DietCloud – Recipe

Recipe Name: MOR KUZHAMBU

Diet Type:

Course: General Course

Cuisine: Indian

Quantity:



Description

Mor Kuzhambu is a refreshing South Indian buttermilk-based curry, characterized by its light yellow hue and creamy texture. This tangy and mildly spiced dish typically features a vegetable like ash gourd or cucumber, cooked in a coconut and spice paste blended with sour buttermilk. It is often garnished with a vibrant tempering of mustard seeds, curry leaves, and dried red chilies, making it a perfect accompaniment to steamed rice.
[PROS]
- Rich in probiotics from buttermilk, aiding gut health.
- Contains vegetables, providing essential vitamins and fiber.
- Lower in fat compared to cream-based curries.
- Hydrating and cooling, especially suitable for warm climates.
[CONS]
- High sodium if not mindful of salt content.
- Dairy-based, not suitable for those with lactose intolerance or dairy allergies.
- Can be high in saturated fat if excessive coconut is used.
[DIETITIAN REVIEW]
Mor Kuzhambu is a wonderfully balanced and nutritious dish, offering a good blend of probiotics, fiber, and mild spices. Its light, refreshing nature makes it an excellent choice for a wholesome meal, especially when paired with brown rice. It's a great way to incorporate vegetables and dairy into your diet. Score: 8/10

Ingredients

Ingredient	Quantity
• Buttermilk (sour)	1 cup
• Ash Gourd or Cucumber (peeled • deseeded • chopped)	1/2 cup
• Fresh Coconut (grated)	2 tablespoons
• Green Chili	1 (or to taste)
• Ginger (grated)	1/2 inch piece

DietCloud – Recipe

• Cumin Seeds	1/2 teaspoon

- Rice Flour (or raw rice soaked for 15 mins) 1 teaspoon

DietCloud – Recipe

- Turmeric Powder 1/4 teaspoon

DietCloud – Recipe

• Salt	to taste

DietCloud – Recipe

- Coconut Oil 1 teaspoon

DietCloud – Recipe

• Mustard Seeds	1/2 teaspoon

• Dried Red Chili	1-2 (broken)

DietCloud – Recipe

• Curry Leaves	few sprigs

DietCloud – Recipe

- Asafoetida (Hing) pinch

DietCloud – Recipe

Preparation

• 1.

• In a small blender, combine grated coconut, green chili, ginger, cumin seeds, and rice flour (or soaked rice) with a splash of water.

• Grind to a very smooth paste.

• 2.

• In a medium pot, cook the chopped ash gourd or cucumber with a little water and turmeric powder until tender.

• Do not overcook.

• 3.

• Whisk the sour buttermilk until smooth and free of lumps.

• Stir in the ground coconut paste and salt.

• 4.

• Pour the buttermilk-coconut mixture into the pot with the cooked vegetable.

• Heat gently over low flame, stirring continuously to prevent curdling.

• Do not bring to a rolling boil; just heat until it's warmed through and slightly thickened.

• 5.

• For tempering, heat coconut oil in a small pan.

• Add mustard seeds and let them splutter.

• Then add broken dried red chilies, curry leaves, and asafoetida.

• Sauté for a few seconds until fragrant.

• 6.

• Pour the tempering over the Mor Kuzhambu.

• Mix gently.

• Serve hot with steamed rice.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	5	30	15	2	5