

Pulisseri (Spiced Yogurt & Coconut Curry)

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Pulisseri/Pulisheri is a traditional Kerala dish made using **yogurt** and **grated coconut**. **Sour Curd** is used for making Pulisheri and **Vegetables** or **Fruits** are often added to Pulisseri to balance the sourness. Back home, we used to call Pulisheri as **Moru Curry** when it was made without veggies and fruits. I love adding fruits like Bananas, Mangoes and Pineapples while making Pulisheri to bring out a **sweet and sour** taste. I have always loved the **Mambazha Pulisseri** which my mom used to make with the seasonal Kerala **Sweet Mangoes** during our summer vacations. It brings back memories of those good old days, when we used to get 2 whole months for **summer vacation** and life was sans worries. Somehow we used to call it **Mambazha Curry** instead of Mambazha Pulisheri.



Some common veggies and fruits used in Pulisheri are:-

1. Raw Plantain (Vazhakka/Kaya)
2. Ripe Plantain (Ethapazham/NenthraPazham)
3. Mango
4. Pineapple
5. Pappaya
6. Yellow Cucumber (Vellarikka)
7. Ash Gourd (Kumbalanga)

For **Onam 2009**, I made Pulisseri using **Ethapazham/Nenthra Pazham (Ripe Plantain)** for the first time and all my friends loved the **sweet and sour taste** of this wonderful dish. You will definitely fall in love with this Pulisseri as your senses will be aroused. Your kids will definitely love this sweet and sour curry with rice. **Mambazha Pulisseri** and **Ethapazham Pulisheri** have become my favorites. I am waiting to make Ethapazham Pulisseri for my mom during my next India trip.

Here is the recipe for **Ethapazham Pulishery** or **Nenthra Pazham Pulissery**. I am sending this recipe over to “**Just Not any other dish**” event.

Ingredients

1. Ripe Plantain (Ethapazham/Nenthra Pazham) – 1 big (chopped into bite sized pieces)
2. Turmeric – 1/4 tsp
3. Red Chilly Powder – 1/2 tsp
4. Sour Curd/Yogurt – 2 cups (I used Plain Non Fat Yogurt)
5. Salt – to taste
6. Water – as required



For Grinding

1. Coconut – 1 Cup
2. Green Chillies – 3
3. Turmeric Powder – A pinch
4. Cumin (Jeera) – 1/4 tsp
5. Water – 1/2 cup

For Seasoning

1. Oil – 1 tbsp
2. Mustard – 1/2 tsp
3. Finely sliced Shallots (Kunjulli) – 5 or 6
4. Dry Red Chillies – 3 or 4
5. Curry Leaves – A few
6. Fenugreek (Uluva) Powder or Seeds – 1/4 tsp
7. Red chilly powder – 1/4 tsp

Preparation Method

1. Grind coconut, green chillies, cumin and turmeric along with 1/2 cup water to form a fine paste and keep aside.
2. Blend yogurt along with 1/2 cup water and salt until smooth. Keep aside.
3. Cook the plantain pieces in little water along with salt, 1/4 tsp turmeric powder and 1/2 tsp red chilly powder until soft.
4. Add the coconut paste to the cooked plantain and mix gently. Allow it to cook for 4-5 minutes.
5. Reduce flame to low and add beaten curd. Heat it for a few minutes and remove from stove top. Be careful not to boil the curry after adding curd.
6. Heat oil in a pan and splutter mustard seeds. Saute shallots, dry red chillies and curry leaves for a few minutes.

7. Add 1/4 tsp red chilly powder and 1/4 tsp fenugreek powder and saute for a minute.
8. Pour the seasoning over the curry and mix gently.

Note

- It is better to use **Sour Curd** or **Yogurt** for this preparation.
- You can use Pineapple, Mango or Papaya instead of Plantain.