

# Elephant Yam Fry / Senaikizhangu Varuval

Elephant yam is a tuber and it is widely consumed in countries like Africa and Asian country like India. Elephant yam Fry / Senaikizhangu varuval / Suran Fry is my family favourite dish and this yam fry goes well with [sambar rice](#) or [rasam rice](#) or [dal rice](#). Personally I love to eat senaikizhangu varuval with hot and [spicy rasam](#).

To make Elephant yam fry – Yam takes long time to cook, so first they are cooked in boiling water till soft and then proceed sauting it with masala, garlic, spices and salt. Fennel make this yam fry so flavourful and tasty. Apart from making yam as side dish for rice, you can also eat it with chapathi. Try this elephant yam fry at home for [sambar](#) and let me know in comment box how it turned out..

Also try my other roast recipes : [Baby Potato Roast](#), [sweet potato roast](#), [Beans Mushroom stir fry](#)

## Health Benefits of Elephant Yam

- It acts as an anticoagulant.
- Increases estrogen level in the women body, helping in hormonal balance.
- It contains essential fatty acids, thereby increases good cholesterol in body.
- Natural cure for constipation and irregular bowel movements.
- Good for piles patients.
- Rich in vitamin B6, so it relief premenstrual syndrome.

©foodybuddy



## Elephant Yam Fry

Preparation Time : 10 mins  
: 30 mins

Serves : 3

Cooking Time

### Ingredients For Elephant Yam Fry

- 1/4 kg Elephant Yam / Senai,
- 2 Tsp of [Sambar Powder](#)
- 1/2 Tsp of Garam Masala
- 4 Garlic Cloves
- 1/2 Tsp of Fennel Seeds (Sombu)
- 2-3 Tbsp of Oil

## Method for Senai kizhangu varuval

- Peel the skin, wash and cut the yam into pieces (not too thick or thin)
- In a pan, add water and yam slices, boil them till it turns soft. Filter the water and keep it aside.
- Crush the garlic cloves in mortar and pestle.
- Heat a pan with oil, when it is hot, add fennel seeds, after it sizzles, add sliced yam, give a gentle stir, by flipping the slices to other side.
- In a medium flame, add crushed garlic, sambar powder, garam masala and salt, give a quick stir, do not break the slices, make sure the masala coats all the sweet yam pieces. Cover the lid and cook it for 5 mins.
- Add some more oil and turn the yam slices to other side, cover the lid and cook it for another 7 mins until it turns brown and crisp.
- Yummy yam fry is ready to serve with [sambar rice](#) or [rasam rice](#) or [dal rice](#).

## Tips

- You can cook the yam either in pressure cooker or in stove top.
- If you don't have sambhar powder, add 2 tsp of coriander powder, 1/2 tsp of turmeric powder and 1 tsp of red chilly powder.
- If you don't have coriander powder and red chilly powder, replace it with cayenne pepper and black pepper powder.
- Always cook in cast iron pan / irumbu kadai to get crispy yam.
- You can also marinate the potatoes in masala for 15 mins and then cook it.
- Adding garlic is to avoid gas flatulence.



Tags : [elephant yam fry](#), [yam fry recipe](#), [senaikizhangu varuval](#), [senaikilangu roast](#), [yam roast](#), [yam recipes in tamil](#), [yam side dish recipe](#), [tamil recipe](#), [side dish for sambar rice](#)

---

# Matar paneer Recipe | Mutter Paneer | Paneer Peas Curry

Matar Paneer / Paneer Peas Curry is a delicious and yummy curry of peas and a soft chunky pieces of paneer (cottage cheese) cooked in a onion tomato sauce, flavoured with aromatic spices. This paneer peas masala goes well with chapathi, naan, phulka or pulao. Try this delectable, creamy matar paneer to chapathi as it bring North Indian flavour right to your home.



## **Ingredients**

- 1 Packet (200 gms) Paneer (Indian Cottage Cheese)
- 1 Cup of Green Peas, Boiled
- 2 Tsp of Coriander Powder
- 1 Tsp of Kasmiri Red Chilly Powder
- 1/2 Tsp of Garam Masala

- 1 Tsp of Kasuri Methi (Dried Fenugreek Leaves)
- 1/2 Cup of Milk (Full Fat)
- 2 Tbsp of Butter
- 3/4 Tsp of Cumin
- 3 Tbsp of Oil
- Salt To Taste

### **To Grind**

- 4 Medium Size Tomatoes
- 1 Large Onion
- 1 Clove
- 1 Cardamom
- 1 Cinnamon
- 5 Garlic Cloves
- 1/2 Inch Ginger
- 5 Cashews



### **Method**

- Toast the both sides of paneer by placing them in a oil coated dosa pan (Tawa) and keep it aside.
- Boil the peas in microwave or pressure cooker for 10 mins. Keep it aside.
- Heat oil in a pan, add clove, cardamom, cinnamon, onion, fry for 2 mins, add ginger, garlic, saute this for

another 2 mins until raw smell vanishes, finally add tomatoes and cashews, saute this for 2 mins. Turn off the heat. Let it cool down and grind this in mixie into a smooth paste.

- Heat a pan with oil, add cumin (Jeera), after it sizzles, add ground paste and salt, fry this for 3-5 mins until oil separates.
- Now add coriander powder, kashmiri red chilly powder and garam masala, fry this for 2 mins. Add 1/2 cup of water and allow this to boil for 5 mins.
- Add boiled peas and kasuri methi, mix well with masala. Add milk and toasted paneer, cook it for 5 mins. Turn off the flame. Finally add butter and mix well.

**Yummy, thick and creamy Mutter Paneer is ready to serve with roti or chapathi or naan.**

### **Tips**

- You can add fresh panner or toasted paneer or deep fried paneer to this recipe.
- Use normal red chilly powder or green chilly instead of Kashmiri chilly powder..
- You can also make this dish without onion and garlic.
- To make this dish more creamy, add 1/2 cup cream instead of milk.

### **Health Benefits of Peas and Paneer**

- Paneer : good source of calcium, protein and it prevents stomach disorders.
- Peas : good for bones & heart, prevents constipation, strengthen the immune system



---

## [Soya Chunks Mushroom Curry | Meal Maker Kurma](#)



## *Soya Chunks Mushroom Curry*

It looks like non-vegetarian dish, right ? But it has a healthy meat replacement ingredients, Soya Chunks (Meal Maker) curry with mushroom. Both soya chunks and mushroom are rich in protein and very nutritious. Soya Chunks / Soy Nuggets curry is a flavorful and aromatic dish that goes well with [chapathi](#), [biryani](#) or [pulao](#). I am not a big fan of soya chunks but my husband loves it. So I used to make this meal maker korma once a month for him. Soya chunks are soft and succulent after cooking and the spices added here makes the soya chunks tasty and yummy. Do try this yummy soya chunks mushroom curry recipe and am sure you will love this with [chapathi](#) , [biryani](#) or [kuska](#). Here goes the recipe

Preparation Time : 15 mins

Cooking Time : 10 mins

Servings : 2 People

### **Ingredients**

12 Soya Chunks(Big)

3 Mushroom, Sliced

1 Large Red Onion, Finely Chopped

1 Medium Size Tomato, Finely Chopped

1 Tbsp of Tomato Paste

Salt to Taste

Water as Needed

### **To Grind**

1/4 Tsp of Fennel Seeds

1.5 Tbsp of Grated Coconut

2 Tsp of Sambar Powder

2 Garlic Cloves

1/2 Inch of Ginger

### **To Temper**

2 Tsp of Oil

Medium Size Cinnamon Stick

1/4 Tsp of Fennel Seeds

Few Curry Leaves

### **To Garnish**

Coriander Leaves

### **Method**

- Cook the soya chunks in boiling water with salt for 10 mins. Drain the water and rinse it in cold water for two times, squeeze the excess of water and set it aside.
- In mixie, grind all the ingredients listed under "To Grind" to a fine paste along with little water.

- In a pressure cooker, heat oil, add cinnamon stick, fennel seeds, curry leaves, after it splutters, add onion, fry this for 2 mins until it turns golden brown, add ground paste, fry this until raw smell vanishes.
- Add tomato, saute this until it turns soft and mushy.
- Add soya chunks, mushroom, salt and water, saute this for 2 mins, cover and pressure cook it for 2 whistles.
- Finally garnish it with coriander leaves.
- Hot, fingerlicking kurma is ready to serve with [biryani](#) or [chapathi](#).

### Tips

- You can use other veggies like potato and cauliflower in place of mushroom.
- If you don't have sambhar powder, you can use 2 tsp of coriander powder and 1 tsp of red chilly powder.
- Use 2 medium size tomatoes for this dish, since I don't have extra tomato, I used tomato paste.
- If you want your curry to be thick, use less water before pressure cooking.
- You can also add lemon juice at the end, if you like it more tangy.

### Health Benefits of Soya Chunks and Mushroom

#### Soya chunks

- They are good source of protein, iron and calcium.
- It reduces the risk of osteoporosis in women.
- It controls the LDL cholesterol in body.

#### Mushroom

- Low in calories
- High in protein and fiber.
- Good source of iron, niacin, vitamin B, C and D and anti-oxidants.
- Significant anti-bacterial activity.

- Good for immune function and cardiovascular benefits.



Tags : [meal maker recipe](#), [meal maker korma](#), [soya chunks curry](#), [soya chunks kurma](#), [soya chunks korma](#), [mushroom curry](#), [soya chunks mushroom curry meal maker curry](#), [meal maker indian style](#), [soya chunks indian style](#), [how to make meal maker kurma](#), [how to make soya chunks kurma](#), [side dish for khuska](#), [side dish for chapathi and biryani](#)