

Kathirikkai Varuval / Eggplant Fry



Egg Plant is also called Brinjal/Melongene. This plant is used in cuisine of many countries because everyone love Eggplant next to Potato. Eggplant is one of those unique vegetables – alone it doesn't taste like much, but cooked with seasonings it takes on a world of flavor. This recipe is my mom's recipe. Fry can be served with More Kulambu or any variety rice. So here you go...

Ingredients

- 4 Brinjal/Egg Plant/Melongene**
- 1 Tsp of Fennel Seeds**
- 2 Tsp of Sambhar Powder**
- 1 Pinch of Garam Masala**

2 Tbsp of Oil
Salt and Water as needed

Method



- **Cut Brinjal lengthwise and keep it aside.**
- **Take a bowl and marinate brinjal, sambhar powder and salt. Keep it aside for 5 mins**
- **Heat a pan with oil, add this marinated brinjal, mix well and add little water. Close the pan with lid. Keep it in medium flame for 5 mins.**
- **Add Fennel seeds over the brinjal and stir well.**
- **Again keep in low flame for 5 mins. Now add a pinch of Garam Masala. Mix well. Cook covered for another 2 mins.**
- **Brinjal fry is ready. Transfer to a serving bowl.**



Tips

- Brinjal Fry can be served with More Kulambu , Sambhar Rice or any variety rice.
- Follow this same recipe with Potato or Colocasia.

Health Benefits of Eggplant

- Eggplants provide 2 g of fiber per cup. Fiber helps with digestion and colon health.
- Eggplants also are high in a chlorogenic acid, a powerful antioxidant offering antimicrobial and antiviral activities along with the ability to help lower bad cholesterol levels.

Potato Beans Poriyal (Fry)



This Recipe is the combination of Beans and Potato. Both are rich in fiber and good for health. This dish is very easy to make with simple ingredients which gives rich taste. This can be served with sambhar rice or any variety rice.

Ingredients

*1/4 Cup of Chopped Beans
1/4 Cup of Chopped Potato
1/2 Onion
1 Tsp of Ginger Garlic Paste
1/2 Tsp of Turmeric
1 Tsp of Sambhar Powder
1/2 Tsp of Garam Masala
Salt as needed.*

To Temper

2 Tbsp of Oil
1 Tsp of Mustard
1 Tsp of Urad Dal
A pinch of Asafoetida
5 Curry Leaves

Method



Ingredients



To Temper



Add Veggie's and Spices

- *Heat oil in pan and add " To Temper" ingredients.*
- *Add chopped onion and salt fry until it changes to golden brown colour*
- *Add Ginger Garlic paste, fry for 2 Mins.*
- *Then add turmeric and sambhar powder. Fry for 1 min. Immediately add Veggie's (Potato and Beans) and sprinkle some water.*
- *Cover pan with a lid. Wait for 5 Mins, give a stir and fry until the potatoes are crisp.*
- *Finally add Garam Masala. Mix well and swich off the stove.*

Tips



- *Serve with sambar rice or any variety rice of your choice.*
- *If you want to cook fast , precook all Veggie's in Cooker or in Microwave.*

Health Benefits of Potato and Beans

- *Both Beans and Potatoes are rich in Fiber*
- *Beans are good for Heart.*

- *Potatoes are good for brain Function and easy digestion.*

Pinto Beans Curry – Indian Style



I love Pinto Beans !!!!Pinto beans is famously used in Refried Beans in Mexico. This beans is widely consumed in Mexico and US. This recipe has been modified to suit South Indian taste buds. This dish is really flavourful when you serve it with rice. It's cheap source of complete protein. So you can prepare this Healthy food with less time.Great side dish for rasam rice.

Ingredients

- 1 Cup or 1 Can of Boiled Pinto Beans
- 2 Red Chillies
- 2 Tsp of Cumin
- 1/4 Cup of Coconut
- 2 Tbsp of Oil
- Salt as needed

Method



- If you are using raw pinto beans, cook them in a pressure cooker or boil them until soft. Be sure to add 1 tsp salt.
- Heat oil in a pan, Once hot, add the cumin seeds. When they begin to sizzle, add red chillies. Wait till red chillies changes into dark brown colour.
- Now add the cooked pinto beans. Cook on high flame and let it come to a boil for about 5-7 minutes. Add required salt.
- Add the coconut and Mix well. Cook for 2 mins and turn off the stove.
- Garnish with coriander . you're good to go 😊
- Transfer to the serving bowl and enjoy with rasam rice!

Basic Information

Prep Time : 5 mins
Cook Time: 10-12 mins
Serves : 2 People



Tips

- **Careful while adding salt because canned pinto beans has salt in it.**
- **Allow the cumin to splutter, as it gives rich aroma**
- **You can do the same dish with Rajma or any other beans**
- **You can cook pinto beans in a pressure cooker as well as in a pan, though the former way is faster.**

Health Benefits of Pinto Beans

- **Pinto beans, like most of the other beans, are rich in fibers that are known for lowering cholesterol.**
- **This beans are rich in molybdenum, folate, manganese, protein, vitamin B1 and minerals like iron, magnesium, potassium, phosphorous and copper, which are highly beneficial to health.**
- **The beans prove highly helpful in preventing heart diseases.**
- **Both the iron and copper present in the beans help in hemoglobin synthesis.**

