

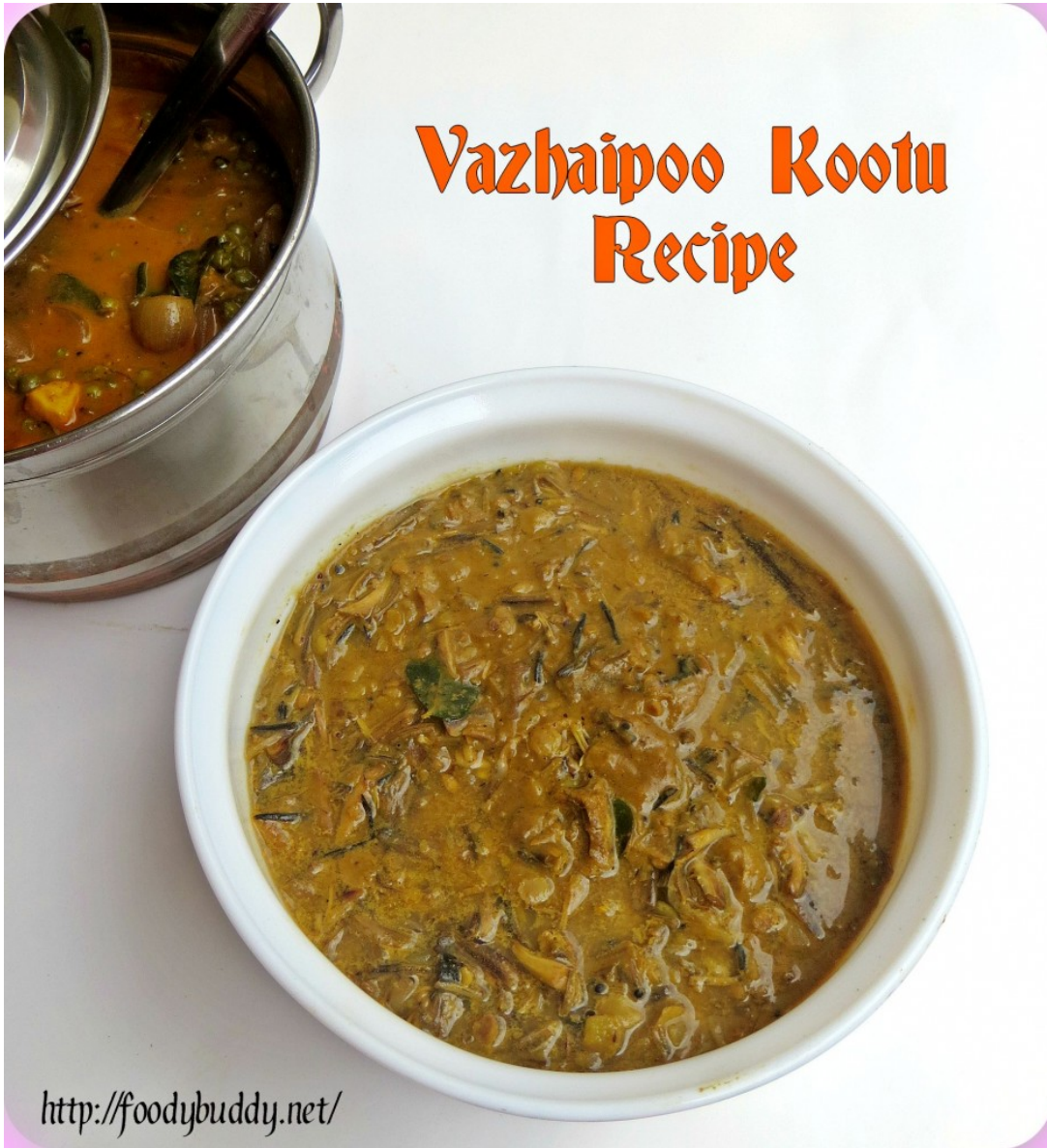
Vazhaipoo Kootu Recipe without coconut

Banana flower are also called vazhaipoo in tamil. Vazhaipoo kootu recipe is a traditional tamil recipe prepared from plantain flowers. As vazhaipoo is very good for health, I used to buy regularly when I find them in market. I love to eat it any form either [vazhaipoo vadai](#) for mor kuzhambu or vazhaipoo poriyal or kuzhambu. To clean this vazhaipoo (banana flower) is a time consuming process but still worth it. I prepared this vazhaipoo kootu with moong dal, replace it with any dal of your choice. This banana flower kootu tastes fabulous with hot steamed rice and ghee. Try this vazhaipoo kootu recipe without coconut, if you are diet conscious.

Health Benefits of Vazhaipoo (Banana Flower)

- Being high in iron content, used to treat anaemia.
- Controls the excessive pain during menstrual cycle.
- Good medicine for stomach ulcer and dysentery.
- Rich in vitamin A, C and dietary fibre.
- Good for pregnant women.

Vazhaipoo Kootu Recipe



Preparation Time : 45 mins
Serves : 3

Cooking Time : 20 Mins

Ingredients For Vazhaipoo Kootu Recipe

- 1 Banana Flower
- 1/2 Cup of Toor Dal
- 1/2 Tsp of Turmeric Powder
- 1 Tsp of Oil
- 1 Big Red Onion, Chopped
- 1 Tomato, Chopped
- 1 Tsp of Sambhar Powder

- Salt as Needed
- Water as needed

To Temper

- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 2 Red Chillies
- Pinch of Asafoetida (Hing)
- Few Curry Leaves

Method

- To clean banana flower (vazhaipoo), apply some oil on both hands, take off the purple outer covering, remove the bunch of florets, repeat this step until you reach the centre of the blossom. After that, remove the stamen and small white cover at the base of each florets. This is how you have to clean each florets.
- Chop the florets finely.
- In a pressure cooker, add banana florets, toor dal, oil, salt, chopped tomato, chopped onion, sambar powder and water. Cook it for 5-7 whistles. Open the lid, after pressure releases.
- Heat oil in a pan, when it is hot, add mustard seeds, red chillies, asafoetida and curry leaves, after it splutters, add the cooked dal, mix well. Check the salt.
- Hot and flavourful vazhaipoo kootu is ready to serve.

Tips

- It goes well with any spicy kulambhu like [manathakali kulmabhu](#) or [milagu kuzhambhu](#).
- You can replace toor dal with moong dal or channa dal.
- Adjust spiciness according to your taste.
- You can also add green chillies in addition to red chillies.

Banana Flower Kootu



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[Manathakkali Kuzhambu Recipe](#)

/ Manathakkali kai Kara Kulambu

Manathakkali are called Black Night Shade in English. This plant has lots of health benefits. Manathakkali Kuzhambu recipe is spicy and tangy south Indian kuzhambu recipe. I have used fresh berries (manathakkali kai), you can substitute it with vathal like suna vathal, manathakali vathal or shallots (small onions). I am in chennai and koyambedu market is just 10 mins from my home, last week I went there with my brother and bought some veggies and fresh manathakali berries out there. My mom made this manathakkali kuzhambu for me, just loved it with rice and kootu for lunch yesterday with dollop of ghee on top..Manathakkali kai kara kulambu goes well with rice, sutta appalam and [kootu](#) as side dish. So do try this manathakali kuzhambu recipe for lunch and let me know how it turned out.

Health Benefits of Manathakkali (Black Night Shade Berries)

- Treats mouth and stomach ulcers and tuberculosis.
- Cures liver disorders and skin ailments.
- Decoction of flowers and berries cures cold and cough.

Manathakali Kara Kuzhambu Recipe



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How to make Manathakkali Kai

Kulambu Recipe

Preparation Time : 10 mins

Cooking Time : 25 Mins

Serves : 4

Ingredients

- 1.5 Cups of Manathakkali Kai / Fresh night shade berries
- 2 Handful of Small Onions (Shallots)
- 2 Medium Size Tomatoes
- 12 Garlic Cloves
- 4 Tsp of [Sambhar Powder](#)
- Lemon Size Tamarind
- Salt to taste
- Water as needed

To Temper

- 2 Tbsp of Gingelly Oil
- 1 Tsp of Mustard
- 1 Tsp of Urad Dal
- Pinch of Asafoetida (Hing)
- 7-10 Curry Leaves

Method

- Soak tamarind in hot water for 1/2 hour and extract the juice and make 2 cups out of extract.
- Heat a pan, add all the ingredients listed under " To Temper " in the same order.
- Add onion and garlic, sauté this until it changes colour. Add chopped tomatoes, fry this until it turns soft and mushy .
- Add manathakkali and sambhar powder, saute this for a min in a medium flame, immediately add tamarind water, salt and turmeric powder. Allow it to boil for 15 mins in a low flame until it turns thick in consistency. Turn off the flame.
- Hot, tangy and yummy manathakali kai kulambhu is ready to serve with rice, [kootu](#) and appalam.

Tips

- You can replace with sunnda vathal or manathakkali vathal

or mochai.

- It stays good for 2 days.
- You can add few jaggery pieces at the end, this will enhance the taste of kulambu.



Technorati : [vatha kulambhu](#), [vatha kuzhambu recipe](#), [fresh manathakkali kuzhambhu recipe](#), [manathakkali vatha kulambhu](#), [vathal kulambhu brahmin style](#), [manathakkali kai kara kulambu recipe](#), [manathakkali vathal kuzhambu iyer style](#), [kulambhu recipe](#), [kara kuzhambhu recipes](#), [how to make vathal kulambhu](#), [how to make manathakklai kara kulambu](#), [easy vathal kulambhu recipe](#), [how to prepare vathal kuzhambhu](#),

Zucchini Raita Recipe / Zucchini and Yogurt Salad



Zucchini Raita Recipe is a wonderful salad on hot summer days.

Also it is a great side dish and it goes well with spicy rice dishes like [biryani](#) or [pulao](#) or [roti](#) or use it as dip for vegetable. This zucchini raita is creamy and yummy in its taste and I used yellow zucchini, you can also use green zucchini which are available in market. Making zucchini raita is easy, I have used regular homemade yogurt to make this raita, use greek yogurt which turns the raita thick and delicious. Zucchini and yogurt salad are loaded with nutrients and good for the skin. So try this bowl of zucchini raita Recipe with yogurt for summer and enjoy with [hot and spicy biryani](#).

Preparation Time : 10 mins Cooking Time : 10 Mins Serves : 3

Health Benefits of Zucchini

- Lowers cholesterol and blood pressure.
- Helps in weight management.
- Prevents cancer, heart attacks and stroke.
- Good for eyes, hair and skin health.

Ingredients for Zucchini Raita Recipe

- 1 Yellow Zucchini, Chopped into small pieces
- 1 Large Onion, Finely Chopped
- 2 Cups of Thick Yogurt (Curd)
- 1/2 Tsp of Black Pepper Powder
- 1/8 Tsp of Roasted Cumin Powder
- Pinch of Hing (Asafoetida)
- Salt to taste
- Coriander leaves to garnish

Method

- Wash and chop the zucchini into small pieces.
- In a bowl, whisk the yogurt (curd) until it turns smooth and creamy consistency, now add chopped zucchini pieces, chopped onion, roasted cumin powder, black pepper

powder, hing and salt. Gently mix it with a spoon.

- Yummy, creamy zucchini raita is ready. Garnish with coriander leaves.
- Refrigerate and serve chilled as side dish for [biryani](#) or for [chapathi](#).

Tips

- Make this raita when you are ready to serve otherwise zucchini leaves water which makes raita watery.
- You can also do tempering with oil, mustard seeds and curry leaves and add it to the raita at the end.
- Adjust the amount of yoghurt to your taste.
- You can add grated zucchini or chopped zucchini for this raita.
- Replace with green zucchini to make raita.

A close-up photograph of a Zucchini Yogurt Salad. The salad is served in a bright orange bowl with white polka dots. It consists of a creamy white yogurt base, finely diced zucchini, small pieces of red onion, and a garnish of fresh green herbs. The salad is topped with a sprinkle of black pepper. In the background, a silver spoon and a glass jar of red liquid are visible on a white textured surface.

Zucchini Yogurt Salad

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Zucchini Raita Recipe / Zucchini and Yogurt Salad



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Zucchini Raita Recipe is a wonderful salad on hot summer days. Also it is a great side dish and it goes well with spicy rice dishes like biryani or pulao or roti or use it as dip for vegetable. This zucchini raita is creamy and yummy in its taste and I used yellow zucchini, you can also use green zucchini which are available in market. Making zucchini raita is easy, I have used regular homemade yogurt to make this raita, use greek yogurt which turns the raita thick and delicious. Zucchini and yogurt salad are loaded with nutrients and good for the skin. So try this bowl of zucchini raita Recipe with yogurt for summer and enjoy with hot and spicy biryani . Preparation Time : 10 mins Cooking Time : 10 Mins

Serves : 3 Health Benefits of Zucchini Lowers cholesterol and blood pressure. Helps in weight management. Prevents cancer, heart attacks and stroke. Good for eyes, hair and skin health.

Author: Gayathri Ramanan

Recipe type: Salad

Cuisine: Indian

Ingredients

- 1 Yellow Zucchini, Chopped into small pieces
- 1 Large Onion, Finely Chopped
- 2 Cups of Thick Yogurt (Curd)
- $\frac{1}{2}$ Tsp of Black Pepper Powder
- $\frac{1}{8}$ Tsp of Roasted Cumin Powder

- Pinch of Hing (Asafoetida)
- Salt to taste
- Coriander leaves to garnish

Instructions

1. Wash and chop the zucchini into small pieces.
2. In a bowl, whisk the yogurt (curd) until it turns smooth and creamy consistency, now add chopped zucchini pieces, chopped onion, roasted cumin powder, black pepper powder, hing and salt. Gently mix it with a spoon.
3. Yummy, creamy zucchini raita is ready. Garnish with coriander leaves.
4. Refrigerate and serve chilled as side dish for biryani or for chapathi

Notes

Tips

Make this raita when you are ready to serve otherwise zucchini leaves water which makes raita watery.

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