

<b>One page cheatsheet for Tempering (Tadka)</b>	
<b><u>Poriyal (Vegetable side dishes)</u></b>	Mustard seeds + cumin seeds + urad dhal + red chillies + channa dhal (optional) <b>Fat:</b> Coconut oil / Oil
<b><u>Rasam ( South Indian soup)</u></b>	Mustard seeds + cumin seeds + curry leaves + asafoetida <b>Fat:</b> Ghee
<b><u>Sambhar (tamarind and lentil gravy)</u></b>	Mustard seeds + curry leaves + dry red chillies + fenugreek seeds + asafoetida <b>Fat:</b> Cooking oil
<b><u>Vathakuzhambu (tamarind based spicy gravy) / any spicy gravies</u></b>	Mustard seeds + curry leaves + dry red chillies + fenugreek seeds + asafoetida <b>Fat:</b> Sesame oil
<b><u>Mor kuzhambu (yoghurt &amp; coconut based gravy)</u></b>	Mustard seeds + cumin seeds + curry leaves + dry red chillies + fenugreek seeds + asafoetida <b>Fat:</b> Coconut oil At the end or beginning
<b><u>Kootu (veggie and lentil stew)</u></b>	Mustard seeds + cumin seeds + curry leaves + dry red chillies + urad dhal + asafoetida <b>Fat:</b> Coconut oil At the end or beginning
<b><u>Pongal / Khichdi (Indian porridge)</u></b>	Cumin seeds + curry leaves + black peppercorns + ginger <b>Fat:</b> Ghee
<p>1. If there is coconut in any dish we prefer tempering with coconut oil</p> <p>2. For Vathakuzhambu and spicy dishes - Sesame oil is preferred.</p> <p>3. For Rasam - ghee is used.</p> <p>4. In general, normal cooking oil is used. For some the process is carried out in the beginning and for some at the end. It differs from recipe to recipe.</p>	

The above mentioned is a guideline. For more details, click on the recipe.