

Amarantha Leaves/Thotakura Pulusu (Amaranth leaves curry in tamarind sauce)

Ingredients:

4 cups Amaranth (Thotakura) (finely chopped)
Tamarind (Puli) pulp extracted from 1 lemon-sized ball
2 tsp salt
6 green chilies
1 onion (small)
4 tbsp roasted peanuts powder
2 tsp oil
1 tsp turmeric

For seasoning:

1 tbsp oil
4 - 5 garlic cloves
A few curry leaves
1/2 tsp black gram (Uzhunnuparippu)
1/2 tsp mustard seeds
1/2 tsp cumin seeds (Jeerakam)
4 red chilies (Kollamulaku)

1. If the amaranth leaves are tender, you don't have to cook or boil them. Otherwise, boil the washed and chopped amaranth leaves till done in a pressure cooker.
2. Chop the onion finely. Heat oil in a pan on high flame.
3. Fry the onion and green chilies for 2 - 3 minutes.
4. Add the amaranth leaves and cook for 3 - 4 minutes.
5. Add the tamarind juice and a little water, salt, and turmeric. Cook covered on medium flame until the water is half evaporated.

6. Open the lid, change the flame to medium high and add the ground roasted peanuts powder and stir well. Make sure that there are no big chunks.
7. Switch off the stove.
8. Heat oil in another pan or kadai – this is for seasoning.
9. Splutter mustard seeds.
10. Add cumin, garlic cloves, black gram, curry leaves and red chilies and pour the cooked amaranth curry in this seasoning pan.
11. Close the lid immediately and switch off the stove and set the curry aside for 30 minutes.
12. Open the lid, mix well and serve. It will taste better after 4 - 5 hours.

(In India, we get tender amaranth/thorakura, but here in USA, we don't usually get it that tender. So I pressure cook the leaves.)