

SAMBAR VARIETIES

M.Prema Surendranath



RED CHILLIES SAMBHAR

INGREDIENTS:

Tuar dhal - 2 cups
 Guntur red chillies - 25 nos (whole)
 L.G asafoetida - one small marble size
 Tamarind - one small orange size
 Turmeric powder - 1 tsp
 Gingilli oil - 2 tsps
 Curry leaves - a few
 Salt to taste



METHOD:

1. Heat a copper bottomed vessel with enough water.
2. Wash the dhal well & add to the boiling water. Add turmeric powder & gingilli oil.
3. Add the asafoetida & red chillies too, after removing the stems.
4. Soak the tamarind in water & get the extract after adding enough water.
5. When the dhal is well cooked along with the chillies, add the tamarind extract & salt & boil for 5 to 10 minutes adjusting the flames.
6. Wash & add curry leaves & serve hot with idlies.
7. This sambhar will be very tasty. It goes well with idlies as well as rice.

N.B: Even though we use lots of chillies, it won't be too hot. If you want it to be more spicy, you can break some red chillies into two halves & add.

^

SAMBHAR FOR IDLIES-

INGREDIENTS:

Tuar dhal - 1 ½ cups
 Tomatoes - 250 gms
 Carrots - 4 nos
 Sambhar (small) onions - 300 gms
 Tamarind - one lemon size
 Dhania - 1 ½ tsp
 Red chillies - 8 nos
 Pepper - ¼ tsp
 Jeera - ¼ tsp
 Fresh coconut scrapings - ½ cup
 Curry leaves - 1 small bunch
 Mustard seeds - 1 tsp
 Refined oil - 2 tbsps
 Turmeric powder - ¾ tsp
 Salt to taste



METHOD:

1. Wash the carrots & cut into (medium thickness) round slices.
2. Wash the tomatoes well & chop into medium size pieces.
3. Peel the small onions & keep aside.
4. Soak the tamarind & prepare the extract.
5. Wash the dhal & pressure cook the dhal with turmeric powder & gingilli oil.
6. While pressure cooking, you can add the tomatoe pieces, carrots & peeled whole small onions, keeping two tbsps of small onions aside for grinding purpose.
7. Heat a small pan with 1tbsp of oil, add the dhania, chennadal, jeera, pepper, a few curry leaves, one by one & fry till golden brown.
8. When roasted, add the red chillies & fry for few minutes & add the coconut & fry for few minutes.
9. Grind the paste in the mixie into a smooth paste. Add the 2tbsps small onions in the end & grind.
10. Add the ground paste, tamarind extract & salt to the cooked mixture.
11. Boil the sambhar adding enough water for 10 minutes in medium flames.
12. Add washed curry leaves & sauté mustard seeds. Serve hot with steaming hot idlies.

^

RIPE MANGO SAMBAR

INGREDIENTS:

Mango fruits - 4 nos
 Tuar dhal - 1 ¼ cups
 Green chillies - 4 nos
 Turmeric powder - ½ tsp
 Gingilli oil - 2 tsps
 Rasam powder - 2 ½ tsps
 Salt - 1 tbsp
 Curry leaves - a small bunch
 Refined oil - 1 tsp
 Mustard seeds - 1 tsp
 Tamarind - a lemon sized ball



METHOD:

1. Heat a copperbottomed vessel with water. When the water boils, add the tuar dhal, turmeric powder & gingilli oil & cook until the dhal is almost done.
2. Wash the mango fruits well & cut into big pieces. The seed of the mangoes can be put along with the pulp around it.. Wash & slit the green chillies in the edge .
3. Add the mango pieces, the seeds with the pulp & slit green chillies to the cooked dhal & boil in medium flames until the mangoes become soft.
4. Soak the tamarind in water & extract the juice & add the tamarind juice to the cooked dhal & mango pieces.
5. Add rasam powder, salt & boil the sambar for some more time.
6. Add washed curry leaves & sauté mustard seeds.

N.B: This sambar will be tasty & differ in taste from our regular sambars.

^

DRUMSTICKS SAMBAR WITH DHALL

INGREDIENTS:

Tuvar dhal - 1 ½ cups
 Green gram dhal - ¾ cup
 Drumsticks - 4 nos
 Tamarind - a small orange sized
 Red chillies - 3 nos
 L.G asafoetida - ½ tsp
 Mustard seeds - 1 tsp
 Methiseeds - ½ tsp
 Sambar powder - 3 tsps
 Salt - 1 ½ tsps
 Curry leaves - a bunch
 Turmeric powder - ¾ tsp
 Refined oil - 1 tbsp



METHOD:

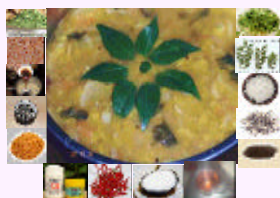
1. In a vessel, warm the water, wash the tuvar dhal and green gram dhal both adding together. & cook until almost done, adding more water if necessary.
2. Wash & cut drumsticks into 2" pieces & add to the cooked dhal & cook till the drumsticks are cooked nicely.
3. Soak tamarind in water & extract the juice.
4. In a handy kadai, add oil, sauté L.G asafoetida, methiseeds, broken red chillies & mustard seeds & add to the sambar.
6. Add the sambar powder, tamarind extract, salt & water & boil till done and add curry leaves..

^

Fenugreek leaves koottu

INGREDIENTS:

Fenugreek leaves - 1 bunch
 Tuar dhal - 1 cup
 Tamarind pulp - 2 tbsps
 Urad dhal - 1 ½ tps
 Chenna dhal - 1 ½ tps
 L.G asafoetida - ½ tsp
 Red chillies - 6 to 8
 Grated fresh coconut - 2 tps
 Gingilli oil - 1 tsp
 Mustard seeds - ½ tsp
 Urad dhal - ½ tsp
 Salt - to taste
 Curry and coriander leaves - a few



METHOD:

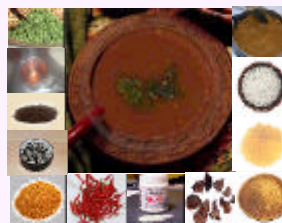
1. Wash the tuar dhal well and pressure cook along with the cleaned, washed and chopped fenugreek leaves. Add turmeric powder and gingili oil
2. Heat a kadai with half tsp oil, fry the asafoetida, dhals, red chillies, coconut and grind into a smooth paste.
3. Add the paste to the cooked dhal and green leaves. Then add tamarind paste and salt. Boil for few minutes. Saute with curry leaves, urad dhal & mustard seeds, add washed and chopped coriander leaves and serve.

^

FENUGREEK LEAVES VATRAL KOZHAMBU

INGREDIENTS:

Fenugreek leaves - 1 bunch
 Oil - 1 tbsps
 Mustard seeds - ½ tsp
 Urad dhal - 1 tsp
 Chenna dhal - 1 tsp
 Red chillies - 2 nos
 L.G asafoetida - ½ tsp
 Tamarind - 1 lemon sized ball
 Sambar powder - 1 ½ tps
 Turmeric powder - ½ tsp
 Salt - ½ tbsps
 Jaggery - to taste



METHOD:

1. Prepare tamarind extract.
2. Clean & wash the methi leaves after removing the stems & keep aside. Heat a kadai with oil, add mustard seeds, urad dhal, chenna dhal, broken red chillies, asafoetida & curry leaves & saute.
3. Add sambar powder & mix well, add the tamarind extract, turmeric powder, salt & jaggery & boil. Add the methi leaves & boil the sambar till thickens. Serve hot with rice & papads.

^