



सर्वयोग्यं ज्ञानं
Ministry of Ayush



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Ulundhu kali | Urad Dhal Halwa

Introduction:

Ulundhu kali is a traditional nutritious dish prepared in south Tamil Nadu. Traditionally this is made using palm jaggery. It's like halwa consistency. It is a total health-pack for the whole family to begin a healthy day

Ingredients:

- Whole Black Urad Dal - 3/4 Cup
- Palm Jaggery - 1.5 Cups
- Cardamom - 4 Nos.
- Salt - A Pinch
- Sesame Oil - 2 tbsp
- Water - 1/2 Cup

Method of preparations:

1. Heat a pan. Dry roast Urad dal till it become light golden brown. Take the roasted urad dal aside and allow it to cool completely. Add cardamoms and grind it to a smooth powder.
2. In a sauce pan, add water and palm jaggery and allow the jaggery to boil and melt completely. Add a pinch of salt to enhance the sweetness.
3. Strain the jaggery liquid in a pan. Bring the jaggery liquid to boil, Add urad dal flour little by little and keep stirring, so that the flour and jaggery gets nicely combined. Add gingelly oil in regular intervals and keep stirring the mixture.
4. When the mixture becomes thick and rolls like a balls without sticking to sides of pan, then switch off the flame and store the *Ulundhu Kali* balls in an air-tight container and enjoy this nutritional rich dish.

Benefits:

- ✓ Given during puberty to menopause as it strengthens uterus, hip joint and normalizes hormonal imbalance and restores female health.
- ✓ It improves digestion, protects heart, boosts energy, improves bone health, strengthens nervous system, good for skin and hair.
- ✓ Supplements muscle mass.

