

# Arachuvitta Sambar – South Indian Recipe



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*Arachuvitta sambar is a traditional south Indian dish. The word “Arachuvitta” means “to grind “. Sambar means vegetable stew or chowder based on a broth made with pigeon peas(toor dal), tamarind and other seasonings. This sambar is prepared with freshly ground masala, they are made of coriander seeds, coconut, bengal gram, fenugreek, red chillies and rice. The usual sambar is made with pre-prepared sambar powder. Preparation wise, this sambar takes more time than the usual one because of roasting and grinding part. This*

*sambar has a fresh, flavorful aroma because of addition of freshly ground spice powder, that makes more appetizing to eat. Best accompaniment is white rice, papad and [potato fry](#).*

## **Ingredients**

### **To Pressure Cook**

1/2 Cup of Toor Dal  
1/2 Tsp of Turmeric Powder  
1 Tsp of Salt  
1/2 Tsp of Oil  
Pinch of Asafoetida/ Hing  
2.5 Cups of Water

### **To Roast and Grind**

2 Tsp of Oil  
5 -6 Red Chillies  
1/2 Tsp of Fenugreek  
1/2 Tsp of Rice  
2-3 Tsp of Bengal Gram/ Chenna Dal  
4 Tsp of Coriander Seeds  
1 Tbsp of Grated Coconut

### **To Saute**

6 Small Onions  
1 Large Onion, Finely Chopped  
1 Medium Size Tomato, Finely Chopped  
2 Medium Size Radish, Sliced  
Salt to Taste

### **To Temper**

2 Tsp of Ghee

1 Tsp of Oil  
1 Tsp of Mustard Seeds  
1 Tsp of Urad Dal  
1 Small Red chilly  
2 Sprigs of Curry Leaves

### Other Ingredients

Gooseberry Size of Tamarind  
3 Tbsp of Coriander Leaves, Finely Chopped

### Method

- In a pressure cooker, add all the ingredients listed under " To pressure cook" and cook it for 5 whistles. Turn off the stove.
- Extract the tamarind juice by placing tamarind in hot water for 15 min, squeeze the juice from the tamarind. Keep this aside.
- In a pan, oil roast all the ingredients listed under " To roast and grind", fry until the nice aroma comes and changes color. Let it cool down for 5 mins. In a blender(Mixie), add all the roasted ingredients to a fine powder.
- Heat oil and ghee in a pan, add mustard seeds, urad dal, red chilly and curry leaves, after it splutter, add small onion, chopped large onion and salt, fry until it turn golden brown, add chopped tomato, saute for 2 mins until it turns soft.
- Add sliced radish and 1 tbsp of roasted spice powder, saute this for 2 mins, sprinkle some water, cover the pan with a lid, cook it for 5 mins.
- Add tamarind extract, allow it cook for another 2 mins.

- Now add the dal and remaining roasted spice powder, mix well with a laddle. If you find any spice powder lumps, mash it with a laddle/spoon. Cover and cook it for another 7 mins. Check the salt and add water if necessary. Turn off the flame
- Finally add the chopped coriander leaves, mix well. Keep it covered to retain the aroma.
- Serve with [potato fry](#) and appalam / papad.



### Tips

- Adjust the number of red chillies according to your taste.
- You can use any vegetables like drum sticks, brinjal, potato lady's finger(okra) or carrot.

- Adding ghee boosts the flavor to the sambar.
- You may also add 2 tbsp of grated coconut instead of 1 Tbsp.
- You may also add the tempering at the end, just to retain the tempering flavor.

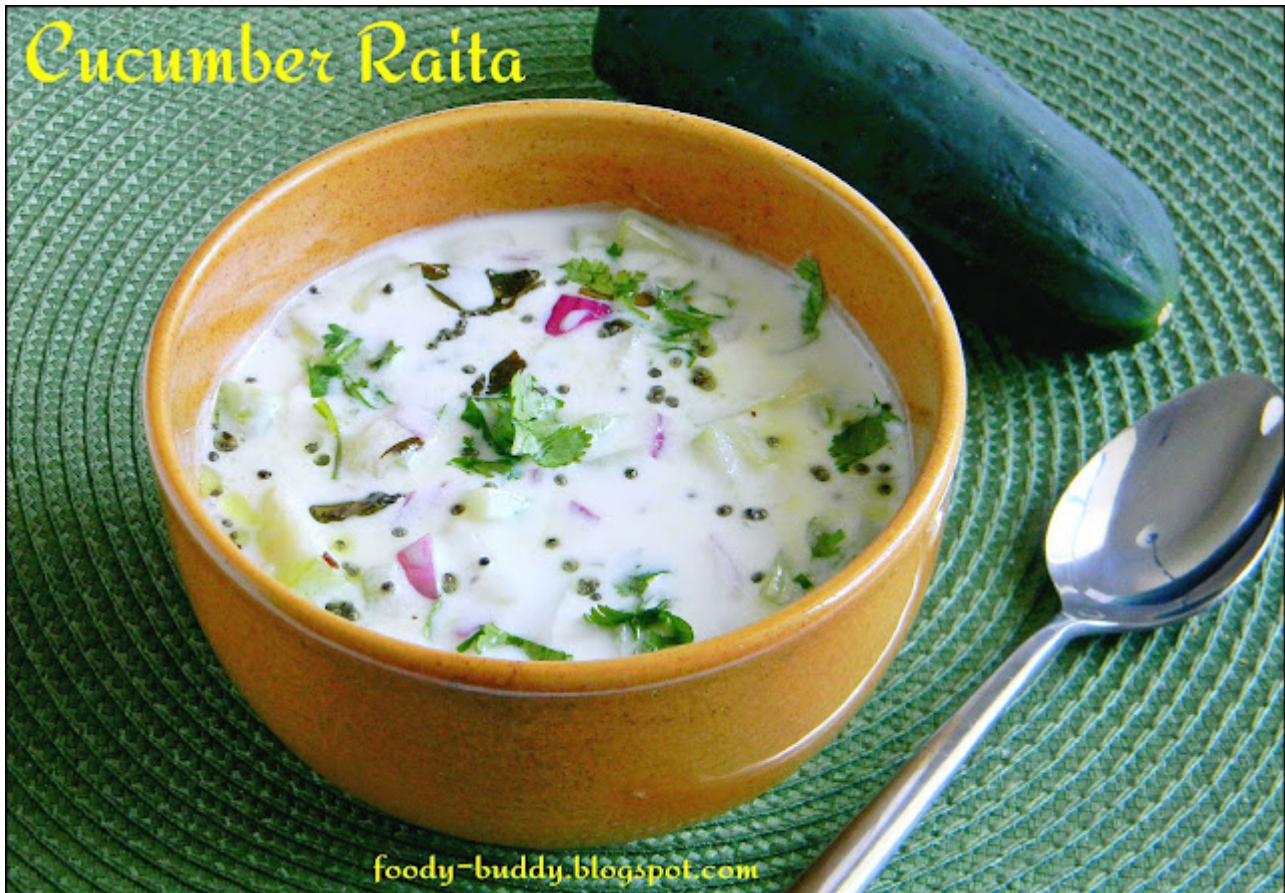
### Health Benefits of Radish

- Prevents cancer.
- Good for digestive system, lungs and heart.
- Helps to purify the blood and raise the oxygen levels.
- Controls the blood pressure and sugar level.
- Good for weight loss.



# Cucumber Raita / Cucumber Yogurt Salad

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*Raita is a cucumber-yogurt salad used in Indian cuisine as a cooling balance to the spicy dishes like biryani. This is so simple and easy to make dish. I really love this raita because of its cooling properties. Best accompaniment for raita is [biryani](#). Also you can use it as dip for pita chips or potato chips.*

## Ingredients

- 1 Medium Sized Cucumber, Diced**
- 2 Cups of Yogurt / Thick Curd**
- 1/4 Cup of Red Onion, Finely Chopped**
- 1/4 Tsp of Roasted Cumin Powder**

**Pinch of Kala Namak / Black Salt**  
**1 Green Chilly, Finely Chopped**  
**2 Tbsp of Coriander Leaves, Chopped**  
**Salt to Taste**

To Temper

**2 Tsp of Oil**  
**1 Tsp of Mustard Seeds**  
**1 Sprig of Curry Leaves**

Method

- **Wash and peel the cucumber skin. Chop them into pieces. Keep them aside.**
- **Roast the cumin seeds in a medium heat for a few seconds until nice aroma comes. Powder it in a mortar and pestle.**
- **In a bowl, using whisk, whip the curd/yogurt until smooth and creamy.**
- **To the yogurt bowl, add chopped onion, cucumber, green chilly, roasted cumin powder, black salt, coriander leaves and salt. Mix well with a spoon.**
- **Heat oil in a pan, add mustard seeds and curry leaves, after it splutter, transfer this to the yogurt bowl. Mix well.**
- **Serve immediately with [biryani](#) or cover and refrigerate it for 15 mins to allow flavors to blend.**



### **Tips**

- You can add red chilly powder or pepper powder instead of green chilly.
- Adding mint leaves gives you great flavor.
- You can also make raita without adding the tempering.
- Greek yogurt tastes great for raita.
- You can add grated or diced cucumber for making raita.



### **Health Benefits of Cucumber**

- **Keeps the body hydrated.**
- **Rich in vitamin A and B**
- **Good for skin, joints and teeth.**
- **Aids in digestion and weight loss.**
- **Stimulates hair growth.**
- **Fight against cancer.**



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## [Urad Dal Chutney Recipe / Ulutham Paruppu Chutney](#)





*Urad dal chutney recipe / ulutham paruppu chutney / ulundhu chutney is popular in Tamilnadu. Main ingredients for this urad dal chutney are urad dal/black gram along with onion, coconut, red chillies and other seasonings. Urad dal and other ingredients are oil roasted and ground to a fine paste and finally seasoning added to it. Uludham paruppu thuvaiyal goes well with [idly](#) or [dosa](#) or [paniyaram](#).*

#### Ingredients

- 3 Tbsp of Split Urad Dal (White)**
- 1 Medium Size Red Onion, Diced**
- 1 Tbsp of Dried Coconut Flakes**
- Tamarind (Blueberry Size)**
- 2-3 Red Chillies**
- 1 Sprigs of Curry Leaves**

Pinch of Asafoetida  
Salt to taste  
2 Tsp of Oil ( Canola/ vegetable oil)

### To Temper

1 Tsp of Oil ( Canola/ vegetable oil)  
1/2 Tsp of Mustard  
1/2 Tsp of Urad Dal

### Method

- Heat oil in a pan, add urad dal and roast until it turns to slightly golden brown color. Transfer this to a plate.
- Heat oil in a same pan, add red chillies, asafoetida and onion, saute this for a min. Then add dried coconut flakes, tamarind, curry leaves and salt, saute this for 2 mins. Turn off the flame. Transfer this to a plate. Let it cool for 5 mins.
- Transfer this urad dal-onion mixture to a blender/ mixie, grind it to a smooth paste. Transfer this to a serving bowl.
- Heat oil in a pan, add mustard seeds and urad dal, after it splutter, transfer this to a serving bowl containing chutney. Mix well. Urad dal chutney is ready.
- It goes well with [idly](#) or [dosa](#) or [paniyaram](#)

### Tips

- You can use black whole urad dal instead of white split urad dal.
- You can use one tomato for extra tangy taste.
- Use fresh grated coconut in place of dried coconut flakes.
- Adjust the number of red chillies according to your

taste.

## Health Benefits of Urad Dal

- Urad dal provides energy to the body.
- Rich in protein.
- Enhances digestion because of high in fiber content.
- Boost heart health because of high in magnesium level.

