

Paruppu Podi / How to make Paruppu Podi / Lentil Powder



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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.

Paruppu Podi



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

Sundakkai (Sunda) Vathal Sadham / Dried Turkey Berry

Rice – Lunch Box Recipe



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Turkey berry / Sundakkai Vathal / Sunda Vathal is widely used for culinary and medicinal purposes. These berries are either used as fresh berries or dried berries. Turkey berries are soaked in butter milk for one day and then dried in the hot sun for at least 15 days and then used for cooking. It is great medicine for weight reduction. I have seen that magic in my life. I ate sundakkai kulambu, 2 chapathi and a small bowl of rice for 48 days plus walking. I have reduced so many pounds. Many people they don't like this vathal because of its bitter taste , try to eat it for health reasons. It is very good for digestion, liver and it kills germs in stomach. Coming to this recipe, it is very quick to make dish with less ingredients. Try to have this rice every week..you can see the changes to your health. Try this medicinal rice and let me know your feedback. Also check this recipe [Vendakkai Sunda Vatha Kulambu.](#)

Ingredients

2 Cups of Cooked Rice
1 Tbsp of Sundakkai Vathal / Dried Turkey Beans
7 Small Onions/ Shallots, Whole
1 Medium Size Large Red Onion, Finely Chopped
10 Garlic Cloves, Whole
1 Tbsp of Sunda Vathal Powder
Salt to taste

To Temper

1 Tbsp + 1 Tsp of Indian Sesame Oil / Gingelly Oil
1 Tsp of Mustard Seeds
1 Tsp of Urad Dal
2 Red Chillies
Handful of Curry Leaves

Method

- Heat a pan with little oil, add 1 tbsp of sunda vathal, fry for 1-2 min and grind it to a fine powder using mixie or spice grinder.
- Heat a pan with oil, add mustard seeds, urad dal, curry leaves and red chillies (break it), after it splutter, add small onion, chopped large onion, garlic cloves, sunda vathal and salt, saute this for 3 mins in a medium high flame, until it turns to golden brown color and raw smell vanishes.
- In a low flame, add turmeric powder, fry for few secs.
- Add cooked rice and sunda vathal powder and a tsp of oil, toss well with a spoon in a low flame. Turn off the flame.
- Serve hot with any vegetable fry and papad.

Sundakkai Vathal Sadham

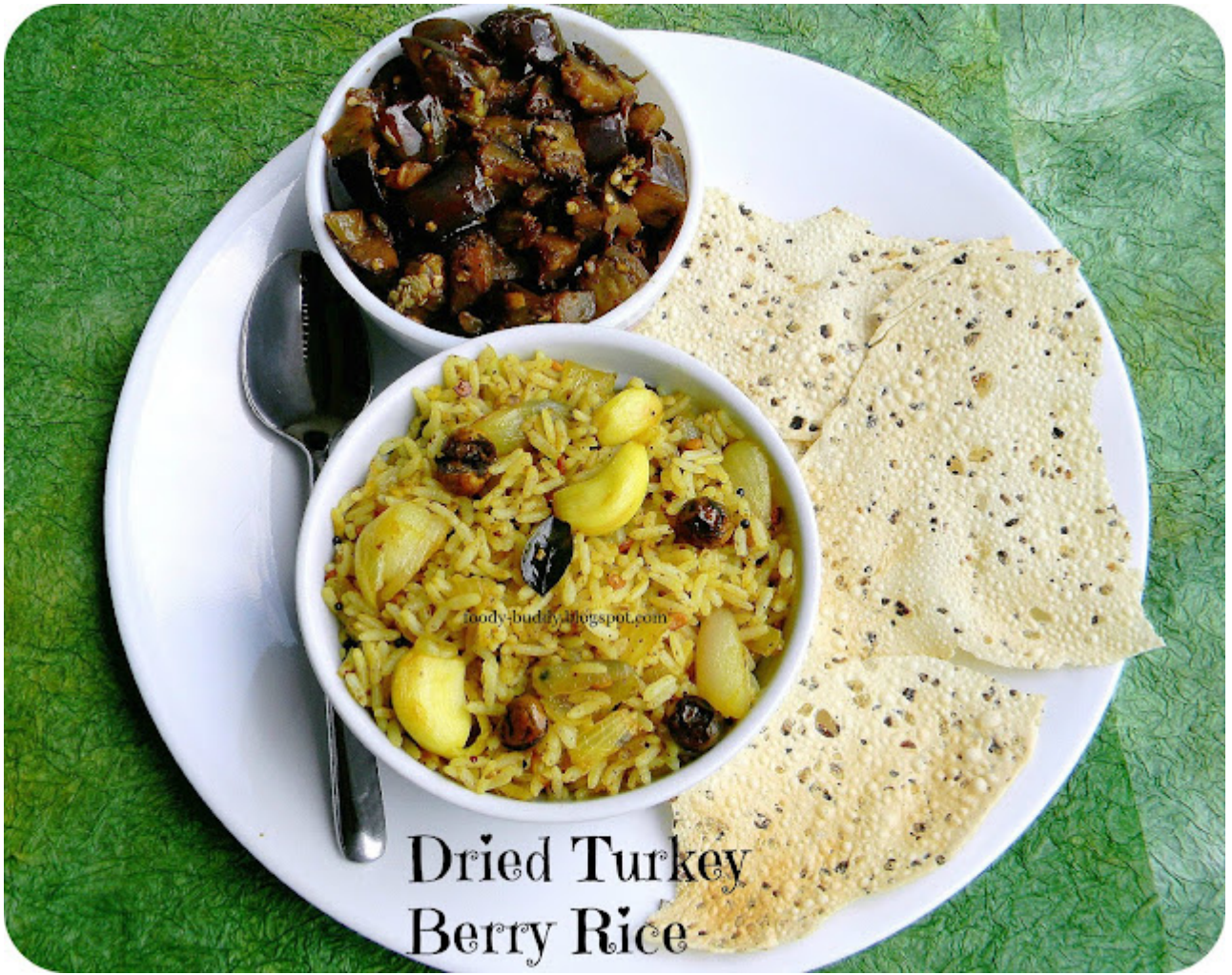


Tips

- Careful while adding salt, because sunda vathal already has salt in it.
- You can also use manna thakali vathal instead of sundakkai vathal.
- Try to use small onions for the whole dish, I used 1 large onion because I have only few small onion in my pantry.

Health Benefits of Sundakkai Vathal / Dried Turkey Berry

- Turkey berry is an ancient plant and is used in many Ayurvedic treatments. It has sedative, diuretic and digestive properties. It is used in curing coughs. It is a good tonic for liver. The unripe fruits are used to strengthen immunity power and also reduce body heat.
- Control Diabetes – If we turkey berry for 4 days in any form, diabetes will come in control.
- Turkey berries are used in the treatment of mucus, cough or phlegm. Berries are dried, powdered and then taken for curing these illnesses.
- The berries help in proper digestion. They kill harmful bacterial growth in the stomach and intestines. They help in destroying intestinal worms owing to their bitter taste. They cure infections in the stomach and liver. They also stimulate regular activities of the bowel.
- Turkey berries are used in traditional medicines to cure night blindness. It strengthens the nerves in the eyes and provides a clear vision.
- Solanum Torvum is also used worldwide to treat various ailments like piles, asthma, chest phlegm, tuberculosis and severe cough. Take equal quantities of dried turkey berry along with the dried Indian gooseberry or amla, fenugreek seeds, Ajwain seeds, dry ginger powder, cumin seeds, dried curry leaves, shells of pomegranate & soft seeds of mango fruit. Make a powder with all these ingredients. Add 1 teaspoonful of this powder in 1 cup of warm milk. This herbal drink is very good for your health and it supports a healthy immune system.



Dried Turkey
Berry Rice