Verkadalai Kuzhambu Recipe / Peanut Curry



Peanut is a legume that can be used to make lot of recipes like peanut curry, sides with vegetables, peanut noodles, peanut rice, peanut chutney snacks like peanut sundal, peanut chaat, desserts like peanut ladoo, peanut fudge etc.

Verkadalai kuzhambu Recipe / Peanut Curry is a traditional south Indian dish, it tastes great with hot steamed rice and ghee. This tangy and spicy kuzhambu is prepared using raw peanuts, onion, tamarind, and spices, served with rice, creamy spinach and appalam. For a change, I added soy sauce to give a twist to traditional kuzhambu recipe. You can also make kuzhambu with vegetables like brinjal, drumstick, bittergourd etc. If you are looking for easy and healthy kuzhambu recipe, then do try this dish.

Also check my other kuzhambu recipe

- **Manathakali Kai Kara Kuzhambu**
- **Vendhaya Kulambu**
- **Soya Chunks Mushroom Curry**
- **Milagu Kuzhambu / Pepper Gravy**
- **Creamy Spinach**
- **Mochai Murungakai Kulambu**
- **Chickpeas Curry**
- **Vendakkai Puli Pachadi**
- **Kerala Avial / Aviyal**
- **Mushroom Spinach Gravy**
- **Allepey Mixed vegetable curry**
- **Beetroot Sambhar**
- **Green Onion Sambar**
- **Arachu Vitta Sambar**
- **Potato Masala for Poori**
- **Vendakkai Vatha Kulambu**
- **Tomato Rasam**
- **Kollu Rasam**
- **Thuthuvalai Rasam**
- **Paruppu Urundai Kulambhu**
- **Thatta Payir(Karamani) Kara Kulambu**
- **Tirunelveli Sodhi and Ginger Chutney**
- **Kerala Kadala Curry**

Ingredients for Verkadalai kuzhambu Recipe

Preparation Time : 10 mins Cooking Time: 30 mins Serves: 3

• 3/4 Cup of Raw Peanuts
• 1 Big Red Onion, Finely Chopped
• 10 Garlic Cloves
• Small Gooseberry Size of Tamarind
• 3 Tsp of Sambhar Powder / Kuzhambu Powder
• 1 Tsp of Coriander Powder
• 1 Tsp of Soy Sauce
• Salt to taste
• Pinch of Asafoetida
• Pinch of Jaggery
• 1 Tsp of Rice Flour

To Temper

• 1 Tbsp of Gingelly Oil
• 1 Red Chilly
• 1/8 Tsp of Fenugreek Seeds
• 1 Tsp of Mustard Seeds
• 1 Tsp of Urad Dal
• Few Curry Leaves

Method for Verkadalai Kuzhambu Recipe

Preparation:

• Soak the raw peanuts in water for overnight. Drain the water, wash them in a running tap water.
• In a bowl, add rice flour and water, make it into a paste. Keep it aside.
• In a pressure cooker, add peanuts, a tsp of oil, a tsp of soy sauce and water, cook it for 5-7 whistles.

Cooking:

• Heat a pan with oil when it is hot, add red chilly, after it turns into black colour. Add fenugreek seeds, mustard seeds, urad dal and curry leaves, after mustard seeds pops up, add onion and garlic, fry well until it turns golden brown and soft.
• In a medium flame, add sambhar powder and coriander powder, fry well for a min.
• Now add cooked peanuts, tamarind water and salt, bring it to boil, reduce the flame to a low flame and cook it for 10 mins, finally add jaggery, asafoetida and rice flour paste. Again cook it for 5 mins and turn off the flame.
• Serve with hot steamed rice.

Tips

• Adding soy sauce gives umami taste. If don’t like it, just skip it.
• Use less salt, as soy sauce is salty in nature.
• Adding rice flour makes the kuzhambu thick in consistency.
• If you have jaggery, add little sugar instead.
• Adding asafoetida in the end of cooking, makes the kuzhambu more flavorful.
• If you want tomato, you can add it and reduce the amount of tamarind.
• Additionally, you can add any veggies like drumstick or brinjal or bittergourd.



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