

Sippy Kaalan Kurma / Oyster Mushroom Curry – Mushroom Recipes



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Oyster mushroom / Sippi Kalan are popular in cooking, you have to torn it instead of slicing it. They are very good for health, they are delicate, tender and they cook very easily. When I was living in Coimbatore, my father got this mushroom from nearby market where they sell all kinds of mushrooms and they got it from a source in Ooty. So every weekend my mom makes this curry for rice. Also you can use this mushroom in making rice, stir fries, curries and soups. They are low in calories and high in protein and fiber..This

curry goes well with rice or [chapathi](#) or [peas pulao](#) or [dosa](#).

Ingredients

1.5 Cup of Oyster Mushroom / Sippy Kalan
1 Large Red Onion or 2 Medium Size Onion
2 Big Tomatoes
1 Tsp of [Sambhar Powder](#)
2 Tbsp of Chopped Coriander Leaves
Salt and Water as Needed

To Grind

Coconut 1.5 Tbsp of Dried Coconut Flakes / Fresh Grated
2 Garlic Cloves, Big
1 Inch of Ginger
1 Clove
1/2 Inch of Cinnamon Stick
1 Cardamom
1/4 Tsp of Fennel Seeds

To Temper

3 Tsp of Oil
1/2 Inch of Cinnamon Stick
1/4 Tsp of Fennel Seeds
Handful of Curry Leaves
1 Small Bay Leaf



Method

- Wash and torn the mushroom with hand instead of slicing it with knife. You have to torn it from upside down like 5 pieces out of single mushroom. Keep this aside.
- Grind all the ingredients listed under “To Grind” to a smooth paste. Keep this aside.
- Heat oil in a cooker, when it is hot , add fennel seeds, cinnamon stick, bay leaf and curry leaves, fry this for a min.
- Add chopped onion and salt, fry this for 2 mins until it turns golden brown.
- Add ground paste to it, fry this for 2 mins until raw smell vanishes.
- Add chopped tomato, fry this until tomato turns soft and mushy.
- Add Kalan / Oyster mushroom, fry this for another 2 mins.
- Add [Sambhar powder](#), saute this for a min, add enough water, say 2 cups of water. Check the salt. Close the lid and wait for 2 whistles. Turn off the flame. Let the pressure release on its own.
- Open the lid, add chopped coriander leaves, mix well .
- Serve immediately. It goes well with plain rice or [peas pulav](#) or [chapathi](#) or [dosa](#) or [idly](#).

Tips

- 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.
- You can also make same kurma with any mushroom like white button mushroom and baby bella mushroom.
- Adjust the amount of red chilly powder and salt according to your taste.

Health Benefits of Oyster Mushroom / Sippy Kalan

- 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 system.

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