

Kerala Style Ulli Theeyal



Ulli Theeyal is a dish made with sambar onions in a tangy gravy to spice up your tongue.

This preparation is a good combination with Rice for lunch.

Ingredients:

1. [Peeled Small Onion-Shallots](#) - 200Gms
2. Salt - 2 Tsp
3. Turmeric Powder - 1Tsp
4. Coconut - 1 cup grated
5. Coriander powder - 4Tsp
6. Chilli powder - 2Tsp
7. Tamarind concentrated Paste - 3Tsp
8. Coconut oil - 5 Tsp
9. Mustard seeds - 1/2Tsp
10. Red chilli (Dry) - 2Pcs
11. Curry leaves - 1 strings

Step-1

Use a kadai to prepare the masala

Heat the kadai and add 2Tsp of ingredient 8

Add the ingredient 4 and fry it until it turns golden brown

Add ingredient 5, 6 in to the fried coconut and mix it for 2 minutes in low flame

Theeyal is usually prepared as a spicy dish so add chilli powder based on your need

Allow it to cool to reach room temperature

Grind it to form a smooth paste using a mixer

Now your Theeyal masala is ready

Step-2

Use the kadai and heat remaining coconut oil

Add ingredient 9 and allow it to pop, add ingredient 10, 11

Now add Ingredient 1, 2, 3 and fry until onions becomes soft and brown

Step-3

Add ingredient 7 in to the same kadai and boil it for 2 minutes

Step-4

Add Theeyal masala made in step-1

Keep in low flame for 2 minutes

Your Tasty Ulli Theeyal is ready

Note: In all Dishes add SALT according to your taste.