

Green Peas Kurma Recipe | Pattani Kurma – Side Dish for Chapathi



Green Peas Kurma

Today I am sharing my amma signature recipe of Green Peas Kurma 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

1 Tbsp of Dry Dessicated Coconut or Fresh Grated
Coconut
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.



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

Sweet Potato Fry Recipe | Sakkarivalli Kizhangu Poriyal – Indian Style



I love sweet potatoes because they taste so good and high in nutritional content. This sweet potato roast (Chinni Kilangu poriyal) is a very easy to make side dish for [sambar rice](#) or [dal rice](#). To make this sweet potato fry, first you have to steam the sweet potatoes, peel the skin, slice and fry it with sambar powder & garlic, finally in cast iron pan,

slowly roast it in oil. Slow roasting the sweet potatoes, always gives a nice crispy texture on outside and soft and tasty on inside. Adding spice powder, garam masala and garlic gives a nice flavor and taste to the sweet potato. This sweet potato stir fry Recipe|Sakkarivalli kilangu poriyal goes well with [rasam rice](#) / [curd rice](#). Also check my other potato recipe [BABY POTATO ROAST](#) in my blog.



Ingredients

- 2 Sweet Potatoes, Medium Size
- 2 Big Garlic Cloves
- 1 Tsp of Sambar Powder
- 1/2 Tsp of Garam Masala
- 1/2 Tsp of Fennel Seeds (Sombhu)
- 1.5 Tbsp of Cooking Oil
- 1/2 Tsp of Salt or to taste

Method

- Wash the sweet potatoes and steam it in a steamer or idly cooker for 12 mins or until it turns soft. After it done, peel the skin and chop them into thin, circular slices.
- Crush the garlic in a mortar and pestle.
- Heat a pan with oil, when it is hot, add fennel seeds, after it sizzles, add sliced sweet potatoes, 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 potatoes pieces. Cover the lid and cook it for 5 mins.
- Take handful of water, sprinkle it over the veggies, turn the potato slices to other side, cover the lid and cook it for another 7 mins until it turns brown and crisp.
- Yummy sweet potato fry is ready to serve with [sambar rice](#) or [dal rice](#)

Tips

- 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 roasted potatoes.
- You can also marinate the potatoes in masala for 15 mins and then cook it.
- Adding curd gives little tangy taste to the potatoes.
- Adding garlic is to avoid gas flatulence.

<http://foody-buddy.blogspot.com/2013/08/baby-potato-roast-urulaikilangu-varuval.html#lqWUjV1l07EUdQve.99>

Tips

- 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/ black pepper powder and salt.
- Always roast the potatoes in cast iron pan / irumbu kadai to get crispy roasted potatoes.
- You can also marinate the potatoes in masala for 15 mins and then cook it.
- Adding garlic is to avoid gas flatulence.

Health Benefits of Sweet Potato

- High in vitamin A, B6, D and C.
- Good Source of iron and magnesium.
- Superior fiber content than other potatoes.
- Rich in beta carotene & antioxidants.
- Good for heart.

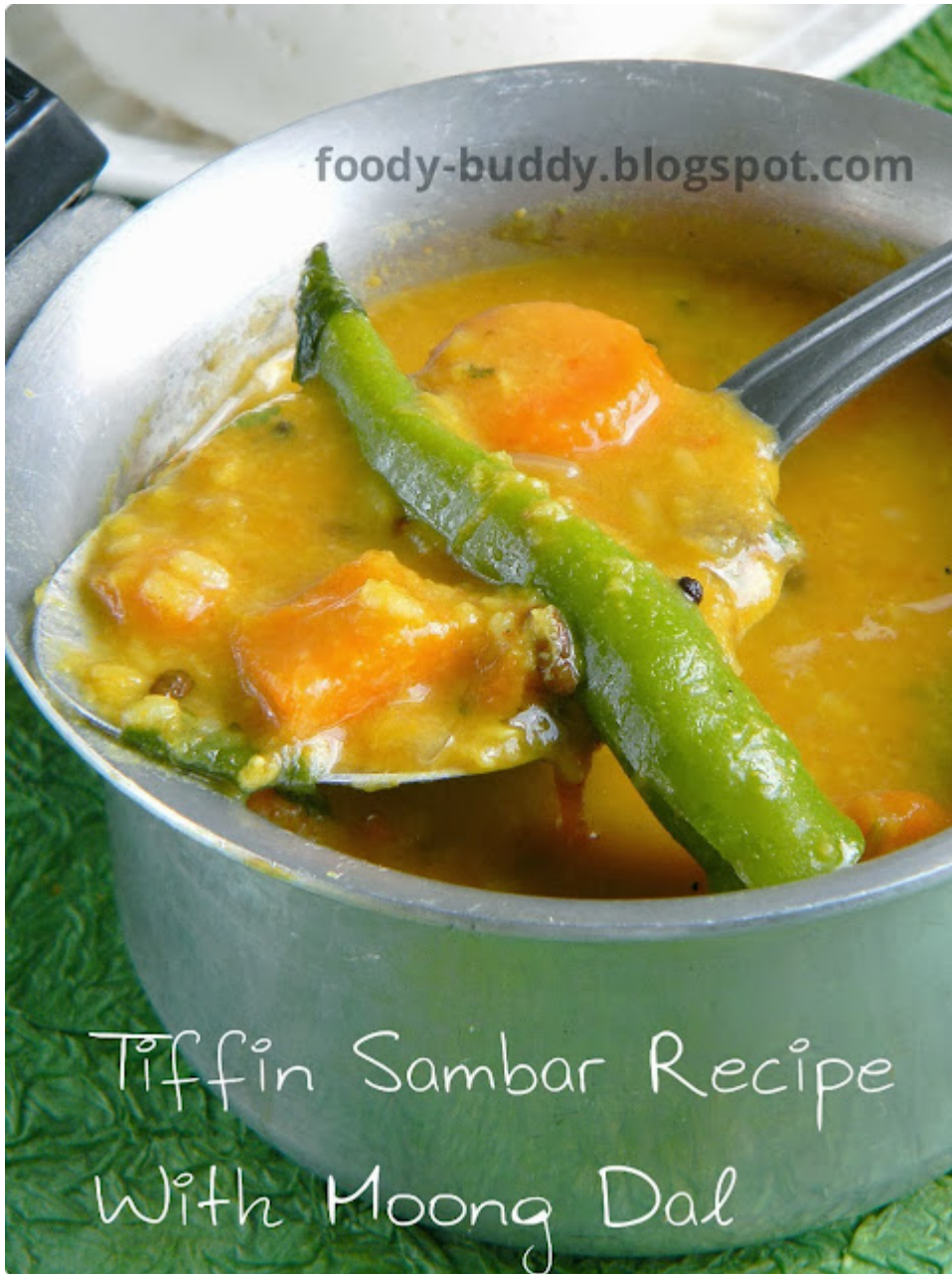


Tags : [Sweetpotato](#), [sweet potato fry](#), [Sweetpotato fry Indian style](#), [sweet potato roast](#), [sweet potato stirfry recipe](#), [chinnikilangu poriyal](#), [sakkaraivalli kizhangu poriyal](#), [how to make sweetpotato fry](#), [sidedish recipe](#), [sidedish for sambarrice](#), [southindianrecipe](#), [sweetpotatodishes](#), [Lunchsidedish](#),

[**Tiffin Sambar Recipe | Idly Sambar Recipe With Moong Dal**](#)



Idly, sambhar and filter kappi(coffee) is Tamilnadu's traditional healthy breakfast recipe as rice and dal in idly and dal in sambar makes a complete protein. This tiffin sambar is a perfect side dish for idly and dosa. You can make this sambar without vegetables or with any vegetables like yellow pumpkin, potatoes(urulaikilangu sambar), shallots(vengaya sambar), brinjal or drumsticks. Addition of ghee and sambar powder make this sambhar more flavorful and aromatic. Every week I used to make this sambhar for idly. The hot idly and sambhar combination is just heavenly in taste. Do try this sambar without tamarind for idly dosa and let me know how it turned out.



Ingredients

- 1/2 Cup of Moong Dal
- 1/2 Tsp of Turmeric Powder
- 3 Tomatoes, Chopped
- 2 Big Carrots, Chopped
- Salt to taste
- 1/2 Tsp of Sesame Oil
- 2 Cups of Water

To Temper

2 Tsp of Sesame Oil
1 Tsp of Mustard Seeds
1 Tsp of Urad Dal
1/2 Tsp of Fenugreek
Pinch of Hing (Asafoetida)
1 Sprig of Curry Leaves
1 Red Onion, Chopped
2 Red Chilies
2 Green Chilies, Slit
1 Tsp of [Sambhar Powder](#)

Other Ingredients

1 Tsp of Sugar
2 Tbsp of Chopped Cilantro (Coriander Leaves)
1 Tsp of Ghee

Method

- Wash and chop the carrots, onion, tomato and slit the green chilies.
- Soak the dal for 30 mins, wash and drain the water.
- In a pressure cooker, add dal, chopped carrots, tomatoes, turmeric powder, salt, oil and water. Close the lid and pressure cook this for 3 whistles and turn off the flame.
- Heat oil in a pan, add mustard, urad dal, red chilies, fenugreek, asafoetida and curry leaves, after it splutters, add chopped red onion, slited green chilies, fry this until it turns transparent. In a medium flame, add [sambhar powder](#), give a quick stir. Now transfer the dal to the pan, add little water, mix well, bring it to a rolling boil, add sugar, mix well, boil for 2 mins and turn off the stove. Finally add ghee and chopped

coriander leaves.

Tips

- Perfect side dish for idly and dosa.
- You can use any vegetables like potato or pumpkin or brinjal or drumstick or small onion.
- You can also use toor dal in place of moong dal.
- Use sesame oil for this sambar.
- Adjust the amount of spiciness according to your taste.

Health Benefits of Moong Dal

- They are high in fiber and protein, and low in fat. Eating lentils and other foods that are rich in soluble dietary fiber can help decrease high cholesterol.
- This dal is very good for pregnant ladies, kids and older people as it is easily digestible.



Idly Sambar Recipe