

Pirandai Thuvaiyal Recipe / Adamant Creeper Chutney / Healthy Thogaiyal

Pirandai Thogayal Recipe



Pirandai Thuvaiyal Recipe / Adamant Creeper Chutney / veldt grape chutney is a healthy dish for rice and idly with lots of medicinal values. My mom used to grow this creeper plant in backyard and it just beautify the fences with its green stem. We make thuvaiyal (chutney) with pirandai and also dosai. If you don't feel hungry for few days, eat this

pirandai chutney , then you feel more hungry and also it cures all digestive problems. You can make this chutney with or without coconut. Cleaning pirandai is little tedious as it makes our hand itching so always wear gloves while cleaning. Best accompaniment to pirandai chutney are dosa, idly and rice with ghee.

Ingredients

- 1 Small Bunch of Pirandai (Adamant Creeper) cleaned, chopped into small pieces
- 3 Tbsp of Urad Dal
- 6 Red Chillies
- 1/2 Inch Ginger
- 4 Garlic Cloves
- Lemon Size Tamarind
- 1 Tbsp of Oil
- Pinch of Hing (Asafoetida)
- Salt to taste

Method



- Peel the fibre from corners of pirandai using a sharp knife. Remove the top and bottom part. Chop them into small pieces.



- Wash the pirandai in a cold tap water.
- Heat two tsp of oil, add red chilies, garlic cloves, ginger, hing, urad dal and tamarind, add this one by one, saute this for 2-3 mins in a medium flame. Transfer all the ingredients to a plate and in the same pan, add oil and pirandai and saute well till it shrinks its size. Transfer this to a plate and let it cool down.
- In mixie, add all the ingredients, water and salt, grind this to a smooth paste.
- Enjoy with hot steamed rice and ghee. You can also use this as side dish for idly and dosa.

Tips

- Wear gloves before cleaning the pirandai, otherwise it makes the hand itchy.
- You can also add grated coconut while roasting.
- Always buy Pirandais that looks tender, as they are easy to clean.
- Adjust the number of red chilies according to your taste.
- You can also season the chutney with oil, mustard and curry leaves.

Health Benefits of Pirandai (Adament Creeper)

- Good source of vitamin C and calcium.

- It is used to cure knee problems and used in the treatment of fracture.
- Pirandai juice is given to ladies those who have irregular periods.
- It acts as an appetiser.
- They are good for people with digestive problems.
- They can rejoin the broken or dislocated bones in the body.

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[Soya Chunks Mushroom Curry |
Meal Maker Kurma](#)



Soya Chunks Mushroom Curry

It looks like non-vegetarian dish, right ? But it has a healthy meat replacement ingredients, Soya Chunks (Meal Maker) curry with mushroom. Both soya chunks and mushroom are rich in protein and very nutritious. Soya Chunks / Soy Nuggets curry is a flavorful and aromatic dish that goes well with [chapathi](#), [biryani](#) or [pulao](#). I am not a big fan of soya chunks but my husband loves it. So I used to make this meal maker korma once a month for him. Soya chunks are soft and succulent after cooking and the spices added here makes the soya chunks tasty and yummy. Do try this yummy soya chunks mushroom curry recipe and am sure you will love this with [chapathi](#) , [biryani](#) or [kuska](#). Here goes the recipe

Preparation Time : 15 mins

Cooking Time : 10 mins

Servings : 2 People

Ingredients

12 Soya Chunks(Big)

3 Mushroom, Sliced

1 Large Red Onion, Finely Chopped

1 Medium Size Tomato, Finely Chopped

1 Tbsp of Tomato Paste

Salt to Taste

Water as Needed

To Grind

1/4 Tsp of Fennel Seeds

1.5 Tbsp of Grated Coconut

2 Tsp of Sambar Powder

2 Garlic Cloves

1/2 Inch of Ginger

To Temper

2 Tsp of Oil

Medium Size Cinnamon Stick

1/4 Tsp of Fennel Seeds

Few Curry Leaves

To Garnish

Coriander Leaves

Method

- Cook the soya chunks in boiling water with salt for 10 mins. Drain the water and rinse it in cold water for two times, squeeze the excess of water and set it aside.
- In mixie, grind all the ingredients listed under "To Grind" to a fine paste along with little water.

- In a pressure cooker, heat oil, add cinnamon stick, fennel seeds, curry leaves, after it splutters, add onion, fry this for 2 mins until it turns golden brown, add ground paste, fry this until raw smell vanishes.
- Add tomato, saute this until it turns soft and mushy.
- Add soya chunks, mushroom, salt and water, saute this for 2 mins, cover and pressure cook it for 2 whistles.
- Finally garnish it with coriander leaves.
- Hot, fingerlicking kurma is ready to serve with [biryani](#) or [chapathi](#).

Tips

- You can use other veggies like potato and cauliflower in place of mushroom.
- If you don't have sambhar powder, you can use 2 tsp of coriander powder and 1 tsp of red chilly powder.
- Use 2 medium size tomatoes for this dish, since I don't have extra tomato, I used tomato paste.
- If you want your curry to be thick, use less water before pressure cooking.
- You can also add lemon juice at the end, if you like it more tangy.

Health Benefits of Soya Chunks and Mushroom

Soya chunks

- They are good source of protein, iron and calcium.
- It reduces the risk of osteoporosis in women.
- It controls the LDL cholesterol in body.

Mushroom

- Low in calories
- High in protein and fiber.
- Good source of iron, niacin, vitamin B, C and D and anti-oxidants.
- Significant anti-bacterial activity.

- Good for immune function and cardiovascular benefits.



Tags : [meal maker recipe](#), [meal maker korma](#), [soya chunks curry](#), [soya chunks kurma](#), [soya chunks korma](#), [mushroom curry](#), [soya chunks mushroom curry meal maker curry](#), [meal maker indian style](#), [soya chunks indian style](#), [how to make meal maker kurma](#), [how to make soya chunks kurma](#), [side dish for khuska](#), [side dish for chapathi and biryani](#)

Kuska Biryani (Dindugul Style) | Plain Biryani Without Vegetables



Kuska is a kind of biryani without any vegetables and it is a popular food in southern part of Tamilnadu. This is my grand ma's recipe, whenever I go to her house in Dindugul, she makes this kuska biryani for me. In this kuska recipe, the long grain rice is cooked in a pressure cooker along with some aromatic spices, mint

leaves, onion, tomato and ginger garlic paste. The outcome of the biryani is just flavorful, spicy and yummy. You can make this easy kуска biryani, if you run out of veggies at home. Best accompaniment for this biryani are some [potato curry](#) or protein rich gravy like [soy chunks mushroom curry](#) and [raita](#).

Preparation Time : 30 mins

Cooking Time : 10 Mins

Makes : 2 Servings

Ingredients for Kuska Biryani (Dindugul Style)

- 1 Cup of Basmati Rice
- 1 Big Red Onion, Finely Chopped
- 2 Tsp of Ginger Garlic Paste
- 4 Green Chilly
- 1 Tsp of Coriander Powder
- 1 Small Tomato, Finely Chopped
- 3/4 Tbsp of Dried Mint Leaves, You can use Fresh Mint Leaves(Handful)
- 1 Tbsp of Coriander Leaves, Finely Chopped
- 1 Cup of Water
- 1/2 Cup of Milk
- Salt to Taste

To Grind

- 2 Cloves
- 1 Inch Cinnamon Stick
- 2 Green Cardamom

To Temper

- 3 Tsp of Oil
- 1 Bay Leaf
- 1 Star Anise
- Pinch of Stone Flower
- 4 Curry Leaves

Other Ingredients

- 1 Tbsp of Coriander Leaves, Chopped
- 2 Tsp of Ghee

Method for Kuska Biryani (Dindugul Style)

- Soak the rice in water for 20 mins. Drain and wash it in tap water. Keep it aside.
- Grind cloves, cinnamon and cardamom in a spice grinder or mixie to a fine powder.
- Finely chop the onion and tomato. Slit the green chillies. Keep it aside.
- Heat oil in a pressure cooker, add bay leaf, stone flower, curry leaves and star anise, fry for a min. In a medium flame, add the ground spice powder, fry it for 30 secs. Add chopped onion and green chilly, fry it for 2 mins until it changes golden brown. Add ginger garlic paste, fry it until the raw smell vanishes. Add tomato, fry it until it turns soft and mushy.
- Now add mint leaves, coriander leaves and coriander powder, fry this for a min. Add rice, fry for another min, add water, milk and salt. Cover and cook it for 2 whistles in a cooker. Turn off the flame, let the pressure releases on its own.
- Open the cooker, add chopped coriander leaves and ghee, give a gentle stir with a fork.
- Hot, yummy kuska is ready to serve with spicy [mushroom gravy](#) and [raita](#).

Tips

- If you don't have stone flower and star anise, just use bay leaf for tempering.
- If you have small onion(shallots), you can use that in place of large onion.
- Increase or decrease the number of green chilly according to your taste.
- You can also use 3 green chillies and 1/2 tsp of red chilly powder to this rice.
 - Don't add turmeric powder to kuska.
- Adding ghee after pressure cooking gives a nice taste and flavor to rice.
 - You can use jeeraga samba rice in place of basmati rice.
- For basmati rice, the water ratio is 1 : 1.5 Water. You can use coconut milk in place of water or you can use 1 cup of water and 1/2 cup of cow's milk, like I did.



Tags : [biryani](#), [kuska](#), [kuska biryani](#), [how to make kuska](#), [plain biryani](#), [biryani without vegetables and meat](#), [sunday biryani](#), [southindianlunch](#), [indianbiryani](#), [madurai kuska](#), [dindugul kuska](#), [easy biryani](#), [muslim biryani](#), [beeryani recipe](#) [variety rice without veggies](#)