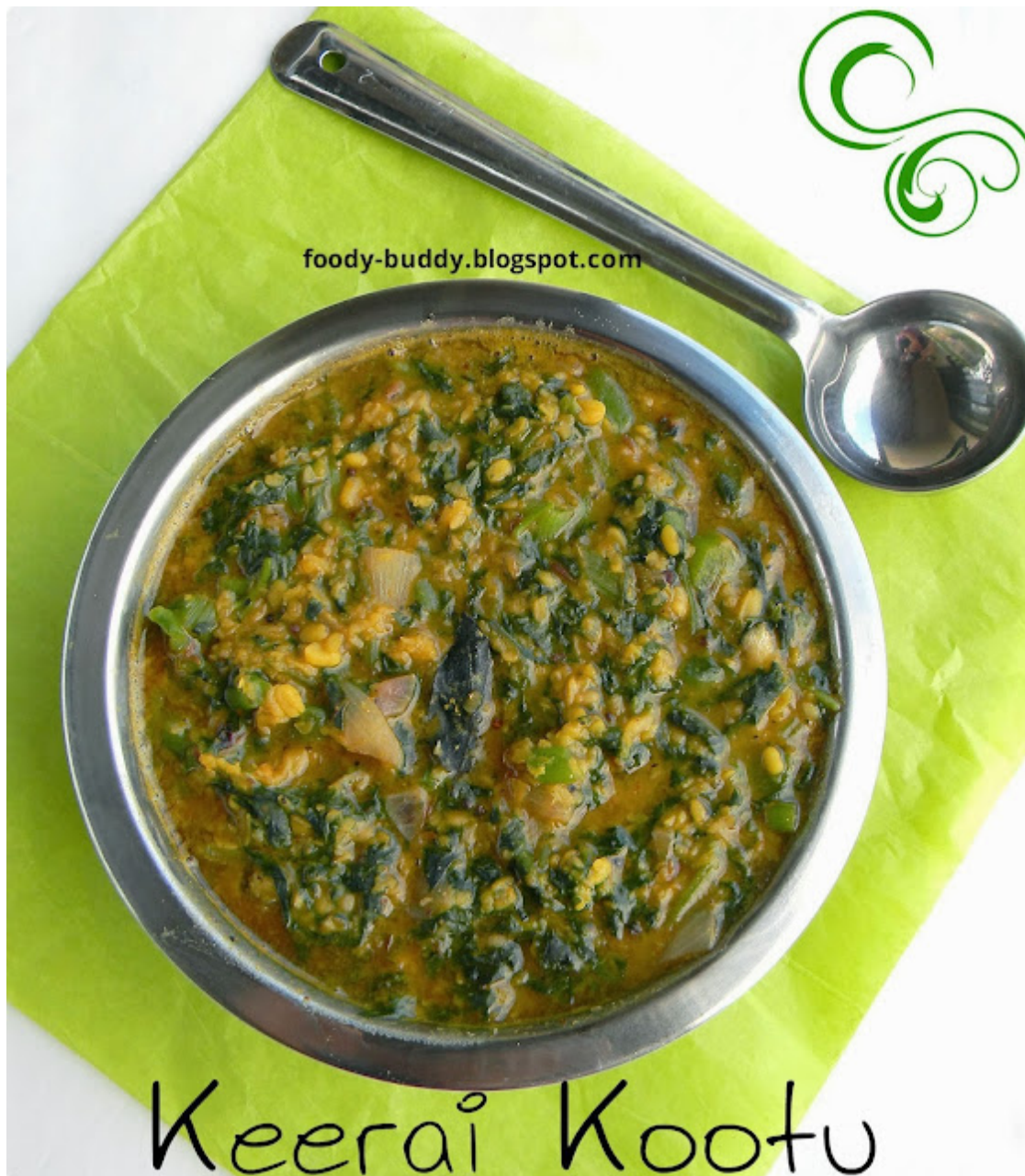


Keerai Kootu Recipe | Thandu Keerai Kootu



Keerai Kootu recipe is a dal based curry, cooked with greens. Here I used chinese spinach/Amaranth Greens / Thandu keerai to make this kootu. This is a authentic simple and delicious Tamil recipe which requires very less oil and it is a easy recipe for bachelors to cook keerai kootu recipe. From childhood, I love to eat greens(keerai). But I miss a lot of keerai variety in US like ponnaganni keerai, sirukeerai, agathi keerai and murangakeerai. Both Me and my husband love

keerai kootu a lot. I make this kootu everyweek for lunch. Very satisfying and comforting food to enjoy for lunch along with some kara kuzhumbu or sundal kulambu, rice and appalam. You can follow the same recipe for mulaikeerai kootu, sirukeerai kootu or ponnakannikirai kootu. Try this thandu keerai kootu recipe with moong dal for lunch and stay healthy.

Ingredients for keerai kootu recipe

1 Bunch (2 Cups) of Red Spinach / Pasalai Keerai
5 Small Onions (Shallots)
1 Tsp of Sambhar Powder
1/2 Tsp of Black Pepper Powder
Salt and Water as Needed

To Pressure Cook

1/2 Cup of Yellow Moong Dal
1/2 Tsp of Turmeric Powder
Pinch of Asafoetida(Hing)
1/2 Tsp of Oil
1/2 Tsp of Salt

To Grind

2 Tbsp of Freshly Grated Coconut
1/2 Tsp of Whole Cumin

To Temper

1.5 Tsp of Oil
1 Tsp of Mustard Seeds
3/4 Tsp of Urad Dal
1/8 Tsp of Fenugreek Seeds
1/2 Tsp of Whole Cumin
1 Red Chilly
1 Sprig of Curry Leaves

Method for thandu keerai kootu recipe

- Wash the greens and chop them into finely.
- In a mixie (blender), add coconut and cumin, grind it to a smooth paste.
- Soak the moong dal for 30 mins. Wash and drain the water. In a pressure cooker, add all the ingredients listed under "To pressure cook", close the lid and cook it for 2 whistles. Keep it aside.
- Heat oil in a pan, add all the ingredients listed under "To Temper" list add one by one, after mustard seeds sizzles and urad dal and red chilly changes color, add chopped onion, fry until it turns golden brown, then add chopped keerai, fry them for a min, add 1/4 cup of water, cover and cook it for 2 mins. Add the ground mixture, sambhar powder and pepper powder, fry well with keerai for 1-2 mins. Finally add the cooked moong dal and required salt, mix well. Cover and cook it for 5 mins in a medium flame until semi -thick in consistency.
- Serve hot with steamed rice and ghee.

Tips

- Use any type of keerai like araikeerai, thandukeerai or ponnagani keerai.
- Use toor dal or chana dal in place of yellow moong dal.
- You can use big red onion in place of small onions.

Health Benefits of Amaranthus Leaves / Thandu Keerai

- Rich source of vitamin A, C and folate.
- It has good source of amino acid like lysine, which is limited in other grains.
- Prevents hair loss and greying.
- Reduces cholesterol and prevents the risk of cardiovascular disease.
- It boosts the immune system.

Amaranthus Leaves Kootu



Tags : [Kootu](#), [kootu recipe](#), [keerai kootu recipe](#), [keerai kootu](#), [how to make kootu](#), [how to make keerai kootu](#), [south indian kootu](#), [tamil recipe](#), [thandukeerai kootu](#), [mulaikeerai kootu recipe](#), [side dish for kara kulamb](#), [thandu keerai kootu recipe](#)

[Stir Fried Asparagus With](#)

Mushroom Recipe | Asparagus Stir Fry



Asparagus is also called Thannervittan Kilangu in Tamil. This is a delicious and healthy stir fry of asparagus and baby bella mushroom. Asparagus is a power house of goodness because it has lot of health benefits like detox, anti-aging properties and it increases the chances of fertility, so it should be added to the healthy diet. This stir fry is full of flavor of coconut oil and steak seasoning. Here, I used Tamari in place of table salt. With just 5 ingredients, you can make this asparagus dish in less than 15 mins. This easy asparagus (Thannervittan Kilangu) stir fry goes well with rice.

Ingredients

10 Oz of Asparagus
5 Baby Bella Mushroom, Sliced
1/2 Tsp of Steak Seasoning
1 Tsp of Tamari / Soy Sauce or to taste
1/4 Cup of Water
2 Tsp of Extra Virgin Coconut Oil

Method

- Wash and slice the mushroom into thin slices.
- Wash and cut the lower end of the asparagus.
- Heat coconut oil in a cast iron pan over medium heat, add asparagus and mushroom, saute this for 2 mins, add steak seasoning, mix it to evenly coat asparagus. Add water and tamari or soy sauce, mix it, cover and steam until water evaporates and asparagus turns tender, about 5-7 mins in medium flame.
- Yummy asparagus baby bella mushroom stir fry is ready to serve.

Tips

- If you don't want soy sauce in your stir fry, you can use normal table salt.
- Add garlic powder, pepper powder, red chilly flakes and salt in place of steak seasoning.
- You can use cooking oil instead of EV Coconut Oil.
- Steak seasoning is little salty in taste so be careful in adding tamari or soy sauce.

Health Benefits of Asparagus

- Good source of vitamin A, E, C, K and folate.
- Rich source of glutathione, a detoxifying compound that helps to break down the carcinogens.

- Increases the chances of fertility
- It contains anti-inflammatory compound that protects you from diabetes type II and heart disease.
- It can help to prevent osteoporosis, osteoarthritis and birth defects.
- It helps to lose weight.



[Green Peas Kurma Recipe | Pattani Kurma – Side Dish for Chapathi](#)



Today I am sharing my amma signature recipe of Green Peas Korma which is very close to my heart. My mom makes this pattani kurma at least once a month as side dish for chapathi, phulka and also it tastes good with dosa. I prefer to use frozen peas, you can also substitute it with fresh or dries peas along with potato or any other vegetable of your choice. Coconut, cashews, yogurt along with other aromatic spices are used for this kurma. Addition of mint gives a nice flavor to the dish. You can also make kurma as a side dish for pulao. Try this green peas curry and let me know how it turned out.

Ingredients

3/4 Cup of Green Peas, Frozen or Fresh
1 Big Red Onion, Finely Chopped

2 Medium Size Tomatoes, Finely Chopped
1/2 Tsp of Garam Masala
1/2 Tsp of Turmeric Powder
1 Tbsp of Yogurt(Curd)
1/4 Cup of Milk (2%)
Salt to taste
Water as needed

To Grind

Coconut 1 Tbsp of Dry Dessicated Coconut or Fresh Grated
1 Inch Size of Ginger
3 Big Garlic Cloves
1/4 Tsp of Cumin Seeds
3 Green Chilies
6 Cashew Nuts
7 Mint Leaves
1 Small Size Cinnamon Stick

To Temper

2 Tsp of Cooking Oil
1 Medium Size Cinnamon Stick
1/4 Tsp of Fennel Seeds
1 Sprig of Curry Leaves

Method

- In a blender(mixie), add all the ingredients listed under "To Grind" List, grind it to a smooth mixture.
- Heat oil in a pressure cooker, add fennel seeds, cinnamon stick and curry leaves, after they sizzle, add chopped onion and little salt, fry this for few mins until they turn golden color.

- Add chopped tomatoes, fry this until they turn soft and mushy.
- Add garam masala, turmeric powder and ground paste, fry this for few mins until raw smell vanishes.
- Add little yogurt and green peas, mix well with the masala. Add enough water and milk, check the salt, close the lid and cook it for 2 whistles. Turn off the flame.
- Finally garnish it with chopped cilantro. Flavorful green peas korma is ready to serve with hot chapathi or phulka.

Tips

- If you are using fresh green peas, steam it or pressure cook it for 3 whistles until they turn soft, then follow the recipe.
- You can also add few drops of lemon juice after pressure cooking for more tangy taste.
- If you don't like fennel seeds, just do the tempering with cinnamon and curry leaves.
- Addition of cashews gives a nice taste to the korma.
- Mint adds a flavor to the kurma.
- If you don't have green peas, use any vegetables of your choice by following the same recipe.

Health Benefits of Peas

- They are low in fat.
- Prevents stomach cancer.
- Anti-aging, strong immune system and energy.
- Prevention of wrinkles.
- Regulates blood sugar levels.

Green Peas Kurma



Tags : [Greenpeas Korma](#), [Greenpeas Kurma](#), [Pattani Kurma](#), [Pachai Pattani korma](#), [how to make kurma](#), [greenpeas recipe](#), [greenpeas sidedish](#), [sidedishforchapathi](#), [kurmarecipe](#)