Zucchini Raita Recipe / Zucchini and Yogurt Salad



Zucchini Raita Recipe is a wonderful salad on hot summer days.

Also it is a great side dish and it goes well with spicy rice dishes like biryani or pulao or roti or use it as dip for vegetable. This zucchini raita is creamy and yummy in its taste and I used yellow zucchini, you can also use green zucchini which are available in market. Making zucchini raita is easy, I have used regular homemade yogurt to make this raita, use greek yogurt which turns the raita thick and delicious. Zucchini and yogurt salad are loaded with nutrients and good for the skin. So try this bowl of zucchini raita Recipe with yogurt for summer and enjoy with hot and spicy biryani.

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

Health Benefits of Zucchini

- Lowers cholesterol and blood pressure.
- Helps in weight management.
- Prevents cancer, heart attacks and stroke.
- Good for eyes, hair and skin health.

Ingredients for Zucchini Raita Recipe

- 1 Yellow Zucchini, Chopped into small pieces
- 1 Large Onion, Finely Chopped
- 2 Cups of Thick Yogurt (Curd)
- 1/2 Tsp of Black Pepper Powder
- 1/8 Tsp of Roasted Cumin Powder
- Pinch of Hing (Asafoetida)
- Salt to taste
- Coriander leaves to garnish

Method

- Wash and chop the zucchini into small pieces.
- In a bowl, whisk the yogurt (curd) until it turns smooth and creamy consistency, now add chopped zucchini pieces, chopped onion, roasted cumin powder, black pepper

powder, hing and salt. Gently mix it with a spoon.

- Yummy, creamy zucchini raita is ready. Garnish with coriander leaves.
- Refrigerate and serve chilled as side dish for biryani or for chapathi.

Tips

- Make this raita when you are ready to serve otherwise zucchini leaves water which makes raita watery.
- You can also do tempering with oil, mustard seeds and curry leaves and add it to the raita at the end.
- Adjust the amount of yoghurt to your taste.
- You can add grated zucchini or chopped zucchini for this raita.
- Replace with green zucchini to make raita.


Zucchini Yogurt Salad
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Author: Gayathri Ramanan
Recipe type: Salad
Cuisine: Indian
Ingredients

- 1 Yellow Zucchini, Chopped into small pieces
- 1 Large Onion, Finely Chopped
- 2 Cups of Thick Yogurt (Curd)
- ½ Tsp of Black Pepper Powder
- ⅛ Tsp of Roasted Cumin Powder

- Pinch of Hing (Asafoetida)
- Salt to taste
- Coriander leaves to garnish

Instructions

1. Wash and chop the zucchini into small pieces.
2. In a bowl, whisk the yogurt (curd) until it turns smooth and creamy consistency, now add chopped zucchini pieces, chopped onion, roasted cumin powder, black pepper powder, hing and salt. Gently mix it with a spoon.
3. Yummy, creamy zucchini raita is ready. Garnish with coriander leaves.
4. Refrigerate and serve chilled as side dish for biryani or for chapathi

Notes
Tips
Make this raita when you are ready to serve otherwise zucchini leaves water which makes raita watery.
You can also do tempering with oil, mustard seeds and curry leaves and add it to the raita at the end.
Adjust the amount of yoghurt to your taste.
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Replace with green zucchini to make raita.

Baby Corn Capsicum Curry Recipe / Baby Corn Recipe For Roti



Baby corn capsicum curry recipe / Baby Corn Curry is very easy subzi recipe for roti or chapathi. Here I used green capsicum in this curry that tasted so good with baby corn. You can use yellow or red capsicum they too equally taste good in this dish. Another variation to this baby corn dish, is you can add butter or milk or cream, that makes curry more creamy and delicious. So here is the recipe for baby corn subzi recipe for roti .

- **Preparation Time : 15 mins**
- **Cooking Time : 25 mins**
- **Serves : 3**

Health Benefits of Baby Corn

- Improves Digestion
- Rich in minerals.
- Prevents Anemia
- Good for skin.
- Controls cholesterol.
- Good for pregnant ladies.

Ingredients for baby corn capsicum curry recipe

- 1 Packet of Baby Corn (approximately 12), cut into pieces
- 1 Large Green Capsicum, Diced
- 2 Medium Size Onion, Finely Chopped
- 3 Medium Size Tomatoes, Finely Chopped
- 4 Garlic Cloves, 1/2 Inch ginger, made into paste
- 1 Green Chily, Chopped
- 1/2 Tsp of Turmeric Powder
- 2 Tsp of Coriander Powder
- 1 Tsp of Red Chilly Powder
- 1/2 Tsp of Garam Masala
- 1/4 Tsp of Kasuri Methi (Dried Fenugreek Leaves)
- Salt to taste
- Water as required
- Coriander Leaves to garnish

To Temper

- 2 Tsp of Oil
- 1/2 Tsp of Cumin
- 1 Tsp of Mustard Seeds
- Few Curry leaves

Method

- Wash the baby corn and slice them.
- Heat oil in a pan, temper with all the ingredients listed under ” To Temper “. After mustard seeds splutters, add onion, fry them until they turn golden brown.
- Add ginger garlic paste and green chily, saute till raw smell goes away.
- Add tomatoes, saute them until they turn mushy.
- Add turmeric powder, coriander powder, red chilly powder and garam masala, saute them until oil separates. Add baby corn and capsicum, fry them in masala. Add required

water and salt. Cover and cook in medium flame for 12-15 mins. Add kasuri methi, mix well and turn off the flame.
- Finally garnish it with coriander leaves.
- Baby Corn capsicum curry is ready to serve with roti, phulka or chapathi.

Tips

- If you prefer baby corn more soft, pressure cook the baby corn before adding it to subzi.
- You can substitute any vegetables in place of capsicum like potato or peas.
- If your tomato does not give enough tangy taste to your dish, add amchur (Dry mango) powder at the end.



Restaurant Style Kurma / Kurma Recipe Without Vegetables



Restaurant Style kurma / Kurma Recipe Without Vegetables is a popular side dish recipe in Dindugul (South India) for appam and biryani. I and my brother are a great fan to this kurma especially with hot idly for breakfast and we fondly call this as "Bangaru's Kurma ". Because there is a famous hotel called Bangaru biryani restaruant in dindugul where they prepare this kurma for biryani. Also If you run out of vegetable, but still you want to make some side dish for breakfast then try this restaruant style kurma. I got this recipe from my grand ma, she makes this best hotel style kurma recipe for hot idly, appam and dosa . If you love the aroma of spices, then you would definitely fall in love with this kurma. This kurma recipe without vegetables is a great side dish for idly, dosa, appam and idiyappam.

Preparation Time : 15 mins **Cooking Time :** 25 Mins
Serves : 3-4 People

Ingredients for Restaurant Style Kurma

To Grind

- 2/3 Cup of grated Coconut
- 3 Tbsp of Potukadalai (Fried Gram)
- 1/2 Tsp of Fennel Seeds
- 2 Cloves
- 1 Small Cinnamon
- 1 Cardamom
- 2 Tsp of Ginger Garlic Paste
- 2 Green Chilies
- 5 Cashews
- 1 Tsp of Poppy Seeds (optional)
- Water as needed

Other Ingredients

- 1/4 Tsp of Fennel Seeds
- 1 Clove
- 1 Small Cinnamon Stick
- 1 Cardamom
- 2 Handful of Small Onions (12-15), Sliced
- 5-7 Mint Leaves
- 5 Curry Leaves
- 2 Tbsp of Chopped Coriander Leaves
- 1 Green Chilly (Slit)
- 3 Tomato
- Salt and water as needed

Method

- In a Mixie, grind all the ingredients listed under ” To Grind” to a smooth paste.
- Heat a pan with oil, add fennel, clove, cinnamon, cardamom, curry leaves, small onion, fry this until it turns golden brown colour. add green chilly, mint, coriander leaves and tomato, sauté this until it turns mushy.
- Add ground paste and salt, sauté this until raw smell vanishes. Add water, let it boil for 10-12 mins until you see bubbles at the top. Turn off the flame and garnish it with curry leaves and coriander leaves.
- Hot, yummy kurma is ready to serve.

Tips

- Serve it with appam or idiyappam or idly or dosa.
- If you want to add any vegetables, you can add it.
- Adjust number of green chillies according to your taste.
- You can use ground nut in place of fried gram for white kurma.
- If your want your kurma thick add water, simmer it until it gets thick.


Kurma Recipe
Without Vegetable
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