

[Brinjal Chutney Recipe / Kathirikkai Chutney](#)

Brinjal Chutney Recipe is a flavourful and tasty condiment made from brinjal. If are a brinjal lover like me. then you will surely love this brinjal chutney a lot. You can use small brinjal or larger ones to make this chutney and for spicy taste, use either red chilly or green chilly. This brinjal chutney recipe is a perfect side dish for idly and dosa. Try kathirikkai chutney (thogayal) for idly and let me know how it turned out.

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Brinjal Chutney

Ingredients

- 12 Small Brinjals (violet)
- 2 Tbsp of Urad Dal
- 3 Red Chilies
- 4 Garlic Cloves
- Small grape size of Tamarind
- 1/4 Tsp of Asafoetida
- Salt to taste
- Curry Leaves

To Temper

- 2 Tsp of Oil
- 1 Tsp of Mustard
- Few Curry Leaves

Method

- Chop the brinjals to small pieces.
- Heat a pan with oil, add all the ingredients one by one except brinjals and salt, fry it until it changes colour. Transfer it to a plate.
- In the same pan, add oil, add chopped brinjals, fry it until turns soft. Transfer it to the same plate. Let it cool down for 10 mins and grind everything in a mixie.
- Heat a pan with oil, when it is hot, add mustard and curry leaves, after it splutters. Transfer this tempering to chutney. Mix well.
- Yummy brinjal chutney is ready to serve for dosa or idly.

Tips

- Always cut brinjals before you fry in oil.
- Adjust the number of red chilly according to your taste.
- You can use any variety of brinjal.
- Use green chilly in place of red chillies for spicy taste.
- You can also grill the brinjal in oven or stove top and make chutney

Kathirikkai Chutney



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Technorati tags : brinjal chutney, brinjal chutney recipe, kathirikkai chutney, kathirikkai thogayal, eggplant chutney, vengaya pachadi, side dish with brinjal, brinjal chutney for idly dosa, chutney recipes, chutney in tamil, south Indian chutney recipe

Oats Paniyaram / Indian Oats Breakfast Recipe

Among South Indian breakfast recipes, my favourite dish is kuzhi paniyaram. This oats paniyaram is in my to do a list for long time. Last week I tried this oats recipe from [other blog](#). It came out so good and tasty. Love to eat this oats paniyaram for breakfast as it was very healthy and has oats and mixed lentils. This oats paniyaram is really soft on inside and crispy on outside. You can do this oats paniyaram for breakfast or dinner or for evening snack. Also perfect to pack for lunch box for kids and a bachelor friendly recipe.

Health Benefits of Oats

- Lowers cholesterol levels.
- Reduces the cardiovascular disease.
- Enhances immune responses to infection.
- Lowers type 2 diabetes.
- Controls the blood pressure.
- Increase appetite control hormones.

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Oats Paniyaram Recipe

Soaking Time : 4-6 hrs
Preparation Time : 15 mins

Cooking Time : 15 mins Serves : 4

Ingredients to Oats Paniyaram Recipe

- 1.5 Cups of Quaker oats
- 1/2 Cup of Toor Dal
- 1/2 Cup of Channa Dal
- 2 Tbsp of Urad Dal
- 2 Tbsp of Moong Dal
- 2 Medium Sized Onions, Finely Chopped
- 1 Inch of Ginger, Finely Chopped
- 1 Tsp of Fennel Seeds
- 8-10 Red Chillies
- Few Curry Leaves and Coriander Leaves
- 1/4 Tsp of Asafoetida
- Salt to Taste
- Oil to Fry

Method

- Soak the dals together for overnight or atleast hrs. Wash the dals in running tap water and keep it aside.
- In a blender (mixie), powder the oats, red chillies, fennel and ginger. Finally add the dals and water, grind it. The batter to be in pouring consistency.
- Add chopped onion, curry leaves, coriander leaves, asafoetida and salt. Mix it well.
- Heat the paniyaram pan, add tsp of oil to each hole, when it is hot, add batter, cover and cook it in medium flame until it turns golden brown colour. Flip it to other side and cook.
- Hot and yummy oats paniyaram is ready to serve for breakfast with side dishes like tomato chutney or onion tomato chutney or mint coconut chutney.

Tips

- For healthier version, add grated vegetables like carrot, beetroot to the batter.
- Replace green chilies in place of red chilies.
- Adding asafoetida is to reduce flatulence and digestive disorders.

*Dats
Paniyaram*



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Technorati Tags ; [Paniyaram Recipe](#), [oats paniyaram](#), [instant oats paniyaram](#), [oats paniyaram recipe](#), [indian oats breakfast recipe](#), [oats recipe](#), [south indian breakfast ideas with oats](#), [breakfast recipe](#), [oats dishes](#), [snack with oats](#)

[Vazhaipoo Kootu Recipe without coconut](#)

Banana flower are also called vazhaipoo in tamil. Vazhaipoo kootu recipe is a traditional tamil recipe prepared from plantain flowers. As vazhaipoo is very good for health, I used to buy regularly when I find them in market. I love to eat it any form either [vazhaipoo vadai](#) for mor kuzhambu or vazhaipoo poriyal or kuzhambu. To clean this vazhaipoo (banana flower) is a time consuming process but still worth it. I prepared this vazhaipoo kootu with moong dal, replace it with any dal of your choice. This banana flower kootu tastes fabulous with hot steamed rice and ghee. Try this vazhaipoo kootu recipe without coconut, if you are diet conscious.

Health Benefits of Vazhaipoo (Banana Flower)

- Being high in iron content, used to treat anaemia.
- Controls the excessive pain during menstrual cycle.
- Good medicine for stomach ulcer and dysentery.
- Rich in vitamin A, C and dietary fibre.
- Good for pregnant women.

Vazhaipoo Kootu Recipe



Preparation Time : 45 mins
Serves : 3

Cooking Time : 20 Mins

Ingredients For Vazhaipoo Kootu Recipe

- 1 Banana Flower
- 1/2 Cup of Toor Dal
- 1/2 Tsp of Turmeric Powder
- 1 Tsp of Oil
- 1 Big Red Onion, Chopped
- 1 Tomato, Chopped
- 1 Tsp of Sambhar Powder

- Salt as Needed
- Water as needed

To Temper

- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 2 Red Chillies
- Pinch of Asafoetida (Hing)
- Few Curry Leaves

Method

- To clean banana flower (vazhaipoo), apply some oil on both hands, take off the purple outer covering, remove the bunch of florets, repeat this step until you reach the centre of the blossom. After that, remove the stamen and small white cover at the base of each florets. This is how you have to clean each florets.
- Chop the florets finely.
- In a pressure cooker, add banana florets, toor dal, oil, salt, chopped tomato, chopped onion, sambar powder and water. Cook it for 5-7 whistles. Open the lid, after pressure releases.
- Heat oil in a pan, when it is hot, add mustard seeds, red chillies, asafoetida and curry leaves, after it splutters, add the cooked dal, mix well. Check the salt.
- Hot and flavourful vazhaipoo kootu is ready to serve.

Tips

- It goes well with any spicy kulambhu like [manathakali kulmabhu](#) or [milagu kuzhambhu](#).
- You can replace toor dal with moong dal or channa dal.
- Adjust spiciness according to your taste.
- You can also add green chillies in addition to red chillies.

Banana Flower Kootu



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