

Mushroom Potato Fry / Kala Urulai fry (Indian Style)



MUSHROOM POTATO FRY

Mushroom potato fry is a simple and tasty vegetarian side dish. I used baby bella mushroom and yellow potato in this stir fry. You can use any variety of mushroom and potato

available in your market. This easy mushroom potato fry is one of my favourite side dish and it goes very well with sambar rice / rasam / curd rice or any variety rice. I served this Kalan Urulai fry with lemon rice, a wonderful combo. These mushrooms stir fry not only goes well with rice but can be served with chapathi too.

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- [black eyed peas with mushroom](#)
- [mushroom sandwich](#)
- [stir fry with asparagus and mushroom](#)

How to make Mushroom Potato Fry at home

Ingredients for Mushroom Potato Fry

Preparation Time: 10 mins Cooking Time: 7 mins Serves: 2

- 1 Medium Size Potato, Chopped
- 4 Baby Bella Mushroom, Chopped
- 1/4 cup of Red Onion, Chopped
- 2 Tsp of Curry Powder (I used Madras curry powder)
 - 1/2 Tsp of Red Chilly Powder
 - Pinch of Garam Masala
 - Salt to taste
 - 2 Tsp of Oil
 - 1 Tsp of Mustard Seeds
 - 1/2 Tsp of Urad Dal
 - 1/4 Tsp of Fennel Seeds
 - Few Curry Leaves

Method for Mushroom Potato Fry

- Wash and chop the mushroom, onion and potato.
- Heat a pan with oil, add mustard seeds, urad dal, fennel seeds, curry leaves, after it splutters, add onion, fry for 2 mins.
- In a high flame, add mushroom, potato, curry powder, red chilly powder, garam masala and salt, fry well for 3-5 mins. Sprinkle some water and fry well for a min and turn off the heat.
- Hot, yummy mushroom potato fry is ready to serve with rice or roti.

Tips

- If you don't have curry powder, add 2 tsp of coriander powder, 1 tsp of red chilly powder and 1/2 tsp of turmeric powder.
 - You can follow the same recipe by using different vegetables.
- Make sure to stir the veggies continuously to avoid burning or sticking to the pan.
- Adjust the amount of red chilly powder according to your taste.

MUSHROOM POTATO FRY



Tags: [mushroom fry](#), [mushroom potato fry](#), [mushroom potato stir fry](#), [potato mushroom recipe](#), [mushroom recipe](#), [kalan fry](#), [kalan urulai fry](#), [make mushroom potato fry](#), [prepare mushroom potato fry](#), [mushroom fry south indian](#), [easy mushroom fry](#), [side dish for rice](#)

Araikeerai Kadaiyal / Keerai Kadaiyal Recipe



This is easy, yummy and nutritious south Indian style araikeerai recipe. I love araikeerai kadaiyal a lot. (Araikkeerai means Amaranthus, Indian spinach, Kadaiyal means puree). Though I prepared this kadaiyal with araikeerai, you can also prepare this kadaiyal with mullaikeerai or seerukeerai or palak keerai (spinach) or paruppu keerai. When I was young, my mom used to give keerai sadham for lunch box by mixing this keerai kadaiyal with rice and ghee. [Potato fry](#) or [colocasia fry](#) goes well with this keerai rice. This is my mom's version of keerai masiyal. I don't get araikeerai in my place (US) so when I was in India few months back, I made this keerai kadaiyal recipe at home and took photo using my mobile

for my blog. So try this south Indian style araikeerai kadaiyal for lunch with hot steamed rice and ghee.

Health Benefits of Araikeerai (Amaranthus tritris)

- Good source of dietary fiber, which helps in enhancing digestion.
- Oils in amaranth helps to treat hypertension and cardiovascular problems.
- Boosts immune system.
- Good for diabetes, hair and skin problems

Also check other keerai recipe

- [Creamy spinach / Pasalakeerai masiyal](#)
- [Dal Palak / Spinach Dal](#)
- [Keerai Kootu](#)
- [Thandukeerai poriyal](#)
- [Vallarai Keerai Chutney](#)
- [Pulichakeerai Chutney \(gongura\)](#)
- [Murungakeerai soup \(drumstick leaves soup\)](#)

How to make araikeerai kadaiyal recipe

Ingredients for Araikeerai Kadaiyal

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

- 3 Cups of Araikeerai
 - 1 Tomato
 - 2 Green Chillies
- 10 Small Onions (Shallots)
 - 7 Garlic Cloves
 - Pinch of Tamarind
 - Salt to taste

To Temper

- 2 Tsp of Gingelly Oil
- 1 Tsp of Mustard Seeds
 - 1 Tsp of Urad Dal
 - 1 Red Chilly
- Pinch of Hing (Asafoetida)

Method for Araikeerai Kadaiyal

- Clean the greens in tap water for 3 times. Chop it finely.
 - Heat a pan with 1 cup of water, add onion, garlic, greenchilly, tomato, pinch of tamarind and araikeerai, allow it to boil for 7-10 mins until the leaves has wilted and cooked. Cool it for sometime.
- Transfer the mixture to a blender, add salt to it and grind well to a puree consistency and transfer it to a bowl.
 - Heat a pan with oil, when it is hot, add mustard seeds, urad dal, red chilly and asafoetida, after it splutters, transfer this to bowl and mix well.
 - Hot, tasty keerai kadaiyal is ready to serve with hot steamed rice and ghee.

Tips

- You can do the same kadaiyal with other greens like mullaikeerai or seerukeerai or pasalakeerai.
- Don't buy yellowish or wilted greens for cooking.
 - Use big onion instead of shallots.
- Add a pinch of sugar while cooking to retain green colour..This is optional.

Keerai Kadaiyal



Tags: [araikeerai kadaiyal](#), [araikeerai kadaiyal recipe](#), [keerai kadaiyal recipe](#), [seerukeerai kadaiyal](#), [mulaikeerai kadaiyal](#), [mashed Indian spinach](#), [amaranthus recipe](#), [araikeerai recipe](#), [araikeerai masiyal](#), [keerai masiyal.](#), [keerai recipe](#)

[Sundakkai Sambar / Pachai Sundakai Recipe](#)

Sundakai Sambar



Today's recipe is Sundakkai Sambar. It's scientific name is Solanum torvum. Turkey berry in English, usthikaya in Telugu, bhankatiya in Hindi is well known for its wonderful health benefits. It's been used widely in Thai cuisine but in

Tamilnadu, we use dried turkey berry to make [sundakkai vathal kuzhambu \(Dried Berry in tamarind sauce\)](#) and [sundakai sadham](#). I make it often at home. Health Benefits of Turkey Berry / Wild Eggplant / Sundakkai includes:

- **Good for mouth and stomach ulcers.**
- **Rich in fiber content.**
- **Good for bone development.**
- **Good antidote for worms in stomach.**
- **Regular consumption increases the blood count.**
- **Treats anemia.**
- **It controls diabetes and blood pressure.**

Sundakai sambar recipe is favourite sambar to me and to my family. My brother got big bag of pachai sundkai from Koyambedu market. My mom make lot of recipes with pachai sundakai like sambar, kootu or soup. When I was in India last year, mom made this sambar. It was in my drafts, today I am posting it for you. This sambar is made with moong dal, onion, tomato and other spices. Not only the samabar is tasty, they are healthy and has got more medicinal properties. This pachai sundakai sambar can be used as side dish for idly or dosa or pongal or rice. We had it with samai pongal. Try this sundakai sambar recipe at home and enjoy !!

How to make Sundakkai Sambar Recipe

Ingredients for Sundakkai Sambar

- 1 Cup of Sundakkai (Turkey Berry)
 - 1/2 Cup of Moong Dal
 - 12 Small Onions(shallots)
 - 2 Tomatoes, Chopped
 - 1/2 sp of Turmeric Powder
 - 2 Tsp of Sambar Powder
 - Salt and Water as needed
 - Few Coriander Leaves

To Temper

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

Method for Sundakkai Sambar

- Remove the stalk and wash the berries (sundakkai), pat dry it, crush it with mortar and pestle.
 - Soak the moong dal for 30 mins and in a pressure cooker, add moong daal, 2 cups of water, salt, turmeric powder and oil. Cook it for 3 whistles.
- Heat a pan, when it is hot, add oil, add onion, fry this until it turns golden brown. Add tomatoes, fry until it turns mushy, add berries and sambar powder, fry them for a min, add enough water, allow it to boil for 7-10 mins. Add boiled moong dal and give a quick stir. Add salt if necessary.
- Heat a small skillet with oil, add red chilly, after it turns dark, add mustard seeds, urad dal, curry leaves and asafoetida, after it splutters, transfer it dal pan, mix well. Finally add coriander leaves and stir well.
- Hot, delicious sundakai sambar is ready to serve for breakfast.

Tips

- If you want your sambar spicy, add green chillies, while sauting or increase the amount of sambar powder.
 - You can also try with other dals.
- There are chances for the presence of tiny worms, so wash it and use it carefully.

Pachai Sundakkai Sambar



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Tags

: [sundakkai sambar](#), [sundakkai sambar recipe](#), [pachai sundakai recipe](#), [sundakkai vathai kulambu](#), [sundakai recipes](#), [south Indian sambar](#), [medicinal food recipes](#), [sambar recipes](#), [sidedishrecipe for idlydosa](#)