

Small Onion Chutney / Chinna Vengaya Chutney Recipe For Idly Dosa

Chutney is a spicy condiment associated with south Indian breakfast menu. This kind of finger licking and colorful chutney recipes for [idly](#) and [dosa](#) always teases your palate, brighten you mood and sizzle your taste buds. small onion chutney / chinna vengaya chutney is a spicy and a traditional south Indian side dish recipe for [idly](#), [dosa](#) and [paniyaram](#). I already posted [onion chutney](#) and [onion tomato chutney recipe](#) for idly and [dosa](#) in my blog. I really love this small onion (shallots/ china vengayam) chutney for hot [idly](#). You can also replace big red onion to make this chutney. Try this easy small onion chutney recipe (without coconut) for breakfast.



Small Onion Chutney

Onion Chutney Recipe – Ingredients

To Fry and Grind

- 2 Handful of Small Onions
- 10 Big Garlic Cloves
- 3 Red Chillies
- Small Gooseberry Size of Tamarind
- 1 Big Tomato
- 6 Curry Leaves
- Pinch of Asafoetida (Hing)
- Salt to taste
- 2 Tsp of Gingelly Oil

To Temper

- 2 -3 Tsp of Gingelly Oil
- 1 Tsp of Mustard
- 1 Tsp of Urad Dal
- 5 Curry Leaves

Method for chinna vengaya chutney

- Heat a pan with oil, add all the ingredients listed under " To fry and To grind " saute it one by one, cool down and grind it with water to a smooth paste.
- Heat a pan with oil, temper with the ingredients listed under " To Temper " after it sizzles, pour this to chutney, mix well.
- Serve it for hot [idly](#) and [dosa](#) or [paniyaram](#).

Tips for small onion chutney

- You can make this chutney either with small onion or big onion.
- Skip tomato if you use more tamarind.
- Adjust number of red chillies according to your taste.

Health Benefits of Small Onion

- Rich in iron, fibre and potassium
- strengthen the immune system.
- good for heart, tooth, eyes and hair.
- lowers cholesterol, blood pressure and prevents cancer.



[Vadu Mango Pickle Recipe / Maa Vadu Pickle](#)

Vadu maangai Oorugai / Vadu mango pickle recipe is a popular south Indian pickle prepared from mavadu (Tiny Baby Mangoes). My mom used to buy tender raw mangoes in bulk and make this special pickle during summer, but this time I tried this authentic maa vadu pickle and it successfully came out so

good. This pickle will stay good for months without refrigeration. You can use gingelly oil or castor oil to make this vadu mango pickle. Vadumangai oorugai tastes great with curd rice and moor sadham. Try this no cook south Indian **BABY MANGO PICKLE** at home and enjoy ...



Ingredients

- 1/2 Kg of Raw Tiny Mangoes
- 2 Tsp of Mustard Seeds
- 2 Tsp of Fenugreek
- 25 Red Chillies
- 1/4 Tsp of Asafoetida
- 1 Small Virali Manjal (Turmeric) or 1/2 Tsp of Turmeric Powder
- 4 Tbsp of Gingelly Oil or Castor Oil

- salt to taste

Method for Maavadu Pickle

- Wash and pat dry the mangoes in a kitchen towel, let them dry in shade for 2 hrs.
- In a big glass bottle, transfer the mangoes and pour oil and mix well so that oil coats all the mangoes.
- In the mean time, dry roast the mustard, fenugreek and red chillies until fenugreek changes color and mustard cracks. Cool down and grind them along with turmeric, salt and asafoetida.
- Add 5 Tbsp of water and grind it to a smooth paste. Transfer this to bottle and mix well with clean, dry spoon.
- Keep this covered and leave it in kitchen shelf for 10 days.
- Shake the jar couple of times every day. After few days, the mangoes will shrink in size and water quantity increases because of salt.
- Serve this flavorful pickle with sambar sadham (Sambar Rice) or thayir sadham (Curd Rice).

Tips

- Always use dry clean spoon. DO not use your hand to take pickle.
- Store it in glass bottle or ceramic jar.
- Use castor oil or gingelly oil to make this pickle.
- You can use rock salt or table salt as rock salt gives you nice taste than table salt.

Health Benefits of Raw Mangoes

- It keeps blood pressure under control.
- Good for indigestion and constipation.
- It has anticancer properties.

- Home remedy for morning sickness in pregnancy.



Spicy Maavadu With Creamy Curd Rice

Potato Fry / Uruḷaikizhangu Varuval / South Indian Potato Recipe

Easy Potato Fry



<http://foodybuddy.net/>

Potato fry or Easy South Indian Urulaikizhangu (potato) fry or aloo fry is a simple and quick stir fried recipe made with potato. This easy potato curry goes well with [sambar rice](#) or [rasam rice](#) or [curd rice](#). I have two other posts of potato side dish recipe – [Baby potato roast](#) and [potato peas fry](#). In this recipe, I used sambar powder instead of coriander and red chilly powder. Then the addition of fspices like fennel seeds and garlic gives a nice flavor and a great taste to potatoes. This is very tempting dish in which each bite of potato, you can feel the softness on inside and spicy masala coat on outside. I already posted baby potato roast. Serve this fry along with a bowl of rice topped with ghee and dal,.

Ingredients

- 4 Medium Size Potatoes
- 2 Tsp of Sambar Powder
- 1/2 Tsp of Garam Masala
- 2 Garlic Cloves
- 1/2 Tsp of Fennel Seeds
- Salt to taste
- Water as needed

Method

- Boil the potatoes along with required water in a kadai (Pan) or in a pressure cooker. Peel the skin of potatoes and chop them into small pieces.
- In a mixie, grind fennel seeds and garlic cloves into a semi coarse powder. Keep it aside.
- Heat a pan with oil, add chopped potatoes, ground masala, sambar powder, garam masala and salt. Keep frying till all the masala coat well the potatoes, sprinkle little water, cover the lid, in a medium flame, allow it cook for 5 mins, again give a gentle stir, cook it for another 5 mins until it gets roasted well. Switch off.
- This easy potato curry goes well with [sambar rice](#) or [rasam rice](#) or [curd rice](#).

Tips

- If you don't have sambar powder, use 2 Tsp of coriander powder, 1/2 Tsp of turmeric powder and 1 Tsp of red chilly powder.
- You can follow the same procedure for raw banana and colocasia.
- Always fry the potatoes in a medium flame.

- Temper with mustard seeds and curry leaves, if you wish.
- Adding garlic is to avoid gas flatulence.
- Always cook in irumbu kadai or cast iron pan to get roasted potatoes.

Health Benefits of Potato

- Easy to digest and facilitates digestion.
- High in vitamin B, C and minerals.
- Good for skin and brain function.
- Rich in carbohydrates and low in protein, ideal for people who wants to increase their body weight.
- Reduces inflammation.

<http://foodybuddy.net/>



Urulaikizhangu Fry