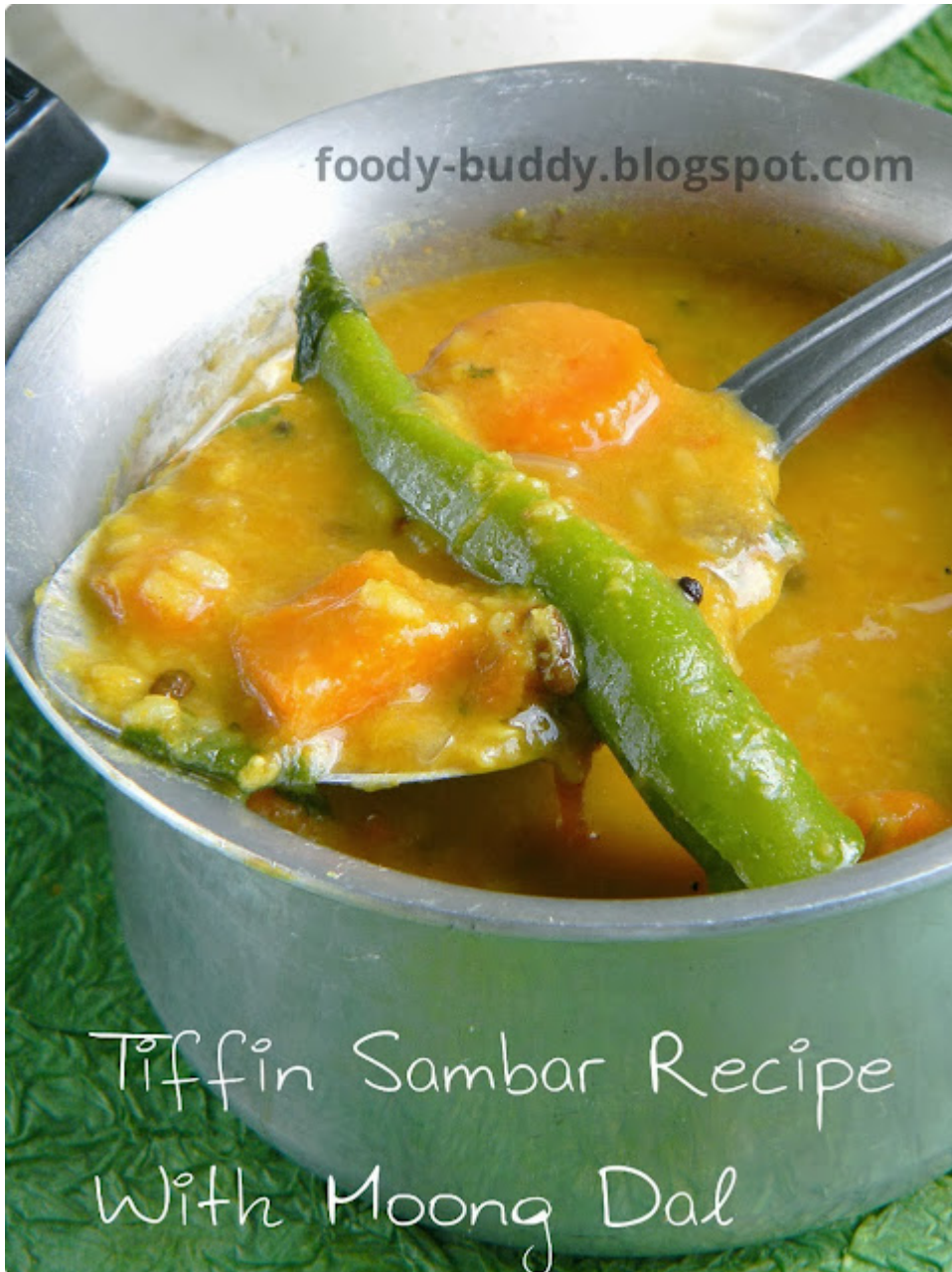


Tiffin Sambar Recipe | Idly Sambar Recipe With Moong Dal



Idly, sambhar and filter kappi(coffee) is Tamilnadu's traditional healthy breakfast recipe as rice and dal in idly and dal in sambar makes a complete protein. This tiffin sambar is a perfect side dish for idly and dosa. You can make this sambar without vegetables or with any vegetables like yellow pumpkin, potatoes(urulaikilangu sambar), shallots(vengaya sambar), brinjal or drumsticks. Addition of

ghee and sambar powder make this sambhar more flavorful and aromatic. Every week I used to make this sambhar for idly. The hot idly and sambhar combination is just heavenly in taste. Do try this sambhar without tamarind for idly dosa and let me know how it turned out.



Ingredients

1/2 Cup of Moong Dal
1/2 Tsp of Turmeric Powder

3 Tomatoes, Chopped
2 Big Carrots, Chopped
Salt to taste
1/2 Tsp of Sesame Oil
2 Cups of Water

To Temper

2 Tsp of Sesame Oil
1 Tsp of Mustard Seeds
1 Tsp of Urad Dal
1/2 Tsp of Fenugreek
Pinch of Hing (Asafoetida)
1 Sprig of Curry Leaves
1 Red Onion, Chopped
2 Red Chilies
2 Green Chilies, Slit
1 Tsp of [Sambhar Powder](#)

Other Ingredients

1 Tsp of Sugar
2 Tbsp of Chopped Cilantro (Coriander Leaves)
1 Tsp of Ghee

Method

- Wash and chop the carrots, onion, tomato and slit the green chilies.
- Soak the dal for 30 mins, wash and drain the water.
- In a pressure cooker, add dal, chopped carrots, tomatoes, turmeric powder, salt, oil and water. Close the lid and pressure cook this for 3 whistles and turn off the flame.
- Heat oil in a pan, add mustard, urad dal, red chilies, fenugreek, asafoetida and curry leaves, after it

splutters, add chopped red onion, slited green chilies, fry this until it turns transparent. In a medium flame, add **sambhar powder**, give a quick stir. Now transfer the dal to the pan, add little water, mix well, bring it to a rolling boil, add sugar, mix well, boil for 2 mins and turn off the stove. Finally add ghee and chopped coriander leaves.

Tips

- Perfect side dish for idly and dosa.
- You can use any vegetables like potato or pumpkin or brinjal or drumstick or small onion.
- You can also use toor dal in place of moong dal.
- Use sesame oil for this sambar.
- Adjust the amount of spiciness according to your taste.

Health Benefits of Moong Dal

- They are high in fiber and protein, and low in fat. Eating lentils and other foods that are rich in soluble dietary fiber can help decrease high cholesterol.
- This dal is very good for pregnant ladies, kids and older people as it is easily digestible.



PORICHA KOOTU | MIXED
VEGETABLE PORICHA KOOTU



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Kootu is a south Indian dish often served with rice, nothing but a fusion of dal, vegetable and aromatic spices. Poricha kootu are made with urad dal and pepper is called poricha (means Fried in Tamil). Here spices, coconut and dal are fried and ground to a powder. Dal and vegetables are cooked in a pressure cooker separately. Then cooked dal, vegetables and ground powder are boiled in a pan. Finally tempering with mustard seeds was added to the dal.

You can use any vegetables of your choice to make this kootu. Here I added carrot, beans and turnip. This is very healthy dish with full of proteins and vitamins. Kootu with rice tastes divine with a tsp of ghee.

Ingredients

To Pressure Cook

1 Cup of Mixed Vegetables(carrot, beans and turnip), Finely Chopped
1/2 Cup of Toor Dal (Thuvaram Paruppu)
1/2 Tsp of Turmeric Powder
1 Tsp of Sambhar powder / Red Chilly Powder
1/2 Tsp of Oil
Salt to taste

To Saute and Grind

1 Tsp of Coriander Seeds
1 Tsp of Urad Dal
1/2 Tsp of Whole Pepper
1/2 Tsp of Whole Cumin
2 Red Chillies, Big
4 Tsp of Grated Coconut, I used dry dessicated
coconut
1/2 Tsp of Oil

To Temper

2 Tsp of Oil/ghee
1 Tsp of Mustard Seeds
1 Tsp of Urad Dal
1/2 Tsp of Whole Cumin
Few Curry Leaves
Pinch of Hing

Method

To Pressure Cook

- Soak the toor dal in water for 1/2 hr. Drain it and wash it in cold running tap water.
- In a pressure cooker, add toor dal, oil, turmeric powder, red chilly powder, salt, enough water (2 cups) and mixed vegetables. Close the lid and cook it for 3 whistles. Or pressure cook it for 10 mins in medium low flame.

To Saute and Grind

- Heat oil in a pan, add coriander Seeds, urad dal, whole pepper, whole cumin, red chillies, fry until dal turns golden brown color. Finally add grated coconut, fry until it changes color. Turn off. Let it cool down for 10 mins. Grind it to a powder in a blender/mixie.

Mix and Boil

- Open the cooker lid, turn on the heat, add the ground spice powder, let it boil for 5 mins and turn off the heat.

To Temper

- Meanwhile, heat oil in a pan, when it is hot, add mustard seeds, urad dal, cumin, curry leaves and hing, when mustard seeds splutters and dal changes color. Transfer the tempering to the dal.
- Hot mixed vegetable poricha kootu is ready to serve with rice.



Poricha Kootu

Tips

- Add green chillies instead of red chilly powder.
- You can enrich the taste by adding 1tsp of ghee.
- You can use any vegetables of your choice.

Health Benefits of Dal and vegetables

- Toor dal are rich in folic acid, dietary fiber, protein and carbohydrates.
- Carrot are rich in vitamin A, good source of fiber.
- Beans are rich in minerals, vitamins and fiber. Good for weight loss, lowers the cholesterol and blood pressure.
- Turnips has anti-microbial and anti-inflammatory properties, prevents cancer.



[Tirunelveli Sodhi Recipe and Ginger Chutney](#)



[Pin it](#)

Sodhi is a classic dish from Tirunelveli, South India. It is a coconut milk based vegetable curry and its a kind of Indian version of Thai Green Curry. It holds a definite place in every wedding feast in Tirunelveli. It happens for 3 days. Sodhi Sappadu is the final day lunch, which is served on behalf of boy's side to girl's side and their guest. Because of this, it is called Mapillai Sodhi. Coming to the recipe, method of making sodhi vary from one home to other home. Here I used carrot, potato, drumsticks, coconut milk, moong dal and other ingredients are garlic and green chillies to make this authentic dish. Sodhi is supposed to be thin and watery but I like it thick. Best accompaniment for this dish are ginger chutney and potato fry or potato chips. Ginger chutney is given as a side dish to help for easy and quick digestion as coconut milk added is rich, creamy and heavy to stomach.

Ingredients

- 1 Coconut, Big
- 2 Carrots, Cut lengthwise
- 7 Drumsticks, pieces
- 2 Medium Size Potatoes, Diced
- 2 Tbsp of Moong Dal
- 15 Small Onion, Chopped
- 3-4 Green Chillies, Slit
- 3 Garlic Cloves, Big
- 1/2 Tsp of Turmeric Powder
- 2 Tsp of Lemon Juice

To Temper

- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- 1 Sprig of Curry Leaves



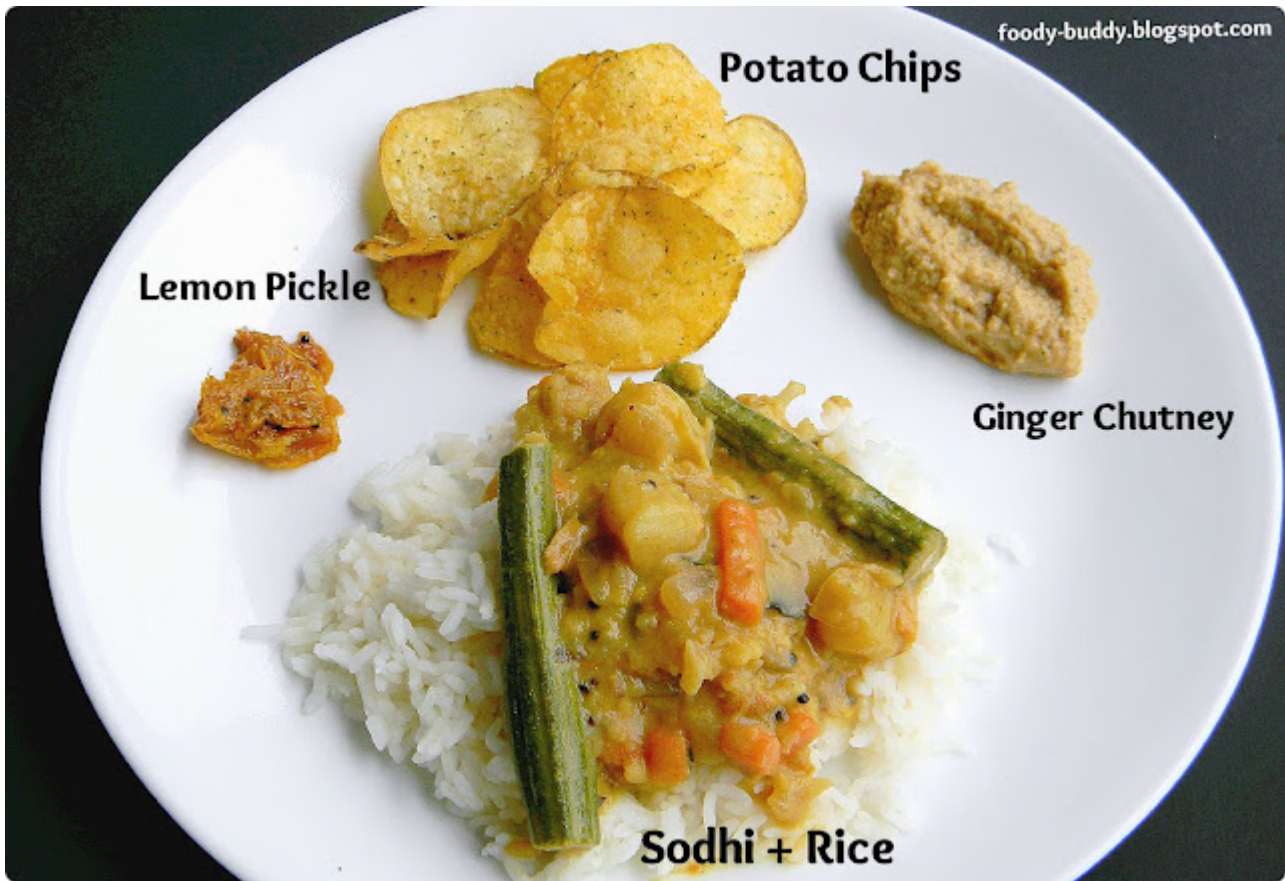
Method

- Wash and chop the vegetables, keep this aside.
- **Slit the green chillies and chop the garlic cloves.**
- **In a pan, add the moong dal with enough water and cook until it turns soft. Mash it with a spoon and keep this aside.**
- Grate the coconut and transfer this to a mixie /blender. Grind it by adding little water. Strain it with a strainer and extract the thick coconut milk, it will be around 1 cup and keep this aside. Add some more water to the coconut residue and grind it again and strain and take out the second milk. Repeat this one more time and add water, grind it and strain it and take out the third coconut milk. Mix both 2nd and 3rd thin coconut milk in a bowl. Keep this aside.
- Heat a pan, add chopped onion fry this for few mins until it turns golden brown.
- Add green chillies and garlic, fry this for few mins, add all the vegetables, turmeric powder and salt, fry this for few mins, add thin coconut milk. In a medium flame, cover and cook this vegetables until it turns soft about 7-10 mins.
- Add cooked and mashed moong dhal, mix well, bring it to a boil, now reduce the flame and add the thick coconut milk, stir well along with vegetables and cook for another 3-5 mins and turn off the flame. After 5 mins, add the lemon juice, mix well.
- Heat a pan with oil, add all the ingredients listed under " To Temper" after mustard seeds splutter, transfer the tempering ingredients to sodhi, mix well.

- Serve this with hot rice and accompanied by ginger chutney and potato chips or potato fry. Also great side dish for [appam](#) and [idiyappam](#).

Tips

- Other vegetables that can be used are green beans and peas.
- If you are not in a mood to extract the coconut milk, in that case get canned coconut milk from near by supermarket. If you are in abroad, you can get this in Thailand grocery store. For thin coconut milk, just add enough water to the thick and rich canned coconut milk. I tried this method, it tastes awesome.
- If you want your sodhi to be thin, just add little more water and cook for few mins.
- Addition of moong dal is optional. It just thickens the sodhi.
- Tempering also optional. Because my mother in law used to add it for flavor but my mom like it plain.



[Ginger Chutney](#)



Ginger chutney is very easy to make and delicious in taste. It is very good for digestion. It goes well with sodhi, idly or dosa

Ingredients

100 gms of Ginger
2 Tbsp of Urad Dal
2-3 Red Chillies
1 Sprig of Curry Leaves
Pinch of Jaggery (Vellam)
Salt to Taste

Method

- Heat a pan with oil, add red chillies, curry leaves, urad dal and ginger, saute this for 2-3 mins. Turn off the flame. Let it cool down for 5 mins. After that, transfer this to mixie, along with jaggery, grind it to a smooth paste.

Tips

- Don't burn the urad dal while frying, as it causes bitter taste.
- Adjust the number of red chillies and salt according to your taste.
- Adding jaggery enriches the taste as ginger and red chillies are spicy in nature.

Health Benefits of Ginger

- Improves the absorption and assimilation of nutrients in the body.
- Feeling nauseous ? chew on ginger, preferably tossed in

honey.

- It has anti-inflammatory properties.
- Haven't been feeling hungry...Eat fresh ginger before lunch to stoke dull appetite and fires up the digestive juices.



Sodhi Recipe and Ginger Chutney