DietCloud – Recipe

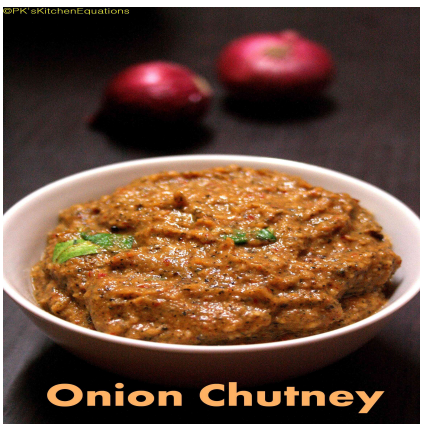
Recipe Name: South Indian Onion Chutney Recipe - South Indian Onion Chutney (Recipe)

Diet Type:

Course: Side Dish

Cuisine: South Indian Recipes

Quantity:



Description

This South Indian Onion Chutney is a vibrant, piquant condiment, a staple often served with breakfast items like dosa or idli. The image shows a hearty, reddish-brown chutney with a coarse texture, flecked with spices and a few green curry leaves, presented invitingly in a white bowl, with whole onions blurred in the background. It's prepared by blending sautéed onions with a complex mix of aromatic spices, tangy tamarind, and a touch of jaggery, then finished with a fragrant tempering.
[PROS]
- Rich in antioxidants from onions and various spices.
- Provides dietary fiber, which aids in healthy digestion.
- Offers a burst of intense flavor, potentially reducing the need for excessive salt in accompanying dishes.
[CONS]
- Can be high in sodium if not portion-controlled, particularly with a 1 teaspoon salt for a single serving.
- The strong spices and onions may cause digestive discomfort for individuals with sensitive stomachs.
- The oil content contributes calories, so mindful consumption is advised for calorie-conscious diets.
[DIETITIAN REVIEW]
This South Indian Onion Chutney is a wonderfully flavorful accompaniment, leveraging the nutritional benefits of onions and diverse spices. While it provides good antioxidants and fiber, the specified salt content for a single portion is quite high, which could be a concern for those monitoring sodium intake. It serves best as a vibrant flavor enhancer consumed in moderation as part of a balanced meal. Score: 7.5/10

Ingredients

Ingredient	Quantity
• Onions	2
• Cumin seeds	1 teaspoon
• Tamarind paste	1 tablespoon
• Dry red chillies	3
• Jaggery	1/2 teaspoon
• Oil (for sauté)	2 teaspoons
• Salt	1 teaspoon

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• Rye	1/2 teaspoon

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• Curry leaves	1 sprig

• Oil (for tempering)	1/2 teaspoon

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• Black urad dal (split)	2 tablespoons

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Preparation

• 1.
• Peel and roughly chop the onions.
• 2.
• In a pan, heat 2 teaspoons of oil.
• Add the chopped onions, cumin seeds, and dry red chillies.
• Sauté on medium heat until the onions turn translucent and slightly caramelized, about 8-10 minutes.
• 3.
• Remove the sautéed mixture from heat and allow it to cool slightly.
• 4.
• Transfer the cooled mixture to a blender.
• Add the tamarind paste, jaggery, and 1 teaspoon of salt.
• Add a splash of water (about 1-2 tablespoons) if needed, and blend into a coarse or smooth paste according to your preference.
• 5.
• For tempering, heat 1/2 teaspoon of oil in a small pan.
• Add the Rye (mustard seeds) and allow them to splutter.
• 6.
• Next, add the black urad dal (split) and fry until it turns golden brown and aromatic.
• 7.
• Finally, add the curry leaves to the tempering and fry for a few seconds until they turn crisp and fragrant.
• 8.
• Pour the hot tempering over the prepared onion chutney and mix thoroughly.
• Serve immediately with your favorite South Indian dishes or store in an airtight container in the refrigerator.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	7	2	10