

Succulent Squash with Peanuts

by Anand Lila devi dasi



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

Ingredients

Summer squash (louki), (peeled & cut into 1.5cm cubes).....	700 gm
Lemon sized tamarind lump, 50 gm.....	1
Hot water.....	1 C
Toor dal.....	¼ C
Water.....	1 ½ C
Turmeric powder.....	½ Tsp
Coconut, grated.....	¼ C
Green chilies.....	2
Cumin seeds.....	1 Tsp
Oil.....	2 Tbsp
Asafetida powder.....	½ Tsp
Peanuts.....	½ C
Water.....	¾ C
Salt.....	1 ½ Tsp
Mustard seeds.....	1 Tsp
Split urad dal.....	1 Tsp
Fresh curry leaves.....	8-9

Preparation:

- 1) Soak the tamarind in hot water for 20 minutes. Squeeze to extract the tamarind puree. Keep aside.

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Preparation:

- 2) Wash, rinse and drain the dal. Place 1 ½ C water, dal and ¼ Tsp turmeric in a saucepan over moderate heat. Bring to a boil and simmer, covered, cook until the dal is broken down and soft. Using a whisk, blend the dal to a smooth consistency.
- 3) Using a blender, process the coconut, green chilies and cumin seeds with a few sprinkles of water until smooth.
- 4) Heat 1 Tbsp of oil in a saucepan; add ¼ Tsp asafetida powder and then the peanuts. Stir-fry the peanuts for 1 minute. Add the squash, ztamarind puree, ¼ Tsp turmeric powder, ¾ C water and salt. Cook covered over moderate heat. Half-way through the cooking add the toor dal, reduce the heat to low and continue cooking until the squash is soft and the sauce thickens. Add the coconut paste and cook for 10 more minutes, stirring often to avoid the sauce to stick to the bottom of the pan. Take off from heat.
- 5) Heat 1 Tbsp of oil in a small sauté pan over moderate heat; add mustard seeds, when they crackle, add the urad dal and sauté until they turn golden brown. Add the curry leaves, stir for a while, add the remaining asafetida and immediately remove the pan from the heat and mix the seasoned spices to the squash gravy. Serve hot with plain boiled rice.

Serves: Four-Five

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