

SUKKU MILAGU KUZHAMBU RECIPE / SUKKU KUZHAMBU



Sukku Milagu kuzhambu Recipe / Sukku Kuzhambu / Dry Ginger Pepper kulambu is a South Indian style medicinal kuzhambu recipe. Sukku (dry ginger) has a lot of medicinal properties. It is used to treat cold, cough, headaches, fever and very good for digestion. So I always keep sukku powder in my kitchen. Whenever I get headache, I make a paste with sukku

powder and water, apply it directly to the forehead. They are really effective to cure headache. I already posted lot of medicinal kuzhambu recipes like [milagu kuzhambu](#), [manathakali kuzhambu](#), [vendhaya kuzhambu](#), [Thuthuvalai kuzhambu](#) recipes. Coming to the sukku kuzhambu recipe, they are mildly tangy, flavorful and spicy in taste. This kuzhambu is very healthy, so try to include in your diet. I had this kuzhambu with hot rice, papad and [cabbage fry](#).

How to make Sukku Kuzhambu **Recipe**

Ingredients for Sukku Milagu Kuzhambu Recipe

Preparation Time: 10 mins Cooking Time :25 mins Serves:3

- 1 Red Onion, Finely Chopped
 - 10 Garlic Cloves
- 1 Medium Size Tomato, Finely Chopped
 - 1/2 Tsp of Turmeric Powder
 - Grape Size Tamarind
 - Pinch of Jaggery
 - Pinch of Asafoetida
 - Salt to taste
 - To Grind**
 - 3 Tbsp of Coconut
 - 1 Tbsp of Pepper
- 3/4 Tsp of Dry Ginger Powder (sukku powder)
 - 1/2 Tsp of Cumin
 - 2 Tsp of Sambar Powder
 - 1 Tsp of Coriander Powder
 - To Temper**
 - 2 Tbsp of Gingelly Oil
 - 1 Tsp of Mustard Seeds
 - 1 Tsp of Urad Dal
 - 1/2 Tsp of Fenugreek Seeds
 - Few Curry Leaves

Method for Sukku Milagu Kuzhambu Recipe

- Place the tamarind in a warm water for few mins and extract the juice. Keep it aside.
- Grind coconut, sukku, pepper, cumin, sambar powder and coriander powder with little water.
- Heat a pan with oil, add all the ingredients listed under " To Temper" when mustard seeds pops up, add onion, turmeric powder and garlic, fry well until onion turns golden brown colour. Add tomato and fry for a min.
- Now add ground mixture, fry for a min. Add tamarind water and salt, bring it to a boil. Simmer it for 15 mins until kuzhambu turns thick in consistency.
 - Finally add a pinch of jaggery and asafoetida. Turn off the flame.
 - Hot, delicious sukku kuzhambu is ready to serve.

Tips

- If you don't have sambar powder, instead add 2 tsp of coriander powder, 1 tsp of red chilly powder.
- My tamarind is very tangy even in small amount, so I used grape size. If yours is not that tangy, add little more.
 - Gingelly oil adds a nice taste. You can also use any cooking oil.
 - If you have dry ginger, use that instead of using dry ginger powder.
 - Add small onions in place of big onions for great taste.



Tags: [Sukku Milagu Kuzhambu Recipe](#), [sukku kuzhambu](#), [sukku recipe](#), [sukku milagu kuzhambu](#), [dry ginger kulambu](#), [pepper dry ginger kulambu](#), [how to make Sukku Milagu Kuzhambu Recipe at home](#), [Kuzhambu Recipes](#), [south indian kulambu recipes](#), [medicinal kuzhambu recipes](#), [easy no vegetable kuzhambu recipe](#).

Verkadalai Kuzhambu Recipe / Peanut Curry



Verkadalai Kuzhambu

Peanut is a legume that can be used to make lot of recipes like peanut curry, sides with vegetables, [peanut noodles](#), [peanut rice](#), [peanut chutney](#) snacks like [peanut sundal](#), [peanut chaat](#), desserts like peanut laddoo, peanut fudge etc.

Verkadalai kuzhambu Recipe / Peanut Curry is a traditional south Indian dish, it tastes great with hot steamed rice and ghee. This tangy and spicy kuzhambu is prepared using raw peanuts, onion, tamarind, and spices, served with rice, creamy spinach and appalam. For a change, I added soy sauce to give a twist to traditional kuzhambu recipe. You can also make kuzhambu with vegetables like brinjal, drumstick, bittergourd etc. If you are looking for easy and healthy kuzhambu recipe, then do try this dish.

Also check my other kuzhambu recipe

- [Manathakali Kai Kara Kuzhambu](#)
- [Vendhaya Kulambu](#)
- [Soya Chunks Mushroom Curry](#)
- [Milagu Kuzhambu / Pepper Gravy](#)
- [Creamy Spinach](#)
- [Mochai Murungakai Kulambu](#)
- [Chickpeas Curry](#)
- [Vendakkai Puli Pachadi](#)
- [Kerala Avial / Aviyal](#)
- [Mushroom Spinach Gravy](#)
- [Allepey Mixed vegetable curry](#)
- [Beetroot Sambhar](#)
- [Green Onion Sambar](#)
- [Arachu Vitta Sambar](#)
- [Potato Masala for Poori](#)
- [Vendakkai Vatha Kulambu](#)
- [Tomato Rasam](#)
- [Kollu Rasam](#)
- [Thuthuvalai Rasam](#)
- [Paruppu Urundai Kulambhu](#)
- [Thatta Payir\(Karamani\) Kara Kulambu](#)
- [Tirunelveli Sodhi and Ginger Chutney](#)
- [Kerala Kadala Curry](#)

Ingredients for Verkadalai kuzhambu Recipe

Preparation Time : 10 mins Cooking Time: 30 mins Serves: 3

- 3/4 Cup of Raw Peanuts
 - 1 Big Red Onion, Finely Chopped
 - 10 Garlic Cloves
 - Small Gooseberry Size of Tamarind
 - 3 Tsp of [Sambhar Powder](#) / [Kuzhambu Powder](#)
 - 1 Tsp of Coriander Powder
 - 1 Tsp of Soy Sauce
 - Salt to taste
 - Pinch of Asafoetida
 - Pinch of Jaggery
 - 1 Tsp of Rice Flour
- To Temper**
- 1 Tbsp of Gingelly Oil
 - 1 Red Chilly
 - 1/8 Tsp of Fenugreek Seeds
 - 1 Tsp of Mustard Seeds
 - 1 Tsp of Urad Dal
 - Few Curry Leaves

Method for Verkadalai Kuzhambu Recipe Preparation:

- Soak the raw peanuts in water for overnight. Drain the water, wash them in a running tap water.
 - In a bowl, add rice flour and water, make it into a paste. Keep it aside.
- In a pressure cooker, add peanuts, a tsp of oil, a tsp of soy sauce and water, cook it for 5-7 whistles.

Cooking:

- Heat a pan with oil when it is hot, add red chilly, after it turns into black colour. Add fenugreek seeds, mustard seeds, urad dal and curry leaves, after mustard seeds pops up, add onion and garlic, fry well until it turns golden brown and soft.
- In a medium flame, add sambhar powder and coriander powder, fry well for a min.
 - Now add cooked peanuts, tamarind water and salt, bring it to boil, reduce the flame to a low flame and cook it for 10 mins, finally add jaggery, asafoetida and rice flour paste. Again cook it for 5 mins and turn off the flame.
 - Serve with hot steamed rice.

Tips

- Adding soy sauce gives umami taste. If don't like it, just skip it.
 - Use less salt, as soy sauce is salty in nature.
 - Adding rice flour makes the kuzhambu thick in consistency.
 - If you have jaggery, add little sugar instead.
- Adding asafoetida in the end of cooking, makes the kuzhambu more flavorful.
 - If you want tomato, you can add it and reduce the amount of tamarind.
- Additionally, you can add any veggies like drumstick or brinjal or bittergourd.



Peanut Curry

Tags: [verkadalai kuzhambu recipe](#), [make verkadalai kuzhambu](#), [peanut curry](#), [peanut curry recipe](#), [peanut recipe](#), [raw peanut recipe](#), [verkadalai recipe ideas](#), [south indian kuzhambu recipe](#)

**[Toor Dal Dosa Recipe /
Thuvaram Paruppu Dosa](#)**

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Thuvaram paruppu dosa

Toor Dal Dosa Recipe/ Thuvaram Paruppu dosa / Togaribele Dosa is a nice crispy Indian pancake made with rice, toor dal, red chilies and salt. This is simple to make, protein rich and

tasty dosa. I love toor dal than normal dosa because of its unique taste. This is my mom's recipe. For a change, try this toor dal dosa recipe for week day or weekend breakfast, everyone in your family will like it for sure. Serve this dosa with [coconut chutney](#) or any chutney of your choice. I had thuvaram paruppu dosai with [peanut chutney](#).

Also check my other dosa recipes

- [Tomato toor dal dosa](#)
- [Adai](#)
- [Spongy Aval \(poha\) dosa](#)
- [Onion Rava Dosa \(hotel Style\)](#)
- [Quinoa Dosa](#)
- [oats dosa](#) (Instant)
- [Oats Aval Dosa](#)
- [Bajra Dosa](#)
- [Leftover Magic Dosa](#)
- [Masala Wheat Dosa](#)
- [Pesarattu / Green Moong Dosa](#)

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Ingredients for Toor dal dosa recipe

Preparation Time: 6 hrs Cooking Time: 30 mins Serves: 8
dosa

- 1 Cup of Boiled Rice
- 1/2 Cup of Toor Dal
- 2 Red Chilies or to taste
- 1/2 Tsp of Fenugreek
- Salt to taste

Method for Toor dal dosa recipe

- Soak both the rice, toor dal, red chilies, fenugreek in water for 4-6 hrs or overnight.
- Drain the water, wash the rice, toor dal in tap water, grind it in a blender along with water until the batter turns smooth and soft. The batter should not be watery or thick. Add salt and mix well with hand. Leave it for 4 hrs or use it immediately your wish.
- Heat a dosa pan or griddle, pour a ladleful of dosa batter and spread it like dosa. Drizzle a tsp of oil over dosa or in sides. Cook both the sides until it turns crisp and golden brown colour.
- Toor dal dosa is ready to serve.

Tips

- Serve this dosa with [Tomato chutney](#) or [Onion chutney](#) or Green Chutney.
- You can add grated carrots and curry leaves to the batter.
- You can avoid red chilies and add green chillies, if you want spicy side. You can also make dosa without red chilly.



Tags: [toor dal dosa](#), [toor dal dosa recipe](#), [thuvaram paruppu dosa](#), [paruppu dosa](#), [dal dosa](#), [dosa recipe](#), [easy crispy dosa recipe](#), [south indian dosa recipe](#), [south indian breakfast ideas](#), [Togaribele Dosa](#), [dosa ideas](#)