Sodhi (Malaysian Curry)

by Anand Lila devi dasi

"Krishna is very kind. Therefore, He has given us his remnants of food stuff"

Ingredients

- Oil..... 2 Tbsp
- Black mustard seeds..... 1 Tsp
- Fenugreek seeds..... 2 Tsp
- Ginger, finely grated..... 3 Tbsp
- Yellow asafetida powder..... 1 Tsp
- Tomatoes
  diced into 1-inch cubes..... 3
- Potato, peeled and diced..... 1 big
- Carrots
  cut into 2-inch lengths..... 2
- Green beans
  cut into 2-inch lengths.....½ C
- Firm tofu,
  diced into ¾-inch cubes.....300 g
- Coconut milk.....900 ml
- Water..... 500 ml
- Turmeric powder..... 1 Tsp
- Salt..... 2 Tsp

Preparation :

1) Heat oil in a heavy bottomed saucepan over moderate heat, add mustard seeds, when they splutter, add fenugreek seeds, ginger and asafetida, reduce the heat to low and stir-fry the spices until fragrant.

2) Add all the vegetables and tofu, increase the heat and sauté for a while. Stir in half of the coconut milk gently. Add the water, turmeric and salt. Cover and cook over low heat until all the vegetable are cooked and the coconut milk sauce thickens slightly, about 30 minutes.

3) Towards the end, add the remaining coconut milk and cook uncovered for 5-7 minutes. Take off from heat and serve hot with plain boiled rice.

Serves: Five-Six

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