

# AVARAKKAI MA AVARAI PORIYAL / DRY BROAD & LIMA BEANS CURRY- SIDE DISH RECIPES



*This recipe is the combination of broad and lima beans. Both are rich in cholesterol lowering fibers, nutrients like potassium, vitamins and rich in protein. On the whole, this curry is very good for health. This dish is very easy to make with simple ingredients which gives a awesome taste. This can be served with [sambhar rice](#) or [rasam rice](#) or [chapathi](#).*

**Ingredients**

**Steam Cook**

2/3 Cup of Broad Beans / Avarakkai, Chopped  
1/2 Cup of Frozen Lima Beans / Ma Avarai  
1/2 Tsp of Turmeric Powder  
1 Tsp of Sambhar Powder  
Salt to taste  
Water as needed (~1/2 Cup)

### To Temper

2 Tsp of Oil  
1 Tsp of Mustard  
1 Tsp of Urad Dal  
1/4 Cup of Chopped Onion  
Few Curry Leaves  
2 Tsp of Coconut Flakes

### Method

- Wash, trim the ends and remove the veins on either side of the broad beans. Chop them into pieces.

### Steam Cook

- In a pan, add water, broad beans, lima beans, sambhar powder, turmeric powder and salt. Cover pan with a lid and cook it in medium- high flame for 5 – 7 mins until the veggie's turn soft. Check regularly make sure you should not overcook the veggies. Once it done, switch off the stove.

### Tempering

- Heat oil in a pan, add mustard seeds, urad dal and curry leaves, after they splutter, add chopped onion, saute

- for 1-2 mins until they turn golden brown.
- Add cooked broad & lima beans, saute for a min.
  - Finally add coconut, mix well. Adjust the salt to taste and switch off the stove.
  - Broad & lima beans curry is ready to serve.
  - Serve this dish with [chapathi](#) or [sambhar rice](#) or [rasam rice](#).



### Tips

- You can add ginger- garlic paste and tomato to this curry, if you prefer.
- You can also add roasted peanut powder, for nice flavor to this curry.
- Don't overcook the veggie's and don't add too much of

water, while you steam cook.

## Health Benefits Broad Beans

- Broad beans are rich in L-dopa, an amino acid that is instrumental in the creation of dopamine, a substance that is critical for the pituitary gland's production of human growth hormone.
- They are rich in fiber, iron, folate and potassium.

## Lima Beans

- Rich in protein and fiber.
- Rich in anti-oxidants, iron, molybdenum and magnesium.
- Good for cardio, digestive tract and bone strength.



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**LEMON IDIYAPPAM/LEMON SEVAI –  
BREAKFAST RECIPE**

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LEMON

IDIYAPPAM

*Idiyappam is a culinary specialty from southern part of India. It is a steamed food and can be served for dinner or breakfast. It is made of rice, salt and water. I already made detailed post on [how to make Plain idiyappam](#). You can make recipes from idiyappam and this recipe is a savory version in which I used lemon juice and some seasonings. Try this recipe and enjoy....*

### **Ingredients**

**2 Cups of Idiyappam**

Juice of 1 Medium Sized Lemon  
1/2 Tsp of Turmeric Powder  
Salt to taste

### To Temper

2 Tsp of Gingelly Oil  
1 Tsp of Mustard  
1 Tsp of Urad Dal  
1 Tsp of Chenna Dal  
2 Red Chillies  
Pinch of Asafoetida  
Few Curry Leaves

### Method

- In a small bowl, add turmeric powder, lemon juice and salt to it. Mix well with a fork.
- Heat oil in a pan, add mustard seeds, when they splutter, add all the rest of the ingredients listed under " To Temper " Saute for a min until dal turns golden brown.
- In a medium flame, add the lemon juice mix, give a quick stir and add [plain idiyappam](#) and mix well. Turn off the stove.
- Serve hot with coconut chutney.



### **Tips**

- Use green chillies instead of red chillies for extra spiciness.
- Adjust salt and lemon juice according to your taste.
- Add nuts of your choice like peanuts, cashews etc

### **Health Benefits of Steamed Lemon Idiyappam**

- Eating steamed food helps the body to keep fit and healthy.
- Steamed Idiyappam are advised for sick and older people, as it doesn't give strain to the stomach.
- Steamed Foods are easily digestible.
- Lemon juice rich in Vitamin C, it is also essential for

maintaining a fully functional immune system, aiding digestion and fighting cancer.

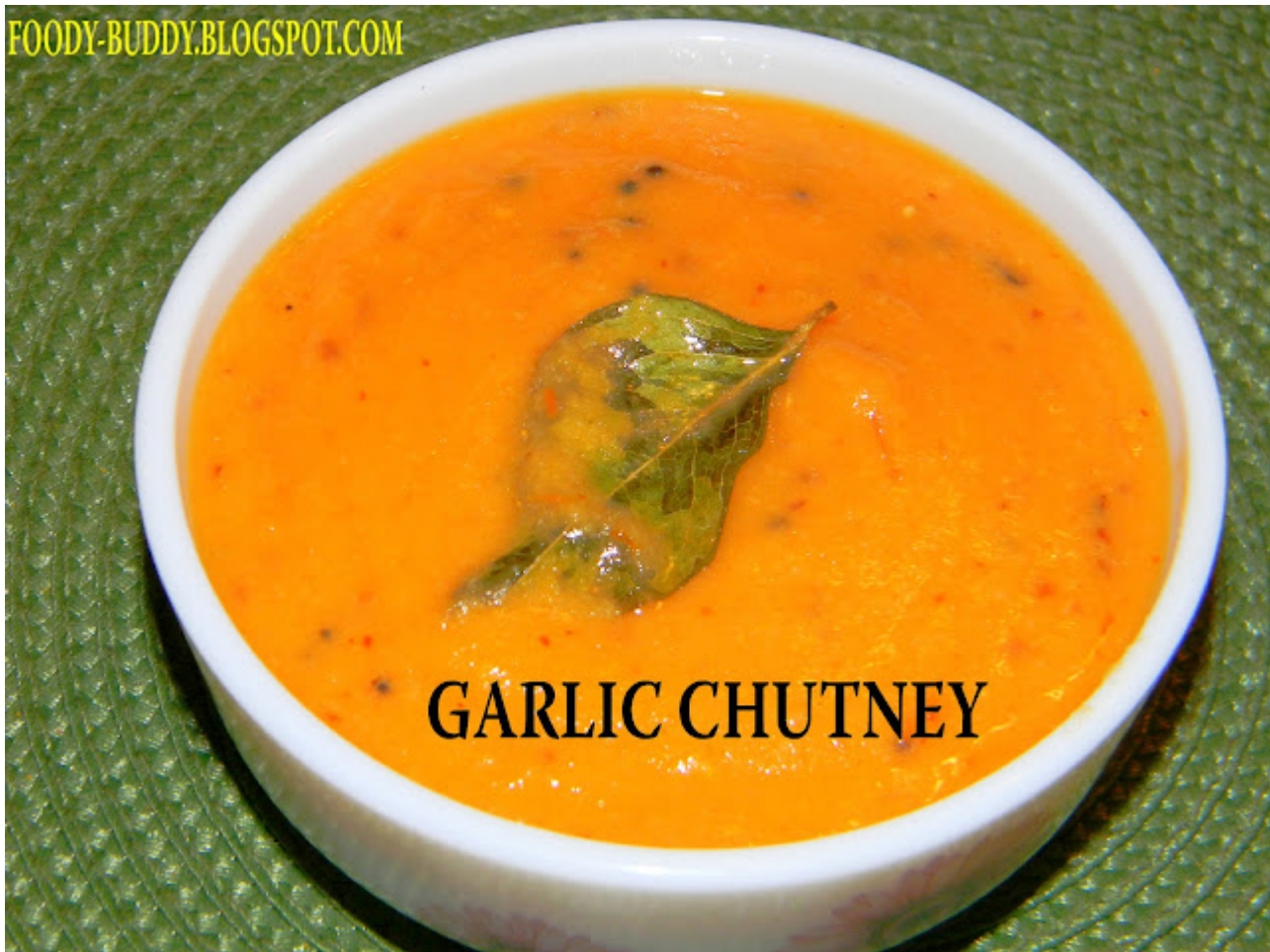
- Lemon juice is well known for it's antioxidants and anti-cancer properties



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# GARLIC CHUTNEY / POONDU CHUTNEY RECIPE



*Garlic is one of the most valuable and versatile foods on the planet. Today garlic is a widely recognized health enhancing supplement as garlic promotes the well-being of the heart and immune systems with antioxidant properties and helps maintain healthy blood circulation. Garlic chutney / poondu chutney recipe is a puree of garlic, tomatoes and red chillies with the addition of seasonings. This spicy and flavorful garlic chutney can be served with idly or dosai .*

## **Ingredients**

## **To Grind**

- **22 Garlic Cloves (Big)**
- **4 Red Chillies**
- **2 Tomatoes, Medium Sized**
- **Salt to taste**

## **To Temper**

- **2 Tsp of Gingelly Oil**
- **1 Tsp of Mustard**
- **1 Tsp of Urad Dal**
- **Pinch of Hing**
- **Handful of Curry Leaves**

## **Method**

- **Chop the tomatoes into small pieces.**

### **Oil Roasting**

- **Heat the oil in a pan, fry garlic and red chillies for 1-2 mins until it turns golden brown. Keep it aside.**
- **Add little oil to a pan, saute tomato for a min until it starts to become soft. Switch off the stove. Let all the ingredients cool down for 5 mins.**

### **Grinding**

- **Now take a blender/mixie, add all the ingredients listed under " To grind".**

- Grind it by adding little salt and water.

### Seasoning

- Heat the oil in a pan, add all the ingredients listed under " To Temper" once mustard seeds burst out, add the ground paste to it , mix well and switch off the stove.
- Garlic chutney is ready to serve.



### Tips

- Serve it with idly or dosai
- If you want the chutney to be tangy, add little tamarind paste to it.
- Adjust spiciness according to your taste.

### Health Benefits of Garlic

- Garlic has germanium which is a anti cancer agent.

- **Regulate blood sugar levels and cholesterol.**
- **Strengthen your body defense against allergies.**
- **It has a anti microbial properties and boost the immune system.**



*GR*