

Sundakkai Sambar / Pachai Sundakai Recipe



Today's recipe is Sundakkai Sambar. It's scientific name is Solanum torvum. Turkey berry in English, usthikaya in Telugu, bhankatiya in Hindi is well known for its wonderful health benefits. It's been used widely in Thai cuisine but in Tamilnadu, we use dried turkey berry to make [sundakkai vathal kuzhambu \(Dried Berry in tamarind sauce\)](#) and [sundakai sadham](#). I make it often at home. Health Benefits of Turkey Berry / Wild Eggplant / Sundakkai includes:

- **Good for mouth and stomach ulcers.**
- **Rich in fiber content.**
- **Good for bone development.**
- **Good antidote for worms in stomach.**
- **Regular consumption increases the blood count.**
- **Treats anemia.**
- **It controls diabetes and blood pressure.**

Sundakai sambar recipe is favourite sambar to me and to my family. My brother got big bag of pachai sundakai from Koyambedu market. My mom make lot of recipes with pachai sundakai like sambar, kootu or soup. When I was in India last year, mom made this sambar. It was in my drafts, today I am posting it for you. This sambar is made with moong dal, onion, tomato and other spices. Not only the sambar is tasty, they are healthy and has got more medicinal properties. This pachai sundakai sambar can be used as side dish for idly or dosa or pongal or rice. We had it with samai pongal. Try this sundakai sambar recipe at home and enjoy !!

How to make Sundakkai Sambar Recipe

Ingredients for Sundakkai Sambar

- 1 Cup of Sundakkai (Turkey Berry)
 - 1/2 Cup of Moong Dal
- 12 Small Onions(shallots)
 - 2 Tomatoes, Chopped
- 1/2 sp of Turmeric Powder
 - 2 Tsp of Sambar Powder
- Salt and Water as needed
 - Few Coriander Leaves

To Temper

- 2 Tsp of Oil (Gingelly Oil)
 - 1 Tsp of Mustard Seeds
 - 1 Tsp of Urad Dal
 - Pinch of Asafoetida
 - Few Curry Leaves
 - 1-2 Red Chilly

Method for Sundakkai Sambar

- Remove the stalk and wash the berries (sundakkai), pat dry it, crush it with mortar and pestle.
 - Soak the moong dal for 30 mins and in a pressure cooker, add moong daal, 2 cups of water, salt, turmeric powder and oil. Cook it for 3 whistles.
- Heat a pan, when it is hot, add oil, add onion, fry this until it turns golden brown. Add tomatoes, fry until it turns mushy, add berries and sambar powder, fry them for a min, add enough water, allow it to boil for 7-10 mins. Add boiled moong dal and give a quick stir. Add salt if necessary.
- Heat a small skillet with oil, add red chilly, after it turns dark, add mustard seeds, urad dal, curry leaves and asafoetida, after it splutters, transfer it dal pan, mix well. Finally add coriander leaves and stir well.
- Hot, delicious sundakai sambar is ready to serve for breakfast.

Tips

- If you want your sambar spicy, add green chillies, while sauting or increase the amount of sambar powder.
 - You can also try with other dals.
- There are chances for the presence of tiny worms, so wash it and use it carefully.

Pachai Sundakkai Sambar



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Tags

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