

Baby Potato Roast / Uruḷaikilangu Varuval – Side Dish for Sambar Rice



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This is very common and classic south Indian dish. Everyone loves potato. But Baby potatoes/Chiina Urulai are my fav, whenever I hit the grocery store, it always tempt me to buy. It is very easy to make dish, with no temperings. First you have to boil the potatoes, peel it, mix it with aromatic Spice powder, yogurt and garlic, finally in cast iron pan, slowly roast it in oil. Slow roasting the potatoes, always

gives a nice crispy texture on outside and soft and tasty on inside. Adding spice powder and garlic gives a nice flavor to the potato. It goes well with [sambhar rice](#) / [rasam rice](#) / [curd rice](#).

Ingredients

12 Baby Potatoes
2 Tbsp of Thick Curd
2 Tsp of Sambhar Powder
1/2 Tsp of Garam Masala
1 Garlic Clove, Minced
Salt to Taste

2 Tbsp of Gingelly Oil (Indian Sesame Oil) /
Vegetable Oil

Method

- Wash the baby potatoes in cold tap water.
- Mince the garlic in mortar and pestle.
- Heat a pan with water and boil the potatoes for 10 mins in a medium flame. Let the potatoes cool down for 5 mins, peel the skin of the potatoes. Keep it aside.
- In a bowl, place baby potatoes, add curd(yogurt), sambhar powder, garam masala, salt and minced garlic, mix well with hand, make sure all your baby potatoes are coated well with masala. Don't marinate it.
- Heat a non stick pan / Cast iron pan with oil, add the potatoes, fry well for 2 mins, simmer it, cover and cook it for 10-15 mins, in between give a quick stir. If it sticks to the pan, just sprinkle little water, fry it.
- Hot, crispy potato roast is ready to serve with [sambar rice](#) or [rasam rice](#) or [curd rice](#).

Tips

- 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 roasted potatoes.
- You can also marinate the potatoes in masala for 15 mins and then cook it.
- Adding curd gives little tangy taste to the potatoes.
- Adding garlic is to avoid gas flatulence.

Health Benefits of Potato

- Rich in carbohydrates and low in protein, ideal for people who want to increase their body weight.
- Easy to digest and facilitates digestion.
- High in vitamin B, C and minerals.
- Good for skin and brain function.
- Reduces inflammation.
- It may offset the incidence of kidney stones.



Kondakadaḷai (Channa) Sundal Recipe

Navrathiri Sundal Recipe

foody-buddy.blogspot.com

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kondakadalai (channa) Sundal recipe is a south Indian salad made with different legumes. Kondakadalai sundal recipe / channa sundal recipe / chick peas salad is a easy and healthy evening snack. Also we make kondakadalai sundal recipe for festival occasions particularly for Navarathri and Vinayaka chaturthi..kondakadalai Sundal recipe can be prepared either with white or black chickpeas. Both channa sundal are rich in protein and nutritious. Here it comes the recipe for kondakalai (channa) sundal recipe.

Ingredients for sundal recipe

- 1/2 Cup of Channa / Kondakadalai / Chick Peas
- 1 Tbsp of Coconut

To Temper

- 2 Tsp of Oil
- 1 Red Chilly
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Pinch of Asafoetida
- Few Curry Leaves

Method for kondakadalai sundal recipe

- Soak chick peas in salt water for overnight (8hrs). Next day, wash it in cold water and pressure cook by adding salt, oil and water, for 2 whistles , simmer it for 35 mins in low flame. After that, turn off the flame. Let the pressure release on its own.
- Heat a pan with oil, add red chilly, mustard seeds, urad dal, after it splutters, add asafoetida and curry leaves, followed by channa, salt and coconut, mix well and fry for 1-2 mins.
- Healthy Channa sundal is ready to eat.



Tips

- You can use green chilly instead of red chilly.
- You can add chopped onion while tempering.

Health Benefits of Sundal / Chickpeas

- High in fiber, iron and protein.
- Rich in manganese and folate.
- Stabilizes blood sugar and low in glycemic index.
- Reduce the risk of Heart disease.
- Prevents breast cancer.
- Due to high in fiber and low in GI, they are good for weight loss



tags : [sundal recipe](#), [sundal](#), [sundal recipe for navarathiri](#), [sundal recipe for vinayagar chaturthi](#), [kondakadalai sundal recipe](#), [channa sundal recipe](#), [chickpeas salad](#), [how to make sundal recipe for navarathiri](#), [prepare kondakadalai sundal recipe](#), [traditional tamil sundal recipe](#)

[**Garlic Pickle Recipe / Poondu Oorugai / How to make Garlic Pickle**](#)

Garlic Pickle - South Indian Style



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I always make pickles at home instead of buying them from stores. It is an important condiment in all Indian kitchen. Method of making garlic pickle may vary from one home to other home. Here I made this garlic pickle in south Indian style. This is my mom's recipe. This pickle is very simple to make, if the garlic is peeled and ready. It goes well with chapathi or any variety rice and [yogurt rice](#). Also check my other pickle recipes [Lemon Pickle](#) and [Instant Mango Pickle](#)

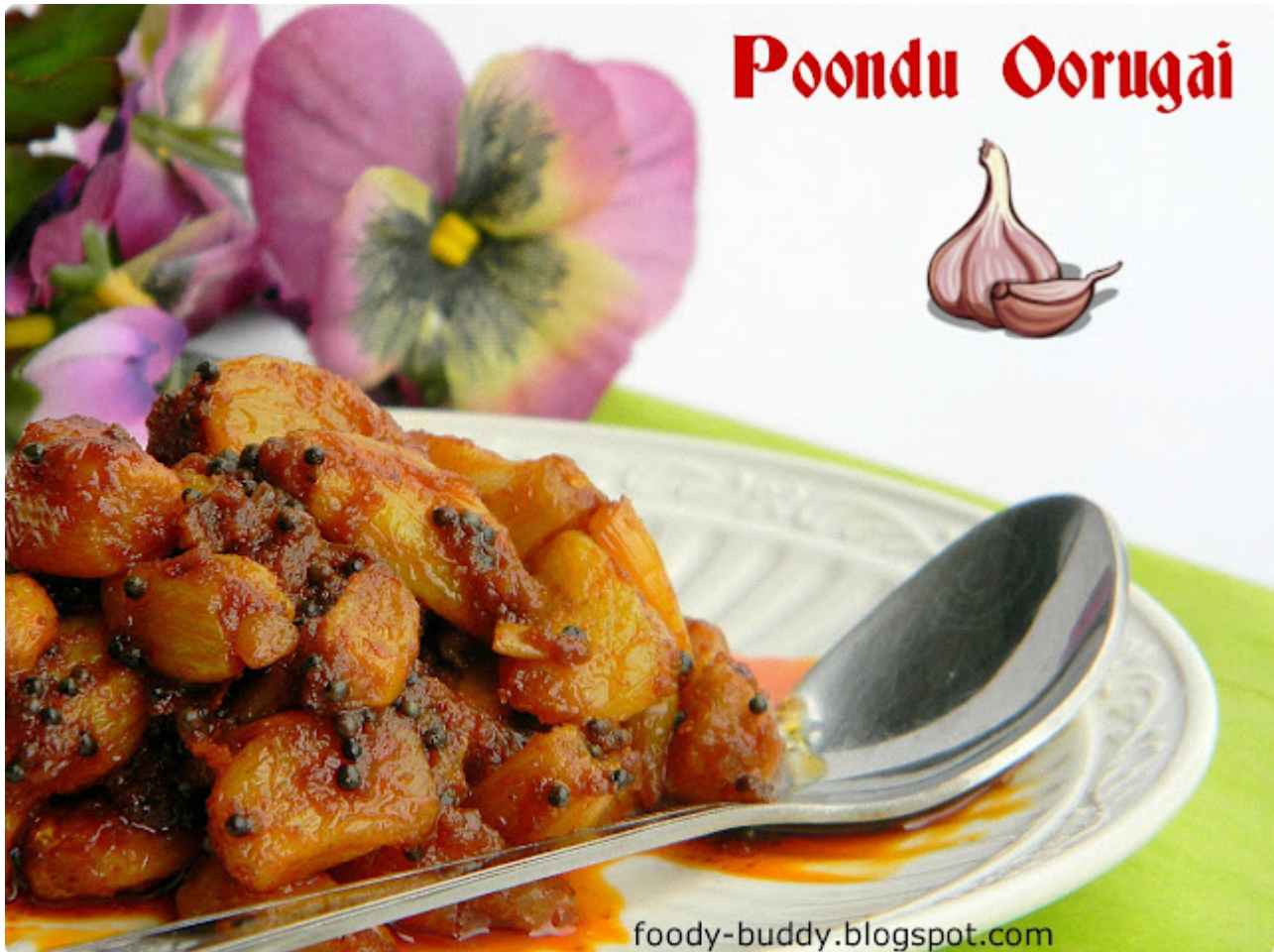
Ingredients

- 1 cup of Big Garlic Cloves, approximately 50 cloves
- 4 Tsp of Red Chilly Powder
- 3 Tbsp of Lemon Juice
- 1/2 Tsp of Turmeric Powder
- 2 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal

5 Tbsp of Gingelly Oil / Indian Sesame Oil
1/2 Tsp of Asafoetida
1/2 Tsp of Roasted Fenugreek Powder
Pinch of Jaggery
Salt to Taste

Method

- Heat a pan/skillet, dry roast the 1/2 tsp of fenugreek until it changes color. Powder it in a spice grinder or mortar & pestle.
- Heat a pan /skillet, add mustard seeds, urad dal, asafoetida, after it splutters, add the garlic cloves, fry them for 2-3 mins, in a medium flame, until it turns soft, in a low flame, add turmeric powder, salt and red chilly powder, fry well for 1-2 mins. Do not burn the spices in this stage, be careful !!! Finally add the roasted fenugreek powder and jaggery, mix well and turn off the stove.
- Add lemon juice to the pickle and mix well. Let it cool down for 1-2 hour and then transfer this pickle to the clean, sterilized glass jar.
- Let the pickle be, in shelf for 5 days and then eat it because you are giving time for the garlic to absorb all the spices, oil and salt. By the end of 5th day, flavorful homemade garlic pickle is ready to enjoy with [curd \(yogurt\) rice](#) or any [upma](#) or any variety rice dishes or dal rice.
- Refrigerate it, it will stay good for a month.



Tips

- Adjust the amount of salt and red chilly powder according to your taste.
- You can also use kosher salt instead of using the normal fine salt.
- More oil you add, the more the shelf life of the pickle.
- You can also add roasted mustard seed powder along with roasted fenugreek powder for a different twist to the taste.
- Always use dry spoon to take out the pickle.
- Lemon juice gives a tangy taste to the dish.
- Always add lemon juice to the pickle, after you turn off the flame.

Health Benefits of Garlic

- Anti-bacterial, anti-clotting and anti-viral properties.
- Treat skin infections.
- Boosts your immune system.
- Lowers the cholesterol, blood pressure and atherosclerosis.
- Good for weight loss.
- Prevents cancer.

