Pan of Bliss
Let's cook it real slow!

Delicious Horse Gram Chutney (Muthira Chammandi)

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Prep Time 15 minutes minsCook Time 5 minutes minsTotal Time 20 minutes

Ingredients

- 1 cup Horse gram (Kulthi dal)
- 1 cup Freshly grated coconut
- 2 nos. Green chillies
- 1 inch Ginger
- 2 nos. Shallots
- 5 nos. Dry red chillies
- 5-7 nos. Curry leaves
- 1 tsp Tamarind pulp
- 1 tbsp Coconut oil
- 1 tsp Salt or as per taste

Instructions

Roasting the Horse Gram

1. In a pan, dry roast the horse gram on low heat until it turns golden brown and fragrant. It should take 5 to 7 minutes. Keep stirring to avoid burning.Once roasted, let it cool. In the same pan, pour 1/2 tsp of oil, toss in the shallots and dry red chillies, and saute for 1 minute. Let it cool.

Grinding the ingredients

1. In a blender or food processor, first, add the cooled, roasted horse gram and grind it to a fine powder. Then add grated coconut, green chillies, ginger, shallots, dry red chillies, tamarind pulp, and salt.Blend everything while adding a little water

(1 tablespoon) and as needed to achieve a smooth consistency. Add shredded curry leaves and mix well.

2. Transfer the chutney to a serving bowl.
3. Seasoning is optional.Seasoning can be done by heating oil in a pan. When hot, add mustard seeds and cumin seeds. Once they crackle, pour it over the chutney and mix well.

Notes

Serving suggestions Enjoy this delicious Horse Gram Chutney with: Akki roti or Ragi roti for a wholesome breakfast or lunch. Kanji or Matta rice for a hearty, wholesome meal. Tips & Notes For an authentic taste, grind the chutney using an ammikallu (traditional rolling grinding stone) if you have one, though the electric mixer grinder does the job just fine. Adjust the spice level by increasing or decreasing the number of green chillies as per your preference. This chutney can be refrigerated for up to a week in an airtight container. With its rich flavour and health benefits, this Horse Gram Chutney is a must-try. Serve it at your next meal and enjoy the traditional taste of Kerala cuisine.