

sweet corriander spread

1 bunch fresh corriander

1 grated cocnut 3 flakes of garlic 1/2 inch ginger salt to taste 1 1/2 tsp sugar a
bit of tamrind or 1 lime..or a piece of raw mango

paste with very lil water

ready to eat..)

can be acompanied with butter too..
water out thru a muslin)

carrot

julliens of beet root

uncl...

cut julliens of cucumber...(squeez the
cut julliens of
cut

in a bowl add 2 1/2 caps of vinegar

very lil salt(a pinch)

and sugar to control the taste of vinegar...

add vegies...mix in the dressing

chill for 4 hours....

Thanks to Mr. Duran D'Souza from Friends' Corner.