

Sundakkai Sambar / Pachai Sundakai Recipe



Today's recipe is Sundakkai Sambar. It's scientific name is Solanum torvum. Turkey berry in English, usthikaya in Telugu, bhankatiya in Hindi is well known for its wonderful health benefits. It's been used widely in Thai cuisine but in Tamilnadu, we use dried turkey berry to make [sundakkai vathal kuzhambu \(Dried Berry in tamarind sauce\)](#) and [sundakai sadham](#). I make it often at home. Health Benefits of Turkey Berry / Wild Eggplant / Sundakkai includes:

- **Good for mouth and stomach ulcers.**
- **Rich in fiber content.**
- **Good for bone development.**
- **Good antidote for worms in stomach.**
- **Regular consumption increases the blood count.**
- **Treats anemia.**
- **It controls diabetes and blood pressure.**

Sundakai sambar recipe is favourite sambar to me and to my family. My brother got big bag of pachai sundakai from Koyambedu market. My mom make lot of recipes with pachai sundakai like sambar, kootu or soup. When I was in India last year, mom made this sambar. It was in my drafts, today I am posting it for you. This sambar is made with moong dal, onion, tomato and other spices. Not only the sambar is tasty, they are healthy and has got more medicinal properties. This pachai sundakai sambar can be used as side dish for idly or dosa or pongal or rice. We had it with samai pongal. Try this sundakai sambar recipe at home and enjoy !!

How to make Sundakkai Sambar Recipe

Ingredients for Sundakkai Sambar

- 1 Cup of Sundakkai (Turkey Berry)
 - 1/2 Cup of Moong Dal
- 12 Small Onions(shallots)
 - 2 Tomatoes, Chopped
- 1/2 sp of Turmeric Powder
 - 2 Tsp of Sambar Powder
- Salt and Water as needed
 - Few Coriander Leaves

To Temper

- 2 Tsp of Oil (Gingelly Oil)
 - 1 Tsp of Mustard Seeds
 - 1 Tsp of Urad Dal
 - Pinch of Asafoetida
 - Few Curry Leaves
 - 1-2 Red Chilly

Method for Sundakkai Sambar

- Remove the stalk and wash the berries (sundakkai), pat dry it, crush it with mortar and pestle.
 - Soak the moong dal for 30 mins and in a pressure cooker, add moong daal, 2 cups of water, salt, turmeric powder and oil. Cook it for 3 whistles.
- Heat a pan, when it is hot, add oil, add onion, fry this until it turns golden brown. Add tomatoes, fry until it turns mushy, add berries and sambar powder, fry them for a min, add enough water, allow it to boil for 7-10 mins. Add boiled moong dal and give a quick stir. Add salt if necessary.
- Heat a small skillet with oil, add red chilly, after it turns dark, add mustard seeds, urad dal, curry leaves and asafoetida, after it splutters, transfer it dal pan, mix well. Finally add coriander leaves and stir well.
- Hot, delicious sundakai sambar is ready to serve for breakfast.

Tips

- If you want your sambar spicy, add green chillies, while sauting or increase the amount of sambar powder.
 - You can also try with other dals.
- There are chances for the presence of tiny worms, so wash it and use it carefully.

Pachai Sundakkai Sambar



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Tags

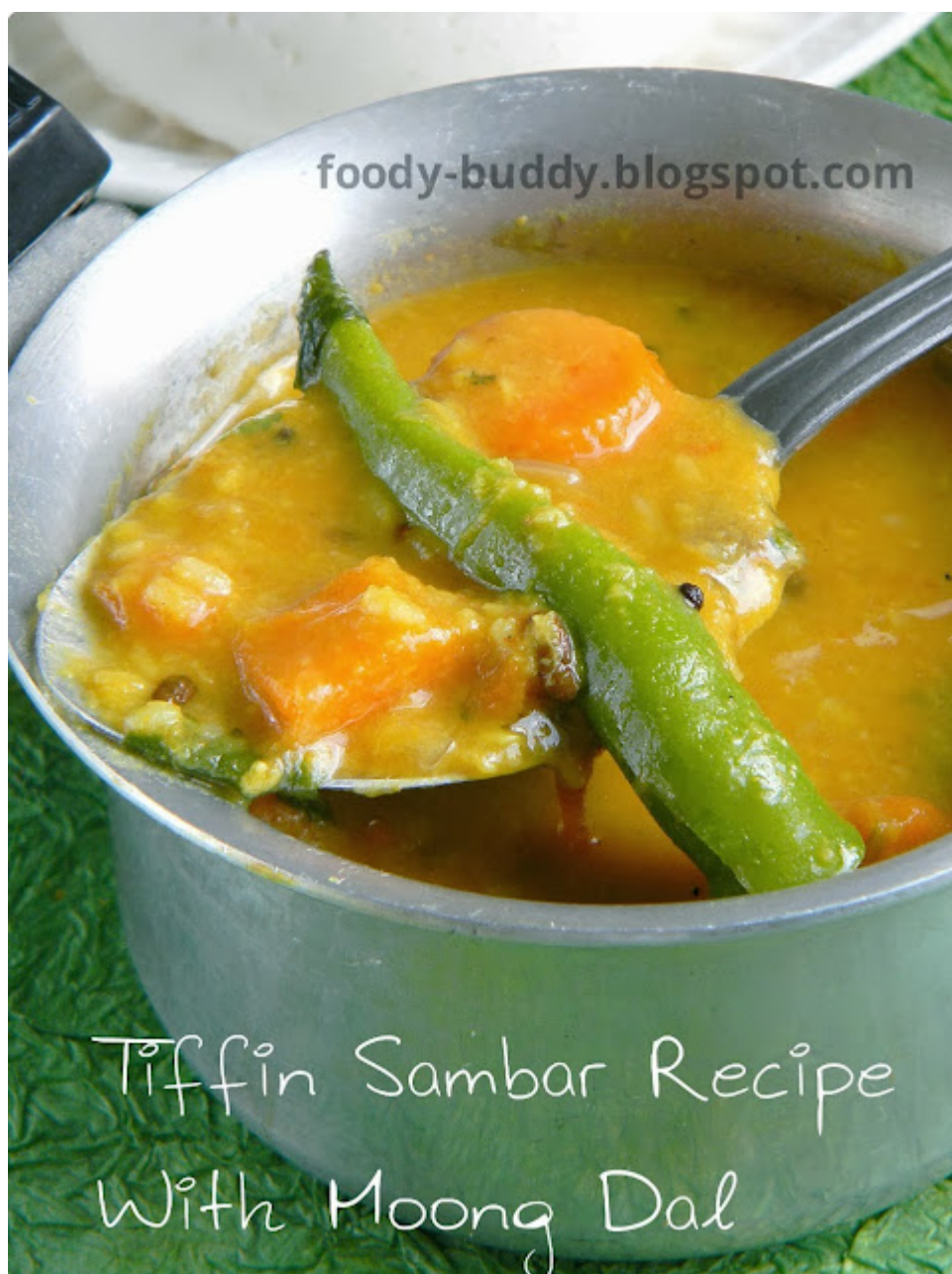
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Tiffin Sambar Recipe | Idly Sambar Recipe With Moong Dal



Idly, sambhar and filter kappi(coffee) is Tamilnadu's traditional healthy breakfast recipe as rice and dal in idly and dal in sambar makes a complete protein. This tiffin sambar is a perfect side dish for idly and dosa. You

can make this sambar without vegetables or with any vegetables like yellow pumpkin, potatoes(urulaikilangu sambar), shallots(vengaya sambar), brinjal or drumsticks. Addition of ghee and sambar powder make this sambhar more flavorful and aromatic. Every week I used to make this sambhar for idly. The hot idly and sambhar combination is just heavenly in taste. Do try this sambar without tamarind for idly dosa and let me know how it turned out.



Ingredients

1/2 Cup of Moong Dal
1/2 Tsp of Turmeric Powder
3 Tomatoes, Chopped
2 Big Carrots, Chopped
Salt to taste
1/2 Tsp of Sesame Oil
2 Cups of Water

To Temper

2 Tsp of Sesame Oil
1 Tsp of Mustard Seeds
1 Tsp of Urad Dal
1/2 Tsp of Fenugreek
Pinch of Hing (Asafoetida)
1 Sprig of Curry Leaves
1 Red Onion, Chopped
2 Red Chilies
2 Green Chilies, Slit
1 Tsp of Sambhar Powder

Other Ingredients

1 Tsp of Sugar
2 Tbsp of Chopped Cilantro (Coriander Leaves)
1 Tsp of Ghee

Method

- Wash and chop the carrots, onion, tomato and slit the green chilies.
- Soak the dal for 30 mins, wash and drain the water.
- In a pressure cooker, add dal, chopped carrots, tomatoes, turmeric powder, salt, oil and water. Close the lid and pressure cook this for 3 whistles and turn off the flame.

- Heat oil in a pan, add mustard, urad dal, red chilies, fenugreek, asafoetida and curry leaves, after it splutters, add chopped red onion, slited green chilies, fry this until it turns transparent. In a medium flame, add sambhar powder, give a quick stir. Now transfer the dal to the pan, add little water, mix well, bring it to a rolling boil, add sugar, mix well, boil for 2 mins and turn off the stove. Finally add ghee and chopped coriander leaves.

Tips

- Perfect side dish for idly and dosa.
- You can use any vegetables like potato or pumpkin or brinjal or drumstick or small onion.
- You can also use toor dal in place of moong dal.
- Use sesame oil for this sambar.
- Adjust the amount of spiciness according to your taste.

Health Benefits of Moong Dal

- They are high in fiber and protein, and low in fat. Eating lentils and other foods that are rich in soluble dietary fiber can help decrease high cholesterol.
- This dal is very good for pregnant ladies, kids and older people as it is easily digestible.



Idly Sambar Recipe