

## Recipe

### Vegetable Kurma

## By

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## Ingredients

- 2 Tsp oil
- 1 Tsp black mustard seeds
- 2 bay leaves
- ¼ Tsp yellow asafetida powder
- 1 Tbsp ginger finely grated
- 2 hot green chillies, chopped
- 1 Tsp coriander powder
- 1½ Tsp garam masala
- ½ Tsp turmeric powder
- 2 medium sized potatoes, peeled and diced into 2 cm cubes
- 2 carrots, peeled and diced into 2 cm cubes
- 1½ C cauliflower cut into small florets

- 1 C beans cut into 1-inch lengths
- 1 C green peas
- 1 C coconut milk
- 1 C water
- 1½ Tsp salt
- 2 tomatoes finely chopped
- 10-12 fresh curry leaves
- 2 Tbsp chopped fresh coriander leaves

### **Masala Paste:**

- ¼ C freshly grated coconut
- 7-8 cashews
- 1 Tsp fennel seeds
- 1-inch cinnamon stick
- 3 cardamoms, bruised
- 1 dry red chili
- ¼ Tsp yellow asafetida powder
- 1 Tbsp ginger finely grated
- A few sprinkles of water

### **Preparation**

1. Heat oil in a saucepan over moderate heat. Add the mustard seeds, when they splutter, add bay leaves and asafetida. Add ginger, green chilies, coriander powder, garam masala and turmeric powder. Fry the spices until aromatic.
2. Add all the vegetables and stir fry for couple of minutes. Pour the coconut milk and water. If desired, a little more water can be added.
3. Reduce the heat to low and cook partially covered for 10 minutes.
4. Grind the masala paste in a blender until smooth.
5. Add the salt, tomatoes and grinded masala paste to the simmering vegetables. Cook over low heat until all the vegetables are cooked and tender. Add the curry leaves and coriander leaves. Serve this kurma with either chapatis, puris or pulao.

### **Serves**

4-5

**For further details please contact**

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Hare Rama Hare Rama Rama Rama Hare Hare**