it changes brown colour and aroma comes. (Don't burn the fenugreek). Let it cool down and grind it to a powder.
- Soak the tamarind in hot water for 15 mins.
- Heat a pan with oil, when it is hot, add all the ingredients listed under " To Temper ".
- Add onion, garlic, saute them until it changes colour and soft. Add tomato, fry them until it turns soft and mushy.
- Add [sambhar powder](#), stir for a min, add tamarind water, cook it for 10 mins with occasional stirring and wait until it reaches thick consistency.
- Add powdered fenugreek, cook it for another 5-10 mins. Finally, add a pinch of jaggery and turn off the flame.
- Hot, tempting vendhaya kuzhambu is ready to serve with rice and [keerai kootu](#)

## Tips

- Shallots can be replaced by big onions.
- Jaggery is added to reduce the bitter taste of fenugreek.

- You can add grated coconut to this kuzhambu.
- Gingelly oil adds a nice taste to this gravy.
- Do not burn the fenugreek seeds while roasting.
- If you don't have sambar powder, instead add 2 tsp of coriander powder, 1 tsp of red chilly powder and 1/2 tsp of turmeric powder.





*Fenugreek Seed Gravy*

Tags : [kuzhambu Recipe](#), [Vendhaya kuzhambu](#), [venthaya kuzhambu recipe](#), [vendhaya kuzhambu recipe](#), [how to make vendhaya kuzhambu](#), [how to prepare venthaya kulambu](#), [how to make fenugreek seeds gravy](#), [methi seeds curry](#), [south Indian kuzhambu recipe](#), [tamilnadu kulambu recipes](#).

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# Elephant Yam Fry / Senaikizhangu Varuval

Elephant yam is a tuber and it is widely consumed in countries like Africa and Asian country like India. Elephant yam Fry / Senaikizhangu varuval / Suran Fry is my family favourite dish and this yam fry goes well with [sambar rice](#) or [rasam rice](#) or [dal rice](#). Personally I love to eat senaikizhangu varuval with hot and [spicy rasam](#).

To make Elephant yam fry – Yam takes long time to cook, so first they are cooked in boiling water till soft and then proceed sauting it with masala, garlic, spices and salt. Fennel make this yam fry so flavourful and tasty. Apart from making yam as side dish for rice, you can also eat it with chapathi. Try this elephant yam fry at home for [sambar](#) and let me know in comment box how it turned out..

Also try my other roast recipes : [Baby Potato Roast](#), [sweet potato roast](#), [Beans Mushroom stir fry](#)

## **Health Benefits of Elephant Yam**

- It acts as an anticoagulant.
- Increases estrogen level in the women body, helping in hormonal balance.
- It contains essential fatty acids, thereby increases good cholesterol in body.
- Natural cure for constipation and irregular bowel movements.
- Good for piles patients.
- Rich in vitamin B6, so it relief premenstrual syndrome.

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## Elephant Yam Fry

Preparation Time : 10 mins  
: 30 mins

Serves : 3

Cooking Time

### Ingredients For Elephant Yam Fry

- 1/4 kg Elephant Yam / Senai,
- 2 Tsp of [Sambar Powder](#)
- 1/2 Tsp of Garam Masala
- 4 Garlic Cloves
- 1/2 Tsp of Fennel Seeds (Sombu)
- 2-3 Tbsp of Oil

## Method for Senai kizhangu varuval

- Peel the skin, wash and cut the yam into pieces (not too thick or thin)
- In a pan, add water and yam slices, boil them till it turns soft. Filter the water and keep it aside.
- Crush the garlic cloves in mortar and pestle.
- Heat a pan with oil, when it is hot, add fennel seeds, after it sizzles, add sliced yam, give a gentle stir, by flipping the slices to other side.
- In a medium flame, add crushed garlic, sambar powder, garam masala and salt, give a quick stir, do not break the slices, make sure the masala coats all the sweet yam pieces. Cover the lid and cook it for 5 mins.
- Add some more oil and turn the yam slices to other side, cover the lid and cook it for another 7 mins until it turns brown and crisp.
- Yummy yam fry is ready to serve with [sambar rice](#) or [rasam rice](#) or [dal rice](#).

## Tips

- You can cook the yam either in pressure cooker or in stove top.
- If you don't have sambhar powder, add 2 tsp of coriander powder, 1/2 tsp of turmeric powder and 1 tsp of red chilly powder.
- If you don't have coriander powder and red chilly powder, replace it with cayenne pepper and black pepper powder.
- Always cook in cast iron pan / irumbu kadai to get crispy yam.
- You can also marinate the potatoes in masala for 15 mins and then cook it.
- Adding garlic is to avoid gas flatulence.



Tags : [elephant yam fry](#), [yam fry recipe](#), [senaikizhangu varuval](#), [senaikilangu roast](#), [yam roast](#), [yam recipes in tamil](#), [yam side dish recipe](#), [tamil recipe](#), [side dish for sambar rice](#)

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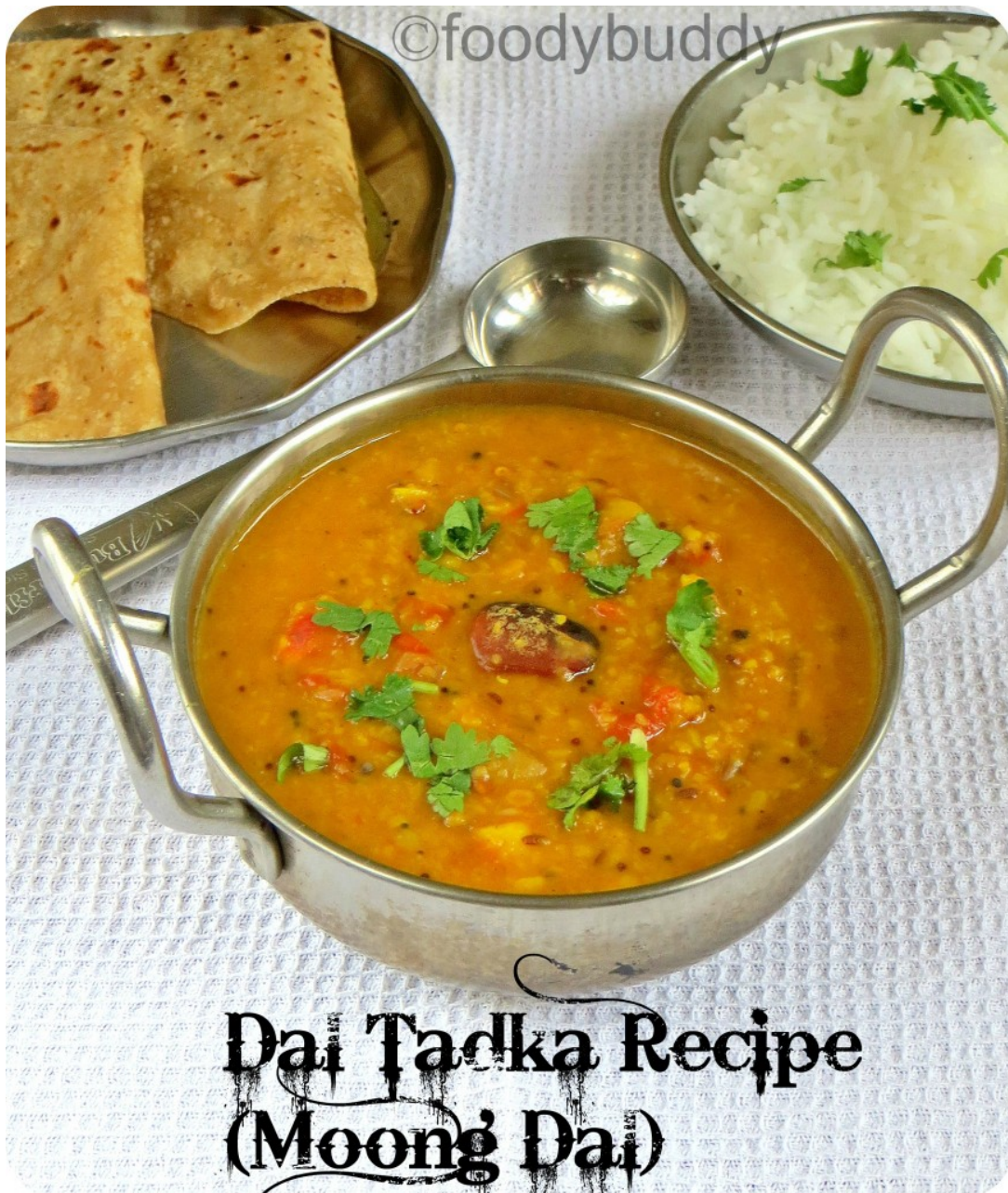
# Moong Dal Tadka / How to make moong dal

Moong dal tadka is a delicious and simple recipe which you can easily make for everyday cooking or you can do this dal tadka if you are lazy or run out of vegetables. This simply delicious dal tadka goes well with steamed rice or chapathi. This moong dal is the most healthiest food in ayurveda. This Moong dal tadka is more nutritious, easy to digest when compared to other legumes, also they do not create abdominal gas or flatulence. Moong dal recipe is good for kids and pregnant women.

Preparing moong dal tadka is easy, first pressure cook the dal, onion and tomatoes. Finally temper it with spices before serving.

Dal are often called Paruppu in tamil, it is a staple food in India. They are good source of protein in vegetarian diet.

Tadka, it is a Hindi word for tempering, Tempering done with spices like mustard and cumin in butter or oil.



**Preparation Time : 5 mins  
mins Serves : 4**

**Cooking Time : 30**

## **Ingredients for moong dal tadka**

- 1 Cup of Yellow Moong Dal
- 1 Medium Size Red Onion, Finely Chopped
- 1 Large Tomato, Finely Chopped
- 1/2 Inch Ginger, Finely Chopped
- 1/2 Tsp of Red Chilly Powder

- 1/2 Tsp of Turmeric Powder
- 3 Cups of Water
- Salt as required

## **To Temper**

- 2 Tbsp of Oil / Ghee
- 1 Tsp of Mustard Seeds
- 1 Tsp of Cumin
- 1/4 Tsp of Asafoetida (Hing)
- 1 Green Chilly, Slit
- 1 Red Chilly
- 6 Garlic Cloves, Finely Chopped
- 1/2 Tsp of Garam Masala

## **Other Ingredients**

- Few Coriander Leaves



## Method

- Soak the dal in water for 1 hr. Drain it and wash it in tap water.
- Add all the ingredients except “to temper ingredients ” to pressure cooker for 3 whistles until it turns soft. Open the lid and stir the dal.
- Heat a pan with oil, when it is hot, add mustard, cumin and red chilly, after it crackles, add asafoetida, green chilies and garlic cloves, fry it for few seconds.
- Simmer it and add garam masala, fry it for seconds, immediately add cooked moong dal, stir the moong dal, if your dal is thick, add little water, cook it for mins and turn off the flame. Finally garnish with coriander leaves.
- Serve hot moong dal with steamed rice or chapathi.

## Tips

- Instead of oil, you can temper it with ghee or butter.
- If you want your dal to be little more spicy, add some more red chilli powder to dal.
- Soaking dal is for easy digestion. You can also make dal without soaking.

- You can cook the moong dal either in pressure cooker or in stove top or in microwave.



# Moong Dal Tadka

Technorati Tags : [dal tadka](#), [dal tadka recipe](#), [dal tadka restaurant style](#), [how to make dal tadka recipe](#), [easy dal](#)

[tadka](#), [north indian dal recipes](#), [dhaba style dal tadka](#), [how to make moong dal tadka](#), [punjabi dal tadka recipe](#), [tadka dal tadka recipe](#), dal recipe for chapathi