

Garlic Pickle Recipe / Poondu Oorugai / How to make Garlic Pickle



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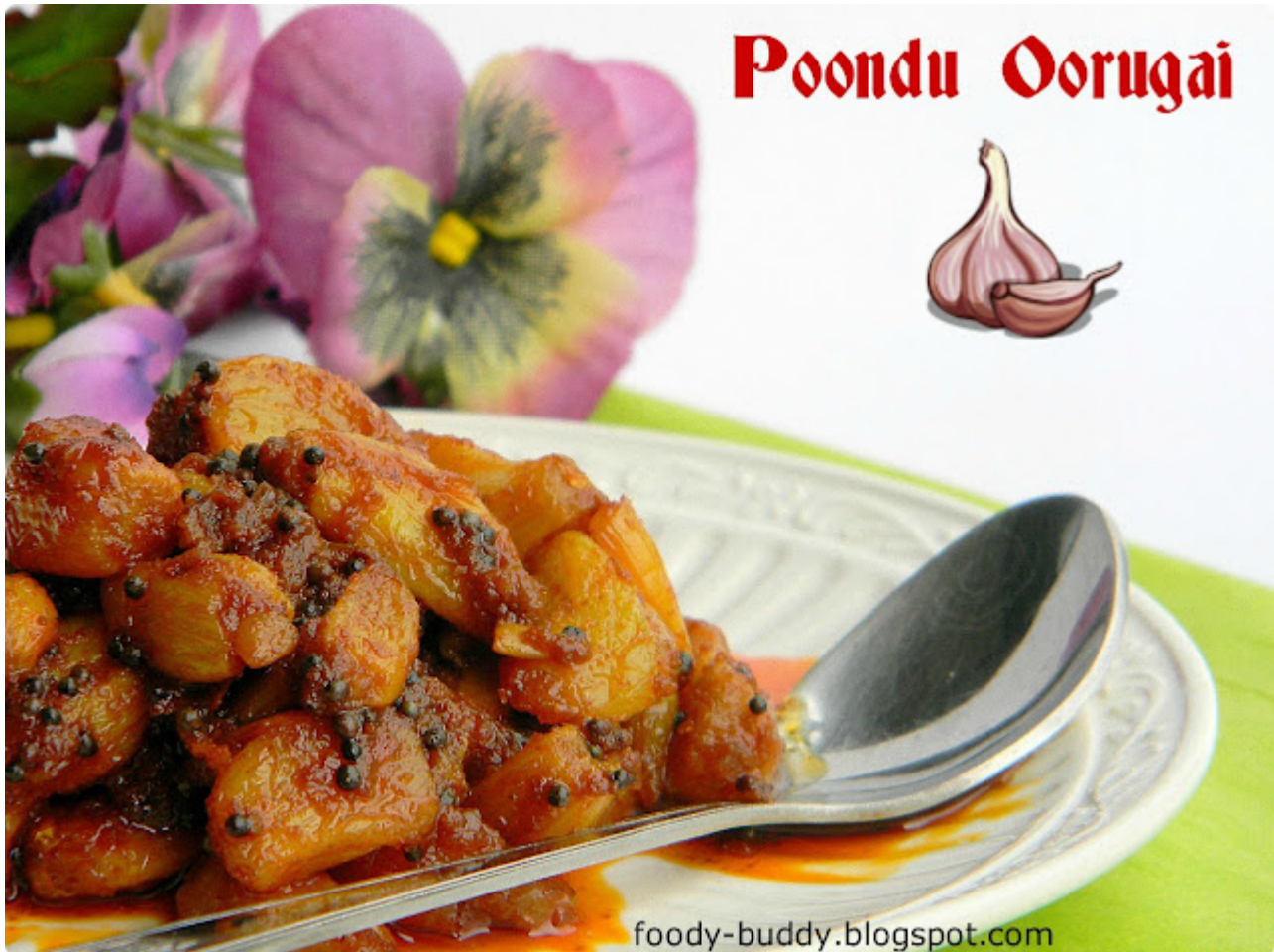
I always make pickles at home instead of buying them from stores. It is a important condiment in all Indian kitchen. Method of making garlic pickle may vary from one home to other home. Here I made this garlic pickle in south Indian style. This is my mom's recipe. This pickle is very simple to make, if the garlic is peeled and ready. It goes well with chapathi or any variety rice and [yogurt rice](#). Also check my other pickle recipes [Lemon Pickle](#) and [Instant Mango Pickle](#)

Ingredients

1 cup of Big Garlic Cloves, approximately 50 cloves
4 Tsp of Red Chilly Powder
3 Tbsp of Lemon Juice
1/2 Tsp of Turmeric Powder
2 Tsp of Mustard Seeds
1 Tsp of Urad Dal
5 Tbsp of Gingelly Oil / Indian Sesame Oil
1/2 Tsp of Asafoetida
1/2 Tsp of Roasted Fenugreek Powder
Pinch of Jaggery
Salt to Taste

Method

- Heat a pan/skillet, dry roast the 1/2 tsp of fenugreek until it changes color. Powder it in a spice grinder or mortar & pestle.
- Heat a pan /skillet, add mustard seeds, urad dal, asafoetida, after it splutters, add the garlic cloves, fry them for 2-3 mins, in a medium flame, until it turns soft, in a low flame, add turmeric powder, salt and red chilly powder, fry well for 1-2 mins. Do not burn the spices in this stage, be careful !!! Finally add the roasted fenugreek powder and jaggery, mix well and turn off the stove.
- Add lemon juice to the pickle and mix well. Let it cool down for 1-2 hour and then transfer this pickle to the clean, sterilized glass jar.
- Let the pickle be, in shelf for 5 days and then eat it because you are giving time for the garlic to absorb all the spices, oil and salt. By the end of 5th day, flavorful homemade garlic pickle is ready to enjoy with [curd \(yogurt\) rice](#) or any [upma](#) or any variety rice dishes or dal rice.
- Refrigerate it, it will stay good for a month.



Tips

- Adjust the amount of salt and red chilly powder according to your taste.
- You can also use kosher salt instead of using the normal fine salt.
- More oil you add, the more the shelf life of the pickle.
- You can also add roasted mustard seed powder along with roasted fenugreek powder for a different twist to the taste.
- Always use dry spoon to take out the pickle.
- Lemon juice gives a tangy taste to the dish.
- Always add lemon juice to the pickle, after you turn off the flame.

Health Benefits of Garlic

- Anti-bacterial, anti-clotting and anti-viral properties.
- Treat skin infections.
- Boosts your immune system.
- Lowers the cholesterol, blood pressure and atherosclerosis.
- Good for weight loss.
- Prevents cancer.



Nankhatai – Eggless Indian

Cookies / Cookies Recipe



Nan Khatai

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Nankhattai are short bread Indian cookies also called Nan khatai. It is a simple egg less cookies made with flour, semolina, sugar and ghee. Spices like cardamom added to give an extra zing to the cookies. You can add any nuts to garnish the cookies. Nankhattai are perfect accompaniment for afternoon [tea](#) or [coffee](#).

Ingredients for Nankhattai

Servings : 15 Cookies

- 1/2 Cup of All Purpose Flour / Maida

- 1/3 Cup of Semolina (Sooji / Rava)
- 1/4 Cup + 2 Tbsp of Castor Sugar
- 1/8 Tsp of Baking Soda
- 1/4 Cup of Clarified Butter (Ghee)
- 2 -3 Tbsp of Milk
- 3 Cardamom, Powdered with mortar and pestle
- 1 Tbsp of Whole Wheat Flour
- Few cashew nuts

Method for Nankhattai

- In a bowl, add maida, whole wheat flour, castor sugar, cardamom powder, baking soda and sooji, mix it well with hand.
- Add ghee little by little and mix it with flour, once the ghee has mixed well with the mixture. Add milk, little by little, mix well till the dough is formed. Knead the dough till you get soft.
- Divide the dough into equal parts, and use palm of your hand and make little balls out of the dough, approximately you will get 15 balls.
- Cookies gets flat and cracked when you bake so your balls should be smooth and without cracks.
- Place the balls in a baking tray, using knife, make a dent at the top of the cookie dough balls. Garnish with cashew pieces.
- In the mean time, preheat the oven to 300 Degree F.
- Place the baking tray in refrigerator for 10 mins.
- After 10 mins, place the baking tray in oven for 20 -25 mins. My cookies took 22 mins to bake.

- Let them cool completely and enjoy with [coffee](#) or [tea](#).
- Store the remaining cookies in an airtight container.



Tips

- If you find your dough is sticky, then add 1 or 2 tbsp of flour and then knead it..
- Keep an eye on cookies while baking, it should not turn to brown color.
- Adjust the amount of sugar according to your taste.

- Make castor sugar by grinding regular sugar.

Recipe slightly adapted from Chef Annuradha



Nankhatai - Indian Eggless Cookies

[Paruppu Podi / How to make Paruppu Podi / Lentil Powder](#)

Paruppu Podi



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Lentil Powder are also called Paruppu Podi in tamil. Paruppu podi is a blend of spices and lentils, with full of fresh flavors and aroma. I always prefer homemade podi than store bought podi, as they are preservative free and less spicy and no adulterants added. They are very simple to make instant mix powder and can be done in less than 15 mins. This is my mom's recipe. My mom always prepares them in large quantities, but I always prepare them in small quantities as just for me and my husband. This is my husband's fav podi too and he always starts his lunch with this podi, rice and ghee. Try this healthy, protein rich powder with rice and let me know your feedback.

Ingredients

1 Cup of Toor Dal / Tuvaram Paruppu
1/4 Cup of Roasted Bengal Gram / Pottukadalai
6 Red Chillies
1 Tsp of Black Pepper
1 Tsp of Cumin
10 Curry Leaves
1/4 Tsp of Asafoetida
1/4 Tsp of Gingelly Oil(Indian Sesame Oil)
Salt to Taste

Method

- Heat oil in a pan, roast all the ingredients except roasted bengal gram and salt, till they turn golden brown color and aroma arises. Once it done, turn off the flame.
- Let it cool down for 5-10 mins.
- In a blender (Mixie), grind all the roasted ingredients, roasted bengal gram and salt to a fine powder. Store it in an airtight container.
- Serve it with hot white rice and ghee or gingelly oil and sutta appalam on side. Also it tastes great with any kootu.

Tips

- Roast the ingredients in medium low flame and stir constantly , to avoid burning.
- Always store it in an airtight container, otherwise it loses all the flavors and aroma.
- Adjust the amount of red chillies according to your taste.
- If you are not sure about salt measurement, just add a tsp of salt and grind it, if you think it is less, then add it to the rice while mixing.

Health Benefits of Lentil Powder / Paruppu Podi

- Lentils are high in fiber and protein, and low in fat. Eating lentils that are rich in soluble dietary fiber can help decrease high cholesterol
- A dish of rice with toor dal powder gives carbohydrates, protein, fiber and fats to get a healthy, balanced meal. The rice provides carbohydrates for quick-release energy and toor dal gives protein.
- Toor dal is useful in the treatment of internal organ swelling.
- Toor dal contains folic acid, good for women health.



Tags : paruppu podi, podi recipe, south Indian podi recipes, how to make paruppu podi, podi, lentil powder,

instant mix podi, bachelor recipe, instant mix, toor dal powder