Peerkangai Thol Thogayal / Ridgegourd Skin Chutney



Ridge gourd also known as Peerkangai or Chinese okra. It belongs to cucumber family, high in vitamins, minerals and fiber. Whenever I find ridge gourd in my nearby store, will surely buy it and make sambar and with leftover skin , I will make thogayal / chutney. It's really nice idea of using skin without wasting it. It has lots of fiber and nutrition in it. This is very easy to make thogayal and tastes yumm…Best accompaniment for this thogayal are idly or dosa or rasam rice or plain white rice.

Ingredients

2/3 Cup of Ridge Gourd Skin
2 Tbsp of Urad Dal
1 Tsp of Bengal Gram / Channa Dal
1 Tbsp of Dessicated Coconut Flakes
2 Garlic Cloves
2 – 3 Red Chillies
Pinch of Asafoetida / Hing
Tamarind – Blueberry/Small Gooseberry size
Salt to Taste
2 Tsp of Oil

To Temper

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

Method

- **Wash the ridge gourd and peel the skin. Keep this aside.**
- **Heat a pan with oil, add red chillies and garlic cloves, saute for a min until garlic turns soft.**
- **Add urad dal and channa dal, fry for 1-2 mins until it changes light brown color.**
- **Add coconut flakes, asafoetida, ridge gourd skin, tamarind and salt, saute for 2 mins. Once it done, turn off the stove. Let it cool down for 5 mins.**
- **Transfer everything to a blender, and grind until mixture turns smooth. Transfer this to a bowl.**
- **Heat a pan with oil, add all the ingredients listed under ” To Temper”. After mustard seeds splutter, turn off the stove and transfer this to chutney. Mix well.**
- **Serve with dosa or idly or rasam rice.**





Tips

- Adjust spicy taste according to your taste buds.
- You can add green chillies instead of red chillies.
- You can also add little ginger for extra flavor.
- Store it in an airtight container and refrigerate, it will last for 2-3 days.



Health Benefits of Ridge Gourd

- The juice is used as a natural remedy for jaundice.
- Low in saturated light and cholesterol, high in fiber, vitamins and minerals.
- It has blood purifying properties.
- Good for skin, liver and increases immune system.
- Aids in weight loss.
- Cellulose in ridge gourd helps to overcome constipation problem.



ONION TOMATO CHUTNEY | VENGAYAM THAKKALI CHUTNEY



Onion tomato chutney is very easy to make. In this recipe, onion, tomato, red chillies and garlic are saute well with oil and finally tempering with oil, mustard and urad dal. This chutney has got sweet, tangy and spicy taste because of roasted onions, tomato and red chillies. It goes well with idly or dosa or paniyaram or even use it as spread in sandwich.

Ingredients

To Saute

1 Large Red Onion
1 Large Tomato
3 Small Garlic Cloves
2 Red Chillies
2 Tsp of Oil

Salt to taste

To Temper

2 Tsp of Gingelly oil
1/2 Tsp of Mustard
1/2 Tsp of Urad Dal
Pinch of Asafoetida
Few Curry Leaves

Method

Wash and roughly chop the onion and tomato.

Sauteing

- Heat oil in a pan, add red chillies, saute for 1-2 mins until it turns dark black.
- Add garlic cloves, saute for a min (Don’t burn it)
- Add onion, saute for 1-2 mins until it turns golden brown color.
- Add tomato, saute for 1-2 mins by adding salt. Once it done,switch off the stove. Let the mixture cool down for 5 mins.
- In a blender, add onion-tomato mixture, blend until it turns to smooth paste.
- Transfer it to a bowl.

Tempering

- Heat a pan with oil, add mustard and urad dal, after it splutters, add asafoetida and curry leaves, switch off the stove.
- Transfer this tempering items to a bowl containing chutney (onion-tomato puree)
- Onion tomato chutney is ready to serve.



Tips

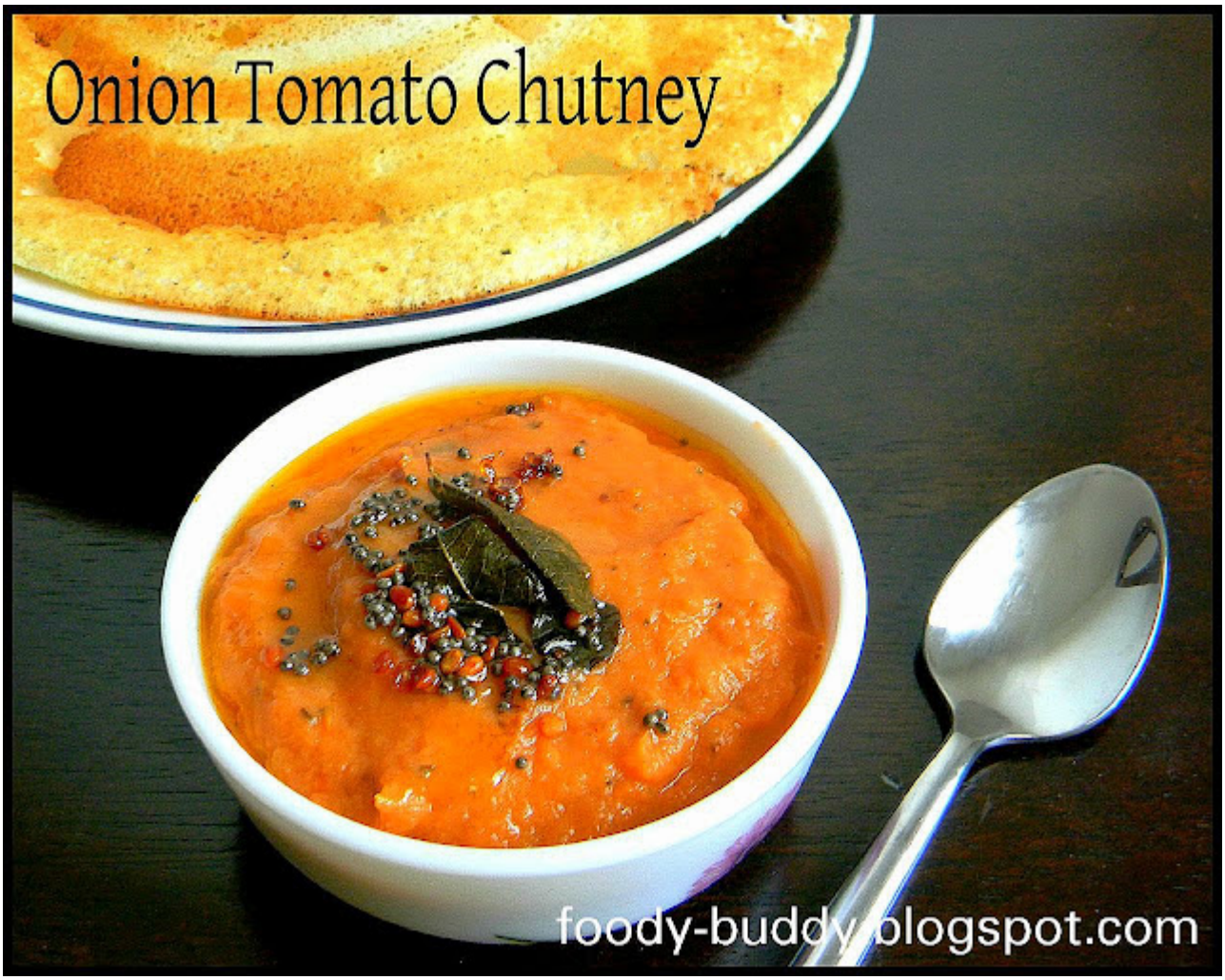
- Serve this spicy and tangy chutney for idly or dosa or paniyaram
- You can add green chilly for extra spicy taste.
- You can add coconut to this recipe.

Health Benefits of onion and tomato

- Onion are good source of vitamin C, B6, biotin, folic acid and dietary fiber.
- It contains large amount of sulfur, are especially good

for liver.

- Good source of quercitin, a potent antioxidant.
- Tomatoes are a good source of vitamin A, C and anti-oxidant.
- Tomato juice are very good for eyes, hair and skin.



Baingan Bharta/ Bhaingan Ka Bharta / Eggplant Curry/ Mashed Eggplant/ Roasted

Eggplant Curry/ Brinjal Curry- Step by step procedure



Baingan Bhartha is one of the North Indian recipe. Baingan means Eggplant, Bharta means anything that is mashed. Eggplant is grilled over direct fire or charcoal and the dish is infused with smoky flavor. You can also do them in outdoor grill or in oven. Broiling gives a good smoky flavor. Serve this dish with chapathi or Paratha.

Ingredients

1 Long Eggplant
1/4 Cup + 2 Tbsp of Chopped Onion
1 Green Chilly
2 Tbsp of Tomato Puree
1/2 Tsp of Turmeric Powder

1/2 Tsp of Red Chilly Powder
1 Tsp of Ginger Onion Garlic Paste
1/2 Tsp of Cumin Seeds
1/2 Tsp of Cumin Powder
Salt to taste
2- 3 Tsp of Oil/ ghee
2 Tbsp of Chopped Cilantro/ Coriander Leaves

Method

Roasting the Eggplant



Grease the eggplant with little oil, make slits all over the surface. You can do roasting in 2 ways

In Stove : One is by placing the eggplant straight on the burner, allowing the skin to get charred and blackened on all sides. Inside will be soft and mushy.

In Oven : Place it in oven in broil mode – high for 10 -12 mins, until eggplant skin turns charred and imparts smoky flavor. Once it done, remove it from the oven. Discard the skin and now scrap the inner flesh from each half, scraping right down to the charred skin and mash it and keep this aside.By seeing below pics, you can understand ” how to remove inner flush from eggplant”.









Cooking the Bharta

- Heat a pan with oil/ ghee, when it is hot , add cumin seeds, after they sizzle, add chopped onion, chopped green chilly and salt, saute it for 2 mins until onion are soft and transluent.
- Add turmeric powder, red chilly powder and cumin powder, saute this for a min.
- Add ginger onion garlic paste to it, fry this for another 1 min.
- Add tomato puree, cook until oil seperates from masala.



- **Add mashed brinjal / eggplant to the masala, cook until eggplant are well combined with the masala. Once it done. Switch off the flame.**



- **Finally garnish it with cilantro / coriander.**
- **Serve with naan / paratha / chapathi.**



Tips

- Serve with Indian flatbread/ naan / chapathi
- You can add garam masala, if you want. I didn't add because it masks the smoky flavor of the eggplant.
- You can also do the same recipe without onion and garlic, instead add ginger.
- Adding butter/ ghee gives a nice flavor to this dish.



Health Benefits of Eggplant

- Eggplants provide 2 g of fiber per cup. Fiber helps with digestion and colon health.
- Eggplants also are high in a chlorogenic acid, a powerful antioxidant offering antimicrobial and antiviral activities along with the ability to help lower bad cholesterol levels.


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Eggplant Curry