Easy Chettinad Poondu Kuzhambu Recipe / Garlic Kulambu



Easy Chettinad Poondu Kuzhambu Recipe / Garlic kulambu is a spicy and tangy south Indian authentic kuzhambu recipe made with garlic, tamarind & other flavorful spices. I love all kinds of kuzhambu variety whether it is paruppu urundai kuzhambu or manathakali kuzhambu or mor kuzhambu or mushroom kuzhambu, I can have it everyday with rice. After reading, now you know how much I love puli kulambu ?? While making this garlic kulambu, make sure you add lot of small onions and garlic cloves, that makes the poondu kuzhambu more tasty and

lip smacking. Garlic are very good for health as it contains lot of antioxidants, lowers cholesterol and blood pressure so try to include more garlic in your diet. This Chettinad Poondu Kuzhambu goes well with hot steamed white rice & kootu.

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Save Print
Prep time
15 mins
Cook time
25 mins
Total time
40 mins

Easy Chettinad Poondu Kuzhambu Recipe / Galic kulambu is a yummy and tangy kuzhambu (stew) made with garlic, tamarind and other spices. It goes well with white rice and kootu.
Author: Gayathri Ramanan
Recipe type: lunch
Cuisine: Indian
Serves: 2
Ingredients

- To roast and grind
- 2 tsp of oil
- ¼ tsp of fenugreek seeds
- 2 tsp of black peppercorns
- 16 garlic cloves
- curry leaves (handful)
- 1 onion
- 1 tomato (big)
- 1.5 tbsp of coconut (grated)
- Salt to taste
- Other ingredients
- 3 tsp of coriander powder
- ½ tsp of red chilly powder
- ½ tsp of turmeric powder
- 1 tbsp of jaggery
- Gooseberry size tamarind
- To temper
- 3 Tsp of gingelly oil
- 1 red chilly
- 1 tsp mustard seeds
- 1 tsp urad dal
- Few curry leaves
- Pinch of asafoetida
- 5 garlic cloves
- 5 small onions

Instructions

1. Heat a pan, add all “to roast and grind” ingredients, fry till it changes colour and aroma comes out. Transfer this to a plate and allow it to cool.
2. After that, transfer all the ingredients to a blender (mixie), grind it to a smooth paste along with water.
3. Soak the tamarind in water for 10 mins. Squeeze out the juice from it and keep it aside.
4. Heat a pan with oil, add red chilly, mustard, urad dal, curry leaves and asafoetida after mustard seeds pops out, add garlic and small onions, fry till it changes to

golden colour.

5. Add coriander powder, red chilly powder, turmeric powder. Saute this for another one min.
6. Add ground paste to the masala, fry this for a min.
7. Add tamarind juice and salt to it, allow it boil for 10 mins until raw smell goes off.
8. Finally add jaggery, mix well. Cook it for another 2 mins and turn it off.
9. Yummy chettinad style kulambu is ready to eat with white rice and ghee.

Notes
Adjust the amount of spicy taste according to your taste buds. If you don’t like jaggery, add sugar. Adding jaggery or sugar balances all the flavors and you will get tasty kuzhambu.



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.



Tags: verkadalai kuzhambu recipe, make verkadalai kuzhambu, peanut curry, peanut curry recipe, peanut recipe, raw peanut recipe, verkadalai recipe ideas, south indian kuzhambu recipe

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Manathakkali Kuzhambu Recipe / Manathakkali kai Kara Kulambu

Manathakkali are called Black Night Shade in English. This plant has lots of health benefits. Manathakkali Kuzhambu recipe is spicy and tangy south Indian kuzhambu recipe. I have

used fresh berries (manathakkali kai), you can substitute it with vathal like sunda vathal, manathakali vathal or shallots (small onions). I am in chennai and koyambedu market is just 10 mins from my home, last week I went there with my brother and bought some veggies and fresh manathakali berries out there. My mom made this manathakkali kuzhambu for me, just loved it with rice and kootu for lunch yesterday with dollop of ghee on top..Manathakkali kai kara kulambu goes well with rice, sutta appalam and kootu as side dish. So do try this manathakali kuzhambu recipe for lunch and let me know how it turned out.

Health Benefits of Manathakkali (Black Night Shade Berries)

- Treats mouth and stomach ulcers and tuberclosis.
- Cures liver disorders and skin ailments.
- Decoction of flowers and berries cures cold and cough.



How to make Manathakkali Kai Kulambu Recipe

Preparation Time : 10 mins

Cooking Time : 25 Mins

Serves : 4

Ingredients

- 1.5 Cups of Manathakkali Kai / Fresh night shade berries
- 2 Handful of Small Onions (Shallots)
- 2 Medium Size Tomatoes
- 12 Garlic Cloves
- 4 Tsp of Sambhar Powder
- Lemon Size Tamarind
- Salt to taste
- Water as needed

To Temper

- 2 Tbsp of Gingelly Oil
- 1 Tsp of Mustard
- 1 Tsp of Urad Dal
- Pinch of Asafoetida (Hing)
- 7-10 Curry Leaves

Method

- Soak tamarind in hot water for 1/2 hour and extract the juice and make 2 cups out of extract.
- Heat a pan, add all the ingredients listed under ” To Temper ” in the same order.
- Add onion and garlic, sauté this until it changes colour. Add chopped tomatoes, fry this until it turns soft and mushy .
- Add manathakkali and sambhar powder, saute this for a min in a medium flame, immediately add tamarind water, salt and turmeric powder. Allow it to boil for 15 mins in a low flame until it turns thick in consistency. Turn off the flame.
- Hot, tangy and yummy manathakali kai kulambhu is ready to serve with rice, kootu and appalam.

Tips

- You can replace with sunda vathal or manathakkali vathal

or mochai.

- It stays good for 2 days.
- You can add few jaggery pieces at the end, this will enhance the taste of kulambu.



Technorati : vatha kulambhu, vatha kuzhambu recipe, fresh manathakkali kuzhambhu recipe, manathakkali vatha kulambhu, vathal kulambhu brahmin style, manathakkali kai kara kulambu recipe, manathakkali vathal kuzhambu iyer style, kulambhu recipe, kara kuzhambhu recipes, how to make vathal kulambhu, how to make manathakklai kara kulambu, easy vathal kulambhu recipe, how to prepare vathal kuzhambhu,