

# Arachuvitta Sambar – South Indian Recipe



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*Arachuvitta sambar is a traditional south Indian dish. The word “Arachuvitta” means “to grind “. Sambar means vegetable stew or chowder based on a broth made with pigeon peas(toor dal), tamarind and other seasonings. This sambar is prepared with freshly ground masala, they are made of coriander seeds, coconut, bengal gram, fenugreek, red chillies and rice. The usual sambar is made with pre-prepared sambar powder. Preparation wise, this sambar takes more time than the usual one because of roasting and grinding part. This*

*sambar has a fresh, flavorful aroma because of addition of freshly ground spice powder, that makes more appetizing to eat. Best accompaniment is white rice, papad and [potato fry](#).*

## **Ingredients**

### **To Pressure Cook**

1/2 Cup of Toor Dal  
1/2 Tsp of Turmeric Powder  
1 Tsp of Salt  
1/2 Tsp of Oil  
Pinch of Asafoetida/ Hing  
2.5 Cups of Water

### **To Roast and Grind**

2 Tsp of Oil  
5 -6 Red Chillies  
1/2 Tsp of Fenugreek  
1/2 Tsp of Rice  
2-3 Tsp of Bengal Gram/ Chenna Dal  
4 Tsp of Coriander Seeds  
1 Tbsp of Grated Coconut

### **To Saute**

6 Small Onions  
1 Large Onion, Finely Chopped  
1 Medium Size Tomato, Finely Chopped  
2 Medium Size Radish, Sliced  
Salt to Taste

### **To Temper**

2 Tsp of Ghee

1 Tsp of Oil  
1 Tsp of Mustard Seeds  
1 Tsp of Urad Dal  
1 Small Red chilly  
2 Sprigs of Curry Leaves

### Other Ingredients

Gooseberry Size of Tamarind  
3 Tbsp of Coriander Leaves, Finely Chopped

### Method

- In a pressure cooker, add all the ingredients listed under " To pressure cook" and cook it for 5 whistles. Turn off the stove.
- Extract the tamarind juice by placing tamarind in hot water for 15 min, squeeze the juice from the tamarind. Keep this aside.
- In a pan, oil roast all the ingredients listed under " To roast and grind", fry until the nice aroma comes and changes color. Let it cool down for 5 mins. In a blender(Mixie), add all the roasted ingredients to a fine powder.
- Heat oil and ghee in a pan, add mustard seeds, urad dal, red chilly and curry leaves, after it splutter, add small onion, chopped large onion and salt, fry until it turn golden brown, add chopped tomato, saute for 2 mins until it turns soft.
- Add sliced radish and 1 tbsp of roasted spice powder, saute this for 2 mins, sprinkle some water, cover the pan with a lid, cook it for 5 mins.
- Add tamarind extract, allow it cook for another 2 mins.

- Now add the dal and remaining roasted spice powder, mix well with a laddle. If you find any spice powder lumps, mash it with a laddle/spoon. Cover and cook it for another 7 mins. Check the salt and add water if necessary. Turn off the flame
- Finally add the chopped coriander leaves, mix well. Keep it covered to retain the aroma.
- Serve with [potato fry](#) and appalam / papad.



### Tips

- Adjust the number of red chillies according to your taste.
- You can use any vegetables like drum sticks, brinjal, potato lady's finger(okra) or carrot.

- Adding ghee boosts the flavor to the sambar.
- You may also add 2 tbsp of grated coconut instead of 1 Tbsp.
- You may also add the tempering at the end, just to retain the tempering flavor.

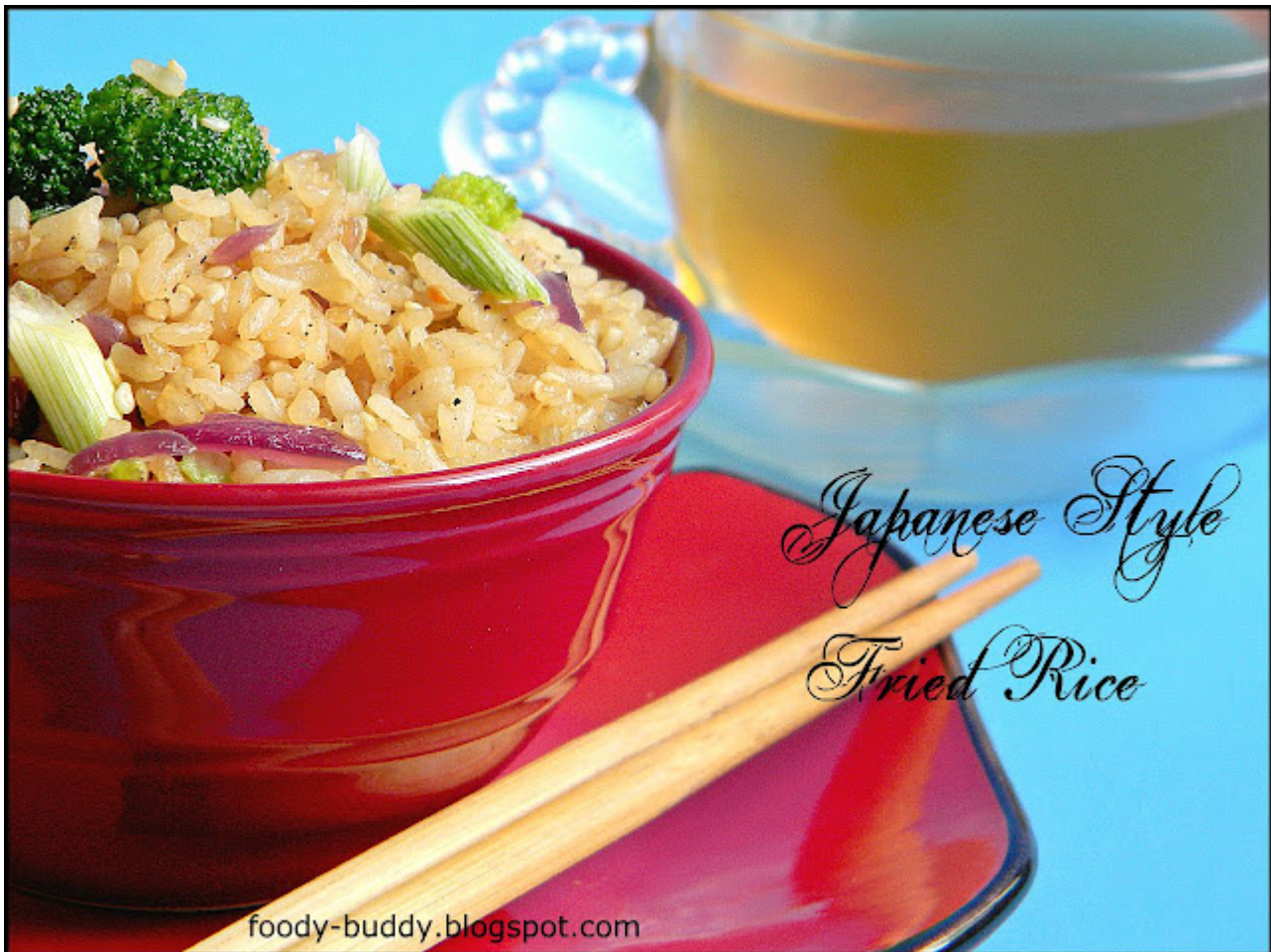
### Health Benefits of Radish

- Prevents cancer.
- Good for digestive system, lungs and heart.
- Helps to purify the blood and raise the oxygen levels.
- Controls the blood pressure and sugar level.
- Good for weight loss.



# Japanese Style Fried Rice without Eggs

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*Fried rice is an Asian-inspired dish that has become so popular and now available all over the world. I love Japanese people and culture especially I love the traditional dress called Kimono and dolls. My brother bought me that doll after he came back from Tokyo trip last year. Coming to this recipe, this is a yummy and easy Japanese fried rice. I'm a big fan of this rice but it tastes different from Chinese fried rice. This is so simple to make; combine cooked rice with sauted vegetables, sesame seeds and scrambled eggs or meat of your choice, season with soy sauce and ready to serve. Addition of sesame seeds adds a great flavor to the rice. Try it with*

*leftover rice, it tastes delicious. Try this recipe and let me know your feedback.*

## **Ingredients**

**2/3 Cup of Cooked Rice(Cold) / Leftover Rice**  
**1 Tsp of White Sesame Seeds**  
**1 Tsp of Mayonnaise / Vegenaise**  
**1 Tsp of Butter**  
**1 Tbsp of Soy Sauce**  
**3 Broccoli Florets**  
**2 Tbsp of Red Onion, Finely Chopped**  
**2 Garlic Cloves, Finely Chopped**  
**2 Green Onion, Chopped**  
**1/2 Tsp of Red Chiliy Flakes**  
**1/4 Tsp of Sugar**  
**Dash of Salt and Pepper**  
**2 Tsp of Oil**

## **Method**

- **In a pan, dry roast the white sesame seeds for 2 mins until color changes and aroma comes.**
- **In a wok / pan, heat oil in a medium flame, add red chilli flakes, chopped onion, white part of green onion and garlic, saute it for 2 mins.**
- **Add broccoli florets, saute this for 1-2 mins until it turns soft not mushy.**
- **Add sugar, salt and pepper, mix well with veggies.**
- **Add rice and soy sauce, once you add rice to the wok, turn the heat to high, . Your wok or pan has to be so hot that it makes every single grain of rice to jump and dance off in the wok. Stir-fry tossing continuously for**

about 5 minutes (adding in more soy sauce and black pepper if needed to suit taste).

- Add butter, mayonnaise/vegenaise and sesame seeds, mix thoroughly with the rice.
- Stir in the green part of the onion and serve hot along with green tea.



### Tips

- Don't add hot rice while making fried rice, it should be cold.
- Adding mayonnaise/vegenaise is optional, you can avoid that.
- Use a medium or short grain rice, not Jasmine rice. Jasmine rice is better for Chinese and especially Thai food, but NOT for Japanese food, wrong texture, flavor

and aroma.

- You can also add more vegetables like tofu, mushroom, baby corn, carrots, peas and bamboo shoots to get a great taste.
- If you are non-vegetarian add scrambled eggs or chicken or shrimp or beef to your rice.
- Soy sauce comes in light or dark. "light" is little saltier than "dark". If you use "dark" soy sauce, your rice looks dark brown in color also different taste.
- Basically soy sauce are high in sodium level, for the health reasons, I used low sodium soy sauce.
- Soy sauce are made of 50% soy beans and 50% wheat. But Tamari are made of 100% Soy beans and no wheat in it. So tamari is ideal for people following gluten free diet .

## Health Benefits of Fried Rice

- Making fried rice at home is a more nutritious rather than buying a takeout order from a restaurant .
- You can boost the vitamin, mineral and nutrient content of your dish by using brown rice instead of white rice to add fiber and get the nutritional benefits of whole grains.
- Instead of using high fat meat, use a low fat meat substitute, scrambled eggs or more vegetables. Finally, keep salty condiments to a minimum and don't fry the rice in more than a couple of tablespoons of oil to reduce total fat and calories.
- Sesame seeds are good in calcium, magnesium, iron, high in dietary fiber and good for heart.



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## Thatta Payir( Karamani) Kara Kulambu / Black Eyed Peas Gravy

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*This dish is famous in Tamilnadu, Southern Part of India which is healthy, tangy and flavorful. This tastes divine and they are made with karamani or thatta payir or black – eyed peas in a tamarind gravy, which is a tasty rendition of tamil culture and village cuisine. When combined with rice mixed with sesame oil( gingelly oil ) makes a wonderful lunch. This dish goes well with appalam or papad or [kootu](#) or [creamy spinach](#)*

### **Ingredients**

- 1/2 Cup of Karamani / Black eyed Beans / Cow Peas**
- 1 Large Red Onion, Finely Chopped**
- 5 – 7 Garlic Cloves**
- 1/4 Tsp of Turmeric Powder**

1 Tbsp of [Vatha Kulambu Podi\(Spice Powder\)](#)  
Lemon Sized Tamarind  
1/2 Tsp of Jaggery or Sugar  
Salt and water as needed

### To Temper

1 Tbsp of Gingelly Oil (Indian Sesame Oil)  
1 Tsp of Mustard Seeds  
1 Tsp of Urad Dal  
1/4 Tsp of Fenugreek  
2 Red Chillies  
Few Curry Leaves  
Pinch Of Hing / Asafoetida

### Method

- Soak karamani or thatta payir or black eyed peas for overnight in 2 cups of water along with little salt.
- Drain the water and wash it tap running water for 2 mins.
- Pressure cook the black eyed peas/ karamani along with enough water and salt for 2 whistles. Then simmer it for 15 mins. After 15 mins, turn off the stove.
- Extract the juice from the tamarind by keeping it in hot water for 15 mins.
- Heat oil in a pan, add red chillies (break it ) and wait until it turns to dark brown color.
- Add mustard, urad dal, fenugreek, curry leaves and hing (add one by one). After it splutter, add garlic and fry for few mins until raw smell vanishes.
- Add chopped onion and salt, saut'e for few mins until it turns transparent.
- Add karamani (Black eyed peas or thatta payir), turmeric powder and [vatha kulambu powder](#). Saute for a 1 -2 mins.

- Now add thick tamarind juice. Mix well and add enough water based on your consistency and cover it with a lid and cook in medium flame for 7-10 mins.
- When the kulambu gets thick enough, add sugar or jaggery, mix well and turn off the stove.
- Transfer to a serving bowl and enjoy with rice and [kootu...](#)



### Tips

- Use shallots or small onion instead of big onion, it tastes great.
- You can use 2 tsp coriander powder and 1tsp of chilly powder instead of Vatha kulambu powder.
- You can add vegetables like drum stick or brinjal to

**this kulambu.**

- **Add salt while frying onion so it helps to cook onion faster,**
- **Adding sugar/ jaggery gives little sweet flavor in spicy curry.**

### **Health Benefits of Karamani / Black eyed Beans**

- **They are a source of good protein (23-32%) and dietary fiber.**
- **They have low glycemic index**
- **Rich source of lysine and tryptophan**
- **It has minerals like K, Mg, Ca, P and Fe**
- **The protein isolates are known to lower plasma cholesterol**
- **Light brown, red and black – eyed varieties are rich in antioxidants.**
- **The flavonoids in beans may help reduce heart disease and cancer risk.**
- **Phytosterols present in the beans help reduce blood cholesterol levels.**

# Karamani Kulambu



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