

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.

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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.

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Recipe type: lunch

Cuisine: Indian

Serves: 3

Ingredients

- 1 red onion, finely chopped
- 2 green chilly
- 1 big carrot, chopped
- $\frac{1}{4}$ cup of beans, chopped

- 1 yellow potato, chopped
- 1 small plantain, chopped
- 4 drumstick pieces
- 4 brinjal, chopped
- $\frac{1}{2}$ tsp of turmeric powder
- 1 tsp of red chilly powder
- $\frac{3}{4}$ 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
- $\frac{1}{3}$ cup of toor dal
- Pinch of turmeric powder
- Pinch of asafoetida
- $\frac{1}{2}$ 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
- $\frac{1}{2}$ 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 will 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 some more time.

Serve it with vadai, pickle, raitha and papad or vadagam or mormilagai

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Tirunelveli Special Kottanchoru