

Ingredients

Quantity:	Measure:	Ingredients:	Descrip
6	Medium	Green Bananas	Raw, pe
1/2	Teaspoon	Mustard Seed	
1/2	Teaspoon	Coriander/Dhania	
1/2	Teaspoon	Jeera/Cumin Seeds	
1/2	Teaspoon	Saunf - Fennel Seeds	
1/2	Teaspoon	Kuskus - poppy seeds	
6	nos	Pepper Corns	
2	Sticks	Cinnamon	
3	Tablespoon	Coconut Desiccated	
1	Teaspoon	Turmeric Powder	
1	Teaspoon	Curry Powder for Vegetables (13)	
4	Tablespoon	Curds	
	As Required	Salt	to taste
A	Few	Curry Leaves	
1	Medium	Onion	Chopped
2	Medium	Chillies Green	Slit

Method

6 raw bananas peeled and chopped and soaked in some tamarind water
drain the water after a few minutes and microwave the bananas for 2 minutes

roast

1/2 tsp mustard

1/2 tsp dhania

1/2 tsp jeera

1/2 tsp sauf

1/2 tsp poppy seeds

6 pepper corns

2 sticks of cardamon

3 tbsp dessicated coconut

1tsp haldi

1tsp kitchen king masala/ or any other masala

you can add any dry masala like garam masala, chillie powder etc according to taste

grind the roasted masala and add 4TBSP OF CURD
and salt to taste

marinate the bananas with the paste

in a vessel heat oil add mustard seeds, curry leaves and 1 chopped onion
fry well and add the marinated bananas

add a lil bit of water and cook on slow

slit 2 green chillies and add on later