Capsicum Chutney Recipe / Green Bell Pepper Chutney – Side Dish For Idly



Capsicum are known by different names and available in different bright colors. I like the green capsicum. I often use green capsicum to make sambar, for topping the pizza and for subzis. I found this capsicum chutney recipe in a Tv show so I thought of making this as a side dish for idly. Green bell pepper chutney is very simple and easy to make chutney and great in taste and flavor. Capsicum, onion, tomato, red chillies and dals are roasted in oil, ground to a fine paste and finally tempering added to it. Try this kudai milagai chutney for idly or dosa.

Ingredients

- 2 Green Medium Size Capsicum (Bell Pepper)
- 1 Large Red onion
- 1 Large Tomato
- 2 Garlic Cloves
- 2-3 Red Chillies
- 2 Tsp of Urad dal
- 1 Tsp of Chenna dal
- Blueberry or Small Gooseberry Size of Tamarind
- 1 -2 Tbsp of Coriander Leaves, chopped
- 2 Tsp of Oil
- Salt and Water as Needed

To Temper

- 2 Tsp of Gingelly Oil (Indian Sesame Oil)
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Few Curry Leaves

Method

- Heat oil in a pan, add urad dal and channa dal, roast this for few mins until it turns golden brown. Transfer the contents to a plate and keep this aside.
- In the same pan, add oil, red chillies, garlic cloves, onion fry this for 2 mins until onion turns golden brown.
- Add tomato, fry this until it turns mushy.
- Add capsicum, fry this for a min, add tamarind and coriander leaves, fry this for another min and turn off the flame. Let this mixture cool down for 5 mins.
- In a blender(mixie), add urad dal, chenna dal and capsicum-tomato mixture, add 1/4 cup of water and grind it to a smooth paste.
- Heat oil in a pan, when it is hot, add mustard seeds, urad dal and curry leaves, after it splutters, pour this

over the chutney.
- Capsicum chutney is ready to be served with idly or dosa.

Tips

- You can do the same recipe with red capsicum.
- If you don’t want tamarind in your chutney, instead you can add 2 tomatoes, for tangy taste.
- Adjust the amount of red chillies according to your taste.
- You can use green chillies instead of red chillies.

Health Benefits of Capsicum/Bell Pepper

- Low in calories and fat.
- Reduces triglycerides levels, thereby enhancing the metabolism.
- Rich source of vitamin A, C, betacarotene and anti-oxidants.
- Good for digestion.
- Treat arthritis and shingles.
- Blood clotting properties & prevents cancer.



Tirunelveli Sodhi Recipe and Ginger Chutney



Sodhi is a classic dish from Tirunelveli, South India. It is a coconut milk based vegetable curry and its a kind of Indian version of Thai Green Curry. It holds a definite place in every wedding feast in Tirunelveli. It happens for 3 days. Sodhi Sappadu is the final day lunch, which is served on behalf of boy's side to girl's side and their guest. Because of this, it is called Mapillai Sodhi. Coming to the recipe, method of making sodhi vary from one home to other home. Here I used carrot, potato, drumsticks, coconut milk, moong dal and other ingredients are garlic and green chillies to make this authentic dish. Sodhi is supposed to be thin and watery but I like it thick. Best accompaniment for this dish are ginger chutney and potato fry or potato chips. Ginger chutney is given as a side dish to help for easy and quick digestion as coconut milk added is rich, creamy and heavy to stomach.

Ingredients

1 Coconut, Big
2 Carrots, Cut lengthwise
7 Drumsticks, pieces
2 Medium Size Potatoes, Diced
2 Tbsp of Moong Dal
15 Small Onion, Chopped
3-4 Green Chillies, Slit
3 Garlic Cloves, Big
1/2 Tsp of Turmeric Powder
2 Tsp of Lemon Juice

To Temper

2 Tsp of Oil
1 Tsp of Mustard Seeds
1 Tsp of Urad Dal
1 Sprig of Curry Leaves



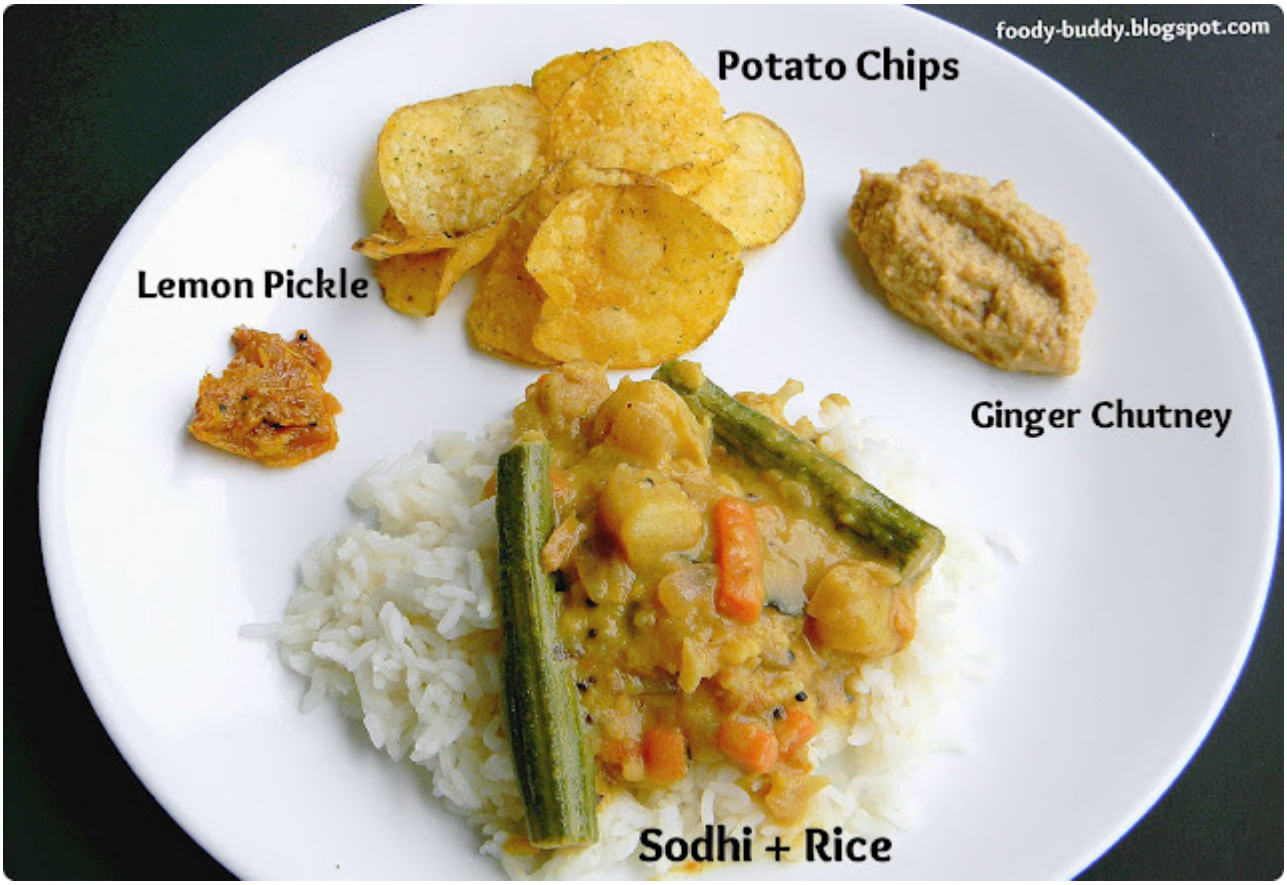
Method

- Wash and chop the vegetables, keep this aside.
- **Slit the green chillies and chop the garlic cloves.**
- **In a pan, add the moong dal with enough water and cook until it turns soft. Mash it with a spoon and keep this aside.**
- Grate the coconut and transfer this to a mixie /blender. Grind it by adding little water. Strain it with a strainer and extract the thick coconut milk, it will be around 1 cup and keep this aside. Add some more water to the coconut residue and grind it again and strain and take out the second milk. Repeat this one more time and add water, grind it and strain it and take out the third coconut milk. Mix both 2nd and 3rd thin coconut milk in a bowl. Keep this aside.
- Heat a pan, add chopped onion fry this for few mins until it turns golden brown.
- Add green chillies and garlic, fry this for few mins, add all the vegetables, turmeric powder and salt, fry this for few mins, add thin coconut milk. In a medium flame, cover and cook this vegetables until it turns soft about 7-10 mins.
- Add cooked and mashed moong dhal, mix well, bring it to a boil, now reduce the flame and add the thick coconut milk, stir well along with vegetables and cook for another 3-5 mins and turn off the flame. After 5 mins, add the lemon juice, mix well.
- Heat a pan with oil, add all the ingredients listed under ” To Temper” after mustard seeds splutter, transfer the tempering ingredients to sodhi, mix well.

- Serve this with hot rice and accompanied by ginger chutney and potato chips or potato fry. Also great side dish for appam and idiyappam.

Tips

- Other vegetables that can be used are green beans and peas.
- If you are not in a mood to extract the coconut milk, in that case get canned coconut milk from near by supermarket. If you are in abroad, you can get this in Thailand grocery store. For thin coconut milk, just add enough water to the thick and rich canned coconut milk. I tried this method, it tastes awesome.
- If you want your sodhi to be thin, just add little more water and cook for few mins.
- Addition of moong dal is optional. It just thickens the sodhi.
- Tempering also optional. Because my mother in law used to add it for flavor but my mom like it plain.



Ginger Chutney



Ginger chutney is very easy to make and delicious in taste. It is very good for digestion. It goes well with sodhi, idly or dosa

Ingredients

100 gms of Ginger
2 Tbsp of Urad Dal
2-3 Red Chillies
1 Sprig of Curry Leaves
Pinch of Jaggery (Vellam)
Salt to Taste

Method

- Heat a pan with oil, add red chillies, curry leaves, urad dal and ginger, saute this for 2-3 mins. Turn off the flame. Let it cool down for 5 mins. After that, transfer this to mixie, along with jaggery, grind it to a smooth paste.

Tips

- Don’t burn the urad dal while frying, as it causes bitter taste.
- Adjust the number of red chillies and salt according to your taste.
- Adding jaggery enriches the taste as ginger and red chillies are spicy in nature.

Health Benefits of Ginger

- Improves the absorption and assimilation of nutrients in the body.
- Feeling nauseous ? chew on ginger, preferably tossed in

honey.

- It has anti-inflammatory properties.
- Haven’t been feeling hungry…Eat fresh ginger before lunch to stoke dull appetite and fires up the digestive juices.



Urad Dal Chutney Recipe / Ulutham Paruppu Chutney



Urad dal chutney recipe / ulutham paruppu chutney / ulundhu chutney is popular in Tamilnadu. Main ingredients for this urad dal chutney are urad dal/black gram along with onion, coconut, red chillies and other seasonings. Urad dal and other ingredients are oil roasted and ground to a fine paste and finally seasoning added to it. Uludham paruppu thuvaiyal goes well with idly or dosa or paniyaram.

Ingredients

3 Tbsp of Split Urad Dal (White)
1 Medium Size Red Onion, Diced
1 Tbsp of Dried Coconut Flakes
Tamarind (Blueberry Size)
2-3 Red Chillies
1 Sprigs of Curry Leaves

Pinch of Asafoetida
Salt to taste
2 Tsp of Oil (Canola/ vegetable oil)

To Temper

1 Tsp of Oil (Canola/ vegetable oil)
1/2 Tsp of Mustard
1/2 Tsp of Urad Dal

Method

- Heat oil in a pan, add urad dal and roast until it turns to slightly golden brown color. Transfer this to a plate.
- Heat oil in a same pan, add red chillies, asafoetida and onion, saute this for a min. Then add dried coconut flakes, tamarind, curry leaves and salt, saute this for 2 mins. Turn off the flame. Transfer this to a plate. Let it cool for 5 mins.
- Transfer this urad dal-onion mixture to a blender/ mixie, grind it to a smooth paste. Transfer this to a serving bowl.
- Heat oil in a pan, add mustard seeds and urad dal, after it splutter, transfer this to a serving bowl containing chutney. Mix well. Urad dal chutney is ready.
- It goes well with idly or dosa or paniyaram

Tips

- You can use black whole urad dal instead of white split urad dal.
- You can use one tomato for extra tangy taste.
- Use fresh grated coconut in place of dried coconut flakes.
- Adjust the number of red chillies according to your

taste.

Health Benefits of Urad Dal

- Urad dal provides energy to the body.
- Rich in protein.
- Enhances digestion because of high in fiber content.
- Boost heart health because of high in magnesium level.

