

Vendakkai Poriyal / Lady's Finger Fry / Okra Stir Fry – No Coconut Added



Vendakkai Poriyal

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Vendakkai poriyal / okra (or) lady's finger stir fry is a tasty south Indian side dish and I make often at home. Also this is worldwide used versatile vegetable. I use this vegetable to make sambhar, puli kulambhu , subzi and stir fries. Lady's finger is very good for our health and My mom used to tell that eating raw lady's finger helps us to solve maths problems quickly. But I don't know the scientific reason behind that and here it comes the delicious okra stir fry

without coconut, onion and garlic, that goes well with [sambhar](#) and rice.

Ingredients

15 Lady's Finger / Okra, Medium Size
2 Tsp of Oil
1/2 Tsp of Mustard Seeds
1/2 Tsp of Urad Dal
Few Curry Leaves
1 Tsp of [Sambhar Powder](#)
Salt to Taste

Method

- Wash the okra / lady's finger in a cold running tap water. Wipe it dry with a paper towel. Cut the head and tail part and then cut into thin pieces.
- Heat oil in a pan, add mustard seeds, urad dal and curry leaves, after it splutters, add the lady's finger, fry well for a min.
- Add sambhar powder and salt, fry well for 2 mins, sprinkle little water, cover the pan with a lid and cook for 3-5 mins until it turns soft and reduces in volume. Give a quick stir and turn off the flame.
- Vendakkai poriyal is ready to serve with rice and [sambhar](#).

Tips

- If you don't have [sambhar powder](#), add 1/2 tsp of turmeric powder and 1 tsp of red chilly powder.
- You can add 2 tbsp of chopped red onion while tempering.
- Add grated coconut at the end if you like coconut flavor.
- Always use tender okra for frying, you can check that by bending the tail part, if it is broken easily, then it is tender in nature.

Health Benefits of Okra/ Lady's finger

- Rich source of vitamin A and Antioxidants.
- Fiber in okra helps to maintain the health of GI tract.
- Ideal vegetable for weight loss and lot of health benefits provided it is cooked in a medium flame to retain its properties.
- Okra has laxative treats irritable bowels and treats ulcers.
- Excellent for feeding the good bacteria(probiotics)
- Protects you from pimples and helps in maintaining beautiful skin.
- Normalizes blood sugar and cholesterol levels.



Lady's Finger Fry

Mooli Paratha / Mooli Ka Paratha / Radish Paratha



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Mooli means radish and paratha means flat bread, an Indian flatbread stuffed with radish. It is very popular in northern part of India. I always use radish to make sambar, for a change I made this paratha and the taste was so good. The one thing I liked about stuffed paratha is that, it does not need any separate side dish . But making stuffed paratha without the filling oozing out is an art but I am stilling learning to master it. Serve this delicious, filling paratha with plain yogurt or pickle.

Ingredients

1 and 1/4 Cup of White Radish, Grated
2 Tsp of Coriander Powder
Pinch of Turmeric Powder
1 Tsp of Red Chilly Powder
1/4 Tsp of Cumin Powder
1/2 Tsp of Garam Masala
1/2 Tsp of Ginger , Grated
1/4 Tsp of Ajwain / Omam
2 Tsp of Oil

To Make a Dough

1.5 Cups of Wheat Flour/ Multigrains Flour
2 Tsp of Oil
Salt and water as needed



Method

- Peel the skin of radish and finely grate it . Add little salt to it and sit for 10 mins. Squeeze out all excess of water.
- In a wide bowl, add wheat flour, salt, oil and warm water. Mix well. Knead the dough like you do for chapathi. Keep aside for 15 mins.
- Take a pan with oil, add ajwain, after sizzles, add grated ginger and fry for a min.
- Add grated radish, fry for 1-2mins. To that add turmeric, coriander powder, red chilly powder, cumin powder and garam masala. Fry for 1-2 mins till all the water evaporates and it turns dry. Once it done, switch off the flame.
- Stuffing is ready. Keep this aside.
- Heat a tawa or chapathi pan. Meanwhile make a equally sized balls out of the dough , dust the counter top with some flour and roll it into a circular shape, keep the stuffing inside, fold the paratha and roll it into square shape. Carefully place the paratha in a pan.
- Now cook the paratha in medium heat. When bubbles starts appearing, apply oil and flip it to the other side. Let the other side also get cooked.
- Serve it with onion raita or pickles or plain yogurt.

Tips

- If you find difficult to roll out the paratha, add little stuffing and then roll it. Otherwise still feel difficult, add the stuffing, directly to flour and then knead it with oil, salt and water.
- Don't add water while sauting the radish because it makes our rolling part difficult.
- Addition of ajwain is for easy digestion.

Health Benefits of Radish

- Naturally cooling food.
- Good for weight loss.
- Sooth sore throats.
- Aids in digestion.
- Prevents cancer – Induces apoptosis, which means kills the cancer cells.
- Good for heart and lungs health.
- Prevents viral infections and urinary tract infections.
- Eliminates toxins, they are good detoxifier.



Sippy Kaalan Kurma / Oyster Mushroom Curry – Mushroom Recipes



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Oyster mushroom / Sippi Kalan are popular in cooking, you have to torn it instead of slicing it. They are very good for health, they are delicate, tender and they cook very easily. When I was living in Coimbatore, my father got this mushroom from nearby market where they sell all kinds of

mushrooms and they got it from a source in Ooty. So every weekend my mom makes this curry for rice. Also you can use this mushroom in making rice, stir fries, curries and soups. They are low in calories and high in protein and fiber..This curry goes well with rice or [chapathi](#) or [peas pulao](#) or [dosa](#).

Ingredients

- 1.5 Cup of Oyster Mushroom / Sippy Kalan
- 1 Large Red Onion or 2 Medium Size Onion
- 2 Big Tomatoes
- 1 Tsp of [Sambhar Powder](#)
- 2 Tbsp of Chopped Coriander Leaves
- Salt and Water as Needed

To Grind

- 1.5 Tbsp of Dried Coconut Flakes / Fresh Grated Coconut
- 2 Garlic Cloves, Big
- 1 Inch of Ginger
- 1 Clove
- 1/2 Inch of Cinnamon Stick
- 1 Cardamom
- 1/4 Tsp of Fennel Seeds

To Temper

- 3 Tsp of Oil
- 1/2 Inch of Cinnamon Stick
- 1/4 Tsp of Fennel Seeds
- Handful of Curry Leaves
- 1 Small Bay Leaf



Method

- Wash and torn the mushroom with hand instead of slicing it with knife. You have to torn it from upside down like 5 pieces out of single mushroom. Keep this aside.
- Grind all the ingredients listed under “To Grind” to a smooth paste. Keep this aside.
- Heat oil in a cooker, when it is hot , add fennel seeds, cinnamon stick, bay leaf and curry leaves, fry this for a min.
- Add chopped onion and salt, fry this for 2 mins until it turns golden brown.
- Add ground paste to it, fry this for 2 mins until raw smell vanishes.
- Add chopped tomato, fry this until tomato turns soft and mushy.
- Add Kalan / Oyster mushroom, fry this for another 2 mins.
- Add [Sambhar powder](#), saute this for a min, add enough water, say 2 cups of water. Check the salt. Close the lid and wait for 2 whistles. Turn off the flame. Let the pressure release on its own.
- Open the lid, add chopped coriander leaves, mix well .
- Serve immediately. It goes well with plain rice or [peas pulav](#) or [chapathi](#) or [dosa](#) or [idly](#).

Tips

- If you don't have [sambhar powder](#), add 2 tsp of coriander powder, 1/2 tsp of turmeric powder and 1 tsp of red chilly powder.
- You can also make same kurma with any mushroom like white button mushroom and baby bella mushroom.
- Adjust the amount of red chilly powder and salt according to your taste.

Health Benefits of Oyster Mushroom / Sippy Kalan

- Low in calories
- High in protein and fiber.
- Good source of iron, niacin, vitamin B, C and D and anti-oxidants.
- Significant anti-bacterial activity.
- Good for immune system.

foody-buddy.blogspot.com



Sippi Kalan Kurma