

# BUTTER BEANS DRY CURRY WITH COCONUT | BUTTER BEANS PORIYAL



Butter Beans are legume, they are flat and slightly curved in shape. But they are different from lima beans. You can make lot of dishes from butter beans like butter beans soup, rice and gravy for chapathi. They are very good for our body with lots of vitamin A, C and protein. Here I have used frozen beans which comes in handy on a busy cooking days. If you get dry beans, you need to soak it for overnight and pressure cook on next day. I got this recipe from [here](#). This dish is very flavorful and great in taste. It goes well with

[rasam rice](#) or curd rice.



### **Ingredients**

2/3 Cup of Butter Beans, Frozen  
1 Red Onion, Finely Chopped  
1/4 Tsp of Turmeric Powder  
Salt to Taste

### **To Grind**

2 Tbsp of Coconut  
1/2 Tbsp of Coriander Seeds

3 Dried Red Chillies, Big  
1 Tsp of Whole Black Pepper  
1 Garlic Clove  
1/2 Tsp of Jeera / Whole Cumin

### To Temper

2 Tsp of Oil  
1 Tsp of Mustard Seeds  
1 Tsp of Urad Dal  
Few Curry Leaves

### Method

- In a pan, add butter beans, water and salt, cook for 10 mins in a medium high flame.
- Grind the ingredients listed under "To Grind List" to a fine powder.
- Heat oil in a pan, add mustard seeds, urad dal and curry leaves, when they pops up, add chopped onion, fry for 2 mins until they turn golden brown.
- Add the cooked butter beans, salt and turmeric, fry for another 2 mins.
- Add the ground powder, mix well, sprinkle some water, cover it, simmer it and cook it for 5 mins. Open it, stir well, once it done, turn off the flame.
- Hot butter beans curry is ready. It goes well with [rasam rice](#) or curd rice.

# Butter Beans Poriyal



## Tips

- Here I used frozen butter beans, if you have dry one, then you need to soak it for overnight, next day, pressure cook it for 10 whistles and then follow the recipe.
- Adjust the number of red chillies according to your taste.

## Health Benefits of Butter Beans

- Good source of protein and has all essential amino acids.
- Rich in antioxidants called anthocyanin.
- Good source of fiber.
- Iron present in the beans helps in the regulation of

respiration at the cellular level.

- Rich in folic acids, trace mineral like copper, which helps in reducing the inflammatory conditions like RA(Rheumatoid Arthritis) and molybdenum helps in the detoxification of sulfites from the blood.



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[Rasam Recipe | Tomato Rasam | Thakkali Rasam with dal](#)



[Pinit](#)

Rasam is a south Indian Soup, prepared with tomato, dal and various aromatic spices. To me, they are the comforting food next to idly. They are mildly tangy, watery in consistency and a medley of fresh aroma and flavors. South Indian meals are incomplete without rasam. Many family in south India makes rasam everyday. They are the soul food to many homes. Coming to the recipe, everyone makes rasam in a different way and this is my version of tomato rasam recipe, without tamarind, here I added toor dal in additional to tomatoes, to get a nice taste and also for protein. The one thing I like most in rasam is the lovely flavor and fresh aroma which comes from coriander leaves, asafoetida and garlic. Making of rasam is easy and can be made fast, they are good for digestion as it has lot of spices in it. Also it is a good food for people with fever and cough. Tomato rasam can be served with [potato fry](#) or vegetable fry. I had it with

butterbeans poriyal.

### **Ingredients**

4 Tomatoes  
3 Tbsp of Toor Dal  
Salt to taste  
Water as needed

### **To Make a Rasam Powder**

1 Tsp of Whole Black Pepper  
2 Tsp of Whole Cumin  
2 Tsp of Coriander Powder  
3 Garlic Cloves, Big

### **To Temper**

2 Tsp of Oil  
1 Big Dried Red Chilly  
1 Tsp of Mustard Seeds  
1 Tsp of Urad Dal  
1/8 Tsp of Fenugreek Seeds  
Pinch of Asafoetida  
Few Curry Leaves  
1/4 Tsp of Turmeric Powder

### **To Garnish**

Handful of Coriander leaves, Finely Chopped



*Thakkali Rasam with dal*

## **Method**

- Soak the dal in water for 15-20 minutes, drain the water and wash it. Pressure cook the dal by adding enough water and cook for 3 -5 whistles. Mash it and keep this aside.
- Place all the ingredients listed under " To make rasam powder list" in a mortar and pestle or mixie, grind it to a fine powder.
- In a bowl, squeeze the tomatoes with your hand or else grind it to a puree in mixie, now to the tomato puree, add rasam powder, salt and enough water about 1-1.5 cups

- of water. Check the salt by tasting it with a spoon.
- Heat a pan with oil, add red chilly(break it), fenugreek seeds, mustard seeds, urad dal, hing and curry leaves, after mustard seeds pops up, simmer it, add turmeric powder and tomato mixture , followed by mashed dal with water. Mix well.
  - Allow it to boil for 3 mins, when you find froths starts forming on the top, immediately turn off the flame. Do not overcook the rasam.
  - Finally add the coriander leaves and mix well.
  - Serve with hot rice and [potato fry](#). I had it with butterbeans poriyal.



## Tips

- Adjust the number of red chilly according to your taste. If you use long red chilly(Neeta Milagai), you can use 2. Big red chilly(kundu milagai) is spicier than longer one, so I used one.
- Some tomatoes are more tangy and others are less tangy, so use it accordingly.
- If you find your rasam is less tangy, add 2 tsp of lemon juice at the end. After you turn off the heat.
- Here I used big garlic cloves, if you have smaller ones, then add 5 or 6 cloves while making powder.
- If you don't want dal in your rasam, just skip it.

### **Health Benefits of Rasam**

- Rich in vitamin A which comes from tomato.
- Dal added to this rasam which gives protein.
- Hing added to it, is for easy digestion.
- Combination of pepper and turmeric, increases anti-carcinogenic properties.
- Coriander Seeds : Protects against salmonella bacteria, aids in digestion, lowers blood glucose and cholesterol.
- Red Chillies : They not only add heat to the meal, high in vit A, boost immunity, weight loss, prevents cancer.
- Turmeric : Prevents cancer, natural pain killer, antimicrobial properties, treatment for depression, prevents Alzheimer's disease and arthritis, help in weight loss
- Black Pepper : prevents cancer, weight loss, powerful antioxidants, dental health, antidepressant.
- Cumin : aids in digestion and respiration, good for lactating mothers, boost the immunity, prevents cancers.
- Fenugreek : good for diabetes, aids in digestion, good for skin disorders and lactating mothers, cancer prevention, rich in fibers
- Toor Dal : Excellent source of carbohydrates, fibers and

protein.

- Mustard Seeds : high in anti-inflammatory, antioxidants and anti fungal properties, rich in selenium, reduces migraine problems.



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## EASY THAYIR SEMIYA | CURD SEMIYAA



[Pin it](#)

Hmmm...I Love curd(Yogurt)...I cannot live without it even for a single day...Here I used vermicilli (Semiya) which is a type of pasta thinner than spaghetti. You can make lot of dishes with vermicilli like [vermicilli biryani](#), vermicilli payasam. This is very simple dish made with vermicilli, curd and spices. This recipe is similar to curd rice .Try this semiya bagala bath(Yogurt Vermicilli) with mango pickles.

## Ingredients

### To Cook Semiya

1/2 Cup of Semiya  
1 and 1/4 Cup of Water

Salt  
1/2 Tsp of Oil

### To Saute

3 Tbsp of Red Onion, Finely Chopped  
2 Green Chillies, Finely Chopped  
1/2 Inch Ginger, Grated  
3/4 Cup of Curd  
2 Tsp of Butter

### To Temper

1 Tsp of Oil  
1 Tsp of Mustard Seeds  
Pinch of Asafoetida  
Few Curry Leaves

### To Garnish

Few grated carrot  
2 Grapes

### Method

- Heat water in a pan, add salt and a tsp of oil, bring it to a boil, add semiya to a boiling water, Stir well. Cover and cook for 5 mins until the semiya absorbs all the water.
- After it is cooked, keep this aside.
- Allow it to cool, add curd, mix well.
- Heat oil in a pan, add mustard seeds, hing and curry leaves, when they pop up, add onion, saute for few mins, add ginger and green chillies, saute this for few mins. Now add the temperings to the semiya.
- Finally add butter and give a quick stir.
- Transfer it to a bowl and refrigerate it for 15 mins.

Serve chill.

- Finally garnish with grapes and grated carrot.



### Tips

- If you use unroasted vermicelli, then you need to dry roast it in a pan and then cook it.
- You can use raisins and cashews, for extra flavor to the dish.
- Adjust the number of green chilies according to your taste.
- If you are planning to prepare curd semiyaa for lunch box, then add 1/2 cup of milk and 1/4 cup of curd.

- Don't ever add curd to the hot semiya, in that case, live cultures get lost in the curd.



Semiya Bagala Bhath