

Urad Dal Rice / Ulundu Sadham – Tirunelveli Special



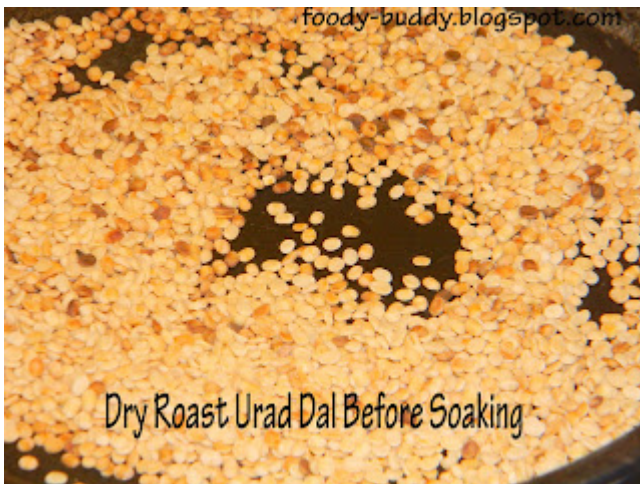
Urad Dal rice is a traditional rice dish from tirunelveli, Tamilnadu. ulundu sadham is really protein rich, healthy and flavorful because of presence of dal, coconut and garlic. urad dal rice is good to eat with coriander seed chutney or sesame (ellu) chutney or coconut chutney. I had it with coriander seed chutney.

Ingredients

- 1/4 Cup of Urad Dal (white)**
- 3/4 Cup of Rice**
- 6 Garlic Cloves**
- 1/2 Tsp of Cumin**
- 2 Tbsp of Grated Coconut**

Pinch of Asafoetida
2.5 Cups of Water
2 Tsp of Oil or ghee
Salt as needed

Method



- **Dry roast the urad dal until it turns light brown and fragrant. Soak in water for 1/2 hr. After that wash the urad dal in cold water and keep it aside.**
- **Soak rice for 1/2 hr. After that wash the rice in cold water and keep it aside.**



- **In a pressure cooker, add dal, rice, garlic, coconut, cumin, asafoetida, salt, water and oil or ghee. Wait for 3 whistles and switch off the stove.**
- **Yummy urad dal rice is ready to serve.**



Tips

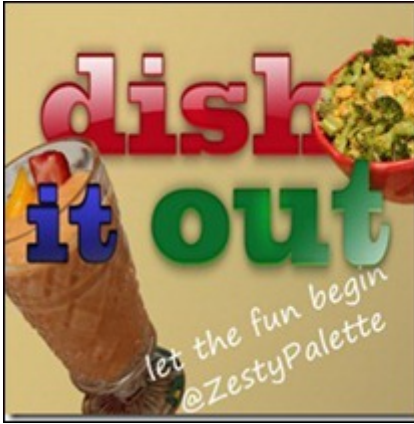
- **Serve hot with more milagai(buttermilk chillies) or sesame seed chutney or coriander seed chutney.**
- **You can use either black urad dal or white urad dal.**
- **You can cook in stove top instead of pressure cooker.**



Health Benefits of Urad Dal

- It is a rich source of protein especially for vegetarians
- It enhances digestion as it was high in fiber content.
- Good for heart health.

Sending this recipe to



Lentils & Garlic

Feb 1 - Feb 28

Happening @ Nivedhanam

<http://nivedhanams.blogspot.in/>



Kerala Avial / Aviyal Recipe



It is a traditional delicacy from Kerala, southern province of India. Avial which is a medley of local indigenous vegetables cooked in a coconut – yogurt sauce, simmered until it absorbs the aroma of spices and then combined with the seasoning of mustard and curry leaves to result in a delicious, vegetarian entrée. Serve with rice or adai (savory pancake) for an authentic Kerala meal.

Ingredients

- 2 Medium Size Carrots
- 7 Beans
- 1 Brinjal or Eggplant
- 1 Medium Size Raw Plantain
- 1 Large Potato
- 4 Drum Sticks
- 2 Tbsp of Yogurt/Curd
- 1/2 Tsp of Turmeric Powder
- 1/2 Cup of Water
- Salt as needed

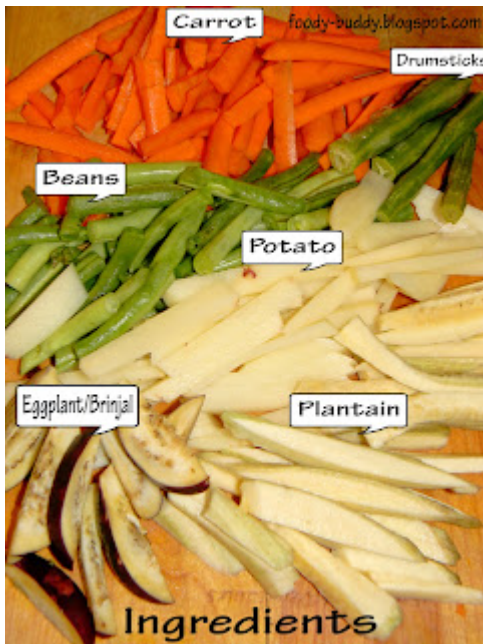
To Grind

- 1/4 Cup of Grated Coconut
- 1 Tsp of Whole Cumin
- 2 or 3 Green Chillies

To Temper

- 1 Tbsp of Coconut Oil
- 1 Tsp of Mustard (optional)
- Few Curry Leaves

Method



- Peel the skin and cut all the vegetables into 2 inch long pieces.
- In a blender, grind cumin, coconut and green chillies to a smooth paste. Keep it aside.
- In a pan add all chopped vegetables to the boiling water, add turmeric powder, salt and cook until all vegetables turn soft.
- Now add the ground paste and little water, bring it a boil. Add yogurt or curd and mix well, cook for 1 min. Switch off the stove.
- In a separate Pan, heat coconut oil, add mustard(optional) and curry leaves, let it crackles. now add the vegetable- coconut gravy and mix well. Check the salt and switch off the stove.
- yummy Aviyal is ready!!!!



Tips

- In kerala, they don't temper with mustard seeds, if you wish you can temper it.
- For extra spiciness, add more green chillies to it.
- You can also add yam, ash gourd, raw mango to this recipe. I didn't add those vegetables as I was out of stock.
- If you use raw mango pieces, try to reduce the curd accordingly.

Health Benefits of Aviyal

- Vegetables are low in fat, but are rich in vitamins and minerals.

- Vegetables are home for anti-oxidants.
- Vegetables are packed with soluble and insoluble dietary fiber.



[Whole Green Moong Dal – Dal Recipes](#)

Whole Green Moong Dal



Green Moong Dal is also called Pachaipayaru in Tamil. They are highly nutritious, once cooked they are soft in texture and it is easily digestible. This dal is my husband favourite recipe. This simple dal with aromatic tadka or tempering with asafoetida, red chillies, curry leaves and cumin taste great with rice or chapathi.

Ingredients

To Pressure Cook

1/4 Cup + 2 Tbsp of Whole Green Moong Dal
Pinch of Asafoetida
2 Tsp of Oil
1/2 Tsp of Turmeric
1 Large Chopped Tomato
Salt and Water as needed

To Temper

2 Tbsp of Oil
3 Red Chillies

Pinch of Asafoetida
1 Tsp of Mustard
1 Tsp of Cumin
Few Curry Leaves

Method



- **Soak the dal for 1/2 hr.**
- **Pressure cook the dal by adding “To Pressure Cook” ingredients. Wait for 2 whistles and then keep in low flame for 10 mins and then switch of the stove.**



- **Heat a pan with oil and do the tempering by adding” To**

Temper " ingredients. Add red chillies, let them turn to dark brown colour and then add cumin, mustard let it crackles followed by asafoetida and curry leaves.

- Now transfer the tempering items to a cooker containing dal. Mix well and check the salt.
- Hot green moong dal is ready.

Tips

- You can add onion, garlic and sambhar powder to this recipe.
- Add green chillies for extra spiciness.



Health Benefits of Green Moong Dal

- Rich source of low fat protein.
- 1 Cup of dal has 15grams of fibers.
- It is considered as low-glycemic.

SENDING THIS RECIPE TO [PRIYA VERSATILE RECIPES](#)

CWS- Dals



1st March - 31st March