

GARLIC CHUTNEY / POONDU CHUTNEY RECIPE



Garlic is one of the most valuable and versatile foods on the planet. Today garlic is a widely recognized health enhancing supplement as garlic promotes the well-being of the heart and immune systems with antioxidant properties and helps maintain healthy blood circulation.

Garlic chutney / poondu chutney recipe is a puree of garlic, tomatoes and red chillies with the addition of seasonings. This spicy and flavorful garlic chutney can be served with idly or dosai .

Ingredients

To Grind

- **22 Garlic Cloves (Big)**
- **4 Red Chillies**
- **2 Tomatoes, Medium Sized**
- **Salt to taste**

To Temper

- **2 Tsp of Gingelly Oil**
- **1 Tsp of Mustard**
- **1 Tsp of Urad Dal**
- **Pinch of Hing**
- **Handful of Curry Leaves**

Method

- **Chop the tomatoes into small pieces.**

Oil Roasting

- **Heat the oil in a pan, fry garlic and red chillies for 1-2 mins until it turns golden brown. Keep it aside.**
- **Add little oil to a pan, saute tomato for a min until it starts to become soft. Switch off the stove. Let all the ingredients cool down for 5 mins.**

Grinding

- **Now take a blender/mixie, add all the ingredients listed under " To grind".**

- Grind it by adding little salt and water.

Seasoning

- Heat the oil in a pan, add all the ingredients listed under " To Temper" once mustard seeds burst out, add the ground paste to it , mix well and switch off the stove.
- Garlic chutney is ready to serve.



Tips

- Serve it with idly or dosai
- If you want the chutney to be tangy, add little tamarind paste to it.
- Adjust spiciness according to your taste.

Health Benefits of Garlic

- Garlic has germanium which is a anti cancer agent.

- Regulate blood sugar levels and cholesterol.
- Strengthen your body defense against allergies.
- It has a anti microbial properties and boost the immune system.



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EASY TOMATO CHUTNEY |

THAKKALI CHUTNEY

foody-buddy.blogspot.com



Tomatoes! They are sweet, juicy and delicious. Everyone knows they are good for health, right? One of the most well known tomato eating benefit is lycopene, a vital antioxidant. This healthy low calorie chutney has a sweet-tart flavor with little spice taste. I got this recipe from my mother-in-law. Tangy tomato chutney is a good accompaniment for paniyaram, idly and dosa.

Ingredients

- 2 Big Ripe Tomatoes**
- 3 Garlic cloves**
- 1/2 Tsp of Turmeric**
- 1 Tsp of Chilly Powder**
- 4-5 Curry Leaves**
- 1 Tsp of Mustard**

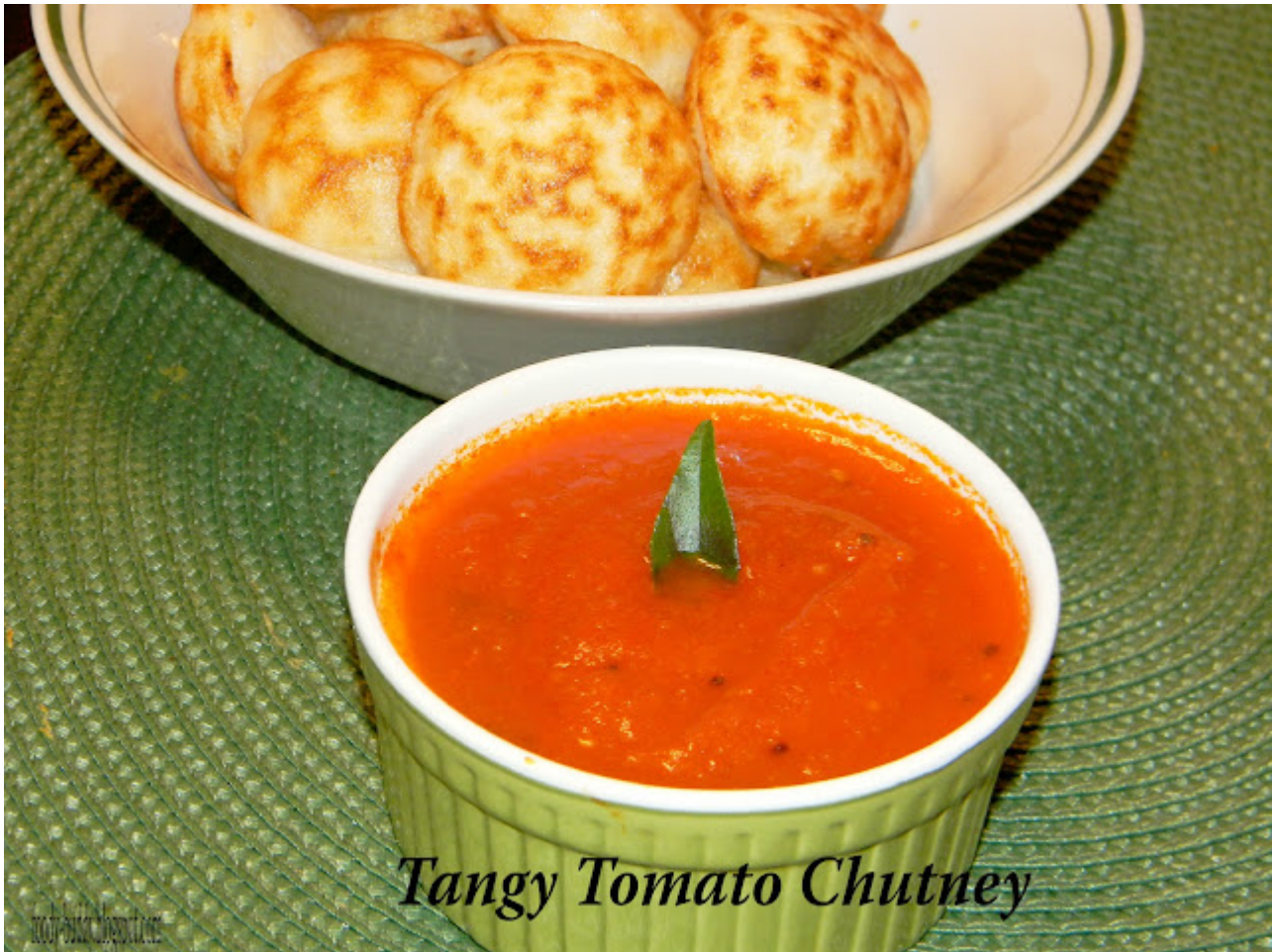
1 Tsp of Urad Dal
1/2 Tsp of Fenugreek
A Pinch of Asafoetida
2-3 Tbsp of Gingelly Oil(Sesame Oil)
Salt to taste

Method

- **Take a blender and make a puree of tomatoes and garlic and keep it aside.**
- **Heat a pan with oil and add mustard, urad dal, fenugreek let them turn brown.**
- **Now add asafoetida and curry leaves. Fry for few seconds.**
- **Add turmeric and chilly powder. Mix well. Make sure don't burn them. Immediately add the tomato garlic puree and add little water and salt.**
- **Let it come to boil. Reduce to medium heat and cook for 10 mins. Add little sugar and mix well.**
- **Then turn off the stove.**

Tips

- **Serve with Paniyaram or dosai or Idly**
- **Use fully ripen tomatoes and sesame oil for this chutney.**



Health Benefits of Tomatoes

- Tomatoes are rich in vitamin A, C, K and Potassium.
- They are a natural cancer fighter.
- They are a good source of chromium which helps to regulate blood sugar.

[Creamy Peanut Chutney /](#)

Verkadalai Chutney



PEANUT CHUTNEY

Peanuts are also called earthnuts, ground nuts, goober peas. This chutney is Protein rich, very easy to prepare and delicious in taste. Good accompaniment for breakfast dishes like idly and dosa. We are a great peanut loving family. This is my husband's favourite chutney.

Ingredients

- 1/2 Cup of Roasted Peanuts**
- 1/4 Cup of Onion**
- 3-4 Red Chillies**
- 3 Cloves of Garlic**

Salt and Water as needed

To Temper

1 Tbsp of Oil

2 Tsp of Mustard

1 Tsp of Urad dal

A Pinch of Asafoetida

A sprig of Curry Leaves

Method



- **Heat a pan with oil and fry red chillies, garlic and onion. Keep it aside.**
- **Take a blender/mixie, put roasted peanuts, red chillies, garlic, onion, salt and water. Grind them till you get smooth consistency. Transfer it to a bowl.**
- **Heat a Pan with oil and do tempering with " To Temper" ingredients. When mustard starts to splutter, add the curry leaves, asafoetida and turn off the heat. Pour this hot tempering over the chutney and it's read to serve.**

Tips

- **Serve it with Dosa, Idly and Pongal.**
- **Adding garlic and onion gives nice twist to the chutney.**

- **If you want your chutney to be little tangy, add tamarind to it.**
- **If you don't have roasted peanuts, dry roast it at home or roast the peanuts in microwave for 4-5 mins**



Health Benefits of Peanuts.

- **Raw peanuts are a good source of monounsaturated fats.**
- **Consumption of peanuts reduces cardiovascular disease risk factors.**
- **Presence of beta-sitosterol and phytosterols in peanuts plays a role in preventing colon, prostate and breast cancer.**