

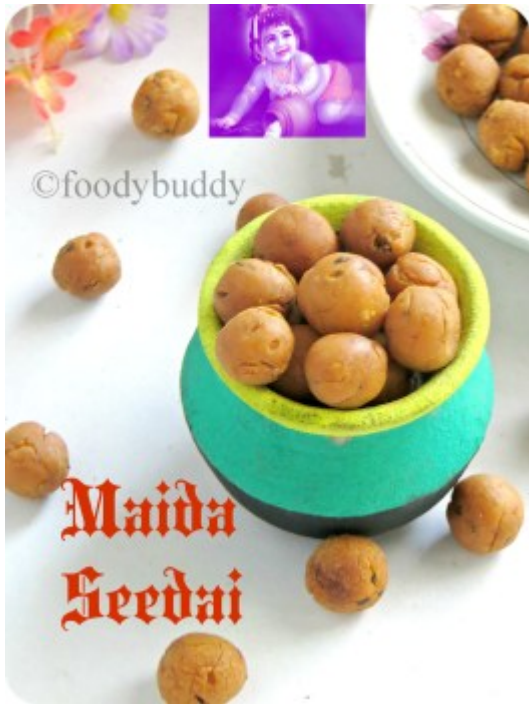
# [Krishna Jayanthi Recipes – 2014](#)

## **Krishna Jayanthi Recipes – Gokulashtami Recipes – 2014**



Google image

In 2014, Krishna Jayanthi falls on 17th of August. So here are the Gokulashtami Recipes from Foody-Buddy. Wishing you all happy Krishna Jayanthi in Advance...Click on the below images to get the recipes.



Maida Seedai



Mullu Murukku



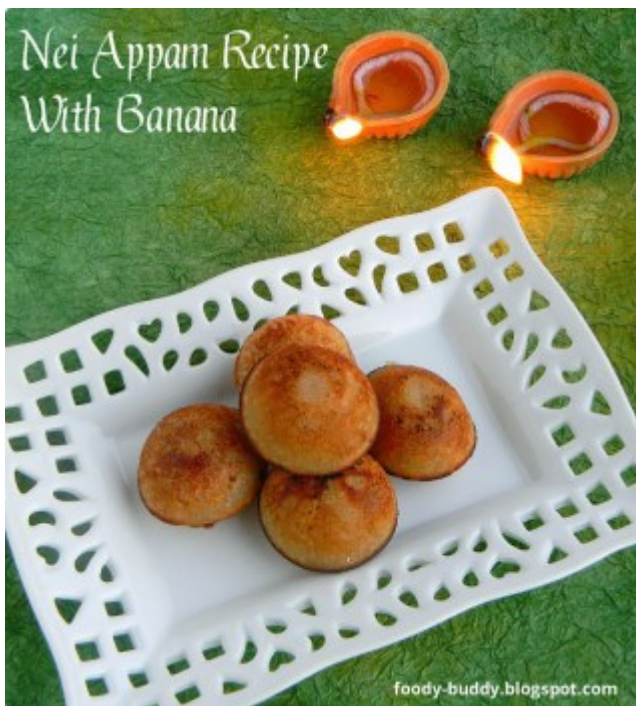
Thattai



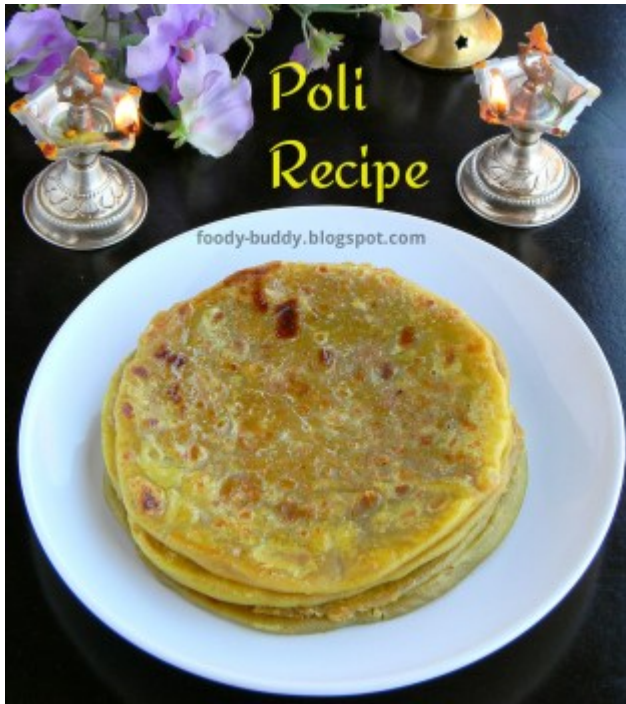
Medu Vada



Aval Vadai



Nei Appam



Paruppu Poli



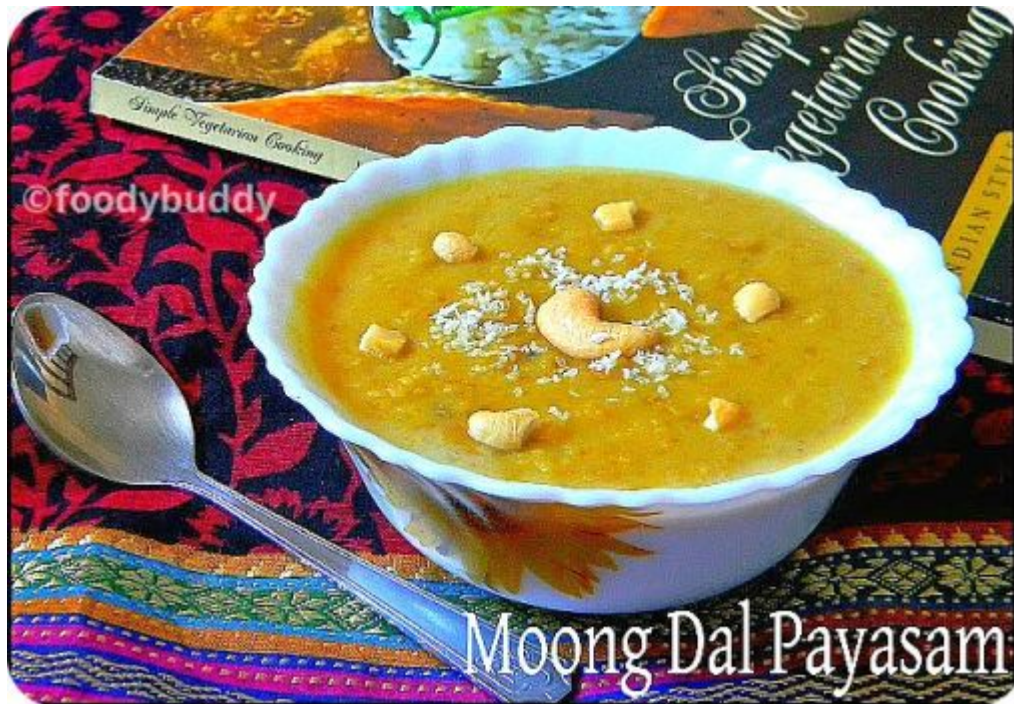
Rava Ladoo



Aval Ladoo



Rava Kesari



Moong Dal Payasam



Sago Payasam

Tags: [gokulashtami recipes](#), [krishna jayanthi recipes](#), [janmashtami recipes](#), [easy gokulashtami recipes](#), [maida seedai recipe](#), [mullu murukku](#), [thattai recipe](#), [aval urundai](#), [paal payasam](#), [rava laddu](#), [murukku recipe](#), [rava kesari](#), [how to make seedai without bursting](#), [prepare seedai](#), [gokulashtami recipes](#), [how to make easy murukku](#), [nei appam](#), [rava laddo](#), [foodybuddy](#)

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# 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.

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## 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](#)

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# Brinjal Chutney Recipe / Kathirikkai Chutney

Brinjal Chutney Recipe is a flavourful and tasty condiment made from brinjal. If are a brinjal lover like me. then you will surely love this brinjal chutney a lot. You can use small brinjal or larger ones to make this chutney and for spicy taste, use either red chilly or green chilly. This brinjal chutney recipe is a perfect side dish for idly and dosa. Try kathirikkai chutney (thogayal) for idly and let me know how it turned out.

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## Brinjal Chutney

### Ingredients

- 12 Small Brinjals (violet)
- 2 Tbsp of Urad Dal
- 3 Red Chilies
- 4 Garlic Cloves
- Small grape size of Tamarind
- 1/4 Tsp of Asafoetida
- Salt to taste
- Curry Leaves

## To Temper

- 2 Tsp of Oil
- 1 Tsp of Mustard
- Few Curry Leaves

## Method

- Chop the brinjals to small pieces.
- Heat a pan with oil, add all the ingredients one by one except brinjals and salt, fry it until it changes colour. Transfer it to a plate.
- In the same pan, add oil, add chopped brinjals, fry it until turns soft. Transfer it to the same plate. Let it cool down for 10 mins and grind everything in a mixie.
- Heat a pan with oil, when it is hot, add mustard and curry leaves, after it splutters. Transfer this tempering to chutney. Mix well.
- Yummy brinjal chutney is ready to serve for dosa or idly.

## Tips

- Always cut brinjals before you fry in oil.
- Adjust the number of red chilly according to your taste.
- You can use any variety of brinjal.
- Use green chilly in place of red chillies for spicy taste.
- You can also grill the brinjal in oven or stove top and make chutney

# Kathirikkai Chutney



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Technorati tags : brinjal chutney, brinjal chutney recipe, kathirikkai chutney, kathirikkai thogayal, eggplant chutney, vengaya pachadi, side dish with brinjal, brinjal chutney for idly dosa, chutney recipes, chutney in tamil, south Indian chutney recipe