

Sippy Kaalan Kurma / Oyster Mushroom Curry – Mushroom Recipes



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Oyster mushroom / Sippi Kalan are popular in cooking, you have to torn it instead of slicing it. They are very good for health, they are delicate, tender and they cook very easily. When I was living in Coimbatore, my father got this mushroom from nearby market where they sell all kinds of mushrooms and they got it from a source in Ooty. So every weekend my mom makes this curry for rice. Also you can use this mushroom in making rice, stir fries, curries and soups. They are low in calories and high in protein and fiber..This

curry goes well with rice or [chapathi](#) or [peas pulao](#) or [dosa](#).

Ingredients

1.5 Cup of Oyster Mushroom / Sippy Kalan
1 Large Red Onion or 2 Medium Size Onion
2 Big Tomatoes
1 Tsp of [Sambhar Powder](#)
2 Tbsp of Chopped Coriander Leaves
Salt and Water as Needed

To Grind

Coconut 1.5 Tbsp of Dried Coconut Flakes / Fresh Grated
2 Garlic Cloves, Big
1 Inch of Ginger
1 Clove
1/2 Inch of Cinnamon Stick
1 Cardamom
1/4 Tsp of Fennel Seeds

To Temper

3 Tsp of Oil
1/2 Inch of Cinnamon Stick
1/4 Tsp of Fennel Seeds
Handful of Curry Leaves
1 Small Bay Leaf



Method

- Wash and torn the mushroom with hand instead of slicing it with knife. You have to torn it from upside down like 5 pieces out of single mushroom. Keep this aside.
- Grind all the ingredients listed under “To Grind” to a smooth paste. Keep this aside.
- Heat oil in a cooker, when it is hot , add fennel seeds, cinnamon stick, bay leaf and curry leaves, fry this for a min.
- Add chopped onion and salt, fry this for 2 mins until it turns golden brown.
- Add ground paste to it, fry this for 2 mins until raw smell vanishes.
- Add chopped tomato, fry this until tomato turns soft and mushy.
- Add Kalan / Oyster mushroom, fry this for another 2 mins.
- Add [Sambhar powder](#), saute this for a min, add enough water, say 2 cups of water. Check the salt. Close the lid and wait for 2 whistles. Turn off the flame. Let the pressure release on its own.
- Open the lid, add chopped coriander leaves, mix well .
- Serve immediately. It goes well with plain rice or [peas pulav](#) or [chapathi](#) or [dosa](#) or [idly](#).

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.
- You can also make same kurma with any mushroom like white button mushroom and baby bella mushroom.
- Adjust the amount of red chilly powder and salt according to your taste.

Health Benefits of Oyster Mushroom / Sippy Kalan

- Low in calories
- High in protein and fiber.
- Good source of iron, niacin, vitamin B, C and D and anti-oxidants.
- Significant anti-bacterial activity.
- Good for immune system.



[Peas Pulao Recipe / How to Make Peas Pulao](#)



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Peas Pulao Recipe / Matar pulao / Pattani sadham is one of my favourite rice recipe and easy to make one pot meal. This is my mom's recipe and my husband's favourite dish too. Whenever he comes to my home, my mom prepares this rice and a [mushroom gravy](#) for him. He just loved it. You can make this peas pulao recipe either in stove top or in pressure cooker. This pulao can be done in 15 mins and it tastes yummy. It's great to pack for lunch box for kids and adult. It goes well with any spicy gravy like [aloo palak](#) and [cucumber raita](#).

Ingredients

- 1 Cup of Basmati Rice

- 1/2 Cup of Green Peas
- 1 Large Red Onion, Finely Chopped
- 3 Small Onion
- 1 Tbsp of Fried Onions(Optional)
- 5 Garlic Cloves
- 2 -3 Green Chillies, slit
- 2 Cloves
- 1 Cinnamon
- 1 Cardamom
- 1 Bay Leaf
- 1/4 Tsp of Fennel Seeds
- 5-7 Curry Leaves
- 10 Mint Leaves
- 2 Tbsp of Chopped Coriander Leaves
- Salt to taste
- 1 Cup of Water
- 1/2 Cup of Coconut Milk
- 2 Tsp of Lemon Juice
- 2 Tsp of Oil
- 2 Tsp of Ghee



Method

- Soak the basmati rice in water for 30 mins. Drain the water and rinse it in tap water for 2 times. Keep this aside.
- Heat oil and ghee in a cooker, add clove, cinnamon, cardamom, bay leaf, fennel seeds, curry leaves. Saute this for few secs. Add chopped red onion, small onions, green chillies and salt, saute this for 2 mins until it turns golden brown.
- Add garlic cloves, fry for a min.
- Add mint leaves, coriander leaves and peas, fry this for a min.
- Add rice, saute this for a min.
- Add water, coconut milk and fried onion, mix well. Check the salt. Close the pressure cooker with a lid and cook for 2 whistles. Turn off the flame. Let the pressure release on its own.
- Open the cooker, add lemon juice, mix gently with a fork

or spoon.

- Serve hot with any spicy gravies like [aloo palak](#) and [raita](#). I had with mushroom korma.

Tips

- You can use ginger garlic paste instead of using whole garlic cloves.
- Adding fried onions are optional.
- Use lot of small onions instead of large onion, if you want more taste.
- If you don't have coconut milk, just use water alone.
- Don't break the rice while mixing.
- Addition of lemon juice gives a mild tangy taste.
- Rice : water ratio is for 1 cup of rice :1.5 cups of water.

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.



Green Peas Pulao Recipe

Tags : [green peas pulao](#), [pulao recipe](#), [peas pulao](#), [peas pulao recipe](#), [matar pulao](#), [mutter pulao](#), [how to make peas pulao](#), [how to prepare peas pulao](#), [peas pulao in pressure cooker](#), [pulao recipe](#), [easy pulao recipe](#), [pattani sadham](#), [pattani pulao](#)

[Vazhakkai Bajji / Raw Banana Bhajji / Bajji Recipes](#)

Vazhakkai Bajji Recipe



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Here it comes a most popular South Indian snack – Bajji / Bhajji. Bajji is a hot, crispy evening tea time snack. It is a dish prepared by dipping sliced raw banana in gram dal -rice flour batter and finally deep frying it in a hot oil. You can make bajji with any vegetables like potato, onion and eggplant . Best accompaniment for this bajji are coconut chutney or [peanut chutney](#) and [tea](#).

Ingredients

- 1 Big Vazhakkai / Raw Banana
- 3/4 Cup of Gram (Besan) Flour
- 1/4 Cup of Rice Flour
- 1 Tsp of Corn Flour
- 1/4 Tsp of Baking Soda
- A Pinch of Asafoetida
- 1.5 Tsp of Red Chilly Powder
- 1 Tsp of Salt

Water as needed , about 2/3 cup of water
Oil for Frying



Method

- Wash and peel the skin of raw banana/ vazhakkai.
- Slice them lengthwise into long and thin slices.
- In a bowl, add besan flour, rice flour, corn flour, asafoetida, red chilly powder, baking soda, salt and add water little by little to get batter. Batter should not be too thick or too thin.
- In the meantime, heat oil in a shallow pan for deep frying.
- When oil gets hot (323 degree F), dip the banana slices in the batter and make sure it is coated well on both sides.
- Carefully drop the slices one by one into the oil, cook them until it turns golden brown color on both sides.
- Transfer them to a paper towel(Tissue paper) lined container to absorb oil.
- Serve immediately with [tea](#) and coconut chutney or [peanut chutney](#).



Tips

- Addition of asafoetida is for digestion.
- You can add pinch of orange food color, to get colorful bajji.
- Adjust the amount of red chilly powder and salt according to your taste.
- Always cook in a medium high flame.

Health Benefits of Vazhakkai / Raw Banana

- Good source of resistant starch, a type of starch that cannot be broken down by enzymes in our digestive system, acts like fiber than starch, good for diabetes.
- High in potassium and vitamin B6.
- High in fiber content.



Vazhakai Bhajji