

Recipe

METHI MATAR MAKAI

By

Bhaktivedanta Hospital – Diet department



Ingredients

Fresh fenugreek leaves (<i>methi</i>).....	1 large bunch
Green peas (shelled).....	1 cup
Ginger.....	1 inch piece
Green chilies.....	3
Fresh coriander leaves.....	a few sprigs
Fresh corn kernels.....	1 cup
Lemon juice.....	1 tbsp
Yogurt.....	½ cup
Turmeric powder.....	A pinch
Red chili powder.....	1 tsp
Oil.....	2 tbsp
Cumin seeds.....	1 tsp
<i>Khoya/mawa</i> (grated).....	½ cup
Salt.....	To taste
Fresh cream.....	1 cup

Preparation

1. Clean *methi* leaves, wash thoroughly and chop. Add one teaspoon of salt and set aside for half an hour. Squeeze dry and wash again. Wash and boil green peas.
2. Peel, wash ginger and grind to paste. Remove stems, wash and chop green chilies. Clean, wash and chop coriander leaves.
3. Boil corn in two cups of water and lemon juice till soft. Drain and keep aside. Whisk yogurt with turmeric and red chili powder.
4. Heat oil in a pan. Add cumin seeds. When they start to crackle, add ginger paste and continue to cook. Add *methi* and green chilies. Cook till all the moisture dries up.
5. Add yogurt mixture and cook till oil separates. Add corn and green peas. Add *khoya* and one cup of water. Add salt to taste. Cook for ten minutes.
6. Stir in fresh cream and mix well. Simmer for five minutes. Serve hot garnished with coriander leaves.

For further details please contact

vaidehi_nawathe@sify.com, indrayani.h@gmail.com

www.iskcondesiretree.com

Hare Krishna Hare Krishna Krishna Krishna Hare Hare

Hare Rama Hare Rama Rama Rama Hare Hare