

Recipe Name: Tomato Kurma Recipe - Thakkali Kurma For Biryani & Parotta

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2 Onions - finely chopped	3
• 4 Tomatoes - finely chopped	
• 1 inch Cinnamon Stick (Dalchini)	
• 1 teaspoon Cumin seeds (Jeera)	
• 2 Star anise	
• 2 tablespoons Sambar Powder	
• Salt - as per your taste	
• 2 teaspoons Ghee	
• 2 tablespoons Roasted Gram Dal (Pottukadalai)	
• 3 tablespoons Fresh coconut - grated	
• 3 Green Chillies	
• 1 tablespoon Fennel seeds (Saunf)	
• 1 tablespoon Water	

Preparation

- In a mixer combine, add roasted gram dal, fresh grated coconut, green chillies, fennel seeds and a tablespoon of water.
- Grind the ingredients until you get a smooth paste.
- Keep aside for later.
- Next, place a heavy bottomed pan on medium heat and add 2 teaspoons of ghee.
- When the cumin seeds are sizzling, add the star anise, cinnamon and saute it for about 30 to 35 seconds.
- Add the chopped onions and stir until they are caramelized.



- Let the tomato kurma simmer for 5 minutes.
- Serve Tomato Kurma Recipe along with Vegetable Biryani and Tomato Onion Cucumber Raita.
- You can also serve Tomato Kurma along with Kerala Style Parotta for a weeknight dinner.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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