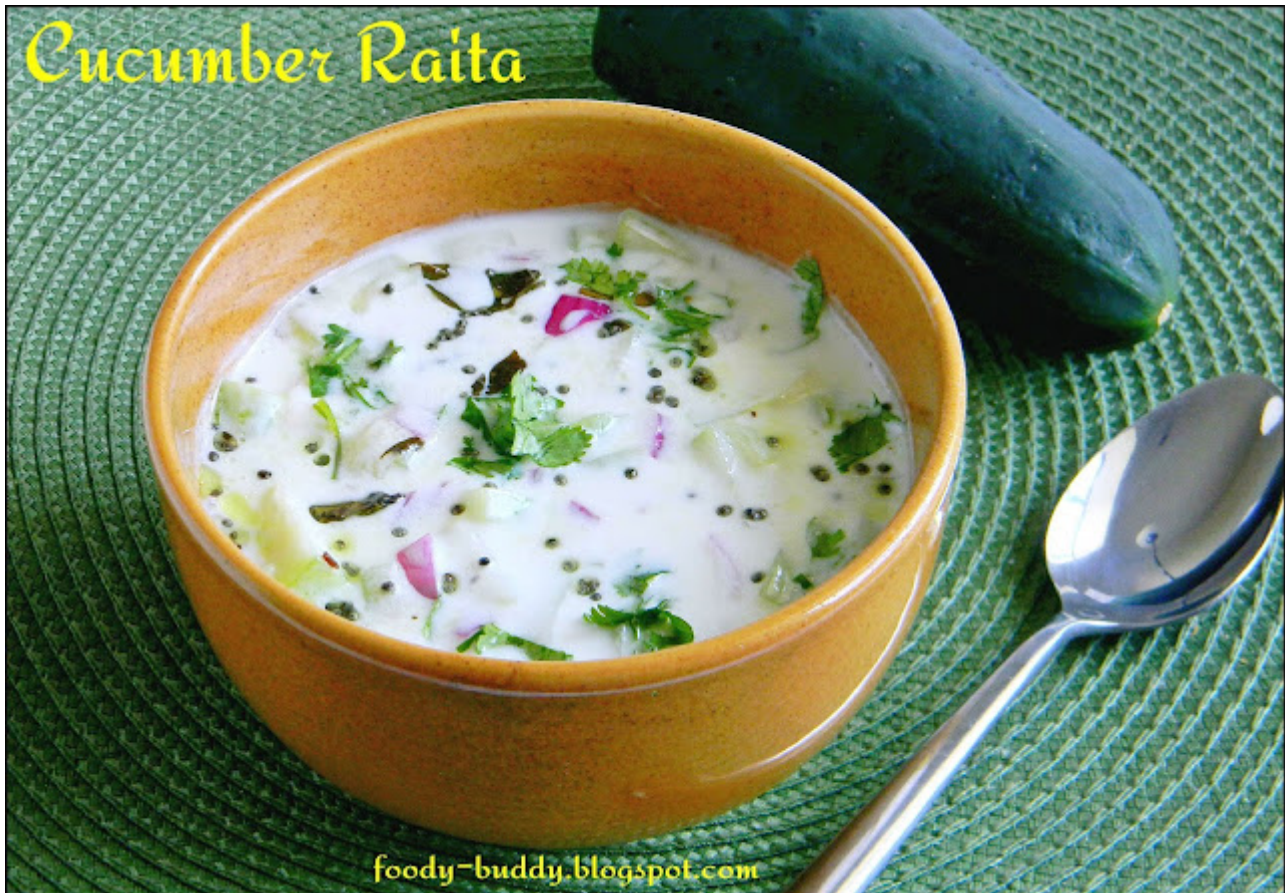


# Cucumber Raita / Cucumber Yogurt Salad

Pinit



*Raita is a cucumber-yogurt salad used in Indian cuisine as a cooling balance to the spicy dishes like biryani. This is so simple and easy to make dish. I really love this raita because of its cooling properties. Best accompaniment for raita is [biryani](#). Also you can use it as dip for pita chips or potato chips.*

## Ingredients

- 1 Medium Sized Cucumber, Diced
- 2 Cups of Yogurt / Thick Curd
- 1/4 Cup of Red Onion, Finely Chopped
- 1/4 Tsp of Roasted Cumin Powder

**Pinch of Kala Namak / Black Salt**  
**1 Green Chilly, Finely Chopped**  
**2 Tbsp of Coriander Leaves, Chopped**  
**Salt to Taste**

To Temper

**2 Tsp of Oil**  
**1 Tsp of Mustard Seeds**  
**1 Sprig of Curry Leaves**

Method

- **Wash and peel the cucumber skin. Chop them into pieces. Keep them aside.**
- **Roast the cumin seeds in a medium heat for a few seconds until nice aroma comes. Powder it in a mortar and pestle.**
- **In a bowl, using whisk, whip the curd/yogurt until smooth and creamy.**
- **To the yogurt bowl, add chopped onion, cucumber, green chilly, roasted cumin powder, black salt, coriander leaves and salt. Mix well with a spoon.**
- **Heat oil in a pan, add mustard seeds and curry leaves, after it splutter, transfer this to the yogurt bowl. Mix well.**
- **Serve immediately with [biryani](#) or cover and refrigerate it for 15 mins to allow flavors to blend.**



## Tips

- You can add red chilly powder or pepper powder instead of green chilly.
- Adding mint leaves gives you great flavor.
- You can also make raita without adding the tempering.
- Greek yogurt tastes great for raita.
- You can add grated or diced cucumber for making raita.





### **Health Benefits of Cucumber**

- **Keeps the body hydrated.**
- **Rich in vitamin A and B**
- **Good for skin, joints and teeth.**
- **Aids in digestion and weight loss.**
- **Stimulates hair growth.**
- **Fight against cancer.**



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## Peerikangai 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.



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## Pudalangai      Poriyal      / Snakegourd Curry with Milk

[Pin it](#)





**Snakegourd or pudalangai, is so called because it looks like snake, can grow from foot to six feet in length. Snake gourd belongs to cucumber family, widely grown in India, Thailand, Nigeria and Australia. This is quite a popular vegetable in Indian cooking. In North India, they cooked with dal(Lentil Soups). In South India, they make it as dry curries, gravies and raitha. It is high in water content, low in calories, fat free but filling and great to include in weight loss diets.**

**Coming to this recipe, they are cooked with spices, coconut and milk. This flavorful curry is a good accompaniment for [rasam](#) rice or [dal](#) rice or [puli kulambu](#). Try this recipe and let me know your feedback.**

### **Ingredients**

**1 Snake Gourd, Medium Size**



2 Tbsp of Chopped Red Onion  
1/2 Tsp of Turmeric Powder  
1 Tsp of Red Chilly Powder  
1 Tbsp of Dried Coconut Flakes  
3 Tbsp of Milk (2%)  
Salt to Taste

### To Temper

2 Tsp of Oil  
1 Red Chilly  
1 Tsp of Mustard  
1 Tsp of Urad Dal  
1 Sprig of Curry Leaves

### Method

- Wash the snake gourd in the cold tap water. Cut it into 2 halves. Slit the chopped pieces and remove the white centre part of the seeds using hand or with spoon and discard it. Chop the vegetables into small pieces.
- Heat a pan with oil, add red chilly (Break it), mustard seeds, urad dal, curry leaves, after it splutter, add the chopped onion, fry for 2 mins until it turns golden brown.
- Then add chopped snake gourd, turmeric powder, red chilly powder and salt. Saute for a min. Sprinkle some water and cover the pan with a lid and cook it in a medium high flame for 5 mins or until it turns soft.
- Open the lid, add the dried coconut flakes, saute for a min.
- Finally add the milk, mix well with the veggie, cook for a min and turn off the flame.
- Enjoy the snake gourd curry with rice.



## Tips

- Best accompaniment for this curry is [Kara Kulambu](#) or [Puli Kulambu](#). or [Rasam](#)
- You can use either dried coconut flakes or the fresh coconut.
- Use coconut milk instead of 2% Cow's milk.
- Additionally you can add jeera or cumin for tempering.
- Use coconut oil or vegetable oil for cooking this curry.

## Health Benefits of Snake Gourd

- Snake gourd juice is a effective treatment for

dandruff.

- It has been found that its leaves are useful for treating jaundice and palpitations(Irregular Heart Beat)
- Snake Gourd has high in water content and has a cooling effect on the body.
- It has lot of fibers, which helps in digestive tract healthy and also good for diabetes.
- Good source for magnesium, calcium and phosphorous.

