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.



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



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

Small Onion Chutney / Chinna Vengaya Chutney Recipe For Idly Dosa

Chutney is a spicy condiment associated with south Indian breakfast menu. This kind of finger licking and colorful chutney recipes for idly and dosa always teases your palate, brighten you mood and sizzle your taste buds. small onion chutney / chinna vengaya chutney is a spicy and a traditional south Indian side dish recipe for idly, dosa and paniyaram. I already posted onion chutney and onion tomato chutney recipe for idly and dosa in my blog. I really love this small onion (shallots/ china vengayam) chutney for hot idly. You can also replace big red onion to make this chutney. Try this easy small onion chutney recipe (without coconut) for breakfast.



Onion Chutney Recipe – Ingredients

To Fry and Grind

- 2 Handful of Small Onions
- 10 Big Garlic Cloves
- 3 Red Chillies
- Small Gooseberry Size of Tamarind
- 1 Big Tomato
- 6 Curry Leaves
- Pinch of Asafoetida (Hing)
- Salt to taste
- 2 Tsp of Gingelly Oil

To Temper

- 2 -3 Tsp of Gingelly Oil
- 1 Tsp of Mustard
- 1 Tsp of Urad Dal
- 5 Curry Leaves

Method for chinna vengaya chutney

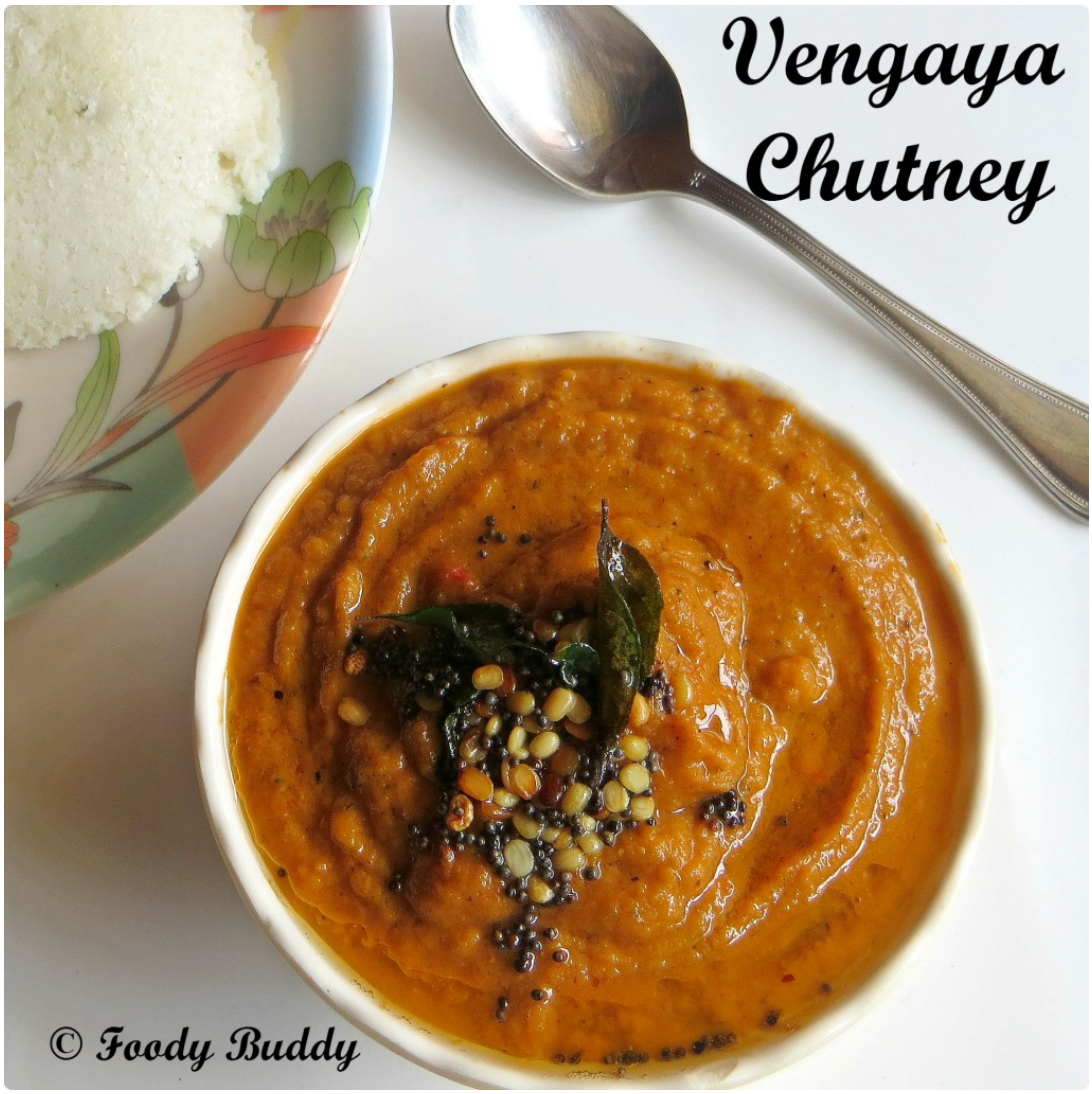
- Heat a pan with oil, add all the ingredients listed under ” To fry and To grind ” saute it one by one, cool down and grind it with water to a smooth paste.
- Heat a pan with oil, temper with the ingredients listed under ” To Temper ” after it sizzles, pour this to chutney, mix well.
- Serve it for hot idly and dosa or paniyaram.

Tips for small onion chutney

- You can make this chutney either with small onion or big onion.
- Skip tomato if you use more tamarind.
- Adjust number of red chillies according to your taste.

Health Benefits of Small Onion

- Rich in iron, fibre and potassium
- strengthen the immune system.
- good for heart, tooth, eyes and hair.
- lowers cholesterol, blood pressure and prevents cancer.



Pirandai Thuvaiyal Recipe / Adamant Creeper Chutney / Healthy Thogaiyal



Pirandai Thuvaiyal Recipe / Adamant Creeper Chutney ***/ veldt grape chutney is a healthy dish for rice and idly with lots of medicinal values. My mom used to grow this creeper plant in backyard and it just beautify the fences with its green stem. We make thuvaiyal (chutney) with pirandai and also dosai. If you don't feel hungry for few days, eat this pirandai chutney , then you feel more hungry and also it cures all digestive problems. You can make this chutney with or without coconut. Cleaning pirandai is little tedious as it makes our hand itching so always wear gloves while cleaning. Best acompaniment to pirandai chutney are dosa, idly and rice with ghee.***

Ingredients

- 1 Small Bunch of Pirandai (Adamant Creeper) cleaned, chopped into small pieces
- 3 Tbsp of Urad Dal
- 6 Red Chillies
- 1/2 Inch Ginger
- 4 Garlic Cloves
- Lemon Size Tamarind
- 1 Tbsp of Oil
- Pinch of Hing (Asafoetida)
- Salt to taste

Method



- Peel the fibre from corners of pirandai using a sharp knife. Remove the top and bottom part. Chop them into small pieces.



- Wash the pirandai in a cold tap water.

- Heat two tsp of oil, add red chilies, garlic cloves, ginger, hing, urad dal and tamarind, add this one by one, saute this for 2-3 mins in a medium flame. Transfer all the ingredients to a plate and in the same pan, add oil and pirandai and saute well till it shrinks its size. Transfer this to a plate and let it cool down.
- In mixie, add all the ingredients, water and salt, grind this to a smooth paste.
- Enjoy with hot steamed rice and ghee. You can also use this as side dish for idly and dosa.

Tips

- Wear gloves before cleaning the pirandai, otherwise it makes the hand itchy.
- You can also add grated coconut while roasting.
- Always buy Pirandais that looks tender, as they are easy to clean.
- Adjust the number of red chilies according to your taste.
- You can also season the chutney with oil, mustard and curry leaves.

Health Benefits of Pirandai (Adament Creeper)

- Good source of vitamin C and calcium.
- It is used to cure knee problems and used in the treatment of fracture.
- Pirandai juice is given to ladies those who have irregular periods.
- It acts as an appetiser.
- They are good for people with digestive problems.
- They can rejoin the broken or dislocated bones in the body.


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Pirandai
Thuvaiyal