Thuthuvalai Rasam / Medicinal Rasam Recipe For Cold

Thuthuvalai (Sloanum Trilobatum) is called purple fruited pea eggplant / thai nightshade in English. They are often called kayakalpha in siddha medicine. The whole plant – the leaves, flowers, fruits and stem is used as a medicine to cure various health problems. We have thuthuvalai plant in our backyard. So my mom makes lot of thuthuvalai recipes like kulambhu, thuvaiyal, soup and rasam. I usually make thuthuvalai rasam monthly once or twice during winter season just to get rid of cold and flu. You can get thuthuvalai from keerai shop or big market like koyambedu or you can grow it in a pot. This authentic and medicinal thuthuvalai rasam is hot and spicy, gives instant relief from cold, cough, sneezing, headache and fever. Make this spicy south Indian rasam at home and enjoy with white rice or even as a soup.

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.



Thuthuvalai Rasam Recipe For cold and fever

Preparation Time : 15 mins **Cooking Time** : 10 mins **Serves** : 4 people

Ingredients for Thuthuvalai Rasam Recipe

- 1 Cup of Thuthuvalai Leaves
- 1 Tsp of Black Pepper
- 1 Tsp of Cumin
- 5 Garlic Cloves
- 2 Tsp of Rasam Powder
- 2 Tomatoes
- Gooseberry Size Tamarind
- Handful of Coriander Leaves
- Salt to taste
- Water as required

To Temper

- 2 Tsp of Gingelly Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- 2 Red Chilies
- Few Curry Leaves
- Pinch of Asafoetida (Hing)
- 1/4 Tsp of Turmeric Powder

Method

- Soak tamarind in hot water, extract the juice from it and to the same bowl, squeeze the tomatoes with your hand or else grind it to a puree in mixie and add it. Keep it aside.
- Carefully pluck the leaves from the stem, wash it in tap water.
- Heat a pan with oil, add thuthuvalai leaves, saute them in a medium flame until it shrinks. Turn off.
- Now to the mixie jar, add those leaves and grind it, to that add pepper, cumin and garlic cloves, grind it again.
- To the tomato – tamarind puree bowl, add thuthuvalai leaves and spice paste, mix well. To that add rasam powder for extra flavor, salt and enough water.
- Heat a pan with oil, add all the ingredients listed under ” To Temper ” list add one by one, after it sizzles, pour the tomato-tamarind water along with spices.
- Bring it to just one boil, add coriander leaves and remove from flame.
- Healthy, aromatic hot rasam is ready to serve with bowl of white rice or drink even as soup.

Tips

- Look for any insects and wash the leaves well in water.
- If you don't have rasam powder, check out my tomato rasam recipe for rasam powder recipe under ingredient list.
- While removing the leaves from stem, use scissors.
- Adjust spicyness and tangyness according to your taste.



Rasam Recipe | Tomato Rasam |

Thakkali Rasam with dal



Rasam is a south Indian Soup, prepared with tomato, dal and various aromatic spices. To me, they are the comforting food next to idly. They are mildly tangy, watery in consistency and a medley of fresh aroma and flavors. South Indian meals are incomplete without rasam. Many family in south India makes rasam everyday. They are the soul food to many homes. Coming to the recipe, everyone makes rasam in a different way and this is my version of tomato rasam recipe, without tamarind, here I added toor dal in additional to tomatoes, to get a nice taste and also for protein. The one thing I like most in rasam is the lovely flavor and fresh aroma which comes from coriander leaves, asafoetida and garlic. Making of rasam is easy and can be made fast, they are good for digestion as it has lot of spices in it. Also it is

a good food for people with fever and cough. Tomato rasam can be served with potato fry or vegetable fry. I had it with butterbeans poriyal.

Ingredients

4 Tomatoes
3 Tbsp of Toor Dal
Salt to taste
Water as needed

To Make a Rasam Powder

1 Tsp of Whole Black Pepper
2 Tsp of Whole Cumin
2 Tsp of Coriander Powder
3 Garlic Cloves, Big

To Temper

2 Tsp of Oil
1 Big Dried Red Chilly
1 Tsp of Mustard Seeds
1 Tsp of Urad Dal
1/8 Tsp of Fenugreek Seeds
Pinch of Asafoetida
Few Curry Leaves
1/4 Tsp of Turmeric Powder

To Garnish

Handful of Coriander leaves, Finely Chopped



Method

- Soak the dal in water for 15-20 minutes, drain the water and wash it. Pressure cook the dal by adding enough water and cook for 3 -5 whistles. Mash it and keep this aside.
- Place all the ingredients listed under ” To make rasam powder list” in a mortar and pestle or mixie, grind it to a fine powder.
- In a bowl, squeeze the tomatoes with your hand or else grind it to a puree in mixie, now to the tomato puree, add rasam powder, salt and enough water about 1-1.5 cups

of water. Check the salt by tasting it with a spoon.

- Heat a pan with oil, add red chilly(break it), fenugreek seeds, mustard seeds, urad dal, hing and curry leaves, after mustard seeds pops up, simmer it, add turmeric powder and tomato mixture , followed by mashed dal with water. Mix well.
- Allow it to boil for 3 mins, when you find froths starts forming on the top, immediately turn off the flame. Do not overcook the rasam.
- Finally add the coriander leaves and mix well.
- Serve with hot rice and potato fry. I had it with butterbeans poriyal.



Tips

- Adjust the number of red chilly according to your taste. If you use long red chilly(Neeta Milagai), you can use 2. Big red chilly(kundu milagai) is spicier than longer one, so I used one.
- Some tomatoes are more tangy and others are less tangy, so use it accordingly.
- If you find your rasam is less tangy, add 2 tsp of lemon juice at the end. After you turn off the heat.
- Here I used big garlic cloves, if you have smaller ones, then add 5 or 6 cloves while making powder.
- If you don’t want dal in your rasam, just skip it.

Health Benefits of Rasam

- Rich in vitamin A which comes from tomato.
- Dal added to this rasam which gives protein.
- Hing added to it, is for easy digestion.
- Combination of pepper and turmeric, increases anti-carcinogenic properties.
- 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.
- Turmeric : Prevents cancer, natural pain killer, antimicrobial properties, treatment for depression, prevents Alzheimer’s disease and arthritis, help in weight loss
- 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 : Excellent source of carbohydrates, fibers and

protein.

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



MILAGU KUZHAMBU RECIPE | PEPPER KULAMBU



Black pepper is a spice that has the potential to make the food more beneficial when used in many recipes and as a table spice. It has lot of health benefits with lot of vitamins and anti-oxidants. But when combined with turmeric, its anti-cancer properties increases. Coming to the recipe, this milagu kulambu is without onion and garlic and very easy to make dish. This kuzhambu is also good for cough and cold. Try this pepper kuzhambu(Pepper in a tamarind sauce) with hot steamed rice and ghee, kootu and appalam as a side dish.

Serving : 4 People

Ingredients

To Make a Powder

1 Tbsp of Whole Black Pepper
1 Tsp of Whole Cumin
1 Tbsp of Toor Dal
1 Tbsp of Urad Dal
1/4 Tsp of Fenugreek

To Temper

1 Tbsp of Gingelly Oil (Indian Sesame Oil)
1 Tsp of Mustard Seeds
1 Tsp of Urad Dal
Pinch of Asafoetida(Hing)
Few Curry Leaves

Other Ingredients

1/2 Tsp of Turmeric Powder
Big Gooseberry Size Tamarind
Salt to Taste

Method

- Dry roast all the ingredients listed under ” To make powder list” for 2-3 mins until it turns golden brown color and aroma rises. Let it cool down and powder it to a fine powder using spice grinder or mixie.
- Soak the tamarind in hot water for 10 mins, extract the juice from the tamarind and keep this aside.
- Heat a pan with oil, add mustard seeds, urad dal, asafetida and curry leaves, after mustard seeds

splutters, add the tamarind juice, bring it to a boil, add turmeric powder and ground pepper mix, mix fast to avoid lumps, add salt, bring it to a boil, simmer it and wait until it gets thick. Once it done, switch off the stove.

- Milagu kulambu is ready to eat with hot steamed rice, kootu and appalam.



Tips

- If you want to make this kuzhambu for 2 people, then use 1.5 Tbsp of ground pepper mix.
- If you want more spicy, then add red chillies while tempering.
- You can also add onion and garlic, if you wish.

Health Benefits of Milagu / Black Pepper

- Good for cold and cough .
- Improves digestion.
- Heals the cuts and stops the bleeding.
- Helps you to lose weight.
- Relieves Gas.
- Helps to people with anorexia.
- Natural anti-depressant.
- Prevents cancer.

