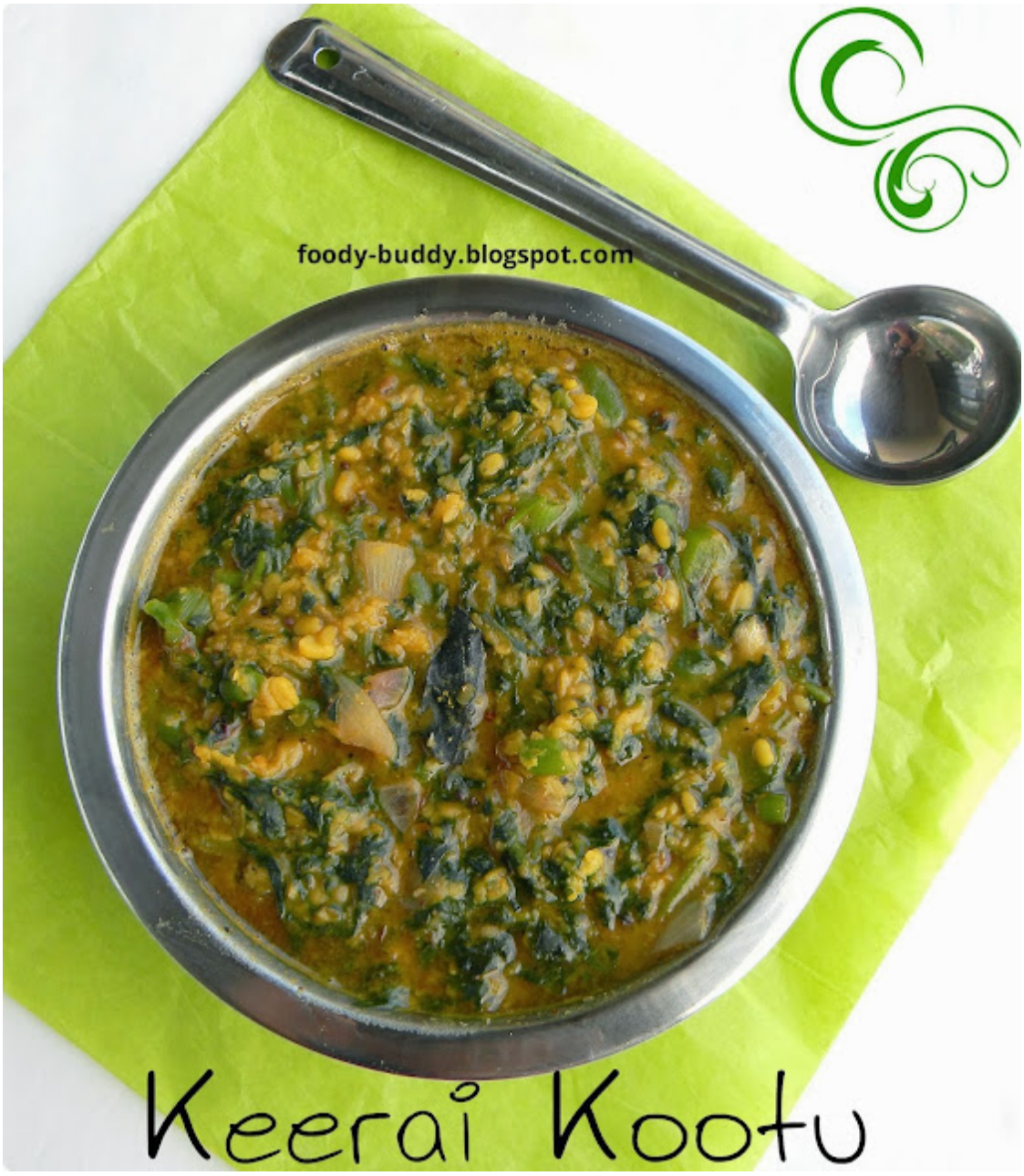
Keerai Kootu Recipe | Thandu Keerai Kootu



Keerai Kootu recipe is a dal based curry, cooked with greens. Here I used chinese spinach/Amaranth Greens / Thandu keerai to make this kootu. This is a authentic simple and delicious Tamil recipe which requires very less oil and it is a easy recipe for bachelors to cook keerai kootu recipe. From childhood, I love to eat greens(keerai). But I miss a lot of keerai variety in US like ponnaganni keerai, sirukeerai, agathi keerai and murangakeeerai. Both Me and my husband love

keerai kootu a lot. I make this kootu everyweek for lunch. Very satisfying and comforting food to enjoy for lunch along with some kara kuzhumbu or sundal kulambu, rice and appalam. You can follow the same recipe for mulaikeerai kootu, sirukeerai kootu or ponnakannikirai kootu.Try this thandu keerai kootu recipe with moong dal for lunch and stay healthy.

Ingredients for keerai kootu recipe

1 Bunch (2 Cups) of Red Spinach / Pasalai Keerai
5 Small Onions (Shallots)
1 Tsp of Sambhar Powder
1/2 Tsp of Black Pepper Powder
Salt and Water as Needed

To Pressure Cook

1/2 Cup of Yellow Moong Dal
1/2 Tsp of Turmeric Powder
Pinch of Asafoetida(Hing)
1/2 Tsp of Oil
1/2 Tsp of Salt

To Grind

2 Tbsp of Freshly Grated Coconut
1/2 Tsp of Whole Cumin

To Temper

1.5 Tsp of Oil
1 Tsp of Mustard Seeds
3/4 Tsp of Urad Dal
1/8 Tsp of Fenugreek Seeds
1/2 Tsp of Whole Cumin
1 Red Chilly
1 Sprig of Curry Leaves

Method for thandu keerai kootu recipe

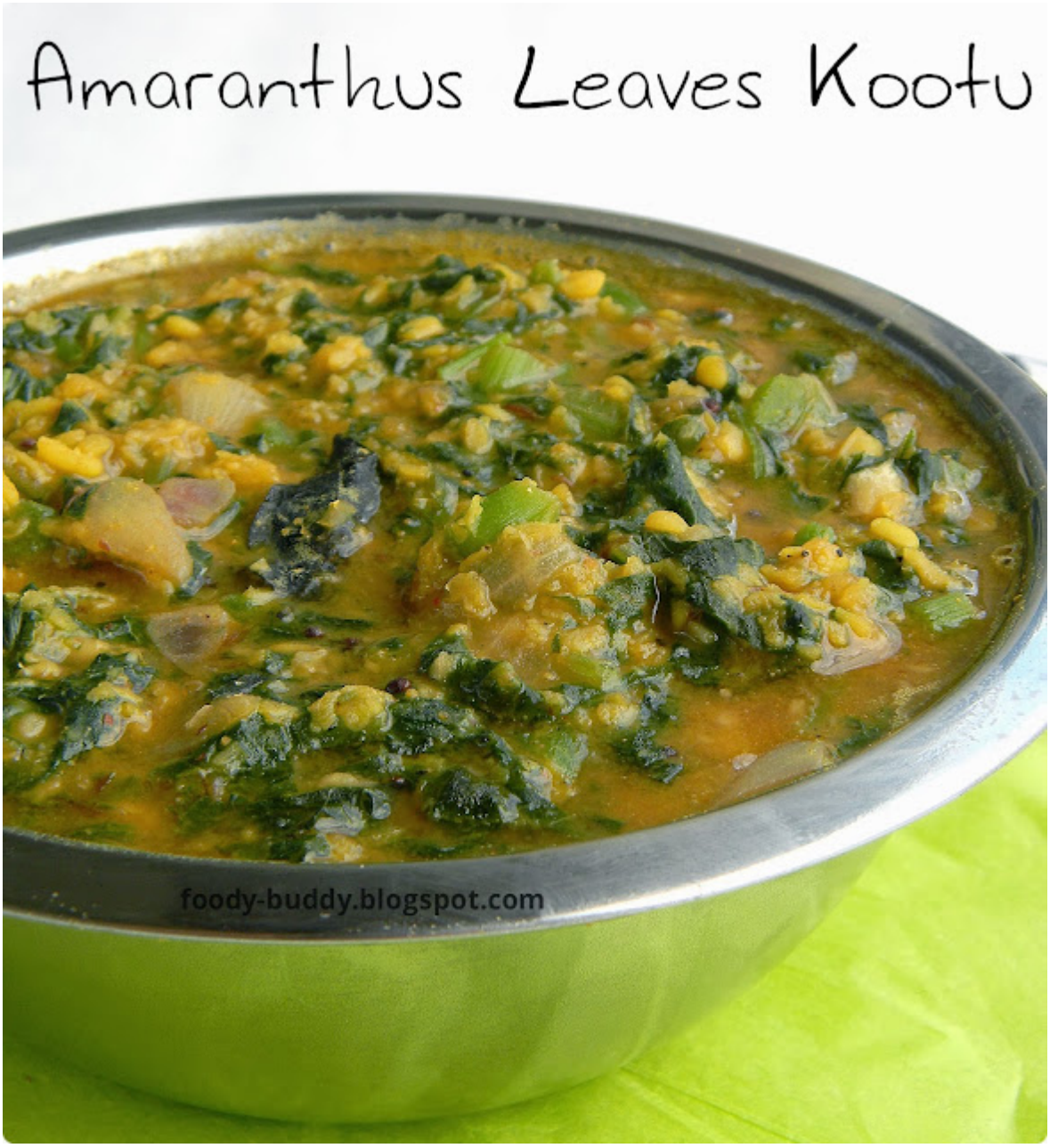
- Wash the greens and chop them into finely.
- In a mixie (blender), add coconut and cumin, grind it to a smooth paste.
- Soak the moong dal for 30 mins. Wash and drain the water. In a pressure cooker, add all the ingredients listed under “To pressure cook”, close the lid and cook it for 2 whistles. Keep it aside.
- Heat oil in a pan, add all the ingredients listed under ” To Temper” list add one by one, after mustard seeds sizzles and urad dal and red chilly changes color, add chopped onion, fry until it turns golden brown, then add chopped keerai, fry them for a min, add 1/4 cup of water, cover and cook it for 2 mins. Add the ground mixture, sambhar powder and pepper powder, fry well with keerai for 1-2 mins. Finally add the cooked moong dal and required salt, mix well. Cover and cook it for 5 mins in a medium flame until semi -thick in consistency.
- Serve hot with steamed rice and ghee.

Tips

- Use any type of keerai like araikeerai, thandukeerai or ponnagani keerai.
- Use toor dal or chana dal in place of yellow moong dal.
- You can use big red onion in place of small onions.

Health Benefits of Amaranthus Leaves / Thandu Keerai

- Rich source of vitamin A, C and folate.
- It has good source of amino acid like lysine, which is limited in other grains.
- Prevents hair loss and greying.
- Reduces cholesterol and prevents the risk of cardiovascular disease.
- It boosts the immune system.



Tags : Kootu, kootu recipe, keerai kootu recipe, keerai kootu, how to make kootu, how to make keerai kootu, south indian kootu, tamil recipe, thandukeerai kootu, mulaikeerai kootu recipe, side dish for kara kulamb, thandu keerai kootu recipe

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Green Peas Kurma Recipe |

Pattani Kurma – Side Dish for Chapathi



Today I am sharing my amma signature recipe of Green Peas Korma which is very close to my heart. My mom makes this pattani kurma at least once a month as side dish for chapathi, phulka and also it tastes good with dosa. I prefer to use frozen peas, you can also substitute it with fresh or dries peas along with potato or any other vegetable of your choice. Coconut, cashews, yogurt along with other aromatic spices are used for this kurma. Addition of mint gives a nice flavor to the dish. You can also make kurma as a side dish for pulao. Try this green peas curry and let me know how it turned out.

Ingredients

3/4 Cup of Green Peas, Frozen or Fresh
1 Big Red Onion, Finely Chopped
2 Medium Size Tomatoes, Finely Chopped
1/2 Tsp of Garam Masala
1/2 Tsp of Turmeric Powder
1 Tbsp of Yogurt(Curd)
1/4 Cup of Milk (2%)
Salt to taste
Water as needed

To Grind

1 Tbsp of Dry Dessicated Coconut or Fresh Grated Coconut
1 Inch Size of Ginger
3 Big Garlic Cloves
1/4 Tsp of Cumin Seeds
3 Green Chilies
6 Cashew Nuts
7 Mint Leaves
1 Small Size Cinnamon Stick

To Temper

2 Tsp of Cooking Oil
1 Medium Size Cinnamon Stick
1/4 Tsp of Fennel Seeds
1 Sprig of Curry Leaves

Method

- In a blender(mixie), add all the ingredients listed under “To Grind” List, grind it to a smooth mixture.

- Heat oil in a pressure cooker, add fennel seeds, cinnamon stick and curry leaves, after they sizzle, add chopped onion and little salt, fry this for few mins until they turn golden color.
- Add chopped tomatoes, fry this until they turn soft and mushy.
- Add garam masala, turmeric powder and ground paste, fry this for few mins until raw smell vanishes.
- Add little yogurt and green peas, mix well with the masala. Add enough water and milk, check the salt, close the lid and cook it for 2 whistles. Turn off the flame.
- Finally garnish it with chopped cilantro. Flavorful green peas korma is ready to serve with hot chapathi or phulka.

Tips

- If you are using fresh green peas, steam it or pressure cook it for 3 whistles until they turn soft, then follow the recipe.
- You can also add few drops of lemon juice after pressure cooking for more tangy taste.
- If you don’t like fennel seeds, just do the tempering with cinnamon and curry leaves.
- Addition of cashews gives a nice taste to the korma.
- Mint adds a flavor to the kurma.
- If you don’t have green peas, use any vegetables of your choice by following the same recipe.

Health Benefits of Peas

- They are low in fat.
- Prevents stomach cancer.
- Anti-aging, strong immune system and energy.
- Prevention of wrinkles.
- Regulates blood sugar levels.



Tags : Greenpeas Korma, Greenpeas Kurma, Pattani Kurma, Pachai Pattani korma, how to make kurma, greenpeas recipe, greenpeas sidedish, sidedishforchapathi, kurmarecipe

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Kala Chana Masala | Black Chickpeas Curry



In this kala chana masala recipe, I have used kala chana or Black chickpeas to make this gravy. Black Chickpeas are darker in color and nuttier in texture. They are very high in protein, fiber and low in glycemic index. This kala channa masala is easy to make and very flavorful because of the addition of spice powders. This chana masala gravy is also little sour in taste because of tomatoes which blends very well with kala chana. This kala channa masala goes well with **roomali roti** or chapathi or rice.

Ingredients

1/2 Cup and 2 Tbsp of Black Chickpeas / Kala Channa

1 Big Red Onion, Finely Chopped

1.5 Tsp of Ginger Garlic Paste

3 Medium Size Tomatoes, Finely Chopped
2 Tsp of Coriander Powder
2 Green Chilies
1 Tsp of Red Chilly Powder
1 Tsp of Cumin Powder
2 Tsp of Channa Masala
2 Sprigs of Cilantro (Coriander Leaves)
1 Tsp of Lemon Juice
Pinch of Black salt
Salt to taste
3 Tsp of Oil

Method

- Soak the black chickpeas in water for 8 hrs or overnight. Drain the water and wash it tap water. Pressure cook the chick peas for 2 whistles (once the pressure builds), simmer it for 30 mins and turn off the stove.
- Heat oil in a pan, when it is hot, add chopped onion and salt, fry this until it turns golden brown.
- Add green chillies and ginger garlic paste, fry this for few mins until raw smell goes off, take off the pan from heat, add coriander powder, red chilly powder, cumin powder and channa masala, keep the pan back to the stove, in a medium flame, fry this for a min. Add chopped tomatoes, sauté this until it turns soft and mushy.
- Now add black chickpeas, mix well with all the masala, add enough water, turn on the heat to high, let it come to a rolling boil, then cover the pan and simmer it for 10 mins. Add the chopped coriander leaves and black salt. Turn off the flame. Finally add lemon juice and mix well.
- Hot, flavorful kala chana masala is ready to serve with **roti**.

Tips

- You can use white chick peas in place of black chickpeas.
- This masala tastes so good after few hours after all masala blends together.If you want to eat for dinner, try to prepare 2 hrs before you eat.
- You can give cumin tadka (Tempering) in oil, if you want.
- If you got amchur powder(Dry mango powder), you can add it at the end.
- You can add chaat masala in place of black salt.

Health Benefits of Kala Chana / Black Chickpeas

- Rich in vitamins, protein, anti-oxidants, dietary fiber and minerals.
- Decrease cardiovascular risk.
- Supports digestive tract
- Better regulation of blood sugar.
- Good for weight loss because of high in fiber.