

Homemade Dates Syrup Recipe

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A dry fruit date each day does miracle to body of a human. Besides nutritional benefits, it provides an instant energy and controls food cravings. When I was a kid, I remember my mom used to give milk with lion dates syrup before going to bed. That gives an instant energy, also helps me to do my home work faster. I have some dry dates which I bought few months back, sitting in corner of my pantry. So I was thinking of making homemade dates syrup.

Homemade date syrup recipe is simple, tastes absolutely yummy and lip smacking. To make homemade date syrup, you simply simmer dates and water together until dates turns soft, strain it with a cheese cloth and then simmer the date water to

thicken. Done !! It tastes like "HONEY". You can use homemade date syrup as a sweetener in oat meal, tea , smoothies or sprinkle at the top of ice cream, cereal, pan cakes, cakes or pudding. Date syrup are good for kids and adults.

*No preservative !! No sugar added !!!!! Healthy Sweetener !!!
Try this recipe and enjoy !!!!!!!*



Ingredients

- **1 Cup (35) Dates, Well Packed, I used Tunisia Seedless dates**
- **1.5 Cups of Water**

Method

- Heat a pan with water , add dates, bring to boil. Cover it and simmer it for 45 mins in a low flame until dates becomes soft. Mash it with a masher and then allow to cool it.



- After that, strain it using cheese cloth or any plain cloth or muslin cloth works good.
- Squeeze well and extract the juice as much you can. Add 2 Tbsp of water and then squeeze it again.



- Once you done that, filter it and bring the juice back to the stove and heat it in a medium flame and wait until you get the thick consistency. Keep stirring in between in order to prevent the burning at the bottom.

- This takes about 12 mins to thicken. At this stage, you can see white curdles and frothy, take a spoonful of syrup, feel it with your thumb and fore finger, somewhat thick and gooey. Turn off the flame. Let it cool for sometime.



- Transfer it to a clean air tight bottle and name it along with a date and refrigerate it.



Tips

- Do not do it in a high flame, always do it in a medium or low flame.
- Use the leftover pulp to make [yummy cocoa coconut truffles](#).
- Store it in a clean airtight bottle to avoid contamination.
- You can substitute dates syrup from baking to smoothies to a cup of tea.

- **You can add any following ingredients to change the flavor**

1. **Cinnamon**
2. **Cardamom**
3. **Ginger**
4. **Vanilla**

Health Benefits of Dates Syrup

- **High in Iron content and Florine**
- **Rich in vitamins and minerals and dietary fiber which prevents LDL cholesterol absorption from the gut..**
- **They are great energy boosters as they contains sucrose, fructose and Glucose. To get more advantage, add dates to the milk, to make it more nutritious.**
- **Cures abdominal cancer and constipation.**
- **It helps in weight gain.**
- **Good for heart, brain and nervous system.**
- **Treats anemia.**



Vatha Kulambu Podi / Spice Powder

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Vatha Kulambu Podi



foody-buddy.blogspot.com

Vatha Kulambu podi is used mainly in the preparation of [vatha kulambu](#) (Tangy & spicy Stew), also you can use this powder to make puli kulambu, kara kulambu and stir fries. This powder is prepared by oil roasting and dry roasting of whole spices, make it to a fine powder using a spice grinder. Ingredients and method of making this powder may vary from one home to other home in south India. This is my mother in law's recipe. She makes the best [vatha kulambu](#), it just tastes divine with hot white rice, gingelly oil and [kootu](#). Here is the recipe for the spice powder.

Ingredients

- 1 Cup of Red Chillies
- 1.5 Cup of Coriander Seeds
- 6 Tsp of Bengal Gram
- 6 Tsp of Toor Dal

- 3 Tsp of Whole Pepper Corn
- 3 Tsp of Whole Cumin
- 4 Tsp of Rice
- 1 Tsp of Fenugreek
- 1 Tsp of Asafoetida / Hing

Roasting

- 1 Tsp of Oil

Method

- Dry roast the coriander seeds, bengal gram, toor dal, pepper, cumin and rice , roast it one by one until it turns light brown color and aroma comes.
- Heat oil in a pan, roast the red chillies, hing and fenugreek until it turns to light brown color.
- When it cooled, grind all these ingredients to a fine powder.
- Store it in an air tight container.

Tips

- Always be careful in roasting the spices, don't burn it.
- You can use this powder to make Puli kulambu , kara kulambu and stir fries.
- You can also make podi (Powder) by adding red chillies and coriander in a equal proportion.
- You can grind either in spice grinder or mixie or flour mill.
- Storing is most important, so store it in an airtight container.

Health Benefits of Spice Powder / Vatha Kulambu Podi

Coriander Seeds : Protects against salmonella bacteria, aids in digestion, lowers blood glucose and cholesterol.

Red Chillies : They not only add heat to the meal, high in

vit A, boost immunity, weight loss, prevents cancer.

Black Pepper : prevents cancer, weight loss, powerful antioxidants, dental health, antidepressant.

Cumin : aids in digestion and respiration, good for lactating mothers, boost the immunity, prevents cancers.

Fenugreek : good for diabetes, aids in digestion, good for skin disorders and lactating mothers, cancer prevention, rich in fibers

Toor Dal and Bengal Gram Dal: Excellent source of carbohydrates, fibers and protein.

Mustard Seeds : high in anti-inflammatory, antioxidants and anti fungal properties, rich in selenium, reduces migraine problems

Hing : Good for indigestion and flatulence

Rice : Good source of carbohydrates and provides energy to body.



My next post is Kara Kulambu recipe by using this spice powder..

[Mango Pickle Recipe / Manga Oorugai](#)



This mango pickle recipe is very easy to make. This mango pickle is the combination of juice rich green mango and Indian authentic spices. This mango oorugai is most popular in southern part of India. This is my mom's recipe. Like all her recipes, this one tastes so yummy and a lip smacking dish. Addition of roasted fenugreek and mustard powder makes it more flavorful. Best accompaniment for mango pickle is [curd / yogurt rice](#).and also for chapathi.

Ingredients

1 Large Green Mango (not ripe), Finely Chopped
1.5 Tsp of Red Chilly Powder
1 Tsp of Mustard
1 Tsp of Urad Dal
Pinch of Hing / Asafoetida
2 Tbsp of Gingelly Oil / Indian Sesame Oil
Salt to taste

To Grind

1/2 Tsp of Mustard

1/2 Tsp of Fenugreek

Method

- Dry roast the mustard and fenugreek for 1- 2 mins until nice aroma comes and it changes color. Let it cool down for 5 mins. Grind it to a fine powder in a spice grinder or mortar & pestle.
- Wash the mango. Take a sharp knife and discard the core. Chop the mango into tiny pieces along with skin. Keep this aside.
- Heat oil in a pan, add mustard, urad dal and hing, after it splutter, add chopped mango, red chilly powder and salt, saut'e well for 3-5 mins until it turns soft but not mushy.
- In this stage, add roasted & ground powder and mix well till everything is well combined. Turn off the flame.
- When the pickle is cool, store it in an airtight container and refrigerate it.
- Enjoy this tangy mango pickle with a plate of [yogurt rice](#).



Tips

- For this pickle, use rock hard green mango not ripe.
- Addition of fenugreek & mustard powder gives a great taste to this dish
- Adjust the spice and salt according to the tangy taste of mango.
- Increase or decrease the spicy taste according to your taste buds.
- Add more oil to the pickle, so that you are increasing the shelf life of the pickle.
- It tastes great on 2nd day after all the flavors fully absorbed into the mango pieces.

Health benefits of Green Mango

Source : Health-benefits.blogspot.com

- Drinking unripe mango juice prevents the loss of sodium chloride and iron during summer.
- Dried mango powder is highly beneficial in treating scurvy (Vitamin C deficiency)
- Unripe mangoes helps to treat blood disorders.
- Raw mangoes are rich source of

pectin, mixed with salt and honey, helps to treat gastrointestinal disorders.

- Helps in treating liver disorders.

- Rich in vitamin C and antioxidants.

