

Ingredients

Quantity	Measure	Ingredients	Description
	As Required	Lady Fingers and other	vegetables.

Method

Method of cutting the various vegetables for boiling are given below.

Ladyfingers: Remove the stem, and then in pieces.

Beetroots: Wash, boil, peel the outer layer, and cut in pieces.

Green Peas: Shell the pod, and wash the peas and boil.

Knolkhol: Remove the rind, and cut in halves.

Snake gourd: Scrape the outer skin lightly, remove the pith and seeds, and cut in slices.

Cauliflower: Keep whole and boil.

French Beans: Remove the fiber on the sides, but cutting the ends, and stripping the fiber from one end to another and then cut in pieces.

Brinjals: Cut the calyx, and make pieces.

Gerkins: Remove the ends and slightly smash them.

Chowli Beans (alsande): Remove the fiber from the sides, by snapping the tips, and stripping

the fiber from top to down, and then cut in pieces.

Boiling these vegetables is as in recipe 64 (white pumpkin boiled).