Gongura Rice Recipe / Pulicha Keerai Sadham



Gongura Rice Recipe / Pulicha keerai sadham / Sorrel leaves rice is a tasty, easy south Indian variety rice dish that can be prepared very quickly at home. Gongura in telugu / Pulicha keerai in tamil / sorrel leaves is very famous in Andhra Pradesh. Gongura leaves are sour in taste and high in vitamins, minerals and anti-oxidants. This is my mom's recipe. You can make a lot of interesting recipes with gongura leaves

like gongura pickle, gongura chutney. I already posted gongura chutney (pulich keerai thuvaiyal) in my blog.

This gongura rice tastes great with appalam, vadam, chips or fry. You can prepare this rice with leftover rice too. You can pack this variety rice for travel or lunch box.

How to make Gongura Rice Recipe

5.0 from 1 reviews
Gongura Rice Recipe / Pulicha Keerai Sadham



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

Gongura Rice Recipe / Pulicha Keerai Sadham is a tasty, easy south Indian variety rice. You can pack this for travel or lunch box.
Author: Gayathri Ramanan
Recipe type: lunch
Cuisine: Indian
Serves: 4
Ingredients

- 3 Cups of Cooked Rice
- 1 Bunch of Gongura Leaves (Pulicha Keerai)
- To roast and grind
- 1 Tbsp of Gingelly Oil
- 12 Red chilies
- 14 Garlic cloves
- Handful of Coriander Seeds
- 2 Tsp of Cumin
- 1 Tsp of Fenugreek Seeds
- To Temper
- ¼ Cup of Gingelly Oil or vegetable oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Pinch of Asafoetida
- Few Curry Leaves

Instructions

1. Remove the gongura leaves from the stem, wash it in tap water and keep this aside.
2. Heat oil in a pan, roast all the ingredients listed under ” To roast and grind” list, fry for 2-3 mins in a medium flame till color changes and aroma comes. Turn off the flame. Let it cool for 5 mins.
3. In the same pan, add gongura leaves, saute this for few mins until leaves shrinks and color changes. Turn off the flame. Let them cool down for 5 mins.
4. In a blender, add the roasted spices, grind it to a coarse powder. To the same blender, now add sauted gongura leaves and salt, grind it to a smooth paste.
5. Heat oil in a pan, when it is hot, add mustard seeds, urad dal, curry leaves and asafoetida, when it splutters, add the ground paste, saute well for 2 mins and turn off the flame. Gongura thokku is ready.
6. In a deep bowl, add the cooked rice, let it cool for 15 mins. Add gongura thokku, gently mix well with rice. You can add a tsp of ghee if you want.

Notes
Add peanuts while tempering, it gives a nice taste.
I used long red chillies (Neeta milagai). You can also use round one (gundu milagai).
If you want more tangy side, add tamarind.
If you have leftover gongura paste, refrigerate it. It stays good for 2 weeks.



Tags: Gongura Rice Recipe, Pulicha keerai sadham, how to make gongura rice at home, sorrel leaves rice recipe, south Indian variety rice, andhra style gongura recipe, gongura recipes, leftover rice recipe, lunch box recipe.

Gooseberry Rice / Nellikai Sadham Recipe / Amla Rice



Gooseberry rice / Nellikai sadham / Amla rice / Usirikkai Annam is a simple to make one pot meal, high in vitamin content and it has lot of health benefits like enhances fertility, fortifies

liver, balances stomach acid, good for lungs, hair and heart, reduces cholesterol and blood sugar. When I was in India last year, every week my mom used to make this Amla juice for me, I already posted the recipe for that. The taste of amla rice is very similiar to lemon rice. Try nellikai sadham recipe at home and let me know how it turned out.

How to make Gooseberry Rice Recipe

Ingredients for Gooseberry Rice

- 1 Cup of Cooked Rice
- 1/4 Cup of Gooseberry, Grated
- 1 Tbsp of Coconut, Grated
- 1/2 Tsp of Ginger
- Salt to taste

To Temper

- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- 1 Tsp of Chana Dal
- 2 Red Chilies
- Few Curry Leaves
- Few Peanuts, Fried
- Pinch of Asafoetida
- 1/4 Tsp of Turmeric Powder

Method for Gooseberry Rice

- Wash gooseberry and grate it using grater. Discards the seeds and set it aside.
- Heat a pan with oil, add all the ingredients listed under ” To Temper List”. After mustard seeds splutters and fry till turns golden brown.
- Add grated gooseberry, ginger and coconut, saute for 2 mins.
- Turn off the stove and add cooked rice, mix gently by adding little oil and salt.
- Hot, tangy gooseberry rice are ready to serve.

Tips

- Serve it with papad or any vegetable fry.
- You can also use leftover rice to make this rice.
- For tempering, add green chilies in place of red chilies.
- If you like onion and garlic, add it while tempering.



Tags : gooseberry rice, amla rice, nellikai sadham recipe, how to make amla rice recipe, prepare gooseberry rice, gooseberry recipe, easy gooseberry rice, amla recipe, nellikai sadham, easy one pot meal, variety rice recipe, rice dishes for lunch box.

CURRY LEAVES RICE /

KARUVEPPILAI SADAM



Curry leaves rice / karuveppilai sadham / Karivepaku Annam – a simple and flavorful rice dish. Nothing can beat the flavour of curry leaves when you add them in hot oil. This is my mom's recipe. My mom makes lots of variety rice dishes. During school and college days, everyday I take different rice dishes for lunch box. It was a big hit and favourite among friends.

Most of us don't know the medicinal value of curry leaves, they just throw the leaf from food. Try to include this herb in your regular diet especially it is very good for women's health, because it keeps your uterus healthy and taking curry

leaf everyday will get rids of all women's problems like irregular periods and infertility problems.

Making curry leaves rice is very easy and even bachelors can make it. Also you can make this karuveppilai sadham to pack for lunch box for kids and adults.Kids will also love this rice because of its green colour.

Are you breaking your head daily and thinking what to pack for your husband and kid..Then try this easy curry leaves rice recipe.

Curry leaves rice goes well with any vegetable fry like potato fry or yam fry.

Health benefits of Curry Leaves

- Helps to keep anaaemia at bay.
- Fights diabetes.
- lowers cholesterol.
- Improves digestion.
- Prevents greying of hair.

Preparation Time : 10 mins Cooking Time : 20 mins Serves : 2

Ingredients For Curry Leaves Rice

- 2 Cups of Cooked Rice
- 1 Handful of Curry Leaves
- 1 Tsp of Ghee
- Salt as required

To Fry and Grind

- 2 Tsp of Oil
- 1 Clove (Small)
- 1 Cinnamon (Small)

- 2 Red Chilies
- 1/2 Tsp of Black Pepper
- 1/2 Tsp of Cumin
- 2 Tbsp of Coconut (Grated)
- 6 Cashews Nuts
- 2 Tbsp of Urad Dal

To Temper

- 2 Tsp of Gingelly Oil or any cooking oil
- 1 Tsp of Mustard
- Pinch of Asafoetida (Hing)

Method for karuveppilai sadam

- Heat a pan with oil, roast the curry leaves until all the moisture in the leaves goes off. Keep it aside.
- In the same pan, fry all the ingredients listed under ” To fry and To grind”. Once it done, cool down and then grind it along with curry leaves.
- Heat a pan with oil, add mustard seeds, after it crackles, add asafoetida, fry it for few secs and turn off the stove. Add ground curry leaves powder, cooked rice, a tsp of ghee and salt. Gently mix it.
- Flavourful curry leaves is ready to serve.

Tips

- You can also add few garlic while frying.
- Use freshly cooked rice or leftover rice.
- Adding ghee makes rice more flavourful.



Tags : curry leaves rice, karuveppilai sadam, curry leaf rice recipe, how to make curry leaves rice, prepare curry leaves rice, no onion no garlic recipe, easy lunch box recipe, lunch box rice, bacheoler variety rice recipe, variety rice recipe, curry leaves recipe