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## Vendakkai poriyal in tamil pdf

Vendakkai Poriyal Tamil/Vendakkai Fry Tamil/ladies finger fry recipe/ladies finger poriyal recipe is a very delicious curry and a favorite of my daughters. The taste of this dish depends on the Lady Finger that we have chosen, as well as the method by which we cook. We need to break the end of the Female Finger to see if it is at the right stage and not very old. Before cutting vegetables, we need to make sure that the vegetables are completely dry without water, so that it does not become sticky during cooking. In addition, we can add a tablespoon of cottage cheese, and bake the lady's finger so that it does not become sticky. In this video we included tips for buying ladies finger, tips to wash and cut them and eventually fry them without sticky. Enga Veettu Samaya! Preparation time: 10 minutes Cooking time: 20 min Serves: 2 – 3 Ingredients: 1. Ladies Finger – 300 G 2. Onions - Little 3. Curry leaves 4. Green Peppers - How to taste 5 for your taste. Salt 6. Mustard seeds 7. Cumin seed recipe: 1. Wash the ladies with a finger and soak them in water mixed with turmeric and salt. 2. Cut the lady's finger into pieces. 3. Add the oil to the pan and temper with mustard seeds and cumin seeds. 4. Now add the onions, green peppers and fry them well. 5. Add Ladies Finger and fry them well. 6. When ladies finger is fried, add turmeric and salt. 7. Cook a slow flame with the lid closed. 8. When ladies finger is cooked, open the lid and constantly stir now and then until ladies finger is baked well. 9. Delicious Vendakkai Poriyal/ Ladies Finger Fry is ready. எங்கள் வீட்டு சைலண்டில் வெள்ளைக்காய் பொரியல் செயல்படுகிறது. உங்கள் வீட்டில்: 1. வெள்ளைக்காய் – 300 கிராம் 2. வெள்ளைக்காய் – சிறிதளம் 3. கறிவேப்பிலை 4. பச்சை மிளகாய் – உங்கள் சைலண்டில் 5. உப்பு 6. கடுகு 7. சிமிசென்ட் வெள்ளைக்காய் பொரியல் செயல்படுகிறது. 1. உங்கள் வீட்டில் கறிவேப்பிலை கடுகு மற்றும் உளுத்தல் பொடியை சேர்க்கவும். 2. வெள்ளைக்காயை நறுக்கிய வெள்ளைக்காயை, பச்சை மிளகாயை சேர்த்து வதக்கவும். 3. இப்பொழுது வெள்ளைக்காயை சேர்த்து வதக்கவும். 4. மஞ்சள் மற்றும் உப்பு சேர்த்து வதக்கவும். 5. ஒரு லிட்டர் வெள்ளைக்காயை வதக்கவும். 6. வெள்ளைக்காயை வதக்கவும். 7. உங்கள் வீட்டில் வெள்ளைக்காயை பொரியல் செயல்படுகிறது. Request you like, Share & Comment on our recipes on Youtube: Pinterest: Google+ EngaVeettuSamaya! Facebook: site: Jump to Recipes Print Recipe>Last updated on April 18, 2020 Okra fry recipe step by step photos. Delicious and healthy South Indian vendakkai poriyal recipe with peanuts. This South Indian recipe for okra fry is easy and easy to make. This south Indian vendakkai poriyal is a dry preparation served with rice for lunch. My twist to this mild vendakkai poriyal is free of roasted peanuts. Vendakkai means or ladies finger poriyal recipe or okra fry recipe select fresh tender occras. They should be bright green and snap easily. To remove Okra slime you can follow the tips below although OKRA slime is very good for health. 1. Make sure that the eye or vendocals are washed and well completely dried. 2. Cutting wide and the knife should be dry as well. 3. A teaspoon of cottage cheese or besan spoon can be added to remove slime while cooking. Serve vendakkai poriyal or okra fry with rice, sambar , raza. If you are looking for more vendakkai or okra recipes then check out the vendakkai puli kuzhambu, kurkure bhindi, vendakkai varuval, besanindi, bhindi fry, kadai bhindi recipes. How to make vendakkai poriyal recipe with step-by-step photos. Wash and dry the eye. Cut off the head and tail. Cut into rounds. Preheat the pan with 3 teaspoons of oil. Temperament with mustard seeds, urad dal, dried red children. Add chopped onions and saute until they become soft. Add chopped vendocques and mix well. Add salt, turmeric powder, chili powder and mix well. Cook in a medium flame for 8-9 minutes. Add a gram of flour or besan and cook for 3-4 minutes. Add roasted crushed peanuts. Mix and cook for 2 minutes. Remove from the flame and serve the okra fried hot. Okra fry or vendakkai poriyal recipe card below. Share2Yummy!FlipboardTwitter Go to recipe print recipes Delicious and healthy Vendakkai/ladies finger fry is ready to serve!! Cooking in a low flame is very important to the excellent Vendakkai poriyal. Cut vendakkai/ ladies finger into medium-sized pieces neither too thin nor thick. Check the ladies' finger/vendakkai breaking his tail if it breaks it well to use. Vendakkai Poriyal Tamil/Vendakkai Fry Tamil/ladies finger fry recipe/ladies finger poriyal recipe is a very delicious curry and a favorite of my daughters. The taste of this dish depends on the Lady Finger that we have chosen, as well as the method by which we cook. We need to break the end of the Female Finger to see if it is at the right stage and not very old. Before cutting vegetables, we need to make sure that the vegetables are completely dry without water, so that it does not become sticky during cooking. In addition, we can add a tablespoon of cottage cheese, and bake the lady's finger so that it does not become sticky. In this video we included tips for buying ladies finger, tips to wash and cut them and eventually fry them without sticky. Enga Samaya! Preparation time: 10 minutes Cooking time: 20 min Serves: 2 – 3 Ingredients: 1. Ladies Finger – 300 G 2. Onions - Little 3. Curry leaves 4. Green Peppers - How to taste 5 for your taste. Salt 6. Mustard seeds 7. cumin seed recipe: 1. Wash the ladies with a finger and soak them in water, water, Recipe/Okra stir fry, which many of you make in your kitchen regularly. I have been making this vendakkai poriyal for years, but I wonder why I didn't share it here. Its an easy garnish recipe for bachelors and working women who have much less time to spend in the kitchen. Next to brinjal, vendakkai/ Okra is my favorite vegetable. I love vendakkai recipes a lot to be sambar, poriyal, fry, masala gravies and even thayir pachadi too. I like it in the core if its properly cooked, i.e. it should be cooked at sticky & Dry. As you all know, the biggest problem we face while cooking lady your finger is that the sticky thread is like a thing (we say nola nota / cola kolappu in tamil) that comes out of it. When I was new to cooking, I tried several ways like adding cottage cheese, lemon juice, etc. but nothing worked for me. Finally I found practice that the mother's finger stickiness would turn off if we kept sauting high flames constantly. Use a good non-stick pan too. Its a simple trick and it gives a great score too. I like to have this poriyal with sambar and rasam sadam. Here I served with carrotshambu and yam chips. Some people used to make this curry as a garnish chapati too! Soon I will try to share some North Indian style recipes with okra/bhindi! Lets see how to make this yummy South Indian vendakkai poriyal recipe! Check out my vendakkai Sambar recipe here! Light okra stir fry without tomatoes & Tamarind Cuisine: Indian Category: Heron Serves: Serves 2 Prep time: 10 Minutes Cook time: 15 minutes Total time: 25 minutes Okra (Bhindi)Lady finger/Vendakkai-25 nos Large onion - 1 non-sambar powder - 1.5 tsp (use 1 tsp less spice) OR Finely chopped green chilli-2 nos curry leaves - a few Sugars - 1/1/2 tsp (keep color) Grated coconut – 3 tablespoons (optional) Lemon juice - 1/2 tsp (optional) Salt - as needed Water- very low Mood Cooking oil - 1.5 Tablespoons Gars Seeds - 1tsp Urad dal - 1 tsp Chana dal - 2 tsp Hing / Asafetida - pinch METHOD Wash and pat the mother's finger in the kitchen towel to dry. Cut into small rounds and set aside. Heat oil good not stick cada and splutter mustard seeds, urad dal & chana dal. Add finely chopped onions and curry leaves. Saute until the onions become transparent. Now add the pieces of chopped lady fingers along with sambar powder, salt and sugar. Keep the flame medium and go well. When it begins to become sticky in the pan,turn the flame to high and constantly sauting until it becomes non-sticky and dry. Stay nearby and stir. If the cadmiouf smokes hot, reduce the flame to medium. Wipe the ladle in the cadas when needed, because the masala can stick to it. After they become not sticky,cut the flame a little and sprinkle very little say 1tbsp. Mix well and cover with a cadmile. Let it cook in a low flame for a few minutes. Stir once in the middle. Check the taste and add more salt if necessary. When the mother's finger is cooked until soft, add grated coconut, mix well and turn off the flame. Add lemon juice if well and serve with rice! Note For variants you can use finely chopped green chilli instead of sambar powder. You can also add one finely chopped pieces of tomatoes instead of lemon juice. But and should saute tomatoes before it becomes mushy. For a good masala taste,you can add finely chopped ginger and garlic or g&g paste. Check out my vendakkai Sambar recipe here! Enjoy this simple vendakkai poriyal with sambar, rasam or more kuzhambu. Taste yummy! !

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