

Recipe Name: Pudalangai Milagu Kootu Recipe

Diet Type: Vegetarian

Course: Side Dish

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 ?? ????? ???	4
• 1/2 ?? ??? ???	
• 2 ????????	
• 1 ????? ?????? ?????? ??????	
• 1/4 ????? ?????? ?????	
• ??? - ?????? ???????	
• 3 ????? ??? ??????	
• 1 ????? ?????? ?????? ?? ???	
• 1 ????? ?????? ?????	
• 1/2 ????? ?????? ?????? ?????? ??????	
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• 1 ????? ?????? ?????? ??? ???	
• 1 ????? ?????? ??????? - ?? ??	
• ??? - ??????? ???????	
• 1 ????? ?????? ???	
• 1/4 ????? ?????? ???	
• 1/4 ????? ?????? ?????? ??? ???	
• 2 ????? ??? ??????	
• ??? ?????? - ?????	

Preparation

- To make Pudalangai Milagu Coat Recipe, wash and soak the lentils for 30 minutes.
- Wash the chicanda thoroughly and cut into small pieces.
- Now put dal, chichinda, turmeric powder, asafoetida, salt, some water in a pressure cooker and close the cooker.
- Cook till 2 cities come.
- Let the pressure drain.



- Add dried red chillies, coriander seeds, cumin seeds, whole black pepper, chana dal, white urad dal, coconut in a pan and roast for 2 to 3 minutes.
- After this, keep it to cool down.
- After cooling, pour it into the mixer grinder and make a paste.
- Add the spices and pulse to the mixture and mix.
- To heat, heat the oil in a tempering pan.
- Add the mustard seeds, urad dal, dry red chillies, curry leaves and cook till the rais crackle.
- Serve.
- Serve the Pudlangai Milagu Cottage Recipe with rice and beetroot pachadi for the day's dinner.

Macronutrients

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

