Thuthuvalai Rasam / Medicinal Rasam Recipe For Cold

Thuthuvalai (Sloanum Trilobatum) is called purple fruited pea eggplant / thai nightshade in English. They are often called kayakalpha in siddha medicine. The whole plant – the leaves, flowers, fruits and stem is used as a medicine to cure various health problems. We have thuthuvalai plant in our backyard. So my mom makes lot of thuthuvalai recipes like kulambhu, thuvaiyal, soup and rasam. I usually make thuthuvalai rasam monthly once or twice during winter season just to get rid of cold and flu. You can get thuthuvalai from keerai shop or big market like koyambedu or you can grow it in a pot. This authentic and medicinal thuthuvalai rasam is hot and spicy, gives instant relief from cold, cough, sneezing, headache and fever. Make this spicy south Indian rasam at home and enjoy with white rice or even as a soup.

Health Benefits of Thuthuvalai Leaves



- Good for asthma, tuberclosis and relives stomach pain caused by gas and heat.
- Improves mental ability and cure dullness of hearing.
- Also cures constipation, rheumatism and gastric problem.
- Increases blood flow.



Thuthuvalai Rasam Recipe For cold and fever

Preparation Time : 15 mins **Cooking Time** : 10 mins **Serves** : 4 people

Ingredients for Thuthuvalai Rasam Recipe

- 1 Cup of Thuthuvalai Leaves
- 1 Tsp of Black Pepper
- 1 Tsp of Cumin
- 5 Garlic Cloves
- 2 Tsp of Rasam Powder
- 2 Tomatoes
- Gooseberry Size Tamarind
- Handful of Coriander Leaves
- Salt to taste
- Water as required

To Temper

- 2 Tsp of Gingelly Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- 2 Red Chilies
- Few Curry Leaves
- Pinch of Asafoetida (Hing)
- 1/4 Tsp of Turmeric Powder

Method

- Soak tamarind in hot water, extract the juice from it and to the same bowl, squeeze the tomatoes with your hand or else grind it to a puree in mixie and add it. Keep it aside.
- Carefully pluck the leaves from the stem, wash it in tap water.
- Heat a pan with oil, add thuthuvalai leaves, saute them in a medium flame until it shrinks. Turn off.
- Now to the mixie jar, add those leaves and grind it, to that add pepper, cumin and garlic cloves, grind it again.
- To the tomato – tamarind puree bowl, add thuthuvalai leaves and spice paste, mix well. To that add rasam powder for extra flavor, salt and enough water.
- Heat a pan with oil, add all the ingredients listed under ” To Temper ” list add one by one, after it sizzles, pour the tomato-tamarind water along with spices.
- Bring it to just one boil, add coriander leaves and remove from flame.
- Healthy, aromatic hot rasam is ready to serve with bowl of white rice or drink even as soup.

Tips

- Look for any insects and wash the leaves well in water.
- If you don’t have rasam powder, check out my tomato rasam recipe for rasam powder recipe under ingredient list.
- While removing the leaves from stem, use scissors.
- Adjust spicyness and tangyness according to your taste.

