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Recipe Name: Andhra Style Alam Pachadi Recipe - Adrak Chutney (Recipe)

Diet Type:

Course: South Indian Breakfast

Cuisine: Andhra

Quantity:



Description

Andhra Style Alam Pachadi, also known as Adrak Chutney or Ginger Chutney, is a vibrant and fiery South Indian condiment. This flavorful chutney combines the pungent kick of fresh ginger with the tang of tomato and onion, tempered with aromatic spices and dals. It is typically served as an accompaniment to traditional South Indian breakfasts like dosa, idli, or mixed with steamed rice.
[PROS]
- Ginger is known for its anti-inflammatory and digestive benefits, aiding in nausea relief.
- Contains protein and fiber from chana dal and urad dal, contributing to satiety.
- Rich in antioxidants from tomatoes, onions, curry leaves, and various spices.
- Can boost metabolism and add a healthy flavor kick to meals.
[CONS]
- High spice level from ginger and red chillies may not suit individuals with sensitive stomachs or acid reflux.
- If excessive oil is used during preparation, it can increase the calorie and fat content.
- Sodium content can be high depending on the amount of salt added, requiring mindful consumption for those monitoring blood pressure.
[DIETITIAN REVIEW]
This Andhra Style Alam Pachadi is a nutrient-dense condiment, rich in ginger which is excellent for digestion and has anti-inflammatory properties, alongside various antioxidant-rich spices. While packed with flavor and health benefits, its high spice level might be challenging for some, and careful monitoring of oil and salt is advisable. Score: 8/10

Ingredients

Ingredient	Quantity
• chana dal	1 tablespoon
• white urad dal	1 tablespoon
• red chillies	2
• coriander seeds	1 tablespoon
• ginger	3 inches, chopped
• onion	1, chopped

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• tomato	1, chopped

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• salt	as per taste

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• mustard	1 Teaspoon

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• asafoetida	a pinch

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• oil	as per use

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• curry	1 sprig

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Preparation

• 1.
• Heat a small amount of oil (about 1 teaspoon) in a pan.
• Add 1 tablespoon chana dal, 1 tablespoon white urad dal, 2 red chillies, and 1 tablespoon coriander seeds.
• Roast on medium-low heat until the dals turn golden brown and aromatic.
• Remove from the pan and set aside to cool.
• 2.
• In the same pan, add a little more oil (about 1-2 teaspoons).
• Add the chopped ginger, chopped onion, and chopped tomato.
• Sauté until the onions are translucent and the tomatoes are soft and pulpy.
• Let this mixture cool completely.
• 3.
• Transfer the roasted dal-spice mixture and the sautéed ginger-onion-tomato mixture to a blender.
• Add salt as per taste.
• Blend into a smooth or slightly coarse paste, adding a tablespoon or two of water only if necessary to aid grinding.
• 4.
• For the tempering, heat 1 teaspoon of oil in a small pan.
• Add 1 teaspoon mustard seeds and let them splutter.
• Then add a pinch of asafoetida and 1 sprig of curry leaves.
• Sauté for a few seconds until the curry leaves are crisp and fragrant.
• 5.
• Pour the prepared tempering over the ground Alam Pachadi and mix well.
• Serve fresh with dosa, idli, upma, or steamed rice.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	7	4	10