

Recipe Name: Poondu Milagu Kuzhambu Recipe -
Tamilnadu Style Garlic and Black Pepper
Curry

Diet Type:

Course: Lunch

Cuisine: Tamil Nadu

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Garlic	4
• 1/2 teaspoon Turmeric powder (Haldi)	
• 2 teaspoons Jaggery	
• 1 teaspoon Mustard seeds	
• 30 grams Tamarind	
• 1/2 teaspoon Methi Seeds (Fenugreek Seeds)	
• 1 sprig Curry leaves - washed	
• 1 tablespoon Sesame (Gingelly) Oil	
• 1/2 cup Garlic	
• 1/2 cup Pearl onions (Sambar Onions) - peeled	
• 1 Tomato - roughly chopped	
• 3 teaspoons Whole Black Peppercorns	
• 1 teaspoon Cumin seeds (Jeera)	
• 2 Dry Red Chilli	
• 2 sprig Curry leaves - washed	
• 1 teaspoon Sesame (Gingelly) Oil	

Preparation

- Take off the flame and keep aside to cool.
- Now, heat the sesame oil in a wide pan, add the mustard seeds, fenugreek seeds and let it crackle.
- Add in the garlic cloves and saute until it turns golden brown.



- Now, add in the prepared ground mixture, season with salt and mix well.
- Now, add in the jaggery powder mix well and simmer for another 5 minutes.
- Serve hot.

Macronutrients

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

