

Recipe

Labra

By

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Ingredients

- French beans - 10
- Broad beans (papri) - 10
- Potatoes - 1 large sized
- Sweet potatoes - 2
- White radishes - 2 medium sized
- Red pumpkin - 100gms
- Cabbage - ½ small sized
- Green chilies - 2

- Cauliflower - ½ medium sized
- Round brinjals - 2 small pieces
- Ginger - 1 inch piece
- Mustard oil - 1 tbsp
- Paanch phoron - ½ tsp
- Red chilies whole - 3
- Turmeric powder - 1 tsp
- Salt - to taste
- Sugar - ¾ tsp

Preparation

1. String French beans and papri. Wash and cut into two.
2. Peel potatoes, sweet potatoes, white radishes and red pumpkin.
3. Wash and cut all the vegetables into slices.
4. Place potatoes and sweet potatoes in water to avoid discoloring.
5. Wash, remove core and shred cabbage.
6. Remove stems, wash and slit green chilies.
7. Wash cauliflower and break into small florets.
8. Remove stems, wash and cut brinjals into four pieces.
9. Keep in water to avoid discoloring.
10. Peel, wash and grind ginger to a paste.
11. Heat oil; add paanch phoron and whole red chilies.
12. When they change color, add all the vegetables and stir.
13. Add turmeric powder and ginger paste and mix well.
14. Cover and cook on low heat till vegetables are cooked.
15. Increase heat so that all the moisture dries up.
16. Add salt, sugar, slit green chilies and mix well.
17. Cook for two minutes and remove pan from heat.
18. Serve hot.

Serves

5-6 Persons

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Hare Rama Hare Rama Rama Rama Hare Hare