

Thatta Payir(Karamani) Kara Kulambu / Black Eyed Peas Gravy

[Pinit](#)



This dish is famous in Tamilnadu, Southern Part of India which is healthy, tangy and flavorful. This tastes divine and they are made with karamani or thatta payir or black – eyed peas in a tamarind gravy, which is a tasty rendition of tamil culture and village cuisine. When combined with rice mixed with sesame oil(gingelly oil) makes a wonderful lunch. This dish goes well with appalam or papad or [kootu](#) or [creamy spinach](#)

Ingredients

1/2 Cup of Karamani / Black eyed Beans / Cow Peas
1 Large Red Onion, Finely Chopped
5 – 7 Garlic Cloves
1/4 Tsp of Turmeric Powder

1 Tbsp of [Vatha Kulambu Podi\(Spice Powder\)](#)
Lemon Sized Tamarind
1/2 Tsp of Jaggery or Sugar
Salt and water as needed

To Temper

1 Tbsp of Gingelly Oil (Indian Sesame Oil)
1 Tsp of Mustard Seeds
1 Tsp of Urad Dal
1/4 Tsp of Fenugreek
2 Red Chillies
Few Curry Leaves
Pinch Of Hing / Asafoetida

Method

- Soak karamani or thatta payir or black eyed peas for overnight in 2 cups of water along with little salt.
- Drain the water and wash it tap running water for 2 mins.
- Pressure cook the black eyed peas/ karamani along with enough water and salt for 2 whistles. Then simmer it for 15 mins. After 15 mins, turn off the stove.
- Extract the juice from the tamarind by keeping it in hot water for 15 mins.
- Heat oil in a pan, add red chillies (break it) and wait until it turns to dark brown color.

- Add mustard, urad dal, fenugreek, curry leaves and hing (add one by one). After it splutter, add garlic and fry for few mins until raw smell vanishes.
- Add chopped onion and salt, saut'e for few mins until it turns transparent.
- Add karamani (Black eyed peas or thatta payir), turmeric powder and [vatha kulambu powder](#). Saute for a 1 -2 mins.
- Now add thick tamarind juice. Mix well and add enough water based on your consistency and cover it with a lid and cook in medium flame for 7-10 mins.
- When the kulambu gets thick enough, add sugar or jaggery, mix well and turn off the stove.
- Transfer to a serving bowl and enjoy with rice and [kootu](#)...



Tips

- Use shallots or small onion instead of big onion, it tastes great.
- You can use 2 tsp coriander powder and 1tsp of chilly powder instead of Vatha kulambu powder.
- You can add vegetables like drum stick or brinjal to this kulambu.
- Add salt while frying onion so it helps to cook onion faster,
- Adding sugar/ jaggery gives little sweet flavor in spicy curry.

Health Benefits of Karamani / Black eyed Beans

- 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.



Vatha Kulambu Podi / Spice Powder

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Vatha Kulambu Podi



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Vatha Kulambu podi is used mainly in the preparation of [vatha kulambu](#) (Tangy & spicy Stew), also you can use this powder to make puli kulambu, kara kulambu and stir fries. This powder is prepared by oil roasting and dry roasting of whole spices, make it to a fine powder using a spice grinder. Ingredients and method of making this powder may vary from one home to other home in south India. This is my mother in law's recipe. She makes the best [vatha kulambu](#), it just tastes divine with hot white rice, gingelly oil and [kootu](#). Here is the recipe for the spice powder.

Ingredients

- 1 Cup of Red Chillies
- 1.5 Cup of Coriander Seeds
- 6 Tsp of Bengal Gram
- 6 Tsp of Toor Dal

- 3 Tsp of Whole Pepper Corn
- 3 Tsp of Whole Cumin
- 4 Tsp of Rice
- 1 Tsp of Fenugreek
- 1 Tsp of Asafoetida / Hing

Roasting

- 1 Tsp of Oil

Method

- Dry roast the coriander seeds, bengal gram, toor dal, pepper, cumin and rice , roast it one by one until it turns light brown color and aroma comes.
- Heat oil in a pan, roast the red chillies, hing and fenugreek until it turns to light brown color.
- When it cooled, grind all these ingredients to a fine powder.
- Store it in an air tight container.

Tips

- Always be careful in roasting the spices, don't burn it.
- You can use this powder to make Puli kulambu , kara kulambu and stir fries.
- You can also make podi (Powder) by adding red chillies and coriander in a equal proportion.
- You can grind either in spice grinder or mixie or flour mill.
- Storing is most important, so store it in an airtight container.

Health Benefits of Spice Powder / Vatha Kulambu Podi

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.

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 and Bengal Gram 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

Hing : Good for indigestion and flatulence

Rice : Good source of carbohydrates and provides energy to body.



My next post is Kara Kulambu recipe by using this spice powder..

[Tomato Pulao Recipe \(Tomato Peas Pulao\) – Lunch Box Recipe](#)

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Tomato which are actually a fruit not a vegetable loaded with all kinds of health benefits for the body. This colorful & Tangy tomato peas pulao is a one part meal. Puree tomatoes and peas are sauted with spices and added to rice. It goes well with [raita](#) or [potato fry](#) or papad. It's great to pack for lunch.

Ingredients

- 1 Cup of Basmati Rice**
- 1 Big Red Onion, Finely Chopped**
- 6 Garlic Cloves**
- 2 Green Chillies**
- 6 Mint Leaves**
- 5 Cashews**
- 6 Soya Chunks**
- 1/4 Cup + 2 Tbsp of Green Peas**
- 5 Tbsp of Tomato Puree**
- 2 Tsp of [Sambar Powder](#)**

1/4 Tsp of Garam Masala
1/4 Cup of Milk
2 Tbsp of Water
1 Sprig of Cilantro / Coriander Leaves , chopped
Salt to taste

To Temper

2 Tsp of Oil
2 Tsp of Ghee(Clarified Butter)
2 Cloves
1 Medium Size Cinnamon
1 Bay Leaf
1 Tsp of Mustard
1/2 Tsp of Fennel Seeds
5-6 Curry Leaves



Method

For the Rice – Pressure Cooker Method

- Soak basmati rice for 1/2 hour. Wash the rice for 1 or 2 times and keep this aside.
- Wash and chop the onion and slit the green chillies.
- In a pressure cooker, add 1 cup of rice and 1.5 cups of water and cook it for 1 whistle. Turn off the flame.

Preparing Soya Chunks

- Cook soya chunks either in a pressure cooker or in stove top method, take a pan, add water, soya chunks and salt, boil it until it turns soft. Let it cool down for a min, squeeze water from soya chunks, wash it in tap water , squeeze it and then use it.

To Make the Gravy

- Heat a pan with ghee and oil, add all the ingredients listed under " To Temper" list. After mustard and fennel seeds splutter, add onion, salt, garlic and green chillies, fry for 2 mins until it turns golden brown color.
- Add mint leaves, cashews, soya chunks, peas and tomato puree, fry for 2 mins until raw smell vanishes.
- Add [sambhar powder](#), garam masala, fry well with veggies for a min.
- Add milk and water, bring it to a boil and simmer it for 2 mins. Add chopped cilantro and turn off the flame.
- After the gravy cooled down, add rice, mix well with gravy. Check the salt and add accordingly.
- Tomato Peas pulao is ready.



Tips

- Serve papad and [raita](#) or plain yogurt or any [vegetable fry](#).
- Use ginger garlic paste instead of garlic.
- Use 3 medium size tomatoes instead of tomato puree.
- Use coconut milk for flavor & rich taste.
- If you don't have sambar powder instead add 1 Tsp of coriander powder and 1 tsp of chilly powder.

Health Benefits

Tomatoes

- Tomatoes are rich in vitamin A, C, K and Potassium.
- They are a natural cancer fighter.
- They are a good source of chromium which helps to regulate blood sugar.

Peas

- **Less in calories**
- **Strong immune system and anti-aging properties.**
- **Prevents Alzheimer's, stomach cancer & wrinkles.**

