# Thuthuvalai Kuzhambu Recipe / Herbal Kuzhambu




**Thuthuvalai kuzhambu is a traditional herbal kuzhambu(Stew)recipe which tastes divine and they are made with thuthuvalai leaves (Solanum Trilobatum / thai nightshade). I already posted thuthuvalai rasam recipe in my blog, they are good and instant remedy for cold and flu. This herbal kuzhambu recipe is a tasty rendition of tamil culture and village cuisine. When I was in India last year, my mom**

**prepared this kuzhambu for me. Believe me, it has got nice taste and when you combined with rice and mixed with sesame oil( gingelly oil ) makes a wonderful lunch.  This simply delicious thuthuvalai kuzhambu recipe goes well with appalam or papad or kootu. I had it with vazhaipoo kootu.**

## 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.

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- **Manathakali Kai Kara Kuzhambu**
- **Vendhaya Kulambu**
- **Paruppu Urundai Kulambhu**
- **Thatta Payir(Karamani) Kara Kulambu**
- **Mochai Murungakai Kulambu**
- **Milagu Kuzhambu / Pepper Gravy**
- **Soya Chunks Mushroom Curry**
- **Creamy Spinach**
- **Vegetable Korma(Restaurant Style)**
- **Chickpeas Curry**
- **Vendakkai Puli Pachadi**
- **Kerala Avial / Aviyal**
- **Mushroom Spinach Gravy**
- **Allepey Mixed vegetable curry**
- **Beetroot Sambhar**
- **Green Onion Sambar**
- **Arachu Vitta Sambar**
- **Potato Masala for Poori**
- **Vendakkai Vatha Kulambu**
- **Tomato Rasam**
- **Kollu Rasam**
- **Thuthuvalai Rasam**

- **Tirunelveli Sodhi and Ginger Chutney**
- **Kerala Kadala Curry**

# How to make Thuthuvalai Kuzhambu Recipe

## Ingredients for Thuthuvalai Kuzhambu Recipe

**Preparation Time : 15 mins  Cooking Time: 20 mins  Serves:4**

• 1/2 Cup of Thuthuvalai Leaves (Tightly Packed)
• 2 Tsp of Coriander
• 1.5 Tsp of Black Pepper
• 1 Tsp of Cumin
• 1/2 Tsp of Sambhar Powder
• 1 Handful of Small Onions (10 )
• 7 Garlic Cloves, Big
• Lemon Size Tamarind
• 1 Tbsp of Gingelly Oil
• Salt to taste

### To Temper

• 2 Tsp of Gingelly Oil
• 1 Tsp of Mustard Seeds
• 1 Tsp of Urad Dal
• Few Curry Leaves

## Method for Thuthuvalai Kuzhambu Recipe

• Soak the tamarind in hot water for few mins, then squeeze out the juice and keep it aside.
• Heat a pan with oil, add thuthuvalai leaves, saute well until it shrinks and keep it aside.
• Heat the same pan with oil, add coriander, black pepper and cumin, roast well until it turns color and aroma comes. Keep it aside.
• Heat the same pan with oil, add small onion, garlic, saute well until it turns golden brown, add sambar powder, fry well and keep it aside.
• Now grind all together to a fine paste ( the roasted leaves, spices, onion and garlic)
• Heat a pan with oil, add all the ingredients listed under ” to temper” after mustard splutters, add tamarind water, ground masala, salt and little water, bring it to boil and simmer it for 10 mins until the kuzhambu turns thick. Check the salt and turn off the stove.
• Hot and tangy kulambu is ready to serve.

### Tips

• Look for any insects and wash the leaves well in water.
• While removing the leaves from stem, use scissors.
• Adjust spicyness and tangyness according to your taste.




Tags: Thuthuvalai kuzhambu, thuthuvalai kuzhambu recipe, kuzhambu recipe for rice, herbal kuzhambu recipe, thuthuvalai

rasam, thuthuvalai recipe for cold, thuthuvalai health benefits, solanum trilobatum recipe, south indian kulambu recipe, iyer kuzhambu recipe, kulambu recipe for rice.

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# Vendhaya Kuzhambu Recipe – South Indian kuzhambu

Vendhaya Kuzhambu Recipe also called Venthaya kulambu / Fenugreek Seeds Gravy / Methi seeds Curry is a traditional and authentic south Indian kuzhambu recipe prepared with fenugreek seeds. This is my mom's signature kuzhambu recipe and it looks tempting and heavenly in taste with hot steamed rice and ghee. This vendhaya kuzhambu has lot of medicinal properties, good for diabetic patients as it controls the blood sugar level in blood.

To make vendhaya Kuzhambu Recipe – This is very similiar to puli kulambu preparation, except the addition of roasted fenugreek seeds. Make sure to add lot of small onions and garlic, that makes the vendhaya kuzhambu more tasty and lip smacking

This simply delicious vendhaya kuzhambu goes well with hot steamed rice, papad and keerai kootu..




# How to Make Vendhaya Kuzhambu Recipe

**Preparation Time : 15 mins**
**Cooking Time : 20 Mins Serves : 4**

## Ingredients For Vendhaya Kuzhambu Recipe

- 2 Tsp of Fenugreek Seeds (Roast and grind)
- 2 Handful of Small Onions(Shallots)
- 12 Garlic Cloves
- 2 Medium Size Tomatoes
- Gooseberry Size of Tamarind

- 2 Tsp of Sambar Powder
- Salt as required

## To Temper

- 1 Tbsp of Gingelly Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Handful of Curry Leaves
- 1/4 Tsp of Asafoetida (Hing)
- 1 Red Chilly

## Method

- Heat a pan, dry roast the fenugreek till it changes brown colour and aroma comes. (Don't burn the fenugreek). Let it cool down and grind it to a powder.
- Soak the tamarind in hot water for 15 mins.
- Heat a pan with oil, when it is hot, add all the ingredients listed under " To Temper ".
- Add onion, garlic, saute them until it changes colour and soft. Add tomato, fry them until it turns soft and mushy.
- Add sambhar powder, stir for a min, add tamarind water, cook it for 10 mins with occasional stirring and wait until it reaches thick consistency.
- Add powdered fenugreek, cook it for another 5-10 mins. Finally, add a pinch of jaggery and turn off the flame.
- Hot, tempting vendhaya kuzhambu is ready to serve with rice and keerai kootu

**Tips**

- Shallots can be replaced by big onions.
- Jaggery is added to reduce the bitter taste of fenugreek.

- You can add grated coconut to this kuzhambu.
- Gingelly oil adds a nice taste to this gravy.
- Do not burn the fenugreek seeds while roasting.
- If you don’t have sambar powder, instead add 2 tsp of coriander powder, 1 tsp of red chilly powder and 1/2 tsp of turmeric powder.




Tags : kuzhambu Recipe, Vendhaya kuzhambu, venthaya kuzhambu recipe, vendhaya kuzhambu recipe, how to make vendhaya kuzhambu, how to prepare venthaya kulambu, how to make fenugreek seeds gravy, methi seeds curry, south Indian kuzhambu recipe, tamilnadu kulambu recipes.