

Mint Coconut Chutney | Pudhina Thengai Chutney – Side Dish for Idly and Dosa



I really love the fresh aroma of mint. Research study has said that the aroma itself stimulates the salivary glands, there by increasing digestive enzymes and facilitates the digestion.

I bought 2 large bunches of mint leaves from

near by Indian grocery store. Two days back I made [mint pulao](#) for lunch, I already posted that recipe in my blog. For today breakfast, I made this pudhina coconut chutney for [idly](#). It just tastes yummy with [dosa](#) and [paniyaram](#) too. Do try this mint chutney with coconut and let me know how it turned out.

Ingredients

1 Cup of Mint Leaves(loosely Packed)
1/2 Cup of Grated Coconut, I used Dry dessicated
Coconut
2 Tbsp of Roasted Bengal Gram (Pottukadalai)
3 Green Chilies
1/2 Inch Ginger
1 Big Garlic Clove or 2 Small Garlic Cloves
Pinch of Tamarind
3/4 Tsp of Salt or to taste
1/4 cup of Water
1/2 Tsp of Oil to saute Mint leaves

To Temper

1 Tsp of Oil
3/4 Tsp of Mustard
1/2 Tsp of Urad Dal
1 Sprig of Curry Leaves
Pinch of Asafoetida (Hing)

Method

- Wash the mint leaves and drain the water.
- Heat a pan with oil, add mint leaves, saute this for a 1-2 mins in a medium flame until it shrinks in volume.
- In a blender(mixie), add coconut, roasted bengal gram, green chilies, ginger, garlic, tamarind, salt, water and finally add mint leaves. Grind it to a smooth paste. Transfer this to a bowl.

- Heat a same pan with little oil, add mustard, urad dal, curry leaves and asafoetida, after it splutters, transfer this tempering to ground chutney. Mix well with spoon.
- Yummy mint coconut chutney is ready to serve with [idly](#) or [dosa](#) or [paniyaram](#).



Tips

- You can also add 1/2 cup of mint leaves and 1/2 cup of coriander leaves to make this chutney.

- Addition of ginger and garlic gives a nice flavor to this chutney.
- Addition of tamarind gives a nice tangy taste.
- You can also add curry leaves while grinding instead of adding them to tempering.
- Adjust the no of green chilies according to your taste. Here I used thai green chilli, it was spicy so I added 3.

Health Benefits of Mint Leaves

- Aroma of mint, activates the salivary glands, there by increasing digestive enzymes and facilitates the digestion.
- Soothing the digestive tract, if you are having any stomach ache.
- Cooling sensation to skin.
- Eliminates the toxins from the body.
- Helps in whitening teeth and combats bad breath.
- Good cleanser for the body.



[Rava Ladoo | Rava Laddu](#)
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Rava ladoo / Rava Laddu Recipe is a delicious Indian sweet made using semolina, sugar, coconut and ghee. Every year my mom used to make this rava ladoo for diwali. She makes the perfect rava laddu recipe using chiroti rava, it just melts in the mouth. Since I don't get that rava in my place, I made with normal rava which we use for upma. With just household ingredients, you can make this rava ladoo in a very less time. Do try this rava laddu recipe (Semolina Balls) to your family for diwali and enjoy :-):-)

Makes : 7 Ladoos

Ingredients for rava ladoo

- 3/4 Cup of Rava / Sooji / Semolina

- 1/2 Cup of White Sugar
- 1/4 Cup of Coconut (Fresh/Dry)
- 1/2 Cup of Milk or 1/4 cup of milk and 1/4 cup of water
- 2 Whole Cardamom
- Few Roasted Cashews and Almonds
- 3 Tbsp of Ghee (Clarified Butter)



Method for rava laddu recipe

- Heat a pan with ghee, add rava, roast it in a low flame until nice aroma comes and color changes. Keep stirring continuously, do not burn it while roasting. Let it cool down and grind it in a mixie(blender) to a fine powder. Also grind the sugar along with cardamom(elaichi).



- Transfer both the powdered sugar and roasted rava to a large bowl. Heat a pan, slightly roast the coconut for a min and transfer this to a bowl. Heat ghee in a pan and pour it to the bowl. Add some roasted cashews and almonds.



- Heat milk in a pan in a medium flame, sprinkle the milk and mix it. Make small size balls out of the mixture. If you find your mixture is dry, sprinkle some more warm milk and make rava balls.
- After it cool down, store it in an airtight container.



Tips

- Always roast the rava in medium flame, otherwise it

would burn and become tasteless.

- Adding milk reduces shelf life so if you want to keep it for long time, add more ghee and avoid milk and coconut.
- Always store it in an airtight container.
- Instead of milk, you can use mix of water and milk.
- Adjust the amount of sugar according to your taste.
- You can add saffron, that will give you colorful ladoo.



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[**Black-Eyed Peas With Mushroom | Lobhiya Khumb Masala – Side Dish For Roti**](#)



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Black eyed peas also known as Lobhiya in Hindi or Karamani in Tamil. This is very easy to make side dish for roti. I really love the combination of black eyed peas and mushroom, as both are rich in protein and fiber and makes a satisfying meal with rice. You can cook the black eyed peas either in pressure cooker or crock pot. Addition of spice powder to the black eyed peas makes it more flavorful and tasty. Try this Karamani Kalan Masala with rice or chapathi and let me know how it turned out. Also check my other recipe

of [black eyed peas curry](#) in south Indian style

Ingredients

3/4 Cup of Black Eyed Peas / Karamani
3/4 Cup of White Mushroom, Sliced
3 Cups of Water plus 1/2 tsp of Salt for cooking
dried peas
2 Tbsp of Vegetable Oil
1 Tsp of Cumin Seeds
2 Red Chilly
1 Inch of Cinnamon Stick
1 Big Red/White Onion, Finely Chopped
2 Big Garlic Cloves, Finely Chopped
2 Big Tomatoes, Finely Chopped
2 Tsp of Coriander Powder
1 Tsp of Cumin Powder
1/2 Tsp of Turmeric Powder
1/2 Tsp of Red Chilly Powder
Salt to taste
2 Tbsp of Chopped Fresh Coriander (Cilantro) Leaves

Method

- Soak the black eyed peas in water for 8 hrs. Drain the water, wash it in tap water for 2 times.
- In a pressure cooker, add black eyed peas, salt and water, cover and pressure cook for 2 whistles and simmer it for 25 mins. Once it done, turn off the flame.
- Heat the oil in a pan over medium heat, add cumin seeds, red chilly and cinnamon stick and let them sizzle for 10 secs. Add the onion, salt, garlic and cook, by stirring frequently until it turns soft and golden brown, for 2-3 mins. Add mushroom and fry for 2 mins. Add coriander

powder, red chilly powder, cumin powder and turmeric powder, fry for a min. Add little water and chopped tomato, fry for a min. Cover and cook for 8-10 mins until it turns soft and mushy.

- Add the cooked black eyed peas to the tomato – mushroom mixture and simmer, cook it uncovered for 10 mins. Stir in the fresh coriander leaves. Serve hot with roti.



Tips

- You can use dried beans or frozen or canned beans to make this curry.
- If you don't have red chilly powder, replace it with cayenne pepper.
- Add salt while frying onion, so it helps to cook onion faster.
- If you don't want mushroom in your curry, try with some

other vegetables like brinjal or potato.

Health Benefits of Black Eyed Peas

- They are a source of good protein (23-32%) and dietary fiber.
- They have low glycemic index
- Rich source of lysine and tryptophan
- It has minerals like K, Mg, Ca, P and Fe
- The protein isolates are known to lower plasma cholesterol
- Light brown, red and black – eyed varieties are rich in antioxidants.
- The flavonoids in beans may help reduce heart disease and cancer risk.
- Phytosterols present in the beans help reduce blood cholesterol levels.

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Karamani Kalan Masala