

Recipe Name: Instant Puliodarai Powder Recipe
(Puliogare / Pulihora Powder)

Diet Type:

Course: Dinner

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 100 grams Tamarind	100
• 1/4 cup Jaggery - powdered	
• 1/4 teaspoon Asafoetida (hing)	
• Salt - to taste	
• 1/2 cup Chana dal (Bengal Gram Dal)	
• 1/2 cup White Urad Dal (Split)	
• 1/2 cup Coriander (Dhania) Seeds	
• 10 Dry Red Chillies - gundu or milagai)	
• 1 tablespoon Whole Black Peppercorns	
• 1 tablespoon Sesame seeds (Til seeds)	
• 1 teaspoon Flax seeds	
• 1 teaspoon Sunflower seeds	
• 1 teaspoon Melon seeds	
• 1 teaspoon Methi Seeds (Fenugreek Seeds)	
• 1 teaspoon Sesame (Gingelly) Oil	
• 1/2 cup Raw Peanuts (Moongphali)	
• 1 tablespoon Mustard seeds	
• 1 tablespoon Sesame (Gingelly) Oil	
• 5 Dry Red Chillies	
• 1/2 cup Curry leaves - washed and pat dried	

Preparation

- To begin making Instant Puliyodharai/ Puliyogare/Pulihora Powder Recipe, place a kadai on medium heat, dry roast all the ingredients given under 'for roasting' till the dals start getting roasted and start releasing aroma.
- Turn off the heat and keep it as.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	4	2	4

