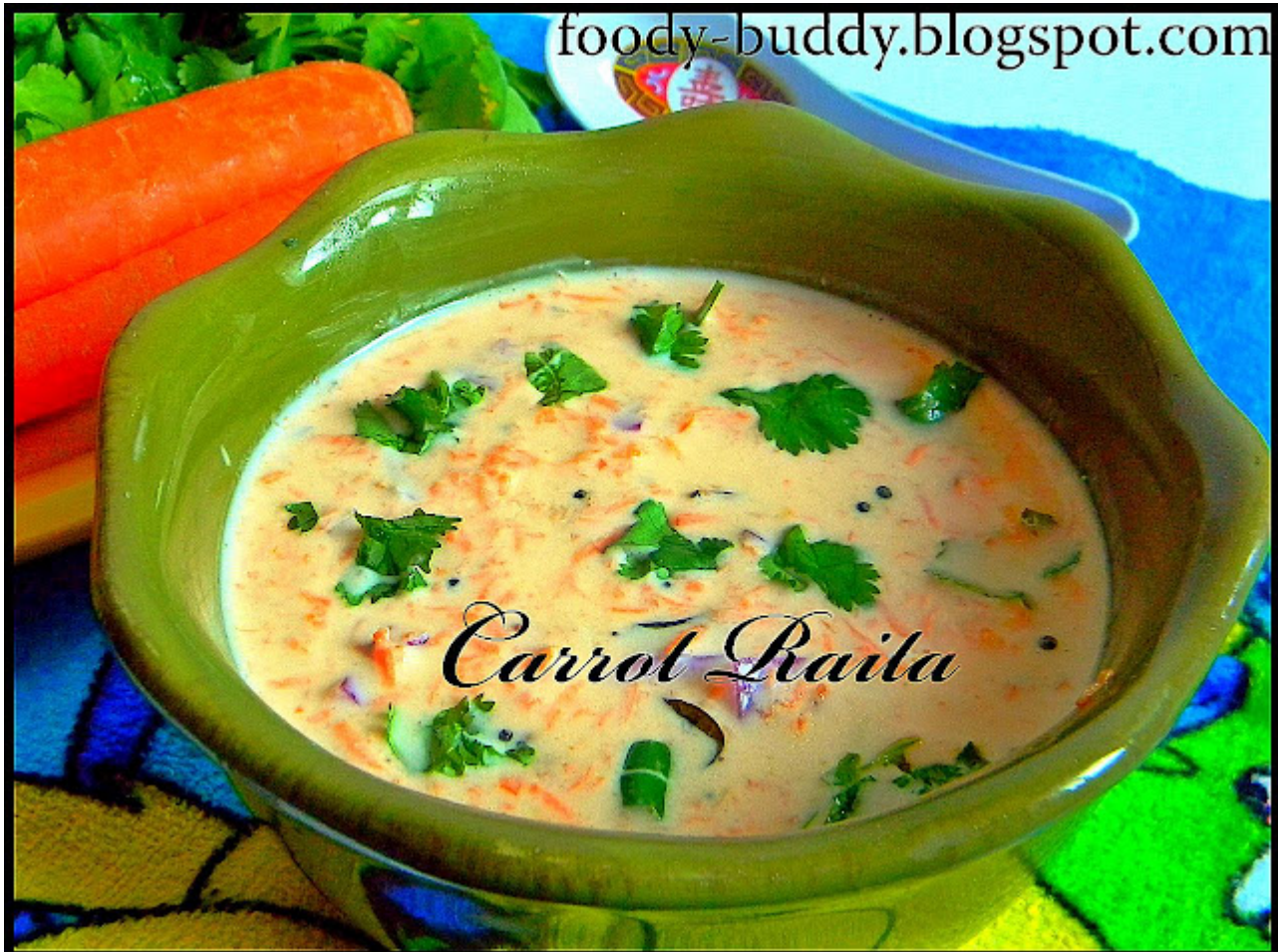


# Carrot Raita recipe- How to make carrot raita



*Carrot Raita is a yogurt based condiment made with carrots, thick curd/yogurt, chopped onion, green chillies, cumin powder, tempering items and salt. This is a simple, more colorful and creamy dish which tastes really great with spicy pulao like [beetroot pulao](#), [tomato rice](#) etc. This bright colored, cool dish also compliments [paratha](#) or [chapathi](#).*

## **Ingredients**

- 2 Cups of Thick Yogurt / Curd**
- 2 Medium Size Carrots**

**1/2 Cup of Red Onion, Finely Chopped**  
**1 Green Chilly, Finely Chopped**  
**1/4 Tsp of Roasted Cumin Powder**  
**Salt to taste**

#### **To Temper**

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

#### **To Garnish**

**Few Cilantro Leaves**

#### **Method**

- **Wash and grate the carrots and keep it aside.**
- **Take a bowl with yogurt and beat the yogurt to get a smooth and creamy consistency.**
- **Add grated carrots, chopped onion, chopped green chilly, roasted cumin powder and salt to the yogurt. Mix well.**
- **Heat a pan with oil, add mustard, urad dal and curry leaves, after they splutter, add this tempering items to a bowl containing yogurt.**
- **Finally check the salt and garnish it with cilantro leaves.**



### Tips

- Serve this raita for [beetroot pulao](#) or [tomato rice](#) or any spicy pulao or [paratha](#).
- You can add more green chilly, if you want more spicy side.
- You can also add pepper, if you want.

### Health Benefits of Carrot

- Good for the eyes.
- Prevents cancer.
- Vitamin A and antioxidant in carrot protect the skin from sun damage.
- Prevents heart disease and stroke.
- It has anti-aging property.



---

## [Beetroot Pulao- Lunch Box Recipe](#)



*Beetroot Pulao is one of my favorite rice which is super nutritious, delicious and beautiful to look rice. Beetroot rice is a one pot meal made with onion, tomatoes and aromatic Indian spices. This is my mom's recipe and I do this flavorful dish for lunch. Good to pack for lunch box. It goes well with raita ( onion or carrot or cucumber) and appalam or rice crackers.*

### **Ingredients**

- 1 Cup of Basmathi Rice**
- 1 Large Beetroot, Diced**
- 1 Large Onion, Finely Chopped**
- 2 Green Chillies, Finely Chopped**
- 2 Medium Size Tomatoes, Puree**
- 1 Tsp of Red Chilly Powder, Heaping**



min.

- Add ginger- garlic paste, fry until raw smell vanishes.
- Add chopped onion, green chillies, mint and little salt, fry for 1-2 mins until it turns golden brown color.
- Add chopped tomatoes and fry until oil separates.
- Add chopped beetroot, mix well with the onion and tomatoes and cook for 1-2 mins by adding little water.
- Add sambhar powder and garam masala, saute it for 1-2 mins with onion-tomato- beetroot mixture.
- Add thick curd to it and mix well.
- Add soaked and washed rice, to it and fry well masala.
- Add required water and salt. Cover the cooker with a lid and pressure cook for 2 whistles and switch off the stove.
- Finally add some lemon juice to the rice and mix well.
- Garnish it with chopped cilantro / Coriander leaves.



## Tips

- Serve this dish with onion or carrot raita.
- Rice and water ratio is 1 : 1.5 Cups of water or coconut milk.
- You can use fried onion instead of raw onions.
- Adjust spicyness according to your taste.
- Adding ghee gives a nice flavor to the rice.

## Health Benefits of Beets

- They are zero in saturated fat and trans fat.
- They are high in carbohydrates.
- Rich in vitamin A, C, sodium, magnesium, iron, phosphorous and folic acid.
- Beet has a natural pigment called betacyanin, helps to fight against cancer.
- Blood purifier.

foody-buddy.blogspot.com



Beetroot Pulao

---

## PARUPPU URUNDAI KUZHAMBU RECIPE

# Paruppu Urundai Kulambhu



*Paruppu urundai kuzhambu recipe is a traditional kulambu recipe from Tamilnadu. Lentil Balls are made from soaked toor and chenna dal, then it was cooked in gravy containing onions, tomatoes, tamarind juice and spices. This is my mom's recipe, she is a great cook because whatever she makes at home, it turns out good and tasty..I really miss all my mom's recipes.*

*This paruppu urundai kuzhambu recipe is very healthy, delicious and super nutritious but a lengthy process . Just give it a try and let me know the feedback.*

## **Ingredients for paruppu**

# **urundai kuzhambu recipe**

## **To Make a Lentil Balls ( Paruppu Urundai)**

**1 Medium Size Onion, Finely Chopped**  
**3 Garlic Cloves, Finely Chopped**  
**1/2 Tsp of Fennel ( Sombhu )**  
**1/2 Tsp of Cumin ( Jeeragam)**  
**1 Tbsp of Coconut Flakes**  
**Few Curry Leaves, Finely Chopped**  
**Few Coriander Leaves, Finely Chopped**

### **To Grind**

**1/4 Cup of Toor Dal ( Thuvaram Paruppu )**  
**1/4 Cup of Chenna Dal ( Kadalai Paruppu)**  
**3 Red Chillies**  
**Pinch of Asafoetida**  
**Salt to Taste**

### **To Make a Gravy**

### **To Saute & Grind**

**10 Small Onions, Finely Chopped**  
**2 Medium Size Tomatoes, Finely Chopped**  
**< 1/4 Tsp of Fennel ( Sombhu)**  
**< 1/4 Tsp of Cumin ( Jeeragam)**  
**3 Tsp of Sambhar Powder ( Heaping)**  
**2 Tsp of Oil**

### **To Temper**

**3 Tsp of Oil**  
**1 Tsp of Mustard**

**1 Tsp of Urad Dal**  
**Few Curry Leaves**

**Other Ingredients**

**Gooseberry size of Tamarind**  
**Pinch of Jaggery or Sugar**

## **Method – paruppu urundai kuzhambu recipe**

**To Make Lentil Balls**

- **Soak toor and chenna dal for 2 hrs. Wash thoroughly in cold tap water and keep it aside.**



- **Take a mixie jar, add toor dal, chenna dal, red chillies, asafoetida and salt. Grind it coarsely by adding very little water. Make sure the ground mixture should be thick.**



- In a bowl, add ground dal mixture, add chopped onion, chopped garlic, fennel, cumin, chopped curry leaves, chopped coriander leaves and coconut flakes. Mix well with spoon or hand.
- Make medium size balls out of the ground mixture, after you done. Keep it aside.



### To Make Gravy

- Extract juice from the tamarind by keeping tamarind in hot water for 15 mins. Keep this aside.

### Saute & Grind



- Heat a pan with oil, add chopped onion, saute this for 1-2 mins.
- Add tomatoes, cumin, fennel, saute this for a min.
- Add Sambhar Powder, saute for a 1-2 mins. Switch off the stove. Let this mixture cool down for 5 mins. Grind this mixture to a smooth paste.

### Tempering



- Heat a pan with oil, add mustard , urad dal and curry leaves, after they splutter, add tamarind juice, bring to a rolling boil. At this moment, add the ground paste , mix well, add salt, jaggery and more water. Bring it to rolling boil (10 mins), add the lentil balls ( paruppu urundai ). Cook it for another 10- 12 mins in a medium flame. Switch off the flame.



- **Serve hot with rice and ghee or gingelly oil.**



### **Tips**

- **Adding jaggery is optional, it gives mild sweetness.**
- **Add more water to the gravy, let it come to rolling boil, before you add lentil balls.**
- **You can add more red chillies, if you want a spicy side.**

- You can steam the lentil balls in idly cooker, before you add it to the gravy or you can add directly to the gravy.

### Health Benefits of Lentils

- Lentils are high in fiber and protein, and low in fat. Eating lentils and other foods that are rich in soluble dietary fiber can help decrease high cholesterol
- A dish of basmati rice with lentils combines carbohydrates, protein, fiber and fats for a healthy, balanced meal. The rice provides carbohydrates for quick-release energy.



tags : [paruppu urundai kuzhambu recipe](#), [how to make paruppu urundai kuzhambu](#), [prepare urundai kuzhambu](#), [traditional tamil kuzhambu recipe](#), .