DietCloud – Recipe

Recipe Name: KOLLU THOGAIYAL (HORSE GRAM CHUTNEY)

Diet Type:

Course: General Course

Cuisine: Indian

Quantity:



Description

Ingredients
Horse Gram: ½ cup Kollu (Horse Gram).
Aromatics & Spices: 4–5 dried red chilies, 4–6 garlic cloves, a small piece of tamarind, 1 tsp cumin seeds, and a pinch of asafoetida (hing).
Other: ¼ to ½ cup freshly grated coconut, 1–2 tbsp sesame oil, salt to taste, and fresh curry leaves.
Optional Tempering: 1 tsp oil, ½ tsp mustard seeds, and a few curry leaves.
Preparation Steps
Roast the Horse Gram: Heat a pan on low-medium heat and dry roast the horse gram until it turns slightly brown, releases a nutty aroma, and starts to pop (about 4–5 minutes). Stir continuously to avoid burning. Set aside to cool.
Sauté Spices: In the same pan, add about 1 tsp of oil. Add the dried red chilies, cumin seeds, garlic cloves, asafoetida, and curry leaves. Sauté until fragrant (about 1–2 minutes). Add the grated coconut and sauté for another minute until lightly golden. Turn off the heat and let this mixture cool completely.
Grind the Thogaiyal: In a blender or mixer jar, first grind the roasted horse gram into a coarse powder. Then add the cooled spice-coconut mixture, tamarind, and salt. Add a small amount of water (¼ cup) and grind into a thick, coarse or smooth paste, as preferred.
Tempering (Optional): Heat 1 tsp of oil in a small pan. Add mustard seeds and let them splutter. Add curry leaves and pour this tempering over the thogaiyal for an extra flavor boost.

Ingredients

Ingredient	Quantity
• Need to Fill	

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	15	25	10	5	2