Saiva Meen Kuzhambu Recipe / Vazhaipoo Kuzhambu



Saiva Meen Kuzhambu Recipe / Vazhaipoo Kuzhambu is a south Indian style curry prepared with banana flower and they are cooked with onion, garlic, tamarind juice and other spices. This saiva meen kuzhambu name is very new to me and this was introduced by my cousin brother who is a chef in Coimbatore. He told me about the secret of this recipe and I tried it recently, it was wonderful in taste. I have also heard that this saiva meen kulambu can also be prepared with black eyed peas. I usually make vazhaipoo vadai for mor kulambu or we make vazhaipoo kootu. This is the first time we prepared puli

kulambu with vazhaipoo. Only time consuming step in this curry is to clean the vazhaipoo. Try it you will love it with hot steamed white rice and keerai kootu.

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Save Print
Prep time
25 mins
Cook time
30 mins
Total time
55 mins

Saiva Meen Kuzhambu Recipe / Vazhaipoo Kuzhambu is a south Indian style curry prepared from banana flower. Try it with hot steamed white rice and kootu.
Author: Gayathri Ramanan
Recipe type: kuzhambu recipe
Cuisine: Indian
Serves: 5
Ingredients

- 1 Vazhaipoo / Banana Flower (Big)
- To saute and grind

- 2 Tsp of Oil
- 1 Tsp of Cumin
- 1 Tsp of Fennel Seeds
- 2 Handful of Small Onions (20nos)
- 15 Garlic Cloves
- 3 Tomato, Small
- 3 Tsp of Sambar Powder
- ¼ Cup of Coconut Pieces
- To Temper
- 2 Tsp of Gingelly Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- 1 Red Chilly
- Pinch of asafoetida
- Few Curry Leaves
- Other Ingredients
- Oil to deep fry the banana flower florets
- Lemon Size Tamarind
- Salt and water as needed

Instructions

1. How to clean banana flower
2. Wash the whole banana flower. Grease your hands with coconut oil to prevent the stains.
3. Spread a newspaper and keep the flower.
4. Peel the outer purple cover of banana flower and now it turns to white.
5. Now open the florets one by one or as clusters by rubbing the tip gently. Just pull out the stigma from the center and the white plastic sheath.
6. After you peel off the whole blossom, you can find the tender blossom at the end. You can eat it raw as such, they are good for uterus.
7. Vazhaipoo florets are ready to use.
8. Heat a pan with oil and deep fry the vazhaipoo florets and keep it aside.
9. To Prepare curry (kuzhambu)

10. Heat a pan with oil, when it is hot add cumin, fennel seeds, small onions, garlic saute it well till it turns golden brown.
11. Add tomato, sambhar powder, salt and coconut, fry this for few mins. Cool this mixture and grind it to a smooth paste.
12. Heat a pan with oil, add mustard seeds, urad dal, curry leaves, asafoetida and red chilly after it pops up. Add ground paste, salt and tamarind water cook it until it turns thick and raw smell goes off.. Finally add fried vazhaipoo florets to it, simmer it and cook for 10-15 mins.
13. Vazhaipoo kuzhambu is ready to serve.

Notes
I used very small tomato. If you are using big tomato, just add 1 tomato. Otherwise it turns tangy.
If you want little more spicy curry, add extra tsp of sambhar powder.
Banana flower are very good for both men and women health.



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.



Chow Chow Mor Kulambu Recipe / How to make More Kuzhambu



Mor means buttermilk and Kulambu means curry in tamil. Chow Chow mor kulambu recipe is a yummy, quick to make, traditional south Indian curry made with yogurt (curd) and coconut. Here in this recipe, I used chow chow (chayote squash), you can use use any vegetables of your choice like okra (vendakkai), bottle gourd (sorakkai), vellai possanikkai (ash gourd) or vadai (urad dal vada, masala vada or vazhaipoo vadai). This post was in my draft for long time, actually my mom made this mor kulambu when I was in my home last year. More kuzhambhu tastes great with rice and potato masiyal or potato fry or beans usili or eggplant fry.

Chow Chow Mor Kulambu Recipe / How to make More Kuzhambu



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Prep time
30 mins
Cook time
12 mins
Total time
42 mins

Chow Chow mor kulambu recipe is a yummy, instant traditional south Indian curry made with yogurt and coconut. It tastes great with rice and potato masiyal or beans usili or eggplant fry

Author: Gayathri Ramanan
Recipe type: lunch
Cuisine: Indian
Serves: 4
Ingredients

- 2 Cups of Thick Curd
- ½ Tsp of Turmeric Powder
- 1 Onion (Red)
- 1 Tomato (Small)
- Salt to taste
- Water as required
- 1 Chow Chow (Chayote Squash)
- To Grind
- 2 Tbsp of Freshly Grated Coconut
- 1 Inch of Ginger
- 4 Small Garlic
- 2 Green Chilly (Big)

- 1 Tsp of Cumin
- ½ Tsp of Coriander (dhaniya)
- To Soak
- 1 Tbsp of Rice
- 1 Tbsp of Toor Dal
- To Temper
- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Pinch of Asafoetida
- 2 Red Chilly
- Few Curry Leaves

Instructions

1. In a bowl of water,soak both rice and toor dal for 20 mins.
2. In a blender (mixie) jar, add all the ingredients mentioned under “to grind” list and add rice, dal and water, grind it to a smooth paste.
3. Heat a pan with water, boil the vegetable (chow chow) until it turns soft.
4. Blend the curd in mixie (blender) to get smooth, runny consistency.
5. In a bowl, add curd, turmeric powder, salt, ground paste, water, whisk well and add boiled chow chow (chayote squash). Mix well.
6. Heat a pan, add all the ingredients listed under ” to temper” after mustard seeds pops up, add onion, fry until it turns golden brown. Add tomato, fry till soft.
7. Add curd mixture, mix everything well and in a medium flame, heat it until it raise and frothy. DO NOT BOIL. Turn it off.
8. Hot mor kulambu tastes great with rice and potato fry.

Notes
Use slightly sour curd so it tastes good.
Add any vegetables of your choice.
Do not allow it to boil the kulambu. Turn it off after it

turns frothy.
Use fresh or frozen coconut. Don’t use dry dessicated coconut.



Tags: mor kulambu, mor kulambu recipe, mor kulambu recipe in tamil, how to make mor kulambu recipe, prepare mor kulambu recipe, chow chow mor kulambu recipe, buttermilk kulambu, more kuzhambu recipe, Instant kulambu recipe, south indian curry, easy kulambu recipe for beginner, lunch recipe, bachelor kulambu recipe