

Recipe

Kadai Vegetables

By

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Ingredients

- French beans - 10-12
- Carrots - 2 medium sized
- Capsicums - 2 medium sized
- Cauliflower - ¼ medium sized
- Tomatoes - 3 large sized
- Green peas (shelled) - ¼ cup
- Red chilies whole - 4-5
- Coriander seeds - 1 tbsp
- Cumin seeds - 1 tsp
- Ginger – 2 inch piece
- Green chilies - 3-4

- Fresh coriander leaves - a few sprigs
- Oil - 4 tbsp
- Turmeric powder - ½ tsp
- Coriander powder - 1 tbsp
- Salt - to taste
- Garam masala powder - 1 tsp

Preparation

1. String, wash French beans.
2. Peel and wash carrots. Wash, halve and deseed capsicums.
3. Cut all the vegetables into one-fourth inch cubes.
4. Separate cauliflower into small florets and wash.
5. Wash tomatoes and chop them roughly.
6. Wash and drain green peas.
7. Remove stems and break red chilies into two.
8. Grind coarsely three of the red chilies with coriander and cumin seeds. Peel and wash ginger. Remove stems and wash green chilies.
9. Clean, wash and chop coriander leaves.
10. Grind green chilies and half of the ginger to a paste.
11. Make julienne of the rest of the ginger.
12. Heat oil in a pan. Add the coarsely ground masala.
13. Add ginger-green chili paste and sauté for one minute.
14. Add the vegetable except capsicums and stir.
15. Cook covered on low heat till carrots are almost done. Sprinkle a little water if necessary.
16. Add turmeric powder, coriander powder and red chili powder. Stir continuously. Add tomatoes, salt and half a cup of water and cook till the vegetables are cooked and water dries up.
17. Add capsicums and salt. Cook for four to five minutes on low heat. Sprinkle garam masala powder.
18. Serve hot, garnished with ginger julienne and chopped coriander leaves.

Serves

5-6 Persons

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