

# Vadu Mango Pickle Recipe / Maa Vadu Pickle

*Vadu maangai Oorugai / Vadu mango pickle recipe is a popular south Indian pickle prepared from mavadu (Tiny Baby Mangoes). My mom used to buy tender raw mangoes in bulk and make this special pickle during summer, but this time I tried this authentic maa vadu pickle and it successfully came out so good. This pickle will stay good for months without refrigeration. You can use gingelly oil or castor oil to make this vadu mango pickle. Vadumangai oorugai tastes great with curd rice and moor sadham. Try this no cook south Indian **BABY MANGO PICKLE** at home and enjoy ...*



Vadu Mango Pickle

# Ingredients

- 1/2 Kg of Raw Tiny Mangoes
- 2 Tsp of Mustard Seeds
- 2 Tsp of Fenugreek
- 25 Red Chillies
- 1/4 Tsp of Asafoetida
- 1 Small Virali Manjal ( Turmeric) or 1/2 Tsp of Turmeric Powder
- 4 Tbsp of Gingelly Oil or Castor Oil
- salt to taste

## Method for Maavadu Pickle

- Wash and pat dry the mangoes in a kitchen towel, let them dry in shade for 2 hrs.
- In a big glass bottle, transfer the mangoes and pour oil and mix well so that oil coats all the mangoes.
- In the mean time, dry roast the mustard, fenugreek and red chillies until fenugreek changes color and mustard cracks. Cool down and grind them along with turmeric, salt and asafoetida.
- Add 5 Tbsp of water and grind it to a smooth paste. Transfer this to bottle and mix well with clean, dry spoon.
- Keep this covered and leave it in kitchen shelf for 10 days.
- Shake the jar couple of times every day. After few days, the mangoes will shrink in size and water quantity increases because of salt.
- Serve this flavorful pickle with sambar sadham (Sambar Rice) or thayir sadham (Curd Rice).

## Tips

- Always use dry clean spoon. DO not use your hand to take

pickle.

- Store it in glass bottle or ceramic jar.
- Use castor oil or gingelly oil to make this pickle.
- You can use rock salt or table salt as rock salt gives you nice taste than table salt.

## Health Benefits of Raw Mangoes

- It keeps blood pressure under control.
- Good for indigestion and constipation.
- It has anticancer properties.
- Home remedy for morning sickness in pregnancy.



Spicy Maavadu With Creamy Curd Rice

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# Adai Recipe | Murungai Keerai Adai | Drumstick Leaves Adai

Adai Recipe or Drumstick leaves adai or murugakeerai adai dosa is a south Indian crepe made with dal, rice and spices. It is extremely easy to make healthy adai recipe for breakfast or dinner. This is my mom's version, in this adai dosa recipe, I have added murugakeerai (drumstick) leaves to the batter, to make it more nutritious and tasty as they are rich in iron, calcium and vitamin. Here the batter should be thick and coarse and this dosa does not need any fermentation. If you are looking for filling, delicious and healthy breakfast or dinner, then this adai is answer for you. Main accompaniment is adai - avial recipe is, it goes well with coconut chutney and podi.



# Ingredients For Adai Recipe

## To Soak and Grind

- 1/2 Cup of Toor Dal
- 1/2 Cup of Channa Dal (Bengal Gram)
- 1 Cup of Idly Rice
- 7-10 Red Chiles
- 5 Garlic Cloves
- Salt to taste

## Other Ingredients to be added to the batter

- 1 Tsp of Fennel Seeds (Sombhu)
- 1 Tsp of Cumin
- Handful of Small Onion, Finely Chopped
- Handful of Curry Leaves, Finely Chopped
- Handful of Coriander Leaves, Finely Chopped
- Pinch of Hing (Asafoetida)
- 1/4 Tsp of Turmeric Powder
- 1/4 Cup of Grated Coconut

## Method for Adai Recipe

- Soak both the dals, rice and red chillies in a water for 4 hrs or overnight.
- Wash dals and rice and in a mixie, add dals, rice, red chillies, garlic, salt and water. Grind it coarsely. Transfer this mixture to a bowl. Just before making adai, add everything listed under "other ingredients". Mix well and check for salt.
- Heat a tawa, spread little oil, pour ladle full of batter, spread it like thick dosa, drizzle some oil on sides, cook it until you get golden brown color, flip it to other side and cook for another 2 mins in low flame .
- Crispy, flavourful adai is ready to serve coconut

chutney or avial or podi.

## **Tips For Making Adai**

- Always use small onion for great taste. You can also use large onion.
- If you don't like drumstick leaves instead add grated vegetables like carrot, radish as my MIL does.
- Cook on low flame to get crispy also it takes more time to cook than normal dosa.
- Adjust the no of red chillies according to your taste.
- You can also sauté the drumstick leaves before adding it to the batter.

## **Health Benefits of Adai**

- Drumstick Leaves : Rich in calcium, so good for bone development. Rich in potassium and iron, they are good for brain development.
- Toor Dal : Rich in dietary fiber and protein & folic acid are good for fetal development.
- Channa Dal : Richest in vegan source of dietary protein, manganese and copper. Having this dal helps to keep diabetes away.

**Drumstick  
Leaves Adai**



Foody Buddy

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**Potato Fry / Uruḷaikizhangu**

# Varuval / South Indian Potato Recipe



Potato fry or Easy South Indian Urulaikizhangu (potato) fry or aloo fry is a simple and quick stir fried recipe made with potato. This easy potato curry goes well with [sambar rice](#) or [rasam rice](#) or [curd rice](#). I have two other posts of potato side dish recipe – [Baby potato roast](#) and [potato peas fry](#). In this

recipe, I used sambar powder instead of coriander and red chilly powder. Then the addition of spices like fennel seeds and garlic gives a nice flavor and a great taste to potatoes. This is very tempting dish in which each bite of potato, you can feel the softness on inside and spicy masala coat on outside. I already posted baby potato roast. Serve this fry along with a bowl of rice topped with ghee and dal,.

## Ingredients

- 4 Medium Size Potatoes
- 2 Tsp of Sambar Powder
- 1/2 Tsp of Garam Masala
- 2 Garlic Cloves
- 1/2 Tsp of Fennel Seeds
- Salt to taste
- Water as needed

## Method

- Boil the potatoes along with required water in a kadai (Pan) or in a pressure cooker. Peel the skin of potatoes and chop them into small pieces.
- In a mixie, grind fennel seeds and garlic cloves into a semi coarse powder. Keep it aside.
- Heat a pan with oil, add chopped potatoes, ground masala, sambar powder, garam masala and salt. Keep frying till all the masala coat well the potatoes, sprinkle little water, cover the lid, in a medium flame, allow it cook for 5 mins, again give a gentle stir, cook it for another 5 mins until it gets roasted well. Switch off.
- This easy potato curry goes well with [sambar rice](#) or [rasam rice](#) or [curd rice](#).

## **Tips**

- If you don't have sambar powder, use 2 Tsp of coriander powder, 1/2 Tsp of turmeric powder and 1 Tsp of red chilly powder.
- You can follow the same procedure for raw banana and colocasia.
- Always fry the potatoes in a medium flame.
- Temper with mustard seeds and curry leaves, if you wish.
- Adding garlic is to avoid gas flatulence.
- Always cook in irumbu kadai or cast iron pan to get roasted potatoes.

## **Health Benefits of Potato**

- Easy to digest and facilitates digestion.
- High in vitamin B, C and minerals.
- Good for skin and brain function.
- Rich in carbohydrates and low in protein, ideal for people who wants to increase their body weight.
- Reduces inflammation.

<http://foodybuddy.net/>



*Urulaikizhangu Fry*