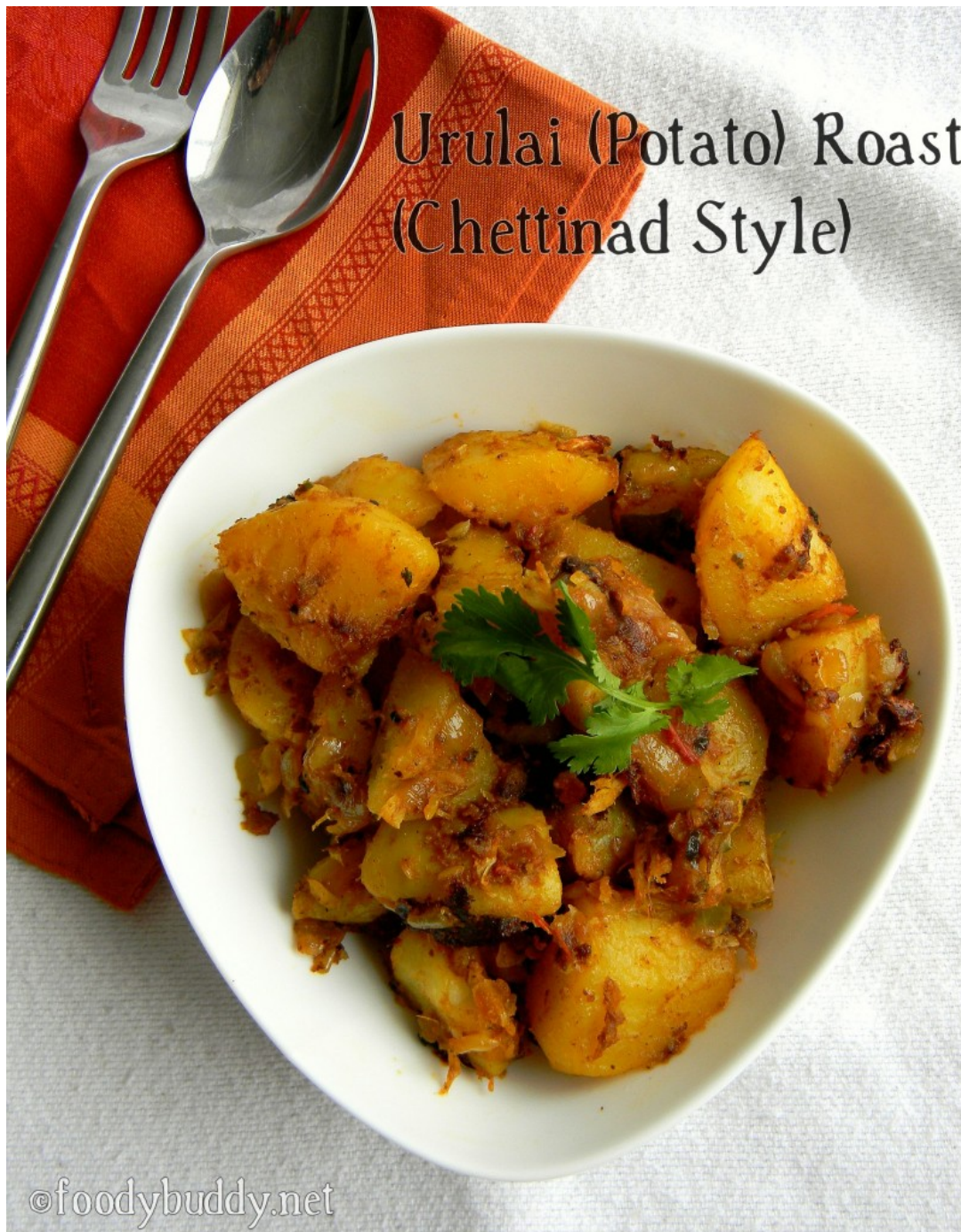


Urulai Chettinadu Recipe / Potato Roast (South Indian)



Potato roast / Urulai Chettinadu Recipe, is a simple south Indian potato curry, that goes very well with sambar rice or rasam rice or curd rice. This is chettinad style of potato fry and I got this recipe from my cookbook. This potato roast is very simple to make side dish, all you need to do is to

boil the potatoes and roast them with spices. In this potato fry recipe, I used whole garam masala spices which adds a zing to this dish. I tried this dish 2 days back, it turned out so good and I had it with dal rice (Arisim Paruppu sadham).

You can serve this south Indian style potato roast as a sidedish for sambar or rasam or curd rice.

Also check my other potato recipes

- [Potato Fry / Urulaikizhangu Varuval](#)
- [Baby Potato Roast](#)
- [Potato cauliflower curry](#)
- [Potato soup](#)
- [Aloo Methi](#)
- [Potato with bell pepper](#)
- [Potato Salad](#)
- [Aloo mutter](#)
- [Potato beans poriyal](#)
- [Potato masiyal](#)

How to make Urulai (Potato) Roast – Chettinad Style

Ingredients for Urulai Chettinadu Recipe / Potato Roast

Preparation Time : 10 mins Cooking Time : 20 mins Serves: 3

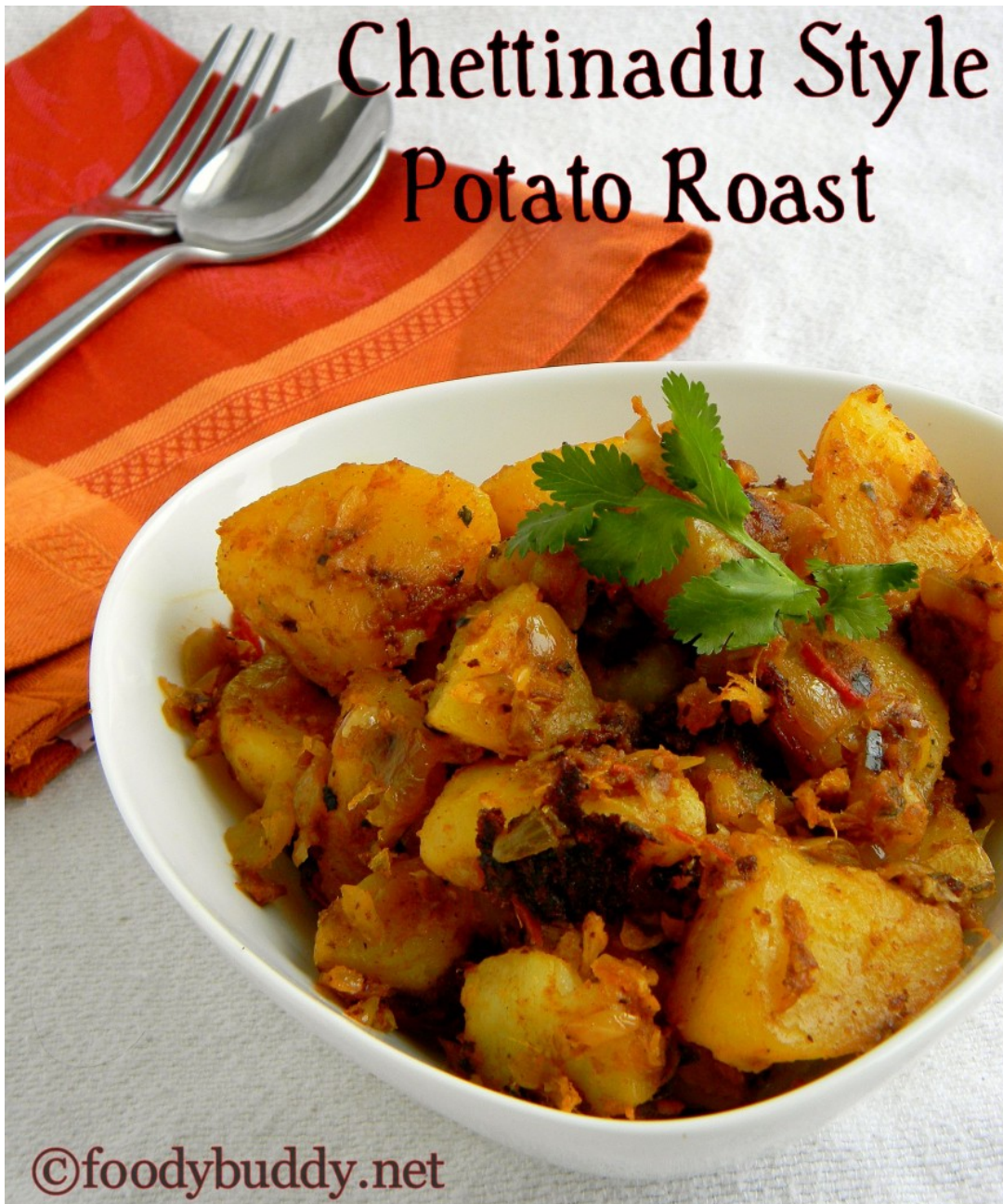
- 2.5 Big Yellow Potatoes
- 1/4 Cup of Red Onion, Chopped
- 1 Medium Size Tomato, Chopped
- 1/2 Tsp of Ginger Garlic Paste
 - 2 Tsp of Coriander Powder
 - 1 Tsp of Red Chilly Powder
 - 1/4 Tsp of Sambar Powder
- Spices (1 Clove, 1 Stick of cinnamon, 1 Bay leaves and 1/2 Tsp of Kalpesi (an edible stone fungus)
 - 1 Sprig of Curry Leaves
 - 1/2 Tsp of Whole Peppercorns, Crushed
 - Salt to taste

Method for Urulai Chettinadu Recipe / Potato Roast

- In a pressure cooker, boil potatoes with salt and turmeric powder. Peel the skin of potatoes and dice it.
- Heat oil, add all the spices and chopped onions, saute onions till brown.
- Add ginger garlic paste, saute until raw smell vanishes.
- Add coriander powder, chilly powder and sambar powder, fry well for a min.
- Add chopped tomato, curry leaves and fry well for 2 mins.
- Add diced potatoes, fry well with masala and cook it for 15 mins in medium low flame.
 - Finish with crushed black peppercorns.
 - Serve it with steamed rice or parathas.

Tips

- You can use small potatoes instead of big potatoes.
- Adjust the amount of red chilly powder according to your taste.



Tags :

[potato roast](#), [potato roast recipe](#), [urulai chettinadu](#), [urulai chettinadu recipe](#), [potato roast south indian style](#), [potato fry chettinadu style](#), [potato curry recipe](#), [potato curry for rice](#), [potato curry for chapathi](#), [easy potato recipe](#), [how to make potato roast chettinadu style](#), [prepare urulai chettinadu recipe](#), [potato fry recipe](#)

Pudhina Thogayal / Mint Chutney



Pudhina Thogayal (Mint Chutney Recipe without coconut) is a tasty and flavourful chutney that goes well with hot idly or dosa or even chapathi. This mint chutney has no coconut, no onion and no tomato in it. This pudhina chutney is without seasoning, so you can spread it in bread to make sandwiches. To make pudhina thogayal recipe, you need mint leaves. Other ingredients are garlic and ginger which adds a different twist, tamarind adds little tangy taste which compliments well with mint chutney. Addition of urad dal and bengal gram gives thickness to this chutney. Serve this easy pudhina thogayal (Mint Chutney) for idly or dosa or pongal or

chapathi or in bread sandwiches.

Ingredients for Mint Chutney

- 3 Cups of Mint Leaves
- 3 Tsp of Urad Dal
- 3 Tsp of Chana Dal
- 3 Red Chillies
- Small Tamarind Ball (Grape Size)
- 4 Garlic Cloves
- 1/2 Inch Ginger
- Few Curry Leaves
- Salt to taste
- Oil as needed

Method For Pudhina ThogayaL

- Heat a pan with oil, add red chillies, urad dal, channa dal, saute this for few mins, until it changes to light brown color. Transfer this to a plate.
- Heat the same pan with oil, add garlic, ginger, saute this for mins, add tamarind, curry leaves and mint leaves, saute this until it shrinks in size. Transfer this to a same plate. Let it cool down for few mins.
- Grind everything to a little coarse paste along with little salt and water. Transfer it to a serving bowl.
- Serve this chutney for hot idly or dosa or even you use it for sandwiches.

Tips

- You can add coconut while sautéing, but differs in taste.
- For spicy taste, I used red chillies, you can use green chillies instead.
- Adding tamarind adds tangy taste, that compliments well with mint chutney.

Tags : [mint chutney](#), [mint chutney recipe](#), [pudhina chutney](#), [pudhina chutney recipe](#), [pudhina thogayal](#), [how to make pudhina thogayal](#), [make mint chutney](#), [prepare pudhina thogayal](#), [thogayal recipes](#), [south indian mint chutney](#), [chutney varieties](#), [side dish chutney for idly dosa](#), [chutney without coconut.](#), [make pudhina chutney](#)

[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
: 30 mins

Serves : 3

Cooking Time

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](#)