

ulli theeyal



5 from 2 votes

kerala ulli theeyal curry recipe - ulli

theeyal is one of the delicious gravy based dish that is served in onam sadya. ulli theeyal has a sour and spiced taste with complex flavors.

Prep Time

30 mins

Cook Time

20 mins

Total Time

50 mins

Course: main course

Cuisine: kerala, south indian Servings: 3

Calories: 160kcal Author: [Dassana Amit](#)

Ingredients

for spice paste

- 2 teaspoons coconut oil

- ½ tablespoon coriander seeds (sabut dhania)
- ½ teaspoon cumin seeds (jeera)
- 15 whole black pepper (sabut kali mirch)
- 8 fenugreek seeds (methi dana)
- 2 dry red chilies - byadagi or kashmiri, deseeded and broken or halved
- ½ cup tightly packed grated coconut - fresh or frozen
- ½ cup water for grinding

for tamarind pulp

- ½ tablespoon tightly packed seedless tamarind
- ⅓ cup hot water for soaking tamarind

other ingredients for ulli theeyal curry

- 2 teaspoons coconut oil
- 1 cup heaped pearl onions or shallots - 175 grams pearl onions or shallots
- ¼ teaspoon turmeric powder (haldi)
- ½ to ⅔ cup water to be added later
- ¼ to ½ teaspoon jaggery - optional
- salt as required

for tempering ulli theeyal

- 2 teaspoons coconut oil
- ½ teaspoon mustard seeds
- 1 dry red chili - halved and deseeded
- 7 to 8 curry leaves (kadi patta)

Instructions

preparation for ulli theeyal

1. firstly soak 1 heaped cup of pearl onions (sambar onions) in water in a bowl for 20 to 30 minutes. soaking them makes it easier to peel them.
2. also soak ½ tablespoon tightly packed seedless tamarind in ⅓ cup hot water for 20 to 30 minutes.
3. after 30 minutes, peel the onions and rinse them well. keep aside. if the onions are bigger in size, you can halve them.
4. after 20 to 30 minutes, squeeze the pulp from the tamarind and add in the soaked water. keep tamarind pulp aside.

5. when the onions are soaking, you can start making the spice paste.

making coconut and spice paste

1. heat 2 teaspoons coconut oil in a frying pan. keep the flame to a low.
2. add ½ tablespoon coriander seeds and mix them with the oil.
3. then add ½ teaspoon cumin seeds, 15 black pepper, 8 methi seeds and 2 dry red chilies (deseeded and broken or halved).
4. mix well and fry stirring often till the spices become aromatic and the red chilies change color.
5. then add ½ cup tightly packed fresh grated coconut. mix very well.
6. then with continuous stirring roast the coconut till it becomes golden. keep the pan or kadai down and let this coconut and spices mixture cool down. you can also roast the spices and coconut without oil.

7. once cooled, then add the roasted coconut and spices in a grinder jar. also add $\frac{1}{2}$ cup water.
8. grind to a smooth paste.

making ulli theeyal

1. heat 2 teaspoons coconut oil in the same kadai or pan and add the peeled pearl onions.
2. stir them and saute stirring often till you see the edges getting light browned.
3. then add $\frac{1}{4}$ teaspoon turmeric powder and mix well.
4. now add the tamarind pulp and mix again.
5. then add the ground coconut and spice paste. mix again.
6. add $\frac{1}{2}$ to $\frac{2}{3}$ cup water. season with salt as per taste.
7. add $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon jaggery and mix again. jaggery is optional and can be skipped.
8. simmer for 9 to 10 minutes. stir at intervals. then switch off the flame. cover the pan.

tempering ulli theeyal

1. heat 2 teaspoons coconut oil in a small pan or tadka pan. add ½ teaspoon mustard seeds and let them crackle.
2. then add 7 to 8 curry leaves and 1 dry red chili, halved and deseeded.
3. stir and fry till the red chilies change color.
4. switch off the flame and pour the tempering mixture in the ulli theeyal.
5. cover the pan and let the flavors infuse for some minutes.
6. serve ulli theeyal with steamed rice.

Nutrition

Calories: 160kcal | Carbohydrates: 11g | Protein: 2g | Fat: 13g | Saturated Fat: 10g | Sodium: 16mg | Potassium: 228mg | Fiber: 3g | Sugar: 5g | Vitamin A: 10.6% | Vitamin C: 143.6% | Calcium: 2.6% | Iron: 12.1%

full recipe - <https://www.vegrecipesofindia.com/ulli-theeyal-recipe/>