

Restaurant Style Kurma / Kurma Recipe Without Vegetables



Restaurant Style kurma / Kurma Recipe Without Vegetables is a popular side dish recipe in Dindugul (South India) for [appam](#) and [biryani](#). I and my brother are a great fan to this kurma especially with [hot idly](#) for breakfast and we fondly call this as “Bangaru’s Kurma “. Because there is a famous hotel called Bangaru biryani restaruant in dindugul where they prepare this kurma for [biryani](#). Also If you run out of vegetable, but still you want to make some side dish for breakfast then try this restaruant style kurma. I got this recipe from my grand ma, she makes this best hotel style kurma recipe for hot [idly](#), [appam](#) and [dosa](#) . If you love the aroma of spices, then you would definitely fall in love with this kurma. This kurma recipe without vegetables is a great side dish for [idly](#), [dosa](#), [appam](#) and [idiyappam](#).

Preparation Time : 15 mins

Cooking Time : 25 Mins

Serves : 3-4 People

Ingredients for Restaurant Style Kurma

To Grind

- 2/3 Cup of grated Coconut
- 3 Tbsp of Potukadalai (Fried Gram)
- 1/2 Tsp of Fennel Seeds
- 2 Cloves
- 1 Small Cinnamon
- 1 Cardamom
- 2 Tsp of Ginger Garlic Paste
- 2 Green Chilies
- 5 Cashews
- 1 Tsp of Poppy Seeds (optional)
- Water as needed

Other Ingredients

- 1/4 Tsp of Fennel Seeds
- 1 Clove
- 1 Small Cinnamon Stick
- 1 Cardamom
- 2 Handful of Small Onions (12-15), Sliced
- 5-7 Mint Leaves
- 5 Curry Leaves
- 2 Tbsp of Chopped Coriander Leaves
- 1 Green Chilly (Slit)
- 3 Tomato
- Salt and water as needed

Method

- In a Mixie, grind all the ingredients listed under " To Grind" to a smooth paste.
- Heat a pan with oil, add fennel, clove, cinnamon, cardamom, curry leaves, small onion, fry this until it turns golden brown colour. add green chilly, mint, coriander leaves and tomato, sauté this until it turns mushy.
- Add ground paste and salt, sauté this until raw smell vanishes. Add water, let it boil for 10-12 mins until you see bubbles at the top. Turn off the flame and garnish it with curry leaves and coriander leaves.
- Hot, yummy kurma is ready to serve.

Tips

- Serve it with [appam](#) or [idiyappam](#) or [idly](#) or [dosa](#).
- If you want to add any vegetables, you can add it.
- Adjust number of green chillies according to your taste.
- You can use ground nut in place of fried gram for white kurma.
- If your want your kurma thick add water, simmer it until it gets thick.



Thuthuvalai Rasam / Medicinal Rasam Recipe For Cold

Thuthuvalai (Sloaneum trilobatum) is called purple fruited pea eggplant / thai nightshade in English. They are often called kayakalpa in siddha medicine. The whole plant – the leaves, flowers, fruits and stem is used as a medicine to cure various health problems. We have thuthuvalai plant in our backyard. So my mom makes lot of thuthuvalai recipes like kulambhu, thuvaiyal, soup and rasam. I usually make thuthuvalai rasam monthly once or twice during winter season just to get rid of cold and flu. You can get thuthuvalai from keerai shop or big market like koyambedu or you can grow it in a pot. This authentic and medicinal thuthuvalai rasam is hot and spicy,

gives instant relief from cold, cough, sneezing, headache and fever. Make this spicy [south Indian rasam](#) at home and enjoy with white rice or even as a soup.

Health Benefits of Thuthuvalai Leaves



- Good for asthma, tuberculosis and relieves 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.



Thuthuvalai Rasam

Recipe For cold and fever

Preparation Time : 15 mins **Cooking Time :** 10 mins **Serves :**
4 people

Ingredients for Thuthuvalai Rasam Recipe

- 1 Cup of Thuthuvalai Leaves
- 1 Tsp of Black Pepper
- 1 Tsp of Cumin
- 5 Garlic Cloves
- 2 Tsp of Rasam Powder
- 2 Tomatoes
- Gooseberry Size Tamarind
- Handful of Coriander Leaves
- Salt to taste
- Water as required

To Temper

- 2 Tsp of Gingelly Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- 2 Red Chilies
- Few Curry Leaves
- Pinch of Asafoetida (Hing)
- 1/4 Tsp of Turmeric Powder

Method

- Soak tamarind in hot water, extract the juice from it and to the same bowl, squeeze the tomatoes with your hand or else grind it to a puree in mixie and add it. Keep it aside.
- Carefully pluck the leaves from the stem, wash it in tap water.

- Heat a pan with oil, add thuthuvalai leaves, saute them in a medium flame until it shrinks. Turn off.
- Now to the mixie jar, add those leaves and grind it, to that add pepper, cumin and garlic cloves, grind it again.
- To the tomato – tamarind puree bowl, add thuthuvalai leaves and spice paste, mix well. To that add rasam powder for extra flavor, salt and enough water.
- Heat a pan with oil, add all the ingredients listed under " To Temper " list add one by one, after it sizzles, pour the tomato-tamarind water along with spices.
- Bring it to just one boil, add coriander leaves and remove from flame.
- Healthy, aromatic hot rasam is ready to serve with bowl of white rice or drink even as soup.

Tips

- Look for any insects and wash the leaves well in water.
- If you don't have rasam powder, check out my [tomato rasam recipe](#) for rasam powder recipe under ingredient list.
- While removing the leaves from stem, use scissors.
- Adjust spicyness and tangyness according to your taste.

Spicy Thuthuvalai
Rasam



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[Vendhaya Idli / Fenugreek Idli Recipe](#)

Vendhaya Idli Recipe / Fenugreek idli / Methi idly recipe is simple and easy to make south Indian breakfast dish. Some people might think that adding fenugreek would make idly tastes bitter...but that is not true, it makes the idly soft and tasty, you don't taste the bitterness. I got this recipe from my amma and this idly recipe is without urad dal, also diabetic friendly idly dish. Those who are allergic to dal, can have this vendhaya idli for breakfast or dinner. Best

accompaniment for this vendayam idly are [sambar](#), [tomato chutney](#) or idly podi. Making vendhaya idli once in a week, keeps our body cool, healthy and fresh.



- Preparation Time : 10 hrs
- Cooking Time : 10 Mins
- Serves : 4 people

Ingredients

- 3 Cups of Idly Rice
- 3 Tsp of Fenugreek
- Salt as required
- Soak the fenugreek in water for 4 hrs. Soak the idly rice in water for 2 hrs.

- In grinder, first grind the fenugreek and add water little by little. Grind the fenugreek until you get soft and fluffy batter. Make sure the fenugreek batter looks similar to urad dal batter. Remove and transfer it to a bowl.
- Grind the rice separately and transfer the batter to the same bowl. Mix both the batter with hand along with salt. Let it ferment for overnight.
- The next day, mix the batter with laddle before making idly. Pour the batter in idly plate and steam it for 10 mins. you can wet the hand and dip the index finger to check if it is cooked. If it is sticky, steam it for another 2 mins.
- Hot, soft fenugreek idly is ready to serve with [coconut chutney](#) or [onion tomato chutney](#) or [peanut chutney](#).

Tips

- Always soak fenugreek and rice separately because the bitterness which gets imparted with rice makes idly bitter.
- Use your hand for mixing for better fermentation.
- For best result of batter, use wet grinder rather than mixie.

Health Benefits of Fenugreek

- 26.2 gram of protein in 100 grams of fenugreek.
- Cure arthritis, skin problems and improve digestion.
- Treat diabetes and lowers blood sugar level.
- Ease child birth for pregnant women.
- Aid milk production in lactating women.



Soft Methi Idly

Technorati tags : [vendaya idli](#), [vendhayam idli recipe](#),

[fenugreek idly](#), [methi idli](#), [south Indian breakfast recipe](#),
[south Indian idli](#), [soft idli recipe](#), [idli without urad dal](#),
[idly recipe](#)