

Recipe Name: Murungakkai Mor Kuzhambu Recipe-
Drumstick Buttermilk Curry

Diet Type:

Course: Lunch

Cuisine: Tamil Nadu

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 Drumstick - cut into 1 inch	4
• 1/2 cup Curd (Dahi / Yogurt)	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1/2 cup Fresh coconut - grated	
• 1 teaspoon Rice - soaked in warm water	
• 1 teaspoon Coriander (Dhania) Seeds - roasted	
• 1 teaspoon Cumin seeds (Jeera)	
• 2 Dry Red Chillies	
• Salt - to taste	
• 1 teaspoon Coconut Oil	
• 1 teaspoon Mustard seeds	
• 1 sprig Curry leaves - roughly torn	

Preparation

- To begin making the Murungakkai Mor Kuzhambu Recipe, first steam the drumstick in the pressure cooker, adding 2 tablespoons water.
- Cook until you hear two whistles and turn off the heat.
- Release the pressure immediately so the green color remains and the drumsticks do not over cook, keep aside.
- Grind the coconut, raw rice, cumin seeds, coriander seeds and red chillies into a smooth paste.
- Add a little warm water to help it grind well.
- Add the yogurt, the coconut mixture and the cooked drumstick into a sauce pan and bring it to a brisk boil and turn off the heat.
- Add the mustard seeds and allow it to crackle.
- Stir in the curry leaves and turn off the heat.



- Pour the seasoning over the Murungakkai Mor Kuzhambu and serve.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
150	5	20	6	4	3

