KOOTANCHORU RECIPE / KADAMBA SADAM (TIRUNELVELI SPECIAL)



KOOTANCHORU RECIPE is a healthy and authentic one pot dish, very popular in Tirunelveli which is located in southern part of India. Kootanchoru is very nutritious rice and a flavorful mix of all veggies, rice, dal and spices. It is also referred to as ” kadamba sadham”. Though it looks like sambar sadham and bisibelabath, the procedure and the taste are entirely different. This Tirunelveli special kootanchoru is my mother in law signature dish. She always used to make this kootanchoru for Ammavasai (ie. new moon day) every month. She makes it very tasty with awesome flavors, having it with

raitha and pickle it will be more delicious. Try this south Indian traditional dish for weekend lunch, you will love it.

KOOTANCHORU RECIPE

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Save Print
Prep time
30 mins
Cook time
45 mins
Total time
1 hour 15 mins

KOOTANCHORU RECIPE / kadamba sadham is a healthy and authentic one pot meal, very popular in Tirunelveli . It goes well with papad, pickle and raitha.
Author: Gayathri Ramanan
Recipe type: lunch
Cuisine: Indian
Serves: 3
Ingredients

- 1 red onion, finely chopped
- 2 green chilly
- 1 big carrot, chopped
- ¼ cup of beans, chopped

- 1 yellow potato, chopped
- 1 small plantain, chopped
- 4 drumstick pieces
- 4 brinjal, chopped
- ½ tsp of turmeric powder
- 1 tsp of red chilly powder
- ¾ cup of rice
- Small lemon size tamarind
- 2 tbsp of coconut
- 2 tsp of oil
- 1 tsp of ghee (clarified butter)
- Salt to taste
- Water as needed
- Few coriander leaves, chopped
- To pressure cook
- ⅓ cup of toor dal
- Pinch of turmeric powder
- Pinch of asafoetida
- ½ tsp of oil
- 1.5 cups of water
- To temper
- 1 tsp of oil
- 1 tsp of ghee (clarified butter)
- 1 red chilly
- 1 tsp of mustard seeds
- ½ tsp of urad dal
- Few curry leaves
- 5 small onions

Instructions

1. Wash and chop the onion, green chilly and all the veggies.Keep the raw banana and brinjal immersed in water.
2. Soak the dal in water for 20 mins.
3. Soak the tamarind in warm water for 15 mins and extract the juice. Keep it aside.
4. In a pressure cooker, add dal, turmeric powder,

asafoetida, salt, oil and water.

5. cook it for 3 whistles and keep it aside.
6. Heat a wok or big cooking pan, add oil and ghee. When it is hot, add onion, green chilly fry it until it turns golden brown colour.
7. Add all the veggies and salt, fry it for few secs. Cover and cook it for 15-20 mins until all the veggies turns soft. Keep stirring whenever necessary.
8. Add turmeric powder, red chilly powder, fry this for a min.
9. Add dal, tamarind water, rice and enough water about 2 cups. Mix everything well. Cover and cook till the rice gets cooked.
10. After it is done, add coconut and mix it well. Rice looks mushy but its consistency will get adjusted after it cools down.
11. Meanwhile heat another pan with oil and ghee, add all the tempering ingredients as mentioned in the ingredients list. After it pops up, transfer this to the rice.
12. Hot and yummy one pot kottanchoru is ready to serve.

Notes
You can add any vegetables of your choice.
Be careful with the amount of water you add to cook the rice and dal as excess water with make the dish very mushy.
If you have raw mango, add that too and reduce the amount of tamarind juice since both are sour in taste.
Adding a handful of greens gives a nice taste.
If your rice turns too sour, add little more chilli powder and cook it for somemore time.
Serve it with vadai, pickle, raitha and papad or vadagam or mormilagai



Easy Chettinad Poondu Kuzhambu Recipe / Garlic Kulambu



Easy Chettinad Poondu Kuzhambu Recipe / Garlic kulambu is a spicy and tangy south Indian authentic kuzhambu recipe made with garlic, tamarind & other flavorful spices. I love all kinds of kuzhambu variety whether it is paruppu urundai kuzhambu or manathakali kuzhambu or mor kuzhambu or mushroom kuzhambu, I can have it everyday with rice. After reading, now you know how much I love puli kulambu ?? While making this garlic kulambu, make sure you add lot of small onions and garlic cloves, that makes the poondu kuzhambu more tasty and lip smacking. Garlic are very good for health as it contains lot of antioxidants, lowers cholesterol and blood pressure so try to include more garlic in your diet. This Chettinad Poondu Kuzhambu goes well with hot steamed white rice & kootu.

Easy Chettinad Poondu Kuzhambu Recipe

Easy Chettinad Poondu Kuzhambu Recipe



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Prep time
15 mins
Cook time
25 mins
Total time
40 mins

Easy Chettinad Poondu Kuzhambu Recipe / Galic kulambu is a yummy and tangy kuzhambu (stew) made with garlic, tamarind and other spices. It goes well with white rice and kootu.
Author: Gayathri Ramanan
Recipe type: lunch
Cuisine: Indian
Serves: 2
Ingredients

- To roast and grind
- 2 tsp of oil
- ¼ tsp of fenugreek seeds
- 2 tsp of black peppercorns
- 16 garlic cloves

- curry leaves (handful)
- 1 onion
- 1 tomato (big)
- 1.5 tbsp of coconut (grated)
- Salt to taste
- Other ingredients
- 3 tsp of coriander powder
- ½ tsp of red chilly powder
- ½ tsp of turmeric powder
- 1 tbsp of jaggery
- Gooseberry size tamarind
- To temper
- 3 Tsp of gingelly oil
- 1 red chilly
- 1 tsp mustard seeds
- 1 tsp urad dal
- Few curry leaves
- Pinch of asafoetida
- 5 garlic cloves
- 5 small onions

Instructions

1. Heat a pan, add all “to roast and grind” ingredients, fry till it changes colour and aroma comes out. Transfer this to a plate and allow it to cool.
2. After that, transfer all the ingredients to a blender (mixie), grind it to a smooth paste along with water.
3. Soak the tamarind in water for 10 mins. Squeeze out the juice from it and keep it aside.
4. Heat a pan with oil, add red chilly, mustard, urad dal, curry leaves and asafoetida after mustard seeds pops out, add garlic and small onions, fry till it changes to golden colour.
5. Add coriander powder, red chilly powder, turmeric powder. Saute this for another one min.
6. Add ground paste to the masala, fry this for a min.
7. Add tamarind juice and salt to it, allow it boil for 10

mins until raw smell goes off.

8. Finally add jaggery, mix well. Cook it for another 2 mins and turn it off.
9. Yummy chettinad style kulambu is ready to eat with white rice and ghee.

Notes

Adjust the amount of spicy taste according to your taste buds. If you don’t like jaggery, add sugar. Adding jaggery or sugar balances all the flavors and you will get tasty kuzhambu.



Kale Dosa Recipe / Kale Recipe Indian Style



Kale Dosa recipe is a nice crispy Indian pancake. This is simple to make, nutritious dosa. Kale is called as Queen of greens, is loaded with powerful antioxidants, minerals, rich source of vitamin A, C and K, lowers cholesterol and good for heart. When I first tasted this green, I didnt like it but my husband insisted me to eat this green as it is a nutritional powerhouse. After trying for 2-3 times, I started to like it

so every weekend when I go for grocery shopping, I will grab a big bunch of kale leaves. Recent days, I am trying lot of recipes with kale leaves. One of my favourite is kale dosa recipe, I really like the unique taste and its lovely green colour. Also check my kale guacamole salad recipe which was published last year in **St.Louis Post dispatch newspaper (US)**. If you get kale leaves in your place, try this kale dosa recipe for week day or weekend breakfast, everyone in your family will like it for sure. Try the same recipe with other greens like spinach instead of kale. Serve this dosa with coconut chutney or any chutney of your choice. I had it with sambar.

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

Kale Dosa Recipe

Kale Dosa Recipe



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Prep time
10 mins
Cook time
20 mins
Total time
30 mins

Kale dosa recipe / Kale Indian recipe is a crispy and delicious dosa made with kale leaves. It tastes great with aany chutney of your choice.

Author: Gayathri Ramanan
Recipe type: Breakfast
Cuisine: Indian
Serves: 8

Ingredients

- 2.5 Cups of Dosa Batter
- 2 Cups of Kale
- 1 Tsp of Cumin
- 2 Red Chilly
- ¼ Tsp of Ground Pepper
- Salt to taste

Instructions

1. In a blender, add all the ingredients except dosa batter and grind it along with water. Pour this into the dosa batter. The batter should not be watery or thick.

2. Heat a dosa pan or griddle, pour a laddleful of dosa batter and spread it like dosa in circular motion. Drizzle a tsp of oil over dosa or in sides. Cook both the sides until it turns crisp and golden brown colour.
3. Kale dosa is ready to serve.

Notes
Serve this dosa with Tomato chutney or Onion chutney or Green Chutney.
You can add grated carrots to the batter if you wish.
You can avoid red chilies and add green chillies, if you want more spicy side. You can also make dosa without chilly.



Tags: kale dosa , kale dosa recipe, kale Indian recipe, how to make kale dosa at home, prepare kale dosa, kale recipe ideas, healthy breakfast.