

MILAGU KUZHAMBU RECIPE | PEPPER KULAMBU



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Black pepper is a spice that has the potential to make the food more beneficial when used in many recipes and as a table spice. It has lot of health benefits with lot of vitamins and anti-oxidants. But when combined with turmeric,

its anti-cancer properties increases. Coming to the recipe, this milagu kulambu is without onion and garlic and very easy to make dish. This kuzhambu is also good for cough and cold. Try this pepper kuzhambu(Pepper in a tamarind sauce) with hot steamed rice and ghee, kootu and appalam as a side dish.

Serving : 4 People

Ingredients

To Make a Powder

1 Tbsp of Whole Black Pepper
1 Tsp of Whole Cumin
1 Tbsp of Toor Dal
1 Tbsp of Urad Dal
1/4 Tsp of Fenugreek

To Temper

1 Tbsp of Gingelly Oil (Indian Sesame Oil)
1 Tsp of Mustard Seeds
1 Tsp of Urad Dal
Pinch of Asafoetida(Hing)
Few Curry Leaves

Other Ingredients

1/2 Tsp of Turmeric Powder
Big Gooseberry Size Tamarind
Salt to Taste

Method

- Dry roast all the ingredients listed under " To make powder list" for 2-3 mins until it turns golden brown

color and aroma rises. Let it cool down and powder it to a fine powder using spice grinder or mixie.

- Soak the tamarind in hot water for 10 mins, extract the juice from the tamarind and keep this aside.
- Heat a pan with oil, add mustard seeds, urad dal, asafetida and curry leaves, after mustard seeds splutters, add the tamarind juice, bring it to a boil, add turmeric powder and ground pepper mix, mix fast to avoid lumps, add salt, bring it to a boil, simmer it and wait until it gets thick. Once it done, switch off the stove.
- Milagu kulambu is ready to eat with hot steamed rice, kootu and appalam.



Tips

- If you want to make this kuzhambu for 2 people, then use 1.5 Tbsp of ground pepper mix.
- If you want more spicy, then add red chillies while

tempering.

- You can also add onion and garlic, if you wish.

Health Benefits of Milagu / Black Pepper

- Good for cold and cough .
- Improves digestion.
- Heals the cuts and stops the bleeding.
- Helps you to lose weight.
- Relieves Gas.
- Helps to people with anorexia.
- Natural anti-depressant.
- Prevents cancer.



Mullu Murukku Recipe



 Pinit

Mullu Murukku is a popular snack in Southern part of India. Mullu means “thorn” Murukku means Crispy rice snack. This mullu murukku resembles like thorns, hence the name. This mullu murukku is usually prepared during festival occasions like Diwali and Krishna jayanthi. This instant murukku recipe is very easy, delicious and simple to make murukku and it is really crispy and tasty. In this method, I used store bought rice flour to make this murukku. Other flour I used is besan flour which is also store bought. This is very simple procedure as you do not need to make rice flour at home, and hence it is a time saving murukku recipe, I have given step by

step picture to easily understand the recipe. It involves very simple procedure, just mix the store bought flours, butter, red chilly powder, hing and salt. and make easy mullu murukku recipe with the help of murukku press. Adding asafoetida is to help for easy in digestion. Try this store bought rice flour murukku and here is the recipe.



Preparation and Cooking Time : 1 Hr

Yield : 12-15 Murukku

Ingredients for mullu murukku recipe

- 3/4 Cup of Rice Flour
- 1/4 Cup of Besan Flour(Kadalai Maavu)
- 1 and 1/4 Tsp of Red Chilly Powder
- 1/4 Tsp of Asafoetida(Hing)
- 1 Tbsp of Butter
- 1/2 Tsp of Salt or to taste
- 1/4 Cup +2 Tbsp of Water

- 1 Tsp of Hot Oil
- 3 Cups of Vegetable Oil To Deep Fry



Method for instant murukku recipe

- Sieve both the rice flour and besan flour in a bowl.
- Melt the butter in a microwave for 10 secs.
- In a bowl containing flours, add red chilly powder, asafoetida, melted butter, salt, hot oil and water, mix well. Knead it to get a soft, smooth dough.



- Grease the murukku press with oil, on inner wall of the press. Place the dough into murukku press, with star sign plate at the bottom.
- Meanwhile, heat oil in a kadai/ shallow pan.



- In a counter top, place the parchment paper or milk cover or polythene sheet, grease it with some oil, squeeze murukku in a circular motion as shown in the picture. Make sure you seal the end of the murukku.
- When the oil is hot (325 Degree F) Gently take with your hand and carefully drop the murukku into the oil. Cook the murukku on both sides till “Ssh” sound ceases and they turn golden brown color. Always cook murukku in a medium flame. Once it done, drain it in a paper towel.



- Repeat the same process for the rest of the dough. Store it in a airtight container after it completely cool down.

- Crispy & Tasty Murukku is ready to enjoy ☐



Tips

- Always cook murukku in a medium flame.
- Adjust the amount of red chilly powder and salt according to your taste.
- If you are an expert, you can also press murukku directly to oil.
- You can also add cumin, if you like. I added asafetida, for easy digestion.
- If you are planning to make in larger scale, then cover

the dough with wet cloth, otherwise it get dried soon.

- If you don't have butter, add ghee.
- If you are vegan, add hot oil instead of butter.
- If you don't have store bought rice flour, you can also make it in your home with raw rice. It involves soaking , air drying and then ground it into a fine flour.



Health Benefits of Rice and Besan Flour

- Rice gives fast and instant energy, regulate and improve bowel movements, boosts the skin health, aids in metabolism and digestion, blood pressure management and prevents constipation.
- Besan flour are good source of vitamins, proteins and minerals like magnesium, iron and phosphorous. Iron acts as an antioxidant and helps in the production of collagen, magnesium helps to relax muscles and maintain blood circulation. Phosphorous combined with calcium helps in building of bones.

mullu murukku recipe



Tags: murukku,murukku recipe,mullu murukku, mullu murukku recipe,how to make murukku,mullu murukku recipe south indian,maida murukku,maida mullu murukku,how to make mullu murukku,gokulashtami recipes,krishna jayanthi recipes,easy murukku recipe,prepare murukku recipe

KANDARAPPAM RECIPE | SWEET APPAM



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Kandarappam recipe is a deep fried sweet appam recipe made with rice, dhal, cardamom, jaggery and coconut. This is a traditional Chettinadu sweet appam recipe made for all festival occasions.

To make kandarappam recipe, I used palm jaggery for sweetness. kandarappam really taste good when it is served hot, it is crispy on outside and sponge on inside. Also it tastes good on next day. Try this delicious sweet appam and here is the recipe.

Ingredients for kandarappam recipe

- 1/2 Cup of Raw Rice(Pacha arisi)
- 1/4 Cup of Urad Dal
- 3/4 Cup of Jaggery, I used Palm Jaggery (Karupaati)
- Pinch of Salt
- 3 Tbsp of Grated Coconut
- 2 Cardamom, Powdered
- 3 Cups of Oil for Frying

Method for sweet appam recipe

- Soak the rice and urad dal in water for 2 hrs. Drain the water and wash it in tap water for 2 times. Leave it aside.
- Put it in a blender(mixie) and grind it to a fine, thick batter. Add cardamom, pinch of salt, jaggery and coconut, grind it for another 10 mins.
- Transfer the batter to a bowl, the batter should be in dosa batter consistency.
- Heat oil in a shallow pan, once it is hot, keep the flame in medium, slowly pour in spoonful of batter to the oil, when the appam rises to the top, turn it over, cook it for another 1 min and remove it from pan. Drain it in paper towel. It should be in brown color and got curled/wavy borders.
- Make the remaining kandarappam in the same way and serve hot.

Tips

- If your batter is watery, leave the batter in refrigerator for 30 mins and then start cooking.
- Adjust the amount of sweetness according to your taste.
- Always cook appam in a medium flame and fry one appam at a time to get a nice shape and taste.
- If you are in diet, don't want to deep fry ? then you can cook the appam in non stick paniyaram pan with less

oil, I tried with this batter, it tastes yummy.

Health Benefits of Rice and Urad Dal

- Rice are rich in carbs, provides energy and good for brain.
- Urad dal provides energy to the body.
- Rich in protein.
- Enhances digestion because of high in fiber content in dal.
- Boost heart health because of high in magnesium level in dal.



tags : [kandarappam](#), [kandarappam recipe](#), [how to make](#)

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