

Strawberry Rasam Recipe / No Tamarind Rasam



Have you heard about strawberry rasam ? I recently learnt this strawberry rasam recipe from a friend of mine. [Rasam](#) is a spicy south Indian tomato soup using tamarind juice, but in

this rasam recipe, no tamarind is added, I prepared it with tomato, strawberry and rasam powder. I really like the taste and flavor of this rasam. Try to include rasam in your everyday meal as they are good for digestion and it cures cough and fever. No Tamarind Rasam can be served with [potato fry](#) or [Yam fry](#).

How to make Strawberry Rasam

Ingredients for Strawberry Rasam Recipe

Preparation Time : 10 Mins Cooking Time : 10 Mins Serves : 3

- 10 Small Strawberries
- 1 Tomato (Medium Size)
- 1 Tsp of Coriander Powder
- 1 Tsp of Cumin Powder
- 1/4 Tsp of Pepper Powder
- 2 Tsp of Rasam Powder
- 3 Garlic Cloves, Crushed
 - Salt to taste
- 1.5 Cups of Water or as needed
 - Few coriander leaves.

To Temper

- 1 Tsp of Oil
- 1 Tsp of Mustard Seeds
 - 1 Tsp of Urad Dal
 - 1 Red chilly
 - Few Curry Leaves
- 1/4 Tsp of Turmeric Powder
 - 1/4 Tsp of Asafoetida

Method for Strawberry Rasam Recipe

- In a blender, add strawberry, water and tomato, grind it to a smooth puree.
 - In a bowl, add strawberry tomato puree, coriander powder, Cumin Powder, Pepper Powder, Rasam Powder, Garlic Cloves and Salt. Mix well.
- Heat a pan with oil, add Red chilly, Mustard Seeds, Urad Dal & Curry Leaves, after mustard seeds splutters, add turmeric powder and asafoetida, immediately pour the rasam, when it starts to froth, turn off the flame. Garnish it with coriander leaves.
 - Hot strawberry rasam is ready to serve.

Tips

- Here I used Sakthi Rasam Powder. You can use homemade rasam powder and avoid adding coriander and cumin powder.



Strawberry Rasam

tags: [strawberry rasam](#), [strawberry rasam recipe](#), [rasam recipe without tamarind](#), [south indian rasam](#), [south indian tomato soup](#), [to make rasam](#)

Vendhaya Kali Recipe / Fenugreek Kali

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Vendhaya Kali

Fenugreek or vendhayam in tamil is a wonderful herb helps to cure all female health problems and diabetes. Vendhaya Kali Recipe / Fenugreek Kali is a healthy and traditional south

Indian breakfast recipe. My mom makes this for me once in a month as they are more nutritious and it cools the body. This vendhaya kali is very good for women of all ages. To make vendhaya kali, you need fenugreek, rice, palm jaggery and oil.

I love all kinds of kali recipes as they are very tasty and good for health. I already posted [ulundhu kali / urad dal kali](#). Try this vendhaya kali / menthula sankati at home for breakfast. Eat healthy and stay good.

Also check my other fenugreek recipes

1. [Vendhaya idly](#)
2. [Vendhayam Kuzhambu](#)

Ingredients for Vendhaya Kali Recipe

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

- 1 Cup of Fenugreek (Vendhayam)
- 1/4 Cup of Rice (Boiled or Raw)
- 1/2 Cup of Karupatti (Palm Jaggery) or to taste
 - 1/4 Cup of Gingelly Oil
 - Water as needed
 - Salt to taste

Method for Vendhaya Kali Recipe

- Soak both the fenugreek and rice together in a bowl for 6 hrs or overnight.
- Heat a pan, add palm jaggery and 1/2 cup of water, bring it to boil until it dissolves completely. Turn off the stove and filter it to remove impurities.
- In a mixie, add soaked fenugreek, rice and water, grind it to a smooth paste. Keep it aside.
 - Heat the same pan, add ground rice – fenugreek mixture and palm jaggery syrup, stir well in a medium flame, add salt and keep on stirring until it turns thick and soft.
- Add oil and keep on stirring so that it should not stick to the bottom of the pan.
 - To check if it is done, transfer a spoonful of kali to a plate, dip your hands in water and touch the kali, it should not stick to your hand. If it sticks, it is not done.
 - Serve hot and enjoy.

Tips

- Use thick bottomed pan and wooden laddle while making kali.
- Use gingelly oil for nice taste. You can also use ghee if you want.
 - Replace palm jaggery with regular jaggery.
- You can also serve kali by pouring palm jaggery syrup on top. To do that, do not mix jaggery syrup with ground rice fenugreek mixture while stirring. Do it separately, then pour syrup while serving.

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Vendhaya Kali

Tags: [kali recipe](#), [fenugreek kali](#), [vendhaya kali](#), [vendhaya kali recipe](#), [traditional south indian food](#), [Indian healthy breakfast](#). [menthulu sankati](#), [to make vendhaya kali recipe](#),

prepare vendhaya kali.

Homemade Mung Bean Sprouts / How to make sprouts at home

Homemade Sprouts



Sprouts have always been considered as nutritious food. They are excellent source of proteins, vitamins, enzymes, easy to digest and good for weight loss. Making sprouts at home is

very simple. All you need is casserole (Hot box / Hot pack). If you learn the trick of making homemade mung bean sprouts, you will never buy them from store. There are two different method for making sprouts, one is using casserole, other one is using clean cotton cloth. You can make a lot of recipes with moong sprouts like stir fry, salads, adai, chaats and so on. Follow this easy casserole method and make homemade moong beans sprouts often, eat healthy and stay good.

HOMEMADE MOONG SPROUTS



Ingredients for Homemade Mung Bean sprouts

Preparation Time : 2 days

- 1.5 Cups of Green Moong Beans

Method for Homemade Mung Bean sprouts



- Wash the beans in fresh tap water. Soak the green moong beans in water for overnight with lid closed.
- Next day, drain the water completely before putting them in casserole.
- Keep it covered and undisturbed for 10 hrs or overnight to sprout. You can find small sprouts coming out. If you like medium size sprouts, you can use it at this stage.
- I love longer sprouts so I kept it for another 6 hrs just by sprinkling little water and I closed the lid. Do not disturb or toss.
 - Healthy moong beans are ready to eat or cook.

Tips

- Always use good quality beans.
- After sprouts formed, use it within one or two days.
- You can make sprouts with any beans of your choice but time differs.

How To Make sprouts At Home



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Tags: [sprouts](#), [sprouts recipe](#), [how to make sprouts at home](#), [homemade sprouts recipe](#), [homemade moong beans sprouts](#), [how to sprout moong beans](#), [how to sprout pachai payaru](#), [basics](#), [homemade recipe](#). [prepare green gram sprouts](#)