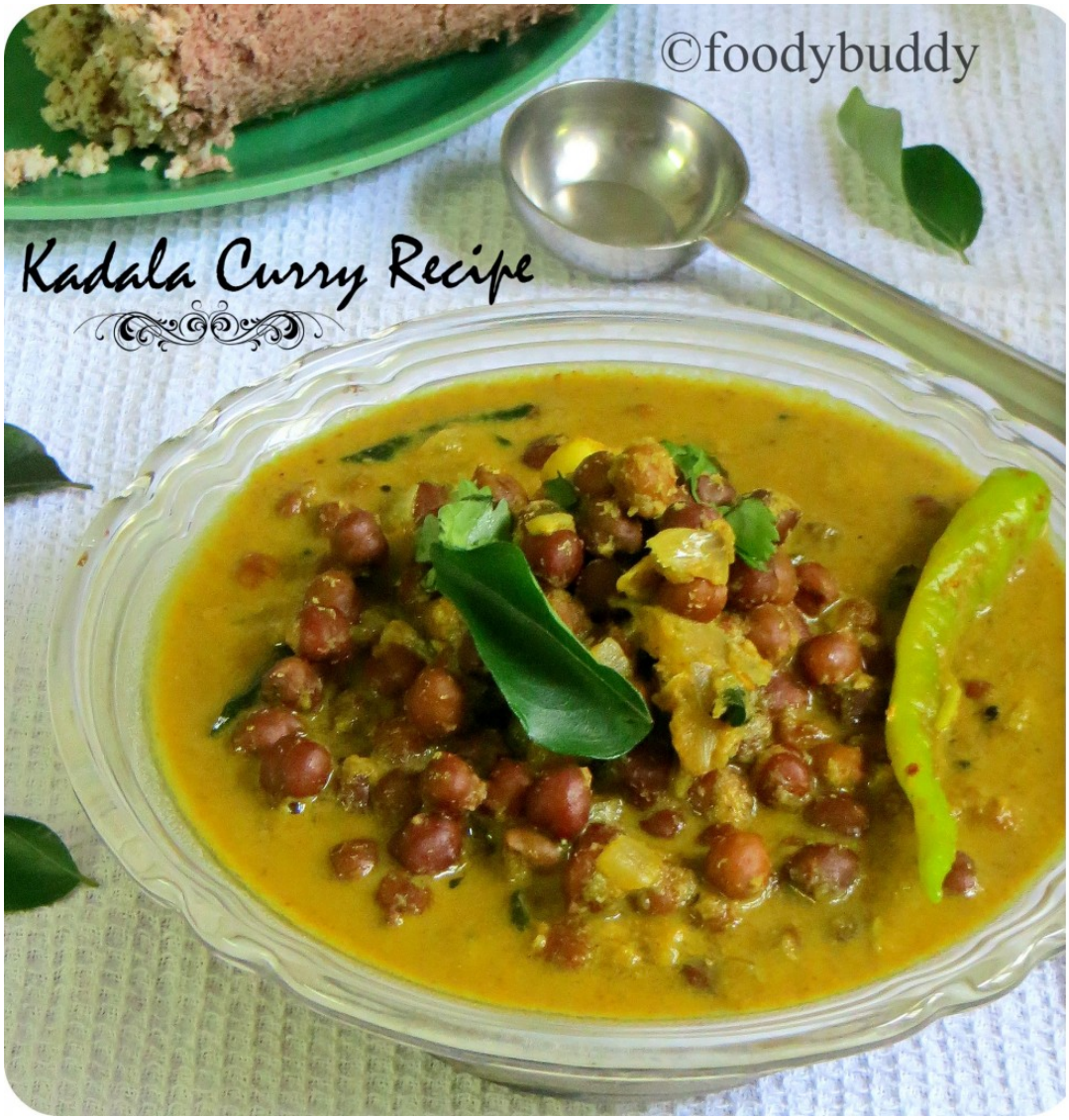
KERALA KADALA CURRY RECIPE FOR PUTTU



Kerala Kadala Curry Recipe for puttu is a coconut based gravy where the main ingredient is chickpeas. Kerala puttu and kadala Curry is a classic breakfast dish in kerala households. Kadala curry goes well not only with putu, but chickpeas gravy goes well with appam, idiyappam, dosa, poori and chapathi. I got this authentic kadalai curry recipe from my neighbour aunty, she is from kerala. My mom makes puttu often, but we don't eat it with kadala curry. We just eat it with sugar, ghee and banana. I always wanted to try this classic combo, so this time I followed neighbor aunty kadala curry recipe for

puttu, it came out so good and everyone liked it at home. So try this kerala kadala curry recipe for puttu. Kadala curry is very comforting and a classic kerala vegetarian recipe.

Other Chickpeas Recipes : Chickpeas and spinach salad, Black chickpeas curry for roomali roti, chickpeas (channa) pulao, sundal kuzhambu (chickpeas curry south Indian style)

How to make kerala style kadala curry recipe for puttu, appam and idiyappam



Puttu with kadala curry

Preparation Time : 30 mins +soaking time Cooking Time : 30

mins Serves : 4

Ingredients for Kerala Kadala Curry Recipe for puttu

- 1.5 Cups of Black Chickpeas / Kondakadalai / Kala Chana
- 1 Tsp of Coconut Oil / any vegetable oil
- Required Water
- Salt as needed

Spice Powder – To Roast and Grind

- 2 Tsp of Coconut Oil
- 1.5 Tbsp of Coriander Seeds
- 6 Small Onions
- 1/2 Tsp of Fennel Seeds
- 2 Cloves
- 2 Cardamom
- 1 Cinnamon
- 1 Star Anise
- 3/4 Cup of Grated Coconut

To Temper

- 2 Tsp of Coconut Oil
- 1 Tsp of Mustard Seeds
- 1 Red Chilly
- Few Curry Leaves

Other Ingredients

- 3 Medium Size Onion, Chopped
- 1 Tsp of Ginger Garlic Paste
- 2 Green Chillies, Slitted
- 1/2 Tsp of Turmeric Powder
- 1/4 Tsp of Red Chilly Powder

Method for kadala curry recipe for puttu

To Pressure Cook

- Soak the black chickpeas for overnight and In a cooker, add black chickpeas, required water, oil and salt. Cook it for 5 whistles, simmer it and cook it for 20 mins. Turn off the stove. Keep it aside.

To Roast and Grind

- Heat a pan with oil, add coriander seeds, small onions, fennel seeds, cloves, cardamom, cinnamon, star anise and coconut. Fry it for few mins and turn off the stove. Let it cool down and grind it to a smooth paste.

For the seasoning

- Heat a pan with coconut oil, temper it with mustard seeds, red chilly and curry leaves. After it splutters, add chopped onion, fry it for few mins until it turns golden brown. Add ginger garlic paste, fry it until raw smell vanishes. Add green chillies, fry it for secs. Add the spice powder, fry it for few secs and finally add cooked chickpeas, little water, simmer it and cook it for 15-20 mins and turn if off. Garnish it with coriander leaves.
- Serve kerala kadala curry with puttu.

Tips

- Don’t burn the spices while roasting.
- Instead of using whole spices in this curry, you can even use garam masala.
- Adjust the amount of spicy taste by increasing or decreasing the no of green chilles.
- You can add coconut milk to enhance the flavor of the curry.



Tags : kadala curry, kadala curry recipe, kerala kadala curry, how to make kerala kadalai curry recipe, prepare kadalai curry recipe, kerala style kadala curry recipe, puttu kadalai curry recipe, how to make kadala curry for puttu, side dish for puttu, side dish for appam, easy kadala curry recipe, how to

make kadalai curry recipe, kerala vegetarian recipe.

Elephant Yam Fry / Senaikizhangu Varuval

Elephant yam is a tuber and it is widely consumed in countries like Africa and Asian country like India. Elephant yam Fry / Senaikizhangu varuval / Suran Fry is my family favourite dish and this yam fry goes well with sambar rice or rasam rice or dal rice. Personally I love to eat senaikizhangu varuval with hot and spicy rasam.

To make Elephant yam fry – Yam takes long time to cook, so first they are cooked in boiling water till soft and then proceed sauting it with masala, garlic, spices and salt. Fennel make this yam fry so flavourful and tasty. Apart from making yam as side dish for rice, you can also eat it with chapathi. Try this elephant yam fry at home for sambar and let me know in comment box how it turned out..

Also try my other roast recipes : Baby Potato Roast, sweet potato roast, Beans Mushroom stir fry

Health Benefits of Elephant Yam

- It acts as an anticoagulant.
- Increases estrogen level in the women body, helping in hormonal balance.
- It contains essential fatty acids, thereby increases good cholesterol in body.
- Natural cure for constipation and irregular bowel movements.
- Good for piles patients.

- Rich in vitamin B6, so it relief premenstrual syndrome.



Preparation Time :10 mins Cooking Time : 30 mins Serves : 3

Ingredients For Elephant Yam Fry

- 1/4 kg Elephant Yam / Senai,
- 2 Tsp of Sambar Powder
- 1/2 Tsp of Garam Masala
- 4 Garlic Cloves
- 1/2 Tsp of Fennel Seeds (Sombu)
- 2-3 Tbsp of Oil

Method for Senai kizhangu varuval

- Peel the skin, wash and cut the yam into pieces (not too thick or thin)
- In a pan, add water and yam slices, boil them till it turns soft. Filter the water and keep it aside.
- Crush the garlic cloves in mortar and pestle.
- Heat a pan with oil, when it is hot, add fennel seeds, after it sizzles, add sliced yam, give a gentle stir, by flipping the slices to other side.
- In a medium flame, add crushed garlic, sambar powder, garam masala and salt, give a quick stir, do not break the slices, make sure the masala coats all the sweet yam pieces. Cover the lid and cook it for 5 mins.
- Add some more oil and turn the yam slices to other side, cover the lid and cook it for another 7 mins until it turns brown and crisp.
- Yummy yam fry is ready to serve with sambar rice or rasam rice or dal rice.

Tips

- You can cook the yam either in pressure cooker or in stove top.
- 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.
- If you don’t have coriander powder and red chilly powder, replace it with cayenne pepper and black pepper powder.
- Always cook in cast iron pan / irumbu kadai to get crispy yam.
- You can also marinate the potatoes in masala for 15 mins and then cook it.
- Adding garlic is to avoid gas flatulence.



Tags : elephant yam fry, yam fry recipe, senaikizhangu varuval, senaikilangu roast, yam roast, yam recipes in tamil, yam side dish recipe, tamil recipe, side dish for sambar rice

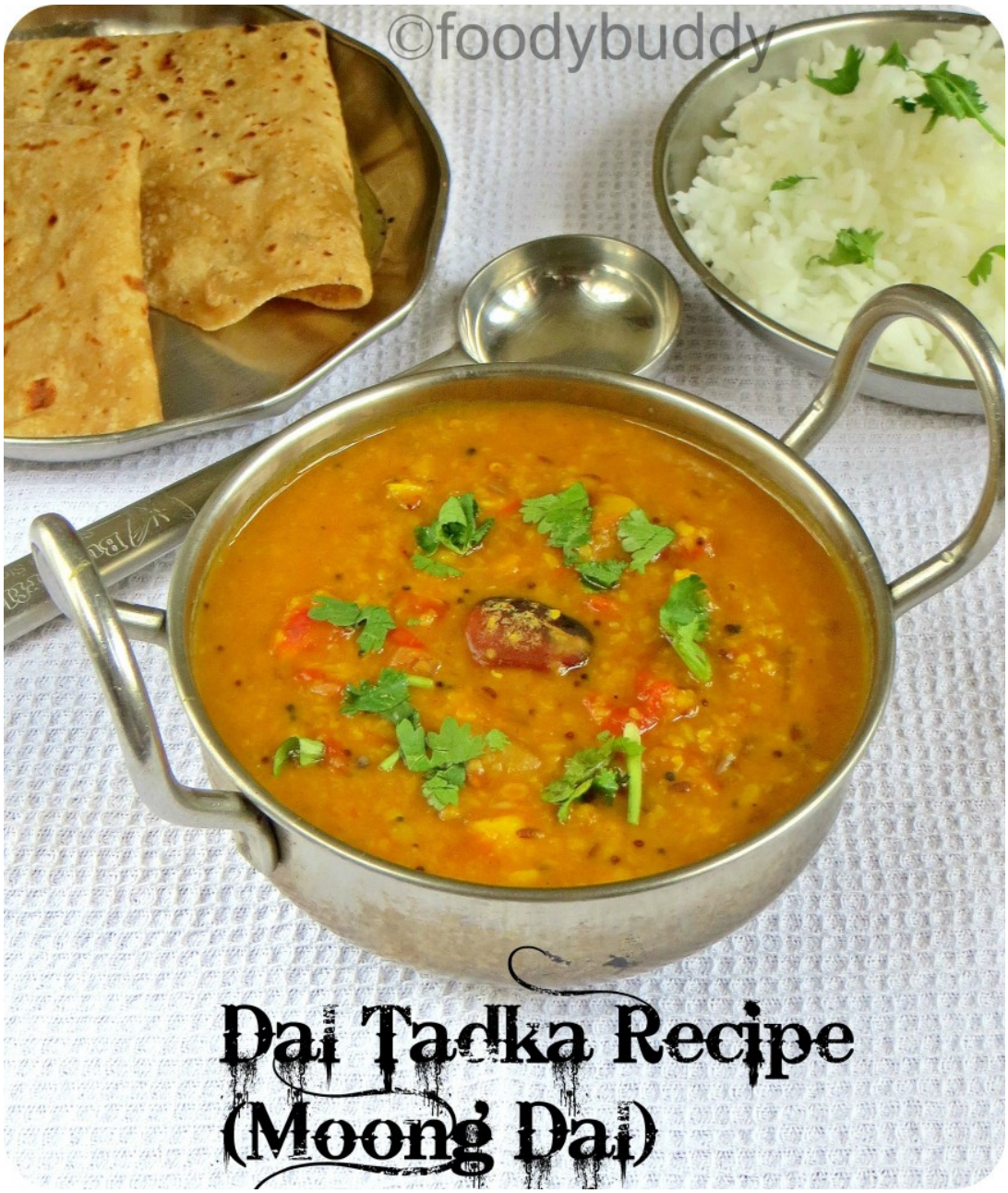
Moong Dal Tadka / How to make moong dal

Moong dal tadka is a delicious and simple recipe which you can easily made for everyday cooking or you can do this dal tadka if you are lazy or run out of vegetables. This simply delicious dal tadka goes well steamed rice or chapathi. This moong dal is most healthiest food in ayurveda. This Moong dal tadka is more nutritious, easy to digest when compare to other legumes, also they do not create abdominal gas or flatulence. Moong dal recipe is good for kids and pregnant women.

Preparing moong dal tadka is easy, first pressure cook the dal, onion and tomatoes. Finally temper it with spices before serving.

Dal are often called Paruppu in tamil, it is a staple food in India. They are good source of protein in vegetarian diet.

Tadka, it is a Hindi word for tempering, Tempering done with spices like mustard and cumin in butter or oil.



Preparation Time : 5 mins Cooking Time : 30 mins Serves : 4

Ingredients for moong dal tadka

- 1 Cup of Yellow Moong Dal
- 1 Medium Size Red Onion, Finely Chopped
- 1 Large Tomato, Finely Chopped
- 1/2 Inch Ginger, Finely Chopped
- 1/2 Tsp of Red Chilly Powder

- 1/2 Tsp of Turmeric Powder
- 3 Cups of Water
- Salt as required

To Temper

- 2 Tbsp of Oil / Ghee
- 1 Tsp of Mustard Seeds
- 1 Tsp of Cumin
- 1/4 Tsp of Asafoetida (Hing)
- 1 Green Chilly, Slit
- 1 Red Chilly
- 6 Garlic Cloves, Finely Chopped
- 1/2 Tsp of Garam Masala

Other Ingredients

- Few Coriander Leaves



Method

- Soak the dal in water for 1 hr. Drain it and wash it in tap water.
- Add all the ingredients except “to temper ingredients ” to pressure cooker for 3 whistles until it turns soft. Open the lid and stir the dal.
- Heat a pan with oil, when it is hot, add mustard, cumin and red chilly, after it crackles, add asafoetida, green chilies and garlic cloves, fry it for few seconds.
- Simmer it and add garam masala, fry it for seconds, immediately add cooked moong dal, stir the moong dal, if your dal is thick, add little water, cook it for mins and turn off the flame. Finally garnish with coriander leaves.
- Serve hot moong dal with steamed rice or chapathi.

Tips

- Instead of oil, you can temper it with ghee or butter.
- If you want your dal to be little more spicy, add some more red chilli powder to dal.
- Soaking dal is for easy digestion. You can also make dal without soaking.

- You can cook the moong dal either in pressure cooker or in stove top or in microwave.



Technorati Tags : dal tadka, dal tadka recipe, dal tadka restaurant style, how to make dal tadka recipe, easy dal

tadka, north indian dal recipes, dhaba style dal tadka, how to make moong dal tadka, punjabi dal tadka recipe, tadka dal tadka recipe, dal recipe for chapathi