

Some dishes don't just fill your stomach—they calm your nerves, soothe your senses, and bring your body back into balance. **Mor Kuzhambu** in Tamil or **Majjige Huli** in Kannada is one such timeless South Indian classic. Made with buttermilk and coconut, mildly spiced and gently soured, it's a **cooling, sattvic stew** that can stand alone or grace any simple meal with its soulful depth.

What Is Majjige Huli/Mor Kuzhambu?

Mor Kuzhambu or Majjige Huli is a **South Indian buttermilk-based curry**, typically made with vegetables like ash gourd, okra, or cucumber. It's gently cooked in a ground coconut-spice paste, tempered with mustard and curry leaves, and **finished with whisked sour buttermilk or curd**. Unlike heavy gravies, this dish is **light, digestive, and tridoshic when done right**, with cooling and calming effects—making it a summer staple in many homes.

How to Make Majjige Huli/Mor Kuzhambu: The Traditional Way

□ Ingredients:

Base

- 1 cup sour buttermilk or diluted curd
- 1 cup ash gourd (or okra, cucumber, or pumpkin), chopped
- Salt to taste
- ¼ tsp turmeric powder

To Grind

- ½ cup grated coconut
- 1 tsp cumin seeds
- 1–2 green chilies (mild)
- 1 tbsp soaked chana dal or ½ tsp rice (optional, for texture)
- A few curry leaves

For Tempering

- 1 tsp coconut oil or ghee
- ½ tsp mustard seeds
- 1 pinch hing (asafoetida)
- 1 dry red chili
- Few curry leaves

□ Method:

- **Cook the vegetables** in water with turmeric and a little salt until soft but not mushy.
- **Grind the coconut, cumin, green chili, soaked dal or rice, and curry leaves** into a smooth paste with a little water.
- Add this paste to the cooked vegetable. Simmer for 5–7 minutes on low flame until the rawness disappears.
- Lower the flame. Add **buttermilk** (or well-whisked curd + water mixture) and stir continuously.
- Do **not boil** after adding buttermilk—just warm it gently to avoid curdling.
- In a small pan, heat oil. Add **mustard seeds, hing, dry red chili, and curry leaves** for tempering.
- Pour the tempering over the kuzhambu and serve hot.

□ Ayurvedic Benefits

1. Buttermilk is **laghu (light)** and aids **digestion**, especially after heavy meals.
2. Coconut is **madhura and snigdha**, nourishing yet cooling—great for [Pitta](#) balance.
3. Cumin, hing, and mustard **stimulate Agni**, preventing bloating from curd.
4. Curry leaves and turmeric offer **anti-inflammatory and detoxifying** benefits.
5. Overall, the dish is **tridoshic**, especially if green chili and salt are kept in moderation.

□ Pro Tips from the Indian Kitchen

- Use **sour curd** or day-old buttermilk for authentic taste.
- Always **lower the flame** when adding curd/buttermilk to prevent splitting.
- Add a **tiny bit of rice flour** to help stabilize the buttermilk.

- Avoid adding too much green chili—let the tangy flavour shine.
- Coconut oil gives a more **traditional aroma**, but ghee is also wonderful.

♥ Why We Love Majjige Huli/Mor Kuzhambu

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