

Recipe Name: Chettinad Vengaya Kosu Recipe (Spicy Curry from Chettinad Cuisine)

Diet Type:

Course: Lunch

Cuisine: Chettinad

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 Onion - thinly sliced	4
• 2 Tomatoes - finely chopped	
• 8-10 Curry leaves	
• 1/2 tablespoon Sesame (Gingelly) Oil	
• 1/2 teaspoon Fennel seeds (Saunf)	
• 1/2 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	
• 5 to 6 Dry Red Chillies - adjust according to taste	
• 1/4 cup Fresh coconut - chopped	
• 2 sprig Coriander (Dhania) Leaves - finely chopped for garnishing	

Preparation

- To begin making Chettinad Vengaya Kosu Recipe, first make the spice paste for the kosu.
- Heat a kadai on medium heat and dry roast red chillies and fennel seeds till they turn fragrant.
- Turn off the heat and let them cool.
- Once the red chilli and fennel seeds are cooled, grind them in a mixie jar along with coconut.
- Add a little water to make a smooth paste.
- keep the masala paste aside.
- You can proceed to make the tempering.
- To prepare the tempering, heat a kadai on medium heat.
- Add sesame oil and temper with fennel seeds and curry leaves.
- Add the sliced onions and tomatoes.
- Add turmeric powder and salt.
- Mix well and let them cook on low flame till the tomatoes become soft and pulpy.



- Add 1 cup of water to the mixture.
- Now add the ground masala and mix well.
- Let the gravy simmer for 3-4 minutes.
- After 3-4 minutes, turn off the heat.
- Transfer Chettinad Vengaya Kosu in a serving bowl.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
180	4	12	14	3	2

