Asparagus Potato Fry / Asparagus Recipe Indian Style



Asparagus Potato fry / Asparagus Recipe Indian Style is a simple yet delicious stir fry. Asparagus is packed with nutrients, high in antioxidants and it is one of the best source of folate which is very essential for pregnant women to protect their infants. It prevents cancer and heart diseases. You can make lot of tasty recipes with asparagus like steamed, roasted or grilled or stir fry. Today I am posting an easy Indian recipe with asparagus. Though it is not common in Indian markets, they are abundantly available in grocery stores in US during spring and summer. Asparagus cooks quickly, so make sure you have all the ingredients ready by the stove. It comes in different colours, I used green variety of asparagus. This asparagus stir fry goes very well with

sambar rice / rasam / curd rice or any variety rice or chapathi. Also check my other recipe – mushroom asparagus stir fry

Asparagus Potato fry

Asparagus Potato Fry / Asparagus Recipe Indian Style



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

Asparagus Potato Fry is a simple, delicious Indian style stir fry goes well with rice and chapathi.
Author: Gayathri Ramanan
Recipe type: side dish
Cuisine: Indian
Serves: 2
Ingredients

- 1 Bunch of Asparagus (green)
- 2 Yellow Potatoes, Medium Sized
- 5 Small Onion
- 3 Garlic
- ¼ Inch Ginger
- 2 Tsp of Sambhar Powder or Curry Powder

- ¼ Tsp of Garam Masala
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Few Curry Leaves
- Salt to taste
- 3 Tsp of Cooking Oil

Instructions

1. Wash the asparagus, cut off the tough bottom end of the asparagus. Chop them into fine pieces.
2. Wash and chop the potatoes.
3. In a mixie (blender), grind onion, ginger and garlic to a fine paste.
4. Heat a pan with oil, when it is hot, add mustard, urad dal and curry leaves, after it pops up. Add the potato and enough water, cover and cook it for few mins.
5. Then add asparagus, ground paste, sambhar powder, garam masala and salt. Cover and fry it in a low flame for 10-15 mins until raw smell of ground paste goes off.
6. Yummy asparagus potato fry is ready to enjoy with rice or chapathi.

Notes
If you don’t have sambar powder or curry powder, add 2 tsp of coriander powder, 1 tsp of red chilly powder and ½ tsp of turmeric powder.
You can follow the same recipe and use different vegetables.
Make sure to stir the veggies continuously to avoid burning or sticking to the pan



Low Fat Sweet Potato Fries (Indian Style)



Low fat sweet potato fries (Indian Style) is one of my favorite side dish. Whenever I go for weekly vegetable shopping, I used to buy sweet potato without fail. Sweet potatoes are very good for our health as they are very rich in minerals like potassium, iron, magnesium and vitamins like A, B6 and D. In US, sweet potatoes in markets are very bigger in size when compare to India. In this recipe, I used only 2 big sweet potatoes. You can also make sweet potato fries like french fries by deep frying them in oil . But instead of deep frying, I chose pan frying. I mixed all the masalas (spice powders), curd and sweet potato in a bowl, then i pan roasted them with less oil. It tastes awesome with sambar rice or dal rice or even good with chapathi. Also check my sweet potato

[fry recipe (sakkaraivalli kizhangu varuval)]

How to make Low Fat Sweet Potato Fries (Indian Style)

Low Fat Sweet Potato Fries (Indian Style)



Save Print
Prep time
15 mins
Cook time
20 mins
Total time
35 mins

low fat sweet potato fries is a low calorie, very tasty side dish recipe goes well with sambar rice, dal rice or chapathi.
Author: Gayathri Ramanan
Recipe type: side dish
Cuisine: Indian
Serves: 2
Ingredients

- 2 Sweet Potatoes (big)
- 2 Tbsp of Curd (yogurt)

- ½ Tsp of Red Chilly Powder
- ½ Tsp of Pepper Powder
- ½ Tsp of Garam Masala
- ½ Tsp of Sambar Powder
- Pinch of Kashmiri Powder (optional) for colour
- 1 Tsp of Ginger Garlic Paste
- 1 Tbsp of Olive Oil
- Salt tot taste

Instructions

1. Wash and cut the sweet potato into finger sized pieces with same thickness.
2. In a bowl, add sweet potato and all the ingredients listed under ingredient list. Mix everything well with hand. Marinate them for 15 mins.
3. Heat a pan with oil, add the marinated sweet potatoes, fry them in low flame for 20 mins until they turn crisp and brown.
4. Low fat sweet potato fries are ready.

Notes
Always use non sticky pan or cast iron pan for frying.
Ginger garlic paste adding for easy digestion.
You can follow the same recipe for potato.
Adjust the amount of spice powders as per your taste.



Mushroom Chops Recipe / Kalan Chops (Chettinadu Style)



Mushroom Chops Recipe / Kalan Chops (Chettinadu Style) is a aromatic, protein rich and tasty curry made with mushrooms and flavored with lots of Indian spices. Here I used baby bella mushroom, you can use any variety of mushroom to make this chops. If you are a non-vegetarian, you can follow the same recipe instead of mushroom, you can add pork or prawn or mutton or egg. Kalan chops goes very well with roti or poori or sambar rice or rasam rice or curd rice.

Check my other Mushroom Recipes

1. Mushroom 65

2. Mushroom Biryani
3. Mushroom Manchurian
4. Mushroom Mint Biryani
5. Mushroom Peas Curry
6. Mushroom Kulambu
7. Mushroom Potato fry

How to make Mushroom chops / Kalan chops (Chettinadu style)

Mushroom Chops Recipe / Kalan Chops (Chettinadu Style)



Save Print
Prep time
10 mins
Cook time
20 mins
Total time
30 mins

Mushroom Chops Recipe / Kalan Chops (Chettinadu Style) is a yummy side dish made with mushroom and flavorful spices. Goes well with sambar rice or rasam rice or curd rice.
Author: Gayathri Ramanan
Recipe type: side dish
Cuisine: Indian
Serves: 2

Ingredients

- 3 Tsp of Oil
- 1 Tsp of Mustard Seeds
- ½ Tsp of Fennel Seeds
- ¼ Tsp of Fenugreek Seeds
- Few Curry Leaves
- ½ Red Onion, Finely Chopped
- 3 Small Onions (Pearl Onions), Chopped
- 4 Garlic Cloves (Big), chopped
- ½ Tsp of Turmeric Powder
- 1 Tsp of Red Chilly Powder
- 2 Tsp of Coriander Powder
- 1 Tomato (Big), Blanched
- 8-10 Mushrooms
- ½ Tsp of Black Pepper, Coarsely ground
- Few Coriander (cilantro) Leaves
- ½ Tsp of Garam Masala
- Salt and water as needed
- To Grind
- 2 Tbsp of Coconut (freshly grated)
- 4 Cashews, Roasted
- 1 Tbsp of Pottukadalai (Fried gram)

Instructions

1. Clean, wash and chop the mushrooms.
2. In a mixie jar, add cashes, fried gram, coconut and water, grind it to a smooth paste. keep it aside.
3. Heat a pan with water, add tomato, cook it for 2 mins, cool it and remove the skin. This step is called BLANCHING.
4. In a mixie jar, when it comes to a boil, add the blanched tomato, grind it to a smooth paste by adding little water.
5. Heat a pan with oil, when it is hot, add mustard seeds, fennel seeds, fenugreek seeds and curry leaves, after mustard pops up and fennel changes color. Add garlic

cloves, chopped big and small onions, fry until it turns golden brown colour.

6. Add turmeric powder, red chilly powder and coriander powder, fry well for a min.
7. Add ground coconut cashew paste, fry well for 2 mins.
8. Add tomatoes, fry well for 2 mins. Now you get a thick paste.
9. Add mushrooms, fry well for 3 mins in a medium flame.
10. Add water and check salt. Cover and cook it for 10 mins in a low flame.
11. Finally add chopped coriander leaves, garam masala and coarsely ground black pepper, mix well with mushroom. Turn off the flame.
12. Hot, yummy mushroom chops are ready to eat with chapathi or rice.

Notes

If you have small onions, use that instead of big onion. I got only few, so I used big onion.

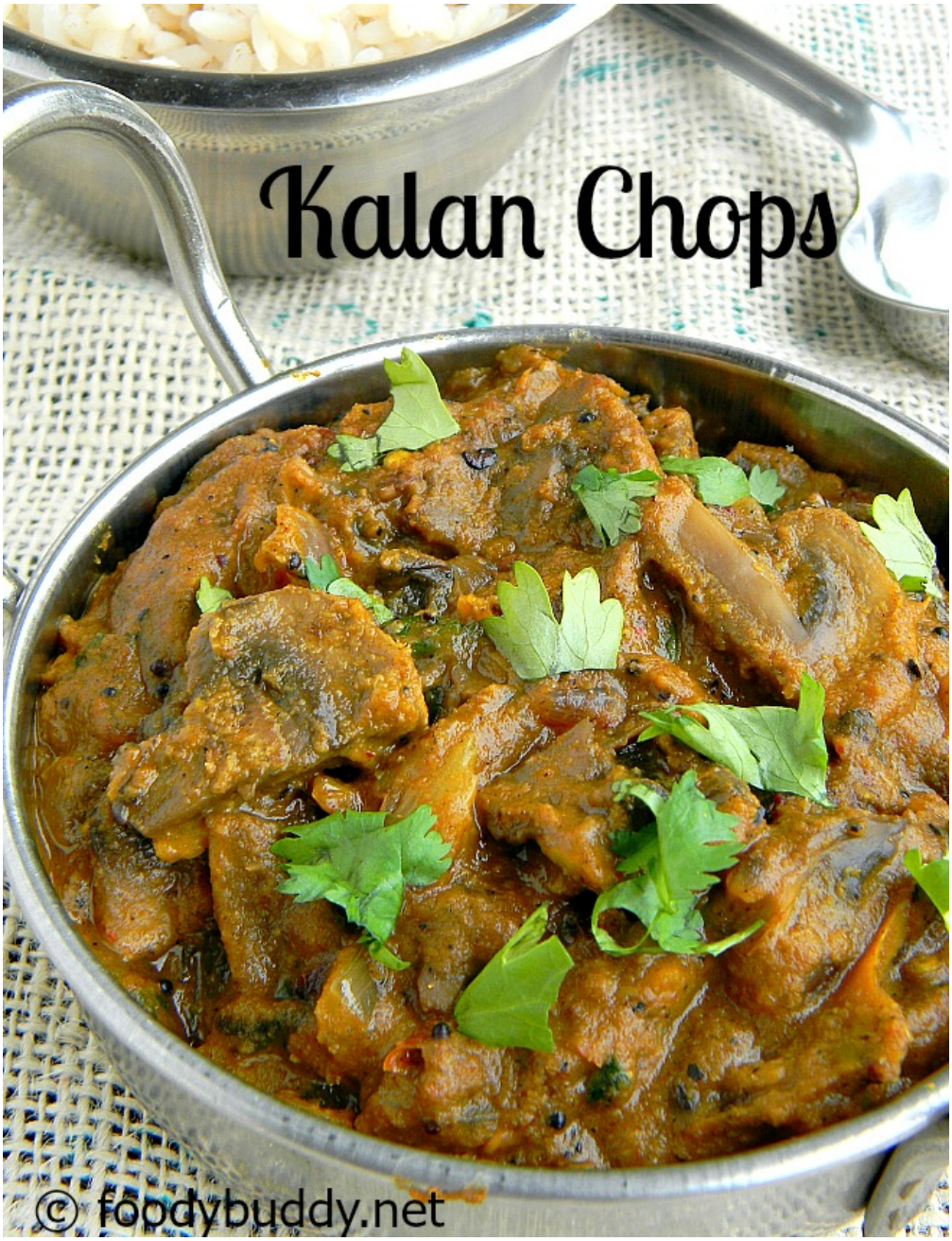
Small onions adds a nice taste to the curry.

Use any variety of mushroom, here I used baby bella mushroom.

If you are a spicy lover, add green chilly and reduce the amount of red chilly powder.

Adding black pepper at the end adds a wonderful flavor.

If you are lazy to do BLANCHING tomato, just grind the tomato and use it.



Tags: Mushroom Chops Recipe, mushroom chops, Kalan Chops, Chettinadu Style mushroom chops, how to make mushroom chops, prepare mushroom chops, mushroom recipes Indian, easy mushroom recipes, kalan recipes, side dish for rice and chapathi.