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Recipe Name: South Indian Papad Curry Recipe - Appalam Vathal Kuzhambu (Recipe)

Diet Type:

Course: Dinner

Cuisine: Tamil Nadu

Quantity:



Description

Appalam Vathal Kuzhambu is a traditional South Indian tangy tamarind-based curry featuring delicate pieces of urad dal papad simmered in a fragrant, spiced gravy. Tempered with mustard seeds, lentils, and fresh curry leaves in nutty sesame oil, this comforting curry is typically served piping hot over steamed rice with a drizzle of ghee.
[PROS]
- Sesame oil provides heart-healthy unsaturated fats and antioxidants
- Spices like turmeric, mustard, and asafoetida aid digestion and reduce bloating
- Tamarind offers natural tartness along with polyphenols and essential minerals
[CONS]
- Store-bought papads can significantly increase the total sodium content
- Lacks substantial dietary fiber and micronutrients from fresh vegetables
[DIETITIAN REVIEW]
Score: 7.5/10. This classic Tamil-style curry is a wonderful comfort food packed with digestive-friendly spices and healthy fats from gingelly oil. To make it a more balanced meal, pair it with a generous portion of steamed vegetable poriyal to offset the sodium and boost dietary fiber.

Ingredients

Ingredient	Quantity
• urad dal papad (broken into bite-sized pieces)	4 pieces
• tamarind	lemon-sized ball (soaked and extracted)
• sambar powder	1 tablespoon
• turmeric powder	1/4 teaspoon
• horse-gram powder (or fenugreek powder)	1 teaspoon
• mustard seeds	1 teaspoon
• gram lentils (chana dal)	1/2 teaspoon
• asafoetida (hing)	1 pinch
• dry red chili	1 piece

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• curry leaves	1 sprig

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• sesame oil (gingelly oil)	3 teaspoons

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• salt	to taste

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Preparation

• 1.

• Soak the lemon-sized tamarind ball in 1 cup of warm water for 15 minutes, squeeze thoroughly to extract the juice, and strain into a bowl.

• 2.

• Heat 2 teaspoons of sesame oil in a pan over medium heat, fry the broken papad pieces lightly until crisp, and set aside.

• 3.

• In the same pan, add the remaining 1 teaspoon of sesame oil.

• Add the mustard seeds and let them splutter.

• 4.

• Add the gram lentils, dried red chili, asafoetida, and curry leaves, sautéing until the lentils turn golden brown and aromatic.

• 5.

• Pour in the extracted tamarind water along with turmeric powder, sambar powder, horse-powder, and salt as per taste.

• 6.

• Bring the mixture to a boil and let it simmer for 7–10 minutes until the raw tamarind smell dissipates and the gravy slightly thickens.

• 7.

• Add the fried papad pieces into the simmering kuzhambu, turn off the heat, and cover for 2 minutes to let the papad absorb the tangy flavors before serving.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	18	35	24	4	6