

Pottukadalai Sambar Recipe / Sambar without Dal & Veggies



INSTANT SAMBAR **WITHOUT VEGETABLES**

Did you get bored with regular sambar with dal ???? Here comes an interesting dish – Pottukadalai sambar recipe is an easy, quick and instant sambar without dal and veggies and this is

my mom's recipe. In this sambar recipe, I didn't add any vegetables. If you like, you can add any vegetables of your choice. If you are hurry to office, forgot to soak dal, this is a right recipe for you and healthy too. Serve this hot pottukadalai sambar with [potato fry](#) and appalam, it tastes heavenly 😊 Also this is a great side dish for [pongal](#) or [idly](#) or [dosa](#). Even bachelor can make this so easily and a perfect sambar to pack for lunch boxes. If you are a roasted gram lover, give it try, you will love this for sure.

Also try this recipes without vegetables

- [Plain Kurma recipe without veggies](#) (restaurant style)
- [Kuska Biryani recipe without veggies](#)

How to make Pottukadalai Sambar Recipe

Pottukadalai Sambar Recipe / Sambar without Dal & Veggies



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Prep time

10 mins

Cook time

15 mins

Total time

25 mins

Pottukadalai Sambar Recipe / Sambar without Dal & Veggies is an easy, quick instant sambar. Serve this sambar with potato fry. Also great side dish for idly and dosa.

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Recipe type: lunch

Cuisine: Indian

Serves: 2

Ingredients

- 3 Tsp of Oil
- 1 Red Chilly
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Few Curry Leaves
- $\frac{1}{4}$ Tsp of Fenugreek
- 1 Red Onion, Chopped
- 1 Green Chilly
- 1 Tomato, Chopped
- 3 Tsp of Sambar Powder
- $\frac{1}{2}$ Tsp of Turmeric Powder
- 1 Tsp of Coriander Powder
- 3 Tbsp of Fried Gram (Pottukadalai)
- Small gooseberry size of Tamarind
- Pinch of Hing
- Pinch of Sugar
- Salt and water as needed

Instructions

1. Heat a pan with little oil, fry the fried gram for 2 mins in low flame, cool it and grind it along with water to a fine paste. Keep it aside. This step is optional.
2. Soak the tamarind in warm water for 10 mins, squeeze out the juice and keep it aside.
3. Heat a pan with oil, add red chilly, fenugreek seeds, mustard seeds, urad dal, hing, curry leaves, after it pops up, add onion, green chilly and salt, fry until it

turns golden brown colour.

4. Add sambar powder, turmeric powder, coriander powder, fry well for a min.
5. Add tomato, fry well until it turns soft and mushy.
6. Add fried gram paste, sugar and water, let it boil for few mins.
7. Add tamarind water, bring it to a boil and simmer it for 10 mins.
8. Finally garnish it with coriander leaves.
9. Hot, yummy pottukadalai sambar is ready to serve.

Notes

if you don't have sambar powder, add 2 tsp of coriander powder and 1 tsp of red chilly powder.

You can add any vegetables of your choice.



POTTUKADALAI SAMBAR

Tags: [pottikadalai sambar](#), [pottukadalai sambar recipe](#), [instant sambar recipe](#), [quick sambar without dal](#), [sambar recipe without veggies](#), [side dish for idly dosa](#), [south indian sambar](#), [roasted gram sambar](#), [how to make pottukadalai sambar at home](#), [prepare pottukadalai sambar](#), [pottukadalai recipe](#), [roasted gram recipe](#).

Spicy Onion Garlic Chutney Recipe / Vengaya Chutney



I love to try different chutney recipes for idly or dosa. This spicy onion garlic chutney recipe is very simple to make and it tastes yum. Nothing can beat spicy chutney with hot idly and dosa. I already posted [garlic chutney](#), [small onion](#)

[chutney](#). I got this onion garlic recipe from my friend and tried it yesterday, it was so good with [samai idly](#). I really like onion and garlic combo. You can try this chutney without coconut too. If you are onion lover, then you will like this chutney.

How to make Spicy Onion Garlic Chutney Recipe

Ingredients for Onion Garlic Chutney

- 1 Big Red Onion
- 4-5 Red Chilies
- 5 Garlic Cloves
- Pinch of Tamarind
- 1.5 Tbsp of Coconut
- Pinch of Asafoetida
- Salt to taste
- 2 Tsp of Oil

To Temper

- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Curry Leaves

Method for Onion Garlic Chutney

- Heat oil in a pan, when it is hot, add red chillies, garlic, saute this for a min.
- Add onion and salt, saute this until it turns golden brown colour.
- Add asafoetida, tamarind and coconut, fry this for a min and turn it off.
- Cool it for 10 mins and grind it in a blender to a smooth paste along with water. Transfer this to a bowl.
- Heat a pan with oil, when it is hot, add mustard seeds, urad dal and curry leaves, when it is pops up. Transfer the tempering to a bowl, mix well with spoon.
- Yummy onion garlic chutney is ready to serve.

Tips

- Adjust the no of red chilly according to your taste.
- You can use small onion instead of big onion.

Onion Garlic Chutney



Tags: [onion garlic chutney](#), [spicy onion garlic chutney recipe](#), [garlic chutney recipe](#), [onion chutney recipe](#), [chutney recipes](#), [side dish for idly dosa](#), [different chutney for idly dosa](#), [spicy chutney recipe](#), [chutney ideas](#) [easy chutney recipe](#) [vengaya poondu chutney](#)

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

: [sundakkai sambar](#), [sundakkai sambar recipe](#), [pachai sundakai recipe](#), [sundakkai vathai kulambu](#), [sundakai recipes](#), [south Indian sambar](#), [medicinal food recipes](#), [sambar recipes](#), [sidedishrecipe for idlydosa](#)