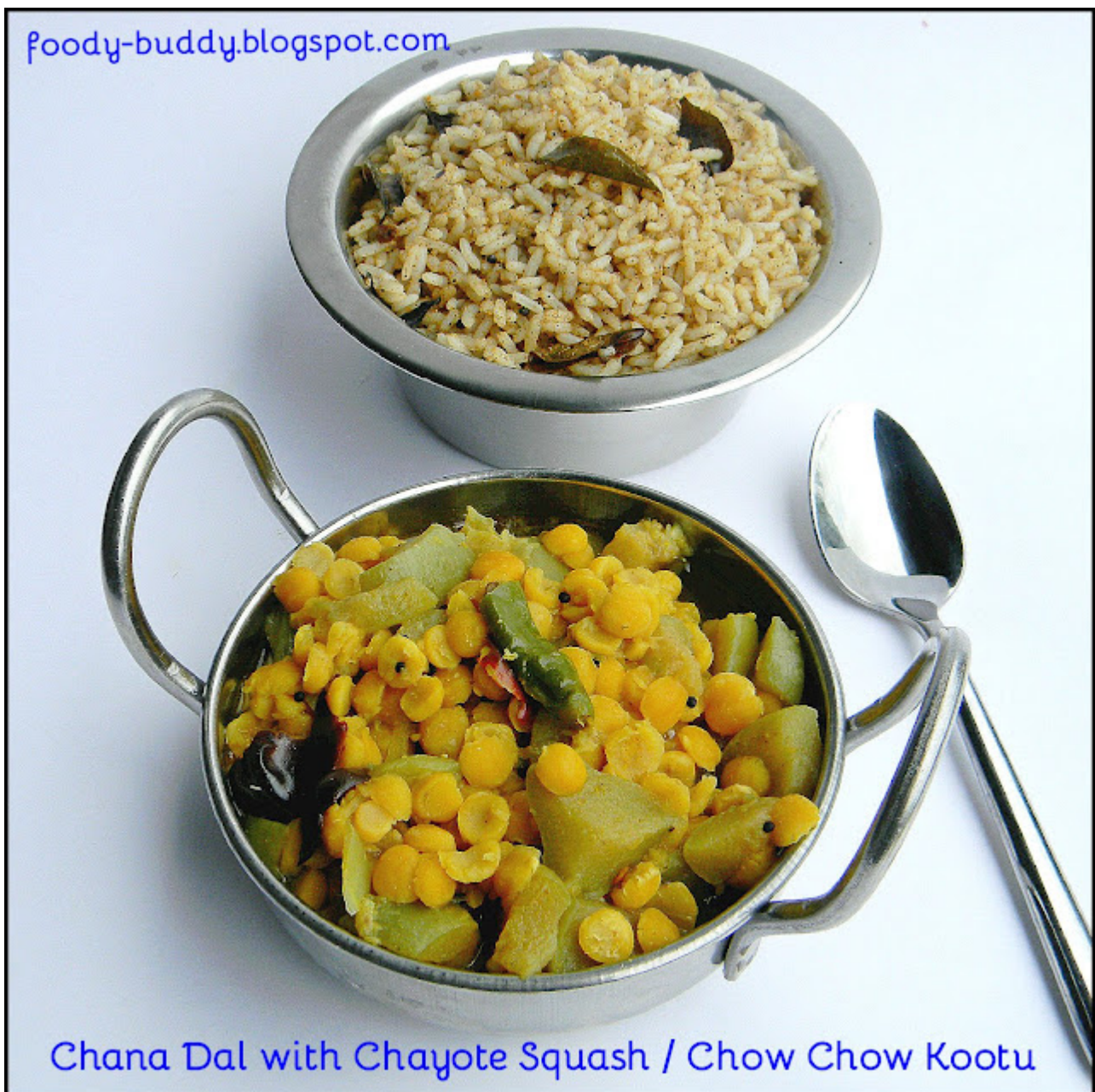


Chow Chow Kadalai Paruppu Kootu / Chana Dal with Chayote Squash / No coconut added



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Yellow split chick peas/ chana dal/ Kadalai paruppu

have a sweet nutty flavor and hold their shape well. I used chayote squash/ chow chow for this dal . Chayote squash/ chow chow enhances the flavor and texture of the dal. To make this, soak the chana dal for 2-3 hrs in cold water with salt before cooking. Then follows the pressure cooking method of dal, vegetable and spices. Substitute any squash like bottle gourd, snake gourd, ash gourd if chow chow are not available.

Ingredients

**1/2 Cup of Yellow split chick peas/ chana dal/
Kadalai paruppu**
1 Chayote squash / Chow Chow, Diced
2 Tsp of Oil
1/2 Tsp of Mustard Seeds
1/2 Tsp of Urad Dal
1 Red Chilly
Pinch of Asafoetida
1 Sprig of Curry Leaves
3 Garlic Cloves, Finely Chopped
1 Tsp of Fresh Ginger, Minced
2 Green Chillies
1/2 Tsp of Turmeric Powder
1/2 Tsp of Cumin Powder
1 Tsp of Coriander Powder
1/4 Tsp of Garam Masala
Salt and water as needed

Chana Dal with Chayote squash



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Method

- Soak the Yellow split chick peas/ chana dal/ Kadalai paruppu for 2- 3 hrs in cold water along with salt. After that, wash it in cold tap water and keep this aside.
- Heat the oil in a pressure cooker over the medium – high heat. When it is hot, add the red chilly(break it), mustard seeds, urad dal, curry leaves and a pinch of asafoetida and fry until they pop and become fragrant, about 5 secs.
- Add garlic, ginger and green chilly, fry for few secs.
- Add coriander powder, turmeric powder, cumin powder and garam masala and cook, fry it for a min.
- Add chana dal and chow chow / chayote squash, fry it for

a min.

- Add 2.5 Cups of water, salt and mix well. Close the pressure cooker, cook it for 2 whistles and then simmer it for 10 mins. Turn off the flame.
- Transfer the dal to a serving dish and serve hot with white rice or variety rice or any roti.



Tips

- If you want coconut, add 2 tbsp of grated coconut to it.
- You may also add red chilly powder/ cayenne pepper instead of green chilly.
- Soaking is most important, so soak it for 2 hrs. If you forget to do that, soak it in hot water for 1 hr before cooking.

- **Adding garam masala is optional.**

Health Benefits of Chow chow / Chayote squash

- **Lowers blood pressure.**
- **Dissolves kidney stones**
- **High in fiber.**
- **Low in calories**
- **Good source of vitamin B complex and folate.**



Chana Dal with Chayote Squash / Chow Chow Kadalai Paruppu Kootu

Milagu Jeeragam Sadam / Pepper Cumin Rice – Lunch Box Recipe



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Black pepper and Cumin are the most important culinary spices in the world. Black pepper has a century long history of use and cultivation across all the continents of the world. While millions of people consume pepper in their food every day, most do not realize that black pepper is also an important medicinal spice that can be used to treat a wide

variety of physical symptoms and diseases. Most important is black pepper should be consumed safely in moderate quantities. Adding pepper along with cumin or turmeric is a great natural way to enhance overall body health. Black pepper stimulates the taste buds in such a way that an alert is sent to the stomach to increase the hydrochloric acid secretion, thereby improving the digestion. Whereas the cumin boosts the power of liver, thereby it detoxifies the body.

Coming to this recipe, it can be done in minutes, easy, flavorful and a healthy dish. Also good for cough/cold/sore throat. This is my mom's recipe and this rice dish is prepared with black pepper, cumin, curry leaves and rice. The sharp spiciness from pepper corns, aromatic curry leaves and flavorful cumin along with rice gives an irresistible authentic flavor.

Ingredients

To Make A Pepper Mix

- 2 Tsp of Black Pepper Corns**
- 1 Tsp of Cumin, Whole**
- 1 Tbsp of Toor Dal / Pigeon Dal/ Thuvaram Paruppu**
- 1 Red Chilly, Big**

To Temper

- 2 Tsp of Gingelly Oil / Indian Sesame Oil**
- 1 Tsp of Mustard Seeds**
- 1/2 Tsp of Urad Dal**
- Pinch of Hing/ Asafoetida / Perungayam**
- 2 Sprig of Curry Leaves**

Other Ingredients

- 1 Tsp of Clarified Butter / Ghee**

2 Cups + 1/4 Cup of Cooked Rice
Salt to taste

Method

To make a pepper mix

- **Heat a pan over medium heat, when hot, add pepper corns, cumin, toor dal and red chilly. Roast it without oil, stirring continuously, until it turns to light brown color and the aroma comes, for about 3-5 mins. Turn off the flame. Let it cool down for 5 mins.**
- **Grind this spices to a fine powder in a blender/ mixie or spice grinder.**
- **I used only 5 tsp of pepper powder for this rice.**



Tempering

- **Heat oil in a pan over medium heat, when hot, add mustard seeds, urad dal, asafoetida (hing) and curry leaves. After mustard seeds splutters, urad dal changes color, turn off the flame.**

Mixing of spice mix and rice



- In a wide bowl, add the tempering items, over that add the boiled rice, top of the rice, add 5 Tsp of pepper mix, salt and ghee. Fluff the rice gently with a spoon. Do not break the rice while mixing. Check the salt and add accordingly.
- Transfer to the serving dish and serve it with potato chips or any vegetable kootu.



Pepper Cumin Rice

Tips

- Adjust spicyness according to your taste. I used only 5 tsp of pepper mix.
- Do not use pre – ground pepper powder, use fresh pepper corns.
- Store the remaining powder in an airtight container. Whenever you crave for this rice, just mix it with rice and ghee.
- Do not break the rice while mixing.
- Adding ghee/ clarified butter gives a nice flavor to the dish.
- You can add bengal gram/chenna dal while tempering.
- Adding cashews gives a rich taste to the rice.

Health Benefits of Pepper and Cumin

Cumin

- Good for digestion, mental function and respiration.
- Strengthens the immune system.
- Rich in iron, so good for blood health.
- Healthy herbs for a women of all ages.
- Anti-carcinogenic properties.
- Boosts the metabolic rate.

Black Pepper

- Aids in digestion.
- Helps to fight cancer, fight tooth decay and good for weight loss.
- Powerful antioxidant and natural anti depressant.
- Relieves cough and cold
- Reduces inflammation.
- Good for skin.

Pepper Cumin Rice



sending this recipe to [My Cooking Journey](#) and [Zesty South Indian Kitchen](#)



*Favorite Recipes Event:#13
One Pot Meal*

**At
My Cooking Journey**

& Zesty South Indian Kitchen

From July 1st to July 31st

Rajma Capsicum Curry



Kidney beans is also called Rajma, is a well known pulse that is extensively used all over the world in the preparation of variety of dishes, particularly in dishes like rice, curries, salad or toppings. Kidney beans are rich in iron, protein, fiber and other minerals. Consumption of this beans gives you a healthy heart.

Coming to Rajma Capsicum Curry recipe, this dish is made from kidney beans(Rajma). You can use dried rajma or canned variety to make this curry. If you prefer to cook with the dried variety, soak the beans in water for at least eight hours, boil in a pressure cooker or crock pot, until they turn very soft. This Rajma Capsicum Curry is easy to make with the simple ingredients, delicious in taste with hot [chapathi](#) or phulka or naan. Try this Rajma Capsicum Curry recipe and let me know your feedback.

- Preparation Time : 30 Mins
- Cooking Time – 20 mins
- Serves -2

Ingredients – Rajma Capsicum Curry

- 1.5 Cups of Cooked Rajma/ Kidney Beans
- 1 Small Green Bell Pepper (Capsicum)
- 1 Medium Onion, Finley Chopped (About 1/2 Cup)
- 2 Medium Garlic Cloves, Minced
- 1 Tsp of Fresh Ginger, Minced
- 1/2 Tsp of Turmeric Powder
- 2 Medium Size Tomatoes, Finely Chopped
- 1.5 Tsp of Red Chilly Powder / Cayenne Pepper
- 1/2 Tsp of Garam Masala
- Salt to taste
- 1/4 Cup of Cilantro (Coriander Leaves), Finely Chopped
- 1/2 Tsp of Cumin (Jeera)
- 2 Tsp of Vegetable Oil

Method – Rajma Capsicum Curry

- Heat the oil in a skillet or a pan over medium heat.
- When the oil is hot, add the cumin seeds and fry until the lightly browned and fragrant, about 5 seconds.
- Stir in the onion, garlic, ginger and turmeric powder and cook, stirring occasionally, until the onion is soft, about 5 mins.
- Add the tomatoes, bell pepper, garam masala, red chilly powder and salt, cook until the tomatoes and bell peppers are soft, about 5 mins.
- Add the Kidney beans(Rajma) and 1 cup of water and bring the mixture to a boil. Reduce the heat to medium low, cover the pan and cook, stirring from time to time,

until the mixture thickens and a sauce forms, about 10 mins.

- Add more water if prefer a thinner sauce. Transfer the beans to a serving dish, sprinkle with chopped cilantro and onion, and serve hot with [chapathi](#) or naan or phulka.



Tips

- You can add green chilly for more spicy taste.
- You can use dried kidney beans or canned beans to make this curry.
- Use butter or ghee to get a rich taste of curry.
- You can also add dried methi leaves for a different twist to the dish.

Health Benefits of Rajma(Red Kidney beans)

- Kidney beans are high in Iron and protein, it has eight essential amino acids in it.
- The darker the color of the beans has higher, the anti-

oxidant content.

- Maintains the blood sugar.
- Good for brain.
- Improves bowel Movements
- High in magnesium and fiber helps in lowers the blood cholesterol levels.

