ONION CHUTNEY RECIPE | VENGAYA CHUTNEY | SIDE DISH FOR IDLY & DOSA



Red onions are excellent source of healthy essential vitamins, minerals and phyto chemicals that provides long term health benefits. Including red onion in your diet may helps to prevent chronic diseases. Chutney are the perfect side dish

for idly and dosa. This is my grand ma recipe, they are really spicy, pungent and flavorful chutney and very easy to make with few ingredients. Try this onion chutney without coconut for hot idly ,dosa and paniyaram.

Ingredients

1 Big Red Onion
2 Big Garlic Cloves
2 Big Red Chilies
1/2 Tsp of Tomato Paste (optional)
Small Pinch of Tamarind
Salt and Water as needed

To Temper

1.5 Tsp of Gingelly Oil
1 Tsp of Mustard
1 Tsp of Urad Dal
Few Curry Leaves

Method

- Roughly chop the onion.
- In a mixie (blender), add onion, red chilies, tomato paste, garlic, tamarind, salt and water, grind it to a smooth paste.
- Heat oil in a pan, add mustard seeds, urad dal, after it splutters, add the ground onion paste, cook it until it turns thick in consistency, for about 10 mins in a medium low flame.
- Yummy onion chutney is ready to serve with hot idly or dosa or paniyaram.

Tips

- You can make this chutney more spicy by adding 3 to 4 red chilies and little bit of red chilly powder.
- You can also have this chutney without tempering, that tastes raw and spicy though, but it goes well with hot idlies.
- Gingelly oil gives a nice taste to the chutney.
- You can also skip the tomato paste, if you don’t want.

Health Benefits of Red Onion

- Red onion contains lot of organosulpur compoundd which is protective against cancer like prostate, colorectal and stomach cancers.
- Another compound called onionin which reduces inflammation by suppresing the activity of immune cells. Anti-inflammatory effect is beneficial to people who has allergies, asthma and arthritis.
- Onion contains chromium, which helps to regulate blood sugar.
- Good source of minerals and vitamins like B6, K and C.
- Allicin in onion fights against rejuvenative disease and fungi.
- Increases the production of good cholesterol thereby prevents the heart diseases.



Tags : chutney recipe, onion chutney, onion chutney recipe, vengaya chutney, side dish for idly and dosa, onion chutney for idly and dosa, how to make onion chutney

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Mint Coconut Chutney |

Pudhina Thengai Chutney – Side Dish for Idly and Dosa



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I really love the fresh aroma of mint. Research study has said that the aroma itself stimulates the salivary glands, there by increasing digestive enzymes and facilitates the digestion.

I bought 2 large bunches of mint leaves from near by Indian grocery store. Two days back I made mint pulao

for lunch, I already posted that recipe in my blog. For today breakfast, I made this pudhina coconut chutney for idly. It just tastes yummy with dosa and paniyaram too. Do try this mint chutney with coconut and let me know how it turned out.

Ingredients

1 Cup of Mint Leaves(loosely Packed)
1/2 Cup of Grated Coconut, I used Dry dessicated Coconut
2 Tbsp of Roasted Bengal Gram (Pottukadalai)
3 Green Chilies
1/2 Inch Ginger
1 Big Garlic Clove or 2 Small Garlic Cloves
Pinch of Tamarind
3/4 Tsp of Salt or to taste
1/4 cup of Water
1/2 Tsp of Oil to saute Mint leaves

To Temper

1 Tsp of Oil
3/4 Tsp of Mustard
1/2 Tsp of Urad Dal
1 Sprig of Curry Leaves
Pinch of Asafoetida (Hing)

Method

- Wash the mint leaves and drain the water.
- Heat a pan with oil, add mint leaves, saute this for a 1-2 mins in a medium flame until it shrinks in volume.
- In a blender(mixie), add coconut, roasted bengal gram, green chilies, ginger, garlic, tamarind, salt, water and finally add mint leaves. Grind it to a smooth paste. Transfer this to a bowl.
- Heat a same pan with little oil, add mustard, urad dal,

curry leaves and asafoetida, after it splutters, transfer this tempering to ground chutney. Mix well with spoon.

- Yummy mint coconut chutney is ready to serve with idly or dosa or paniyaram.



Tips

- You can also add 1/2 cup of mint leaves and 1/2 cup of coriander leaves to make this chutney.
- Addition of ginger and garlic gives a nice flavor to

this chutney.

- Addition of tamarind gives a nice tangy taste.
- You can also add curry leaves while grinding instead of adding them to tempering.
- Adjust the no of green chilies according to your taste. Here I used thai green chilli, it was spicy so I added 3.

Health Benefits of Mint Leaves

- Aroma of mint, activates the salivary glands, there by increasing digestive enzymes and facilitates the digestion.
- Soothing the digestive tract, if you are having any stomach ache.
- Cooling sensation to skin.
- Eliminates the toxins from the body.
- Helps in whitening teeth and combats bad breath.
- Good cleanser for the body.



PULICHA KEERAI THUVAIYAL | GONGURA CHUTNEY | SORREL LEAVES CHUTNEY



Pulicha Keerai Thuvaiyal / Gongura chutney is a popular Andhra dish. Gongura leaves are sour in taste and high in vitamins, minerals and anti-oxidants.This is my mom’s recipe.. Gongura chutney tastes great with white rice, idly and dosa. The tangyness of pulichakeerai thogaiyal compliments well with curd rice.

Ingredients

2.5 Cups of Gongura Leaves / Pulicha Keerai / Sorrel Leaves (Tightly Packed)
Salt to Taste

To Saute

1 Tbsp of Coriander Seeds
1 Tsp of Whole Cumin

7 Red Chillies, Big
1/2 Tsp of Fenugreek
6 Garlic Cloves, Big

To Temper

1-2 Tbsp of Gingelly Oil / Nallennai
1/2 Tsp of Mustard Seeds
1/2 Tsp of Urad Dal
Pinch of Hing

Method



- Remove the gongura leaves from the stem, wash it in tap water and keep this aside.
- Heat oil in a pan and roast all the ingredients listed under ” To Saute” 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.
- 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.
- In a blender, add the roasted spices, grind it to a coarse powder. To the blender, now add sauted gongura leaves and salt, grind it to a smooth paste.

- Heat oil in a pan, when it is hot, add mustard seeds, urad dal and hing, when it splutters, add the ground paste, saute well for 2 mins and turn off the flame.
- Gongura chutney / pulichakeerai thugayal is ready to be served with hot white rice. Also it is excellent combination with curd rice.



Tips

- It stays good in refrigerator for a week.
- Adjust the amount of red chillies according to your taste.
- You can use green chillies instead of red chillies.
- Adding gingelly oil increases the taste.
- Don’t add water while grinding.

Health Benefits of Gongura Leaves

- It has a excellent source of vitamin A, B9 and C.
- Being rich in oxalic acid, they are not a good choice of people who suffers from rheumatism and kidney stones.
- Powerful laxative properties.
- Low in calories and high in anti-oxidants and fibers.
- It strengthens the functioning of heart and livers.

