

Some dishes are not just food, they're a quiet embrace from tradition. *Mor Kazhi*, also known as *Mor Kali* or *Mor Kuzhambu Kali*, is one such wholesome, grounding South Indian delicacy. Soft, tangy, and mildly spiced, this humble dish is made from fermented buttermilk and rice flour—slow-cooked to a dreamy texture that calms both body and mind.

What Is Mor Kazhi?

Mor Kazhi is a fermented rice flour-based porridge or thick pudding gently cooked in spiced buttermilk. Unlike versions that dilute curd with water, this recipe uses true buttermilk (the liquid left after butter is churned out from curd), making it lighter, easier to digest, and deeply sattvic. It is usually tempered with mustard seeds, green chillies, curry leaves, and hing, and best enjoyed warm or at room temperature.

How to Make Mor Kazhi: The Traditional Way

□ Ingredients:

For main

- 1 cup rice flour (sieved)
- 2 cups traditional buttermilk (butter removed, not diluted curd)
- Salt to taste

For Tempering

- 1 tbsp cold-pressed sesame oil or ghee
- ½ tsp mustard seeds
- 1 green chilli, slit
- A pinch of hing (asafoetida)
- 1 sprig curry leaves

□ Method:

1. Mix the Batter:

In a heavy-bottomed pan, mix rice flour, buttermilk, and salt to form a smooth, lump-free slurry.

2. Cook Slowly:

Turn on a low flame and keep stirring continuously to avoid lumps. Within 7-10 minutes, the mixture will thicken and begin to leave the sides.

3. Add Tempering:

In a small pan, heat oil or ghee. Add mustard seeds, green chilli, hing, and curry leaves. Let them crackle and pour into the thickened mixture. Mix well.

4. Set and Rest:

5. Grease a plate or banana leaf and spread the Mor Kazhi evenly. Let it cool and set. Cut into pieces or serve it as a warm scoop.

□ Ayurvedic Benefits

1. The use of traditional buttermilk helps cool the body and reduce [Pitta](#), making it excellent for hot climates or fiery digestion.
2. Rice flour is easily digestible and sattvic, ideal for those recovering from fatigue or illness.
3. Mustard and hing reduce [Vata](#) and [Kapha](#), promoting smoother digestion and preventing bloating.
4. Cooking the buttermilk activates deep gut-calming properties, balancing *Agni* (digestive fire) gently.

□ Pro Tips from the Indian Kitchen

- Always use fermented, butter-removed buttermilk—not fresh curd + water. The flavour and lightness are key.
- Use a thick-bottomed pan and stir constantly to avoid burning.
- Cook on a low flame for a soft, non-sticky texture.
- Adding a spoon of coconut or cumin while tempering gives an extra Ayurvedic edge and flavour variation.
- Want to make it meal-worthy? Serve with pickle, podi, or a drizzle of ghee.

□ Why We Love Mor Kazhi

- It's a healing comfort food—light, tasty, and soul-satisfying.
- Requires minimal ingredients, yet delivers maximum nourishment.
- Easily digestible for all ages, including elders and those on special diets.
- Naturally gluten-free, cooling, and vegetarian—a rare combination of healing

and taste.

- Ideal as both a light brunch or evening tiffin.

□ Ideal For

- [Pitta](#)-prone constitutions and hot summer days
- Post-fasting or post-illness recovery meals
- People seeking fermented but non-spicy dishes
- Light lunch options for students or elders
- Ayurvedic meal plans for gut healing and sattvic routines.

