

Sundakkai Sambar / Pachai Sundakai Recipe



Today's recipe is Sundakkai Sambar. It's scientific name is Solanum torvum. Turkey berry in English, usthikaya in Telugu, bhankatiya in Hindi is well known for its wonderful health benefits. It's been used widely in Thai cuisine but in Tamilnadu, we use dried turkey berry to make [sundakkai vathal kuzhambu \(Dried Berry in tamarind sauce\)](#) and [sundakai sadham](#). I make it often at home. Health Benefits of Turkey Berry / Wild Eggplant / Sundakkai includes:

- **Good for mouth and stomach ulcers.**
- **Rich in fiber content.**
- **Good for bone development.**
- **Good antidote for worms in stomach.**
- **Regular consumption increases the blood count.**
- **Treats anemia.**
- **It controls diabetes and blood pressure.**

Sundakai sambar recipe is favourite sambar to me and to my family. My brother got big bag of pachai sundkai from Koyambedu market. My mom make lot of recipes with pachai sundakai like sambar, kootu or soup. When I was in India last year, mom made this sambar. It was in my drafts, today I am posting it for you. This sambar is made with moong dal, onion, tomato and other spices. Not only the samabar is tasty, they are healthy and has got more medicinal properties. This pachai sundakai sambar can be used as side dish for idly or dosa or pongal or rice. We had it with samai pongal. Try this sundakai sambar recipe at home and enjoy !!

How to make Sundakkai Sambar Recipe

Ingredients for Sundakkai Sambar

- 1 Cup of Sundakkai (Turkey Berry)
 - 1/2 Cup of Moong Dal
 - 12 Small Onions (shallots)
 - 2 Tomatoes, Chopped
 - 1/2 sp of Turmeric Powder
 - 2 Tsp of Sambar Powder
 - Salt and Water as needed
 - Few Coriander Leaves

To Temper

- 2 Tsp of Oil (Gingelly Oil)
 - 1 Tsp of Mustard Seeds
 - 1 Tsp of Urad Dal
 - Pinch of Asafoetida
 - Few Curry Leaves
 - 1-2 Red Chilly

Method for Sundakkai Sambar

- Remove the stalk and wash the berries (sundakkai), pat dry it, crush it with mortar and pestle.
 - Soak the moong dal for 30 mins and in a pressure cooker, add moong daal, 2 cups of water, salt, turmeric powder and oil. Cook it for 3 whistles.
- Heat a pan, when it is hot, add oil, add onion, fry this until it turns golden brown. Add tomatoes, fry until it turns mushy, add berries and sambar powder, fry them for a min, add enough water, allow it to boil for 7-10 mins. Add boiled moong dal and give a quick stir. Add salt if necessary.
- Heat a small skillet with oil, add red chilly, after it turns dark, add mustard seeds, urad dal, curry leaves and asafoetida, after it splutters, transfer it dal pan, mix well. Finally add coriander leaves and stir well.
- Hot, delicious sundakai sambar is ready to serve for breakfast.

Tips

- If you want your sambar spicy, add green chillies, while sauting or increase the amount of sambar powder.
 - You can also try with other dals.
- There are chances for the presence of tiny worms, so wash it and use it carefully.

Pachai Sundakkai Sambar



Tags

: [sundakkai sambar](#), [sundakkai sambar recipe](#), [pachai sundakai recipe](#), [sundakkai vathai kulambu](#), [sundakai recipes](#), [south Indian sambar](#), [medicinal food recipes](#), [sambar recipes](#), [sidedishrecipe for idlydosa](#)

Tomato and Chana dal chutney



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Tomato Chana Dal Chutney

Today recipe is tomato and chana dal chutney without coconut.

I wanted to make [onion tomato chutney](#) to go with dosa for breakfast. When I was searching my handwritten book for [chutney recipes](#) for idli, I saw this chana dal chutney with tomato. I made it yesterday for dosa. It just tastes like [tomato chutney](#) but chana dal adds flavor. You can serve this tomato chutney without coconut as side dish for [idly](#) or [dosa](#) or [paniyaram](#).

Ingredients for tomato and chana dal chutney

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

- 1 Big Red Onion, Chopped
- 2 Medium Size Tomatoes, Chopped
- 2 Tsp of Chana Dal (Bengal Gram)
 - 2 Big Garlic Cloves, Whole
 - 1/2 Inch Ginger, Chopped
 - 3 Red Chilies
 - Few Coriander Leaves
 - Salt to taste
 - Water as needed

To Temper

- 2 Tsp of Oil, (Gingelly Oil)
 - 1 Tsp of Mustard Seeds
 - 1/2 Tsp of Urad Dal
 - Few Curry Leaves
 - Pinch of Asafoetida

Method for tomato and chana dal chutney

- Wash and chop the onion, tomatoes and ginger.
- Heat a pan with oil, add red chilies, when it changes dark black colour, add chana dal, fry it for few secs, add onion, fry it until it turns golden brown, add garlic and ginger, fry it for few secs and finally add chopped tomatoes, fry until it turns mushy. Add coriander leaves, salt and turn off the flame.
 - Transfer the mixture to the mixie jar and grind it to a smooth paste. Transfer the chutney to a bowl.
- Heat a pan, add oil, when it is hot, add mustard seeds, urad dal, curry leaves and asafoetida, after mustard seeds pops up, turn off the flame and transfer this tempering to the chutney bowl. Mix well.
- Serve this yummy chutney as side dish for [idly](#) or [dosa](#) or [paniyaram](#).

Tips

- You can use tomato paste or tomato puree in place of tomatoes.
 - Adjust the no of red chilies according to your taste.
 - Add grated coconut, if you needed.



Tags: [tomato chutney](#), [tomato and chana dal chutney](#), [tomato chana dal chutney recipe](#), [chana dal chutney](#), [tomato chutney](#)

[for idly](#), [tomato chutney for dosa](#), [tomato and chana chutney without coconut](#), [chutney recipe without coconut](#), [chutney recipes](#), [chutney recipes for idly dosa](#), [side dish for idly dosa](#), [south indian chutney recipe](#), [chettinadu style tomato chutney](#)

Oats Aval Dosa Recipe / South Indian Dosa



oats aval dosai

Dosa is a staple breakfast dish from South India. Today recipe is oats aval dosai / Oats Poha Dosa. They are crispy and yummy, easy to make breakfast dish. I already posted [oats dosa recipe](#) and [spongy aval dosa](#) recipe in my blog. This crispy dosa is a combination of oats, aval(poha), rice and dal. Here I used red aval and steel cuts oats, you can also

use quaker old fashioned oats or quick oats to make this oats aval dosa at home. This dosa is not only healthy also they are delicious in taste when you serve with [green chutney](#) or [tomato chutney](#) or even milagai podi.

How to make Oats Aval Dosa Recipe

Ingredients – Oats Aval Dosa Recipe

Preparation Time : 10 hrs Cooking Time: 30 Serves: 15 dosas

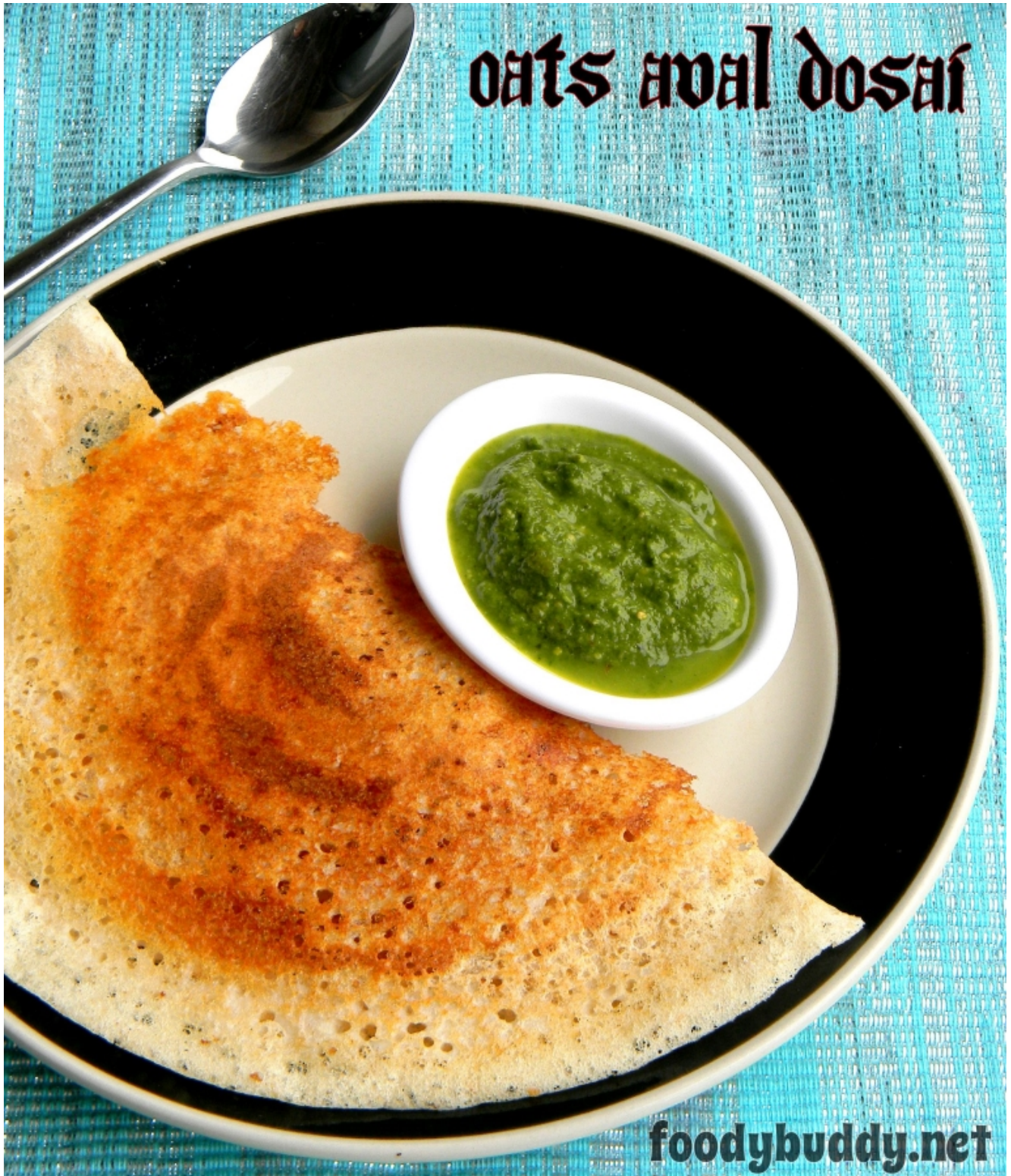
- 2 Cups of Idly Rice / Boiled Rice
 - 1/2 Cup of Aval (Poha)
- 1/2 Cup of Oats, I used steel cut oats
 - 1/2 Cup of Urad Dal (Black Gram)
 - 1 Tsp of Fenugreek
 - Salt to taste
 - Oil as needed

Method – Oats Aval Dosa Recipe

- Soak rice and urad dal separately in water for overnight or at least 6 hrs. Soak fenugreek along with urad dal.
 - Soak oats and aval in a vessel for one hour before grinding.
- Next day, first grind urad dal and fenugreek to a smooth paste by adding required amount of water. Transfer this batter to a vessel.
- Then grind rice, aval and oats together to a smooth paste by adding required amount of water. Transfer this batter to the same vessel.
- Now mix everything along with salt and allow to ferment the batter for overnight.
- Heat a pan, take a ladleful of batter and spread it evenly on to the pan. Drizzle oil on sides of dosa. When dosa turns golden brown on bottom side, flip it and cook the other side for a min. Now hot and crispy oats aval dosa is ready to serve with your favourite chutney.

Tips

- You can use the same batter to make idly.
- Add grated veggies to enhance nutrition to dosa.
- You can use quaker old fashioned oats or quick oats to make this dosa.



Tags: [oats dosai](#), [oats aval dosa recipe](#), [aval dosa recipe](#), [how to make oats aval dosa recipe at home](#), [aval oats dosa](#), [aval recipes](#), [oats recipes for breakfast](#), [prepare oats aval dosa](#), [dosa recipes](#), [south indian dosa recipes](#), [how to make crispy dosa at home](#), [south indian breakfast recipes](#).