

Sindhi Vegetable Curry

Written by Bhavesh Zaveri

Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Tablespoon	Tamarind Pulp	
1	Medium	Carrots	
10	drops	Lady Fingers	
10	drops	Gavar (Midki Sango)	
10	Medium	French beans	
3	drops	Brinjals - black shiny	
100	Grams	Suran	
1	Tablespoon	Coriander Leaves (Kothmeera)	finely chopped
1	Teaspoon	Mint Leaves (Pudina)	finely chopped
1	Teaspoon	Ginger	grated
3	Medium	Potatoes	
1	Stalks	Currant Essence	
2	Tablespoon	Cooking Oil	
6	Piece	Cocum, Kokum, Bindi	dried
1	Teaspoon	Methi - Fenugreek	
1	Teaspoon	Jeera/Cumin Seeds	
1, 1/2	Tablespoon	Flour, Gram /Chana Atta	
1/2	Teaspoon	Chilly Powder, Red	
1/2	Teaspoon	Turmeric Powder	
3	Pinch	Asafetida (Hing)	

Sindhi Vegetable Curry

Written by Bhavesh Zaveri

	Little	Salt	to taste
1, 1/2	Teaspoon	Sugar, White	
6	Medium	Chillies Green	

Method

- # Soak cocum in 1/2 cup water for 20 minutes.
- # Scrub and wash potatoes. Chop into chunks, skin intact.
- # Scrape carrot quarter lengthwise, cut into 2 inch pieces.
- # Trim very little of ladyfinger ends, halve brinjals.
- # Peel and chop yam into chunks. Chop 3 green chillies fine.
- # Boil potatoes and yam covered, for 5-6 minutes in 2 cups water.
- # Clean and cut stubs of both beans chop to 2" pieces if too long.
- # Heat oil, add cumin & fenugreek seeds, asafetida, allow to splutter.
- # Add chopped green chilly, ginger, curry leaves, stir.
- # Add flour, stir vigorously, add a tsp. of oil if required.
- # When aroma exudes, add chilly and turmeric powders.
- # Add 6 cups warm water.
- # Stir till flour liquid is smooth and boil commences.
- # Add all vegetables, including potato yam water.
- # Simmer for 10 minutes.
- # Add sugar, salt, cocum with water, whole chillies, and tamarind water.
- # Boil till gravy is like dhal thickness.
- # Garnish with mint and coriander.
- # Serve hot with rice.