

Recipe

KAIKARI ISHTEW

By

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Ingredients

Carrots..... 2 medium sized
Potatoes..... 2 medium sized
French beans..... 6-8
Cauliflower..... 1 medium sized
Green chilies..... 4
Ginger..... 1 inch piece
Curry leaves..... 10-12
Green peas (shelled)..... ½ cup

Coconut (scraped)..... 2 cups
Oil..... 4 tbsp
Coconut oil..... 2 tbsp
Bay leaves..... 2
Star anise..... 2
Cinnamon..... 2 inch stick
Salt..... to taste
Garam masala powder..... ½ tsp

Preparation

1. Peel, wash and cut carrots and potatoes into one inch sized cubes. String, wash and cut French beans into one inch sized pieces. Wash and cut cauliflower into small florets and soak in salted warm water for fifteen minutes and drain.
2. Remove stems, wash and slit green chilies. Peel, wash and grind ginger to a smooth paste. Wash curry leaves and pat them dry. Wash and drain green peas.
3. Soak the coconut in two cups of warm water, grind and squeeze out thick milk. Repeat this process two more times but with only one cup water each to get a second and third extract.
4. Heat sufficient water and boil carrots, potatoes, french beans, cauliflower and green peas, individually until almost cooked.
5. Heat both oils together, add bay leaves, star anise and cinnamon and stir-fry till flavors are released. Add extract of coconut milk, curry leaves, ginger paste and slit green chilies and sauté for three to four minutes.
6. Add cooked carrots, potatoes, french beans, cauliflower and green peas and stir-fry for two minutes. Add 1tsp of salt and stir in third extract of coconut milk and bring to a boil.

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Hare Rama Hare Rama Rama Rama Hare Hare**