Thuthuvalai Kuzhambu Recipe / Herbal Kuzhambu



Thuthuvalai kuzhambu is a traditional herbal kuzhambu(Stew)recipe which tastes divine and they are made with thuthuvalai leaves (Solanum Trilobatum / thai nightshade). I already posted thuthuvalai rasam recipe in my blog, they are good and instant remedy for cold and flu. This herbal kuzhambu recipe is a tasty rendition of tamil culture and village cuisine. When I was in India last year, my mom

prepared this kuzhambu for me. Believe me, it has got nice taste and when you combined with rice and mixed with sesame oil(gingelly oil) makes a wonderful lunch. This simply delicious thuthuvalai kuzhambu recipe goes well with appalam or papad or kootu. I had it with vazhaipoo kootu.

Health Benefits of Thuthuvalai Leaves

- Good for asthma, tuberclosis and relives stomach pain caused by gas and heat.
- Improves mental ability and cure dullness of hearing.
- Also cures constipation, rheumatism and gastric problem.
- Increases blood flow.

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- **Vendhaya Kulambu**
- **Paruppu Urundai Kulambhu**
- **Thatta Payir(Karamani) Kara Kulambu**
- **Mochai Murungakai Kulambu**
- **Milagu Kuzhambu / Pepper Gravy**
- **Soya Chunks Mushroom Curry**
- **Creamy Spinach**
- **Vegetable Korma(Restaurant Style)**
- **Chickpeas Curry**
- **Vendakkai Puli Pachadi**
- **Kerala Avial / Aviyal**
- **Mushroom Spinach Gravy**
- **Allepey Mixed vegetable curry**
- **Beetroot Sambhar**
- **Green Onion Sambar**
- **Arachu Vitta Sambar**
- **Potato Masala for Poori**
- **Vendakkai Vatha Kulambu**
- **Tomato Rasam**
- **Kollu Rasam**
- **Thuthuvalai Rasam**

- **Tirunelveli Sodhi and Ginger Chutney**
- **Kerala Kadala Curry**

How to make Thuthuvalai Kuzhambu Recipe

Ingredients for Thuthuvalai Kuzhambu Recipe

Preparation Time : 15 mins Cooking Time: 20 mins Serves:4

• 1/2 Cup of Thuthuvalai Leaves (Tightly Packed)
• 2 Tsp of Coriander
• 1.5 Tsp of Black Pepper
• 1 Tsp of Cumin
• 1/2 Tsp of Sambhar Powder
• 1 Handful of Small Onions (10)
• 7 Garlic Cloves, Big
• Lemon Size Tamarind
• 1 Tbsp of Gingelly Oil
• Salt to taste

To Temper

• 2 Tsp of Gingelly Oil
• 1 Tsp of Mustard Seeds
• 1 Tsp of Urad Dal
• Few Curry Leaves

Method for Thuthuvalai Kuzhambu Recipe

• Soak the tamarind in hot water for few mins, then squeeze out the juice and keep it aside.
• Heat a pan with oil, add thuthuvalai leaves, saute well until it shrinks and keep it aside.
• Heat the same pan with oil, add coriander, black pepper and cumin, roast well until it turns color and aroma comes. Keep it aside.
• Heat the same pan with oil, add small onion, garlic, saute well until it turns golden brown, add sambar powder, fry well and keep it aside.
• Now grind all together to a fine paste (the roasted leaves, spices, onion and garlic)
• Heat a pan with oil, add all the ingredients listed under ” to temper” after mustard splutters, add tamarind water, ground masala, salt and little water, bring it to boil and simmer it for 10 mins until the kuzhambu turns thick. Check the salt and turn off the stove.
• Hot and tangy kulambu is ready to serve.

Tips

• Look for any insects and wash the leaves well in water.
• While removing the leaves from stem, use scissors.
• Adjust spicyness and tangyness according to your taste.



Tags: Thuthuvalai kuzhambu, thuthuvalai kuzhambu recipe, kuzhambu recipe for rice, herbal kuzhambu recipe, thuthuvalai

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