

Brinjal Chutney Recipe / Kathirikkai Chutney

Brinjal Chutney Recipe is a flavourful and tasty condiment made from brinjal. If are a brinjal lover like me. then you will surely love this brinjal chutney a lot. You can use small brinjal or larger ones to make this chutney and for spicy taste, use either red chilly or green chilly. This brinjal chutney recipe is a perfect side dish for idly and dosa. Try kathirikkai chutney (thogayal) for idly and let me know how it turned out.

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Brinjal Chutney

Ingredients

- 12 Small Brinjals (violet)
- 2 Tbsp of Urad Dal
- 3 Red Chilies
- 4 Garlic Cloves
- Small grape size of Tamarind
- 1/4 Tsp of Asafoetida
- Salt to taste
- Curry Leaves

To Temper

- 2 Tsp of Oil
- 1 Tsp of Mustard
- Few Curry Leaves

Method

- Chop the brinjals to small pieces.
- Heat a pan with oil, add all the ingredients one by one except brinjals and salt, fry it until it changes colour. Transfer it to a plate.
- In the same pan, add oil, add chopped brinjals, fry it until turns soft. Transfer it to the same plate. Let it cool down for 10 mins and grind everything in a mixie.
- Heat a pan with oil, when it is hot, add mustard and curry leaves, after it splutters. Transfer this tempering to chutney. Mix well.
- Yummy brinjal chutney is ready to serve for dosa or idly.

Tips

- Always cut brinjals before you fry in oil.
- Adjust the number of red chilly according to your taste.
- You can use any variety of brinjal.
- Use green chilly in place of red chillies for spicy taste.
- You can also grill the brinjal in oven or stove top and make chutney

Kathirikkai Chutney



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Technorati tags : brinjal chutney, brinjal chutney recipe, kathirikkai chutney, kathirikkai thogayal, eggplant chutney, vengaya pachadi, side dish with brinjal, brinjal chutney for idly dosa, chutney recipes, chutney in tamil, south Indian chutney recipe

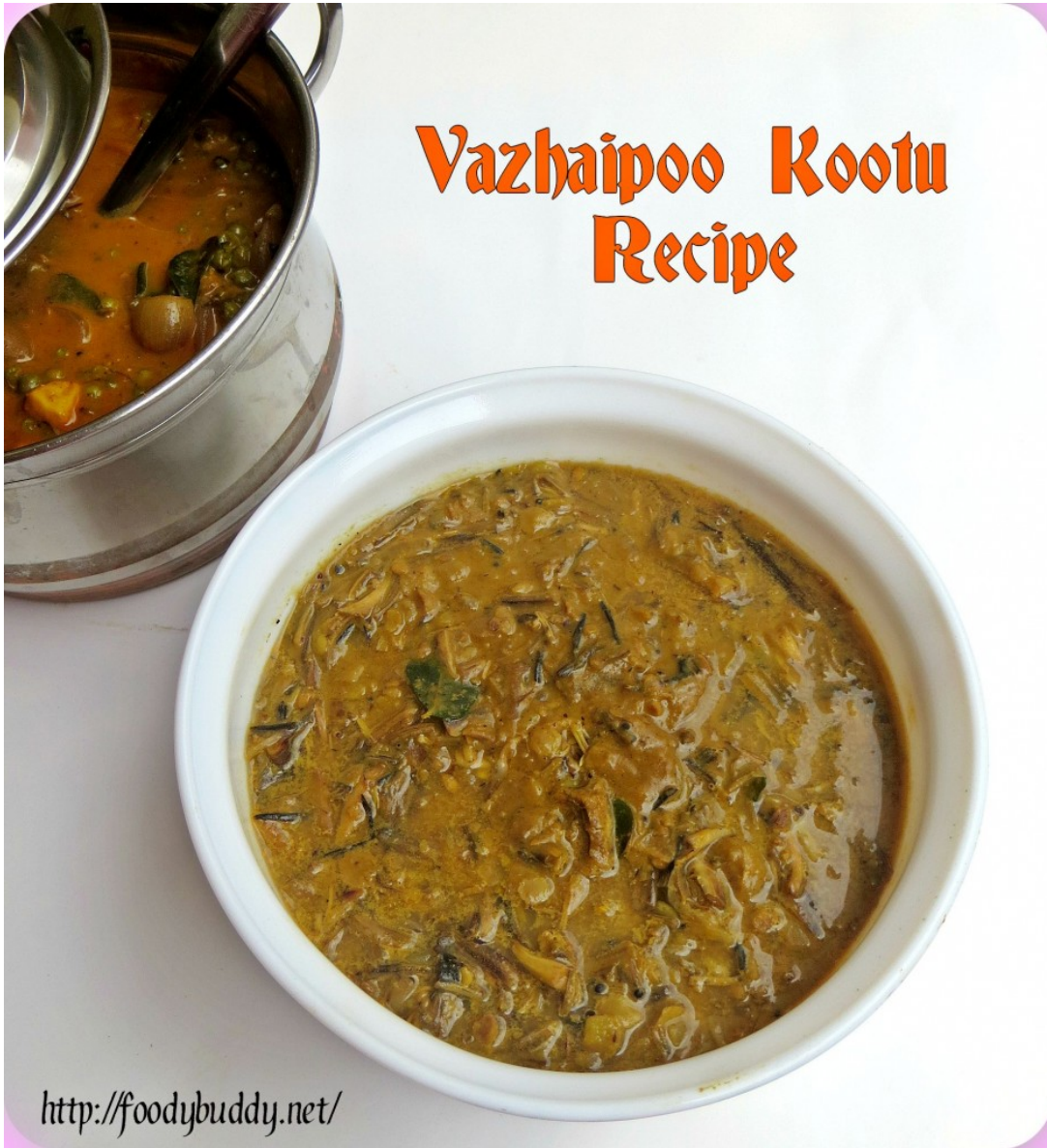
Vazhaipoo Kootu Recipe without coconut

Banana flower are also called vazhaipoo in tamil. Vazhaipoo kootu recipe is a traditional tamil recipe prepared from plantain flowers. As vazhaipoo is very good for health, I used to buy regularly when I find them in market. I love to eat it any form either [vazhaipoo vadai](#) for mor kuzhambu or vazhaipoo poriyal or kuzhambu. To clean this vazhaipoo (banana flower) is a time consuming process but still worth it. I prepared this vazhaipoo kootu with moong dal, replace it with any dal of your choice. This banana flower kootu tastes fabulous with hot steamed rice and ghee. Try this vazhaipoo kootu recipe without coconut, if you are diet conscious.

Health Benefits of Vazhaipoo (Banana Flower)

- Being high in iron content, used to treat anaemia.
- Controls the excessive pain during menstrual cycle.
- Good medicine for stomach ulcer and dysentery.
- Rich in vitamin A, C and dietary fibre.
- Good for pregnant women.

Vazhaipoo Kootu Recipe



Preparation Time : 45 mins
Serves : 3

Cooking Time : 20 Mins

Ingredients For Vazhaipoo Kootu Recipe

- 1 Banana Flower
- 1/2 Cup of Toor Dal
- 1/2 Tsp of Turmeric Powder
- 1 Tsp of Oil
- 1 Big Red Onion, Chopped
- 1 Tomato, Chopped
- 1 Tsp of Sambhar Powder

- Salt as Needed
- Water as needed

To Temper

- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 2 Red Chillies
- Pinch of Asafoetida (Hing)
- Few Curry Leaves

Method

- To clean banana flower (vazhaipoo), apply some oil on both hands, take off the purple outer covering, remove the bunch of florets, repeat this step until you reach the centre of the blossom. After that, remove the stamen and small white cover at the base of each florets. This is how you have to clean each florets.
- Chop the florets finely.
- In a pressure cooker, add banana florets, toor dal, oil, salt, chopped tomato, chopped onion, sambar powder and water. Cook it for 5-7 whistles. Open the lid, after pressure releases.
- Heat oil in a pan, when it is hot, add mustard seeds, red chillies, asafoetida and curry leaves, after it splutters, add the cooked dal, mix well. Check the salt.
- Hot and flavourful vazhaipoo kootu is ready to serve.

Tips

- It goes well with any spicy kulambhu like [manathakali kulmabhu](#) or [milagu kuzhambhu](#).
- You can replace toor dal with moong dal or channa dal.
- Adjust spiciness according to your taste.
- You can also add green chillies in addition to red chillies.

Banana Flower Kootu



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[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.

A close-up photograph of a Zucchini Yogurt Salad served in a bright orange bowl with white polka dots. The salad consists of a creamy white yogurt dressing, diced zucchini, sliced red onions, and a small garnish of fresh green herbs. The bowl is placed on a dark red granite countertop. In the background, a silver spoon and a glass jar of red liquid are visible on a white paper towel.

Zucchini Yogurt Salad

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Zucchini Raita Recipe / Zucchini and Yogurt Salad



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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.

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)
- $\frac{1}{2}$ Tsp of Black Pepper Powder
- $\frac{1}{8}$ 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.

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Replace with green zucchini to make raita.