



Indiafest 2011 Recipes



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Bagaray Baingan

Eggplant Curry

Ingredients:

- 1 lb Baby round eggplant, slit into 4 pieces
- 1 cup Oil
- 2 sliced fresh tomatoes
- 2 onions chopped
- 5 slit green chili peppers into quarters
- 12 green curry leaves
- 1 cup tamarind juice
- ¼ cup water
- ¼ cup ground roasted peanuts
- ¼ cup roasted sesame seeds
- ½ teaspoonful mustard seeds
- ½ teaspoonful cumin seeds
- 1 tablespoonful ground ginger
- 1 tablespoonful ground garlic
- 2 tablespoonful ground coconut
- 2 tablespoonful coriander powder
- ¼ teaspoonful mustard seeds
- ¼ teaspoonful fenugreek seeds
- 2 teaspoonful of chili powder
- ¼ teaspoonful turmeric powder
- 1 tablespoonful roasted cumin powder
- 2 teaspoonful salt

Method:

- Heat oil and add cumin seeds, mustard seeds, fenugreek seeds and green curry leaves. All will splutter.
- Add onions until brown and then add ginger and garlic paste.
- Sautee for two minutes and add powdered ingredients.
- Add eggplant and cook for 10 minutes. They will pop up.
- Add green chilies and tamarind juice and cook for 10 minutes, the oil will separate out. Gravy should be thick.
- Garnish with chopped cilantro leaves.
- Serve with naan or chapatti/roti.

Bengali Cholar Dal

Bengal style lentil soup

Ingredients:

- **1 cup Bengal gram lentil**
- **1 cup coconut milk**
- **¼ cup water**
- **1 whole red chili pepper**
- **1 teaspoon cumin seeds**
- **2 bay leaves**
- **1 teaspoon olive oil**
- **1 teaspoon ground garam masala**
- **¼ cup small pieces of coconut, fried**
- **1 tablespoon raisins**
- **¼ teaspoon turmeric**
- **¼ teaspoon cayenne pepper**
- **Salt to taste**
- **Sugar to taste**

Method:

- **Wash and drain dal twice and soak for 1 hour**
- **Boil dal in water until soft**
- **In pan add oil and heat on medium flame**
- **Carefully add cumin seeds, red chili pepper and bay leaves**
- **Stir occasionally for one minute**
- **Add turmeric, chili powder, coconut pieces, raisins, sugar and salt**
- **Stir well cook for 1 minute**
- **Add boiled dal, coconut milk and water**
- **Cook for 5 minutes or bring to a boil for 5 minutes.**
- **Serve with rice or nan**

Boorelu

Sweet gram flour dumplings

Ingredients:

For the sweet balls

- ½ cup Chana Dal
- ½ cup Sugar
- 2 teaspoon Elaichi (cardamom) powder

For the batter

- ¼ cup Rice
- ½ cup Urad dal (black gram lentils)
- 1 tablespoonful sugar
- 2 cups oil for frying

Method:

- Wash and soak rice and urad dal in water for about 2 hrs.
- Soak chana dal for about half an hour. Pressure cook dal in 1 cup of water for 4-5 whistles. Or you may boil the lentil until soft. Set Aside.
- Grind rice and urad dal to smooth paste adding sufficient water. It should be ground to thick pancake batter consistency. Set aside for 4-5 hours.
- Heat a pan and add cooked chana dal, sugar, elaichi (cardamom) powder and on medium heat keep stirring until the water evaporates and the dal turns thick enough to make a ball. Stirring continuously helps dal not to stick to the pan.
- Allow the dough to cool. Grease your hands with oil or ghee and roll the dough to lemon size balls. Set aside.
- Add sugar to the fermented batter.
- Heat oil in a deep pan. A tiny drop of batter put in the oil should pop up immediately on the top. Reduce the heat to medium.
- Dip each ball into the batter, so that it evenly gets coated. Drop them gently into oil and fry them till golden brown. Fry the balls in batches depending on the size of the pan.
- Remove from oil, drain on a kitchen paper towel to remove any excess oil and serve with melted ghee on top.

Carrot Halwa

Sweet carrot dessert

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients:

- **4 teacups grated carrots.**
- **8 tablespoons sugar**
- **5 tablespoons milk powder**
- **2 teaspoons sliced almonds**
- **a pinch of cardamom powder**
- **2 tablespoons ghee (clarified butter)**

Method:

- **Sauté grated carrots in ghee for about 2-3 minutes.**
- **Add sugar and cook for 2-3 minutes.**
- **Add milk powder and cook for 5-10 minutes, stirring occasionally.**
- **The carrots will turn into a deep red color.**
- **Make sure all the liquid is absorbed for the crystallized carrots to be served.**
- **Remove from heat.**
- **Top with almonds and cardamom powder.**
- **Serve sweet dish warm for enhanced flavor.**
- **Optional: Serve with vanilla ice cream.**

Chicken & Chana Dal Curry

Chicken with Lentils

Ingredients:

- 1 lb Chicken cut into medium sized pieces
- 1 cup Chana dal [split chick peas], soaked
- 2 Onions finely, chopped
- 2 Green chilies, sliced
- 1 teaspoonful of Ginger paste
- 1 teaspoonful of Garlic paste
- ½ teaspoonful turmeric powder
- 1 teaspoonful Garam masala powder
- 1 teaspoonful Red Chilly powder
- Salt to taste
- 2 tablespoonful oil

Method:

- Wash the chicken and marinate with turmeric powder, salt and red chili powder and keep for ½ hour
- Soak the chana dal for 1 hour
- Heat oil in a pan and add sliced onion and green chilies
- Add marinated chicken and fry for 5 minutes
- Now add soaked dal and fry for 5 minutes
- Add onion and ginger garlic paste and fry for few minute
- Add red chilly powder, garam masala powder and fry for 5 minutes
- Add water, cover with a lid and simmer till done

Serve hot with rice

Cilantro Chutney

Side relish of fresh cilantro

Ingredients:

- 1 cup chopped cilantro
- 2 green chilies chopped
- 2 tablespoonful grated coconut
- 1 teaspoonful lemon juice
- 1/2 teaspoonful sugar
- 1/2 teaspoonful salt

Method:

- Mix the cilantro, green chilies, coconut, sugar, salt, lemon juice and 2 tablespoonful of water.
- Blend in a blender until a fine texture.

Jalebi

Fried spiral wheels in sweet syrup

Preparation time:

Cooking time:

Ingredients:

- 2 cups All purpose flour
- 1 1/2 tbsp fine grained semolina or rice flour
- 1/4th tsp baking powder
- 2 tbsp curd (plain yogurt)
- 1 1/4th cups warm water
- 1/2 tsp saffron threads, slowly dry-roasted and powdered
- 3 cups sugar
- 2 2/3rd cups water
- 1/2 tsp green cardamom seeds powder
- 1 1/2 tbsp kewra water or rose water
- Ghee or vegetable oil for frying

Method:

- Mix the flour, semolina or rice flour, baking powder, curd and 3/4th cup of the water in a bowl (preferably a ceramic bowl). Mix well with a whisk.
- Mix well and then add remaining water and 1/8th tsp. of saffron powder, and whisk until smooth.
- Set aside for about 2 hours to ferment.
- Whisk thoroughly before use.
- Prepare one string syrup by dissolving sugar in the water. Just before the syrup is ready add saffron and cardamom powder.
- Heat oil in a deep boiling pot. Pour the batter in a steady stream into the hot oil to form coils. Make a few at a time.
- Deep fry them until they are golden and crisp all over but not brown.
- Remove and drain on kitchen paper towel to soak up extra oil and immerse in the syrup.
- Leave for at least 4-5 minutes so that they soak up the syrup
- Take the jalebi out of syrup and serve hot

Jeera Rice

Basmati Rice with Cumin Seeds

Ingredients:

- 2 cups Basmati rice
- 1 teaspoonful cumin
- 4 cups of water
- 1 teaspoonful ghee or oil
- 2 bay leaves
- Salt to taste

Method:

- Soak rice in water for about 1/2 hour.
- Heat oil in a pan and add the bay leaves.
- Add 4 cups of water, cumin seeds and salt to taste. Bring it to a boil.
- Add rice by draining water. Bring to boil.
- Lower the heat. Cover and cook till all the water evaporates, stirring occasionally.

Koprapak

Coconut with cream and sugar

Preparation time: 20 minutes

Cooking time: 30 minutes

Ingredients:

- **2 cups of freshly grated coconut**
- **1 cup of sugar**
- **1 cup of milk**
- **1tsp. Grounded cardamom seeds**
- **¼ tsp. of saffron**

Method:

- **Mix coconut and sugar in deep Teflon pan.**
- **Stir the mixture at low to medium heat until sugar melts.**
- **Add milk and saffron.**
- **Keep stirring till it becomes thick so you can form a ball.**
- **Stir in cardamom and mix it well.**
- **Use high lipped plate and spread the mixture, let it cool.**
- **Using sharp knife cut in to 2” pieces and enjoy.**

Lemon Rice

Lemon Flavored Basmati Rice

Preparation time: 20 minutes

Cooking time: 10 minutes

Ingredients:

- **2 cups Basmati cooked rice**
- **Juice of a lemon**
- **3 tablespoonful of oil or ghee**
- **1 teaspoonful mustard seeds**
- **1tablespoonful Urad dal**
- **1tablespoonful Channa dal**
- **3-4 red or green chilies**
- **1 tablespoonful of broken cashew nuts**
- **½ teaspoonful turmeric powder**
- **Salt to taste**

Method:

- **Heat oil in a pan and add the mustard seeds, cover and let the seeds pop**
- **Add the urad and channa dals/lentil, broken red chilies (or slit green chilies) and the cashews to the hot oil**
- **Roast everything to a nice golden brown color, stirring occasionally and preventing from burning**
- **Add turmeric powder**
- **Take the pan off the flame and add the mixture to the cooked rice**
- **Add salt and the juice of a lemon**
- **Mix well**
- **The rice can be served at room temperature**

Navaratan Korma

Assorted vegetables cooked in yogurt and fresh cream

Preparation Time: 15-20 minutes

Cooking Time: 20-25 minutes

Ingredients:

- Carrots, 1/2 inch cubes 2 medium
- Potatoes, 1/2 inch cubes 2 medium
- Cauliflower 6-8 florets
- French beans 5-6 1/2 inch pieces
- Green peas, shelled 1/2 cup
- Button mushrooms, halved 8-10
- Lotus seeds 30 grams
- Cottage cheese (paneer), 1/2 inch cubes 75 grams
- Fresh cream 1/2 cup
- Yogurt 1/2 cup
- Oil 2 tablespoons plus to deep fry
- Cashew nuts 1/2 cup
- Green chilies, chopped 2-3
- Cloves 2
- Black peppercorns 4
- Cinnamon 1 inch stick
- Green cardamoms 2
- Boiled onion paste 1 cup
- Garlic paste 1 tablespoon
- Ginger paste 1 tablespoon
- Raisins 1 tablespoon
- Salt to taste

Method:

- Soak half the cashew nuts in half a cup of warm water for ten minutes.
- Drain and grind to a fine paste.
- Chop the remaining cashew nuts.
- Boil carrots, cauliflower, french beans, potatoes and green peas in three cups of boiling salted water till done and then refresh in cold water. Drain and keep aside.
- Heat sufficient oil in an open deep skillet and deep fry paneer for two minutes. Drain onto an absorbent paper and keep aside.
- Heat two tablespoons of oil in an open deep skillet.
- Add cloves, peppercorns, cinnamon and cardamoms. When they begin to crackle, add boiled onion paste.

- **Cook the onions for five to eight minutes till the raw flavor goes.**
- **Add ginger-garlic paste, yogurt and stir well.**
- **Add chopped green chilies and cashew nut paste.**
- **Cook on low heat for five minutes.**
- **Add mushrooms and boiled vegetables and cook for two to three minutes.**
- **Add salt and three fourth cup of water.**
- **Add the fried paneer pieces and yogurt.**
- **Stir and cook for half a minute.**
- **Bring to a boil and finish with fresh cream.**
- **Serve hot garnished with chopped cashew nuts and raisins.**

Mixed Vegetable Cutlets

Ingredients:

- 8 oz. Fresh or frozen Peas/carrots, boiled
- 6 – 10 pieces of small fresh cauliflower florets, boiled
- 3 lbs Potatoes
- ½ cup Bread Crumbs
- Salt to boil and add 2 tsp. or to taste
- 2 teaspoonful of Lemon juice
- 2 teaspoonful of Sugar
- 1 teaspoonful of Ginger paste
- ¾ teaspoonful Hot green peppers paste
- Cashew nuts, coarse ground
- 2 tablespoonful of Raisins
- ¼ cup shredded Coconut

Method:

- Boil potatoes with 2 tsp salt.
- Remove water and let potatoes dry up.
- Peel and mash potatoes.
- Add boiled vegetables to it.
- Add breadcrumbs and the rest of the ingredients above.
- Shape the cutlets in any shape desired
- Warm up a flat pan or griddle
- Sprinkle oil on griddle and place the cutlets on medium heat.
- Cook until one side is braised golden and turn it over (5 mins.)
- Cook the other side the same way
- Place on the decorative platter garnished with cilantro leaves

Serve with Tamarind chutney

Patra-Ni-Macchi

(Fish in Banana Leaves)

Preparation Time: 25 Minutes

Cooking Time: 15 Minutes

Serves: 6-8

Ingredients:

- **2 large pomfrets (or similar fish) each cut into 5 slices**
- **2 sour limes, juice removed**
- **2-tablespoon sugar**
- **salt to taste**
- **6 large very soft banana leaves**
- **¼ cup vinegar**
- **½ cup water**
- **½ oil**

For the chutney grind finely:

- **1 freshly grated coconut**
- **1 tablespoon chopped mint**
- **1 piece of fresh ginger**
- **20 cloves of garlic**
- **6 green chilies deseeded**
- **10 peppercorns**
- **1-tablespoon cumin seeds**

Method:

- **Wash the pomfrets twice and apply salt and set aside**
- **Grind the chutney masala till soft and buttery. Use ½ cup water if necessary.**
- **Prepare the banana leaves by removing the center stalk. You will have 12 pieces now.**
- **Take one piece of fish and smother in chutney. It should be well coated.**
- **Wrap it in one piece of banana leaf into a neat package.**
- **Tie with thin white thread and continue with all the fish.**
- **Grease aluminum tray with half a cup of oil.**
- **Place on medium flame and place packages on the hot tray.**
- **Leave for three minutes, and then turn over once.**
- **Sprinkle with vinegar and water and cover tightly.**
- **Allow cooking over a low flame for 15 minutes, turning over the packages at least once.**
- **Serve immediately.**

Parsi Sev

Sweet Vermicelli

Preparation Time: 10minutes

Cooking time: 15 minutes

Serves: 6

No Parsi birthday or wedding is complete without this delicious sweet, which is always accompanied by a sweet dahl.

Ingredients:

- **250 grams. Vermicelli or sev**
- **1 ½ cups sugar**
- **1 teaspoonful vanilla essence**
- **1 teaspoonful nutmeg-cardamom powder**
- **½ teacup raisins fried**
- **½ teacup sliced almonds fried**
- **Ghee for frying**

Method:

- **Break the vermicelli into 1-½ inch pieces**
- **Place 2 cups ghee in a flat-bottomed, wide mouthed vessel and slowly fry the vermicelli until golden brown. If you cook it over a fast flame it will burn up. Do not stir it constantly or the vermicelli will break up into tiny pieces. Remove from the fire.**
- **Drain the ghee**
- **Mix the sugar in 2-3 cups of water as per taste**
- **Place the vessel with the vermicelli on the fire and add a little sugar water at a time, stir gently and cook until soft. This sounds easy, but it is difficult. Be careful not to make the vermicelli to pulpy. Patience is needed in this step. Add the sugar water a little at a time and cover the vessel and cook.**
- **Mix in the vanilla and spice powder and cook until soft.**
- **Place in a pretty dish and top with fried raisins and almond slices.**
- **Ideal for breakfast or tea.**

Sherbeth

Sweet Milk with Nuts

A welcome drink served at Muslim weddings throughout India and abroad

Ingredients:

- **1 Cup of sliced Almonds**
- **1 Gallon of 2% or Whole Milk**
- **2 Tablespoonfuls Sugar or more to taste**
- **2 Teaspoonful Vanilla extract or Rose essence**
- **Tukmaria (Black seeds) soaked**
- **1 ½ cups Rooh Afza (concentrated syrup)**

Method:

- **Dissolve Rooh Afza syrup, sugar in the milk**
- **Add the vanilla extract or rose essence in the milk, stir**
- **Add the almonds and tukmaria**
- **Refrigerate**

Serve in decorative cups

Shrikand

Thick Sweetened Yogurt Cream

8 Servings

Ingredients:

- **32 oz. Whole Yogurt**
- **½ cup Sugar (more if needed)**
- **4 oz. Temptee (optional)**
- **½ teaspoonful course ground Cardamom**
- **1/8 teaspoonful ground Nutmeg**
- **1 tablespoonful sliced Almonds**
- **1 tablespoonful sliced Pistachio**
- **2 teaspoonful milk**
- **¼ teaspoonful of Saffron**
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Method:

- **Place the yogurt in a cheesecloth, tie and allow water to drain out or an alternate method is to spread yogurt out onto a cheesecloth over a thick pile of paper for water to drain (process takes about 3-4 hours). Mixture will form into a thick consistency.**
- **In milk add saffron**
- **Add milk mixture, sugar, cardamom and nutmet to the cheese mixture**
- **If you would like the mixture to be more cheesy or thick add the Temptee cheese**
- **Place in a silver bowl**
- **Top with nuts**

Spicy Boiled Potatoes

Servings: 12

Ingredients:

- **3 Lbs. boiled potatoes, peeled and cut into 1” cubes**
- **¼ cup oil**
- **½ teaspoonful mustard seeds**
- **¼ teaspoonful cumin seeds**
- **12 Green Curry Leaves**
- **2 tablespoonful of ground peanuts**
- **2 tablespoonful of cashews broken into small pieces**
- **2 tablespoonful of almonds**
- **Raisins (gold or black)**
- **Green chili peppers chopped fine**
- **1 tablespoonful ground garlic**
- **¼ teaspoonful turmeric powder**
- **1/8 cup of shredded coconut**
- **2 tablespoonful roasted sesame seeds**
- **2 teaspoonful of salt**
- **2 tablespoonful of sugar**
- **2 tablespoonful of lemon juice**
- **Cilantro leaves chopped for garnishing**

Method:

- **Heat oil in a wok or large pot**
- **Add mustard, cumin seeds and curry leaves. Cover lid and allow to splutter**
- **Add all nuts and let them brown, careful not to burn**
- **Add the remaining spices, stir for 2 minutes**
- **Add potatoes**
- **Fold mixture carefully to mix, not to break the potatoes. Mix well.**
- **Garnish with cilantro leaves**

Serve with puri's or naan

Spicy Chole

Garbanzo Beans

A famous Punjabi preparation of chick peas in spicy tomato gravy, eaten with Indian bread

Ingredients:

- 1 cup dry Chickpeas (kabuli chana) and ½ teaspoonful soda bicarbonate or a can of Garbanzo beans can be used
- 3 tablespoonful Ghee (clarified butter) or oil
- 2 medium Potatoes, quartered
- 2 medium Onions, chopped
- 2 Tomatoes, chopped
- 1 tablespoonful Coriander powder
- 1 tablespoonful Cumin powder
- 2 tablespoonful red chili powder
- 1 tablespoonful Garam masala powder
- 1 tablespoonful dry mango powder (amchur)
- 1/2 teaspoonful black pepper powder
- Salt to taste

Garnish:

- 2 Tomatoes, sliced
- 4 large fresh coriander leaves, chopped
- 2 tablespoons Green chili
- Ginger, cut into thin strips 1 inch piece

Method:

- Soak dry chickpeas for at least six hours. Drain. Add three cups of water and half a teaspoon of soda bicarbonate to the chickpeas and cook in a pressure cooker till done, or you may substitute a can of Garbanzo beans.
- Heat ghee or oil in a vessel and fry potatoes until soft.
- Remove and place on an absorbent paper and set aside.
- In the same ghee/oil add onions and sauté till pink.
- Add coriander powder, cumin powder and red chili powder and sauté again.
- Add chickpeas and salt.
- After five minutes, add garam masala powder, dry mango powder and pepper powder and cook for two minutes.
- Add potatoes and tomatoes and cook for two minutes.

Garnish with coriander leaves, green chillies, tomato slices and ginger julienne.

Split Lentil Dal Soup

Gujarati Dal

Preparation time: 15 minutes

Cooking time: 30 minutes

Serving Size: 2

Ingredients:

- 1 cup of ashar (toovar dal)
- 1 medium-sized tomato cut into large chunks
- 2 tablespoonful oil or ghee
- ½ tablespoonful mustard seeds
- ¼ teaspoon fenugreek seeds (methi)
- 1 dry red chili pepper
- 2 green chilies - cut into long pieces
- 1 small piece of ginger - cut into long pieces
- 1 tablespoon red chilli powder
- ¼ teaspoon turmeric powder
- 2 tablespoons jaggery or 2 tablespoons sugar
- juice of one lemon
- salt to taste
- 2 tablespoonful chopped cilantro

Method:

- Wash and drain toovar dal a couple of times and then soak in hot water for 15 minutes
- Place in pressure cooker dal, salt and tomatoes
- Cook on medium heat for 15 to 20 minutes (about 3 whistles of pressure cooker)
- When cooked, strain out the dal
- In a saucepan heat oil or ghee
- Add little mustard and fenugreek seeds until it splutters
- Add the whole dry red chili, green chilies and ginger, let cook in oil for 30-45 seconds
- Then add the dal carefully
- Add turmeric powder, chili powder, jaggery and boil for 10 minutes
- Add lemon juice
- Garnish with cilantro

Stuffed Okra

Lady fingers

Ingredients:

- 1 lb okra (wash and dry them)
- 5 tbs. besan (garbanzo flour)
- 2 ½ tablespoonful cumin powder
- 2 ½ tablespoonful coriander powder
- 2 tablespoonful sesame seeds
- 4 tablespoonful ground peanuts
- 1 green chili ground
- 3 cloves of garlic chopped
- 1 cup fresh chopped cilantro
- 4 tablespoonful oil
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Method:

- Mix all spices together
- Cut okra in half and slit them in to the middle to stuff with mix spices
- Once they all are stuffed, pour oil in to nonstick pan and arrange stuffed okra in the pan
- Cover with lid and let it cook for 15 minutes at medium heat
- After 15 minutes remove lid and stir carefully and let it cook for about 10 more minutes
- While cooking stir every 5 minutes being careful not to burn the okra

Vegetable Pakora

Spicy Fritters

Preparation time: 20 minutes

Cooking time: 20 minutes

Ingredients:

- **1 cup chickpea flour**
- **1 cup of lukewarm water**
- **1 medium sized chopped onion**
- **1 medium size potato finely chopped**
- **½ cup frozen spinach**
- **½ cup cauliflower florets in small pieces**
- **½ teaspoonful cumin seed coarsely ground**
- **1 teaspoonful salt**
- **½ teaspoonful cayenne pepper (optional)**
- **Cooking oil for frying**

Method:

- **Combine chickpea flour with lukewarm water, blend until smooth**
- **Add salt, cumin seeds and pepper if desired; mix well**
- **Stir in all chopped vegetables**
- **Heat oil carefully in a deep frying pan**
- **Using a spoon, carefully spoon one teaspoonful of mixture and place into the hot oil avoiding splattering of hot oil**
- **Deep fry, turning a few times until golden brown**
- **Remove with a slotted spoon and allow them to cool before enjoying**

Vegetable Sambhar

Vegetable Lentil Soup

Ingredients:

- **2 cups tuvar dal (yellow split lentils)**
- **64 oz. Tamarind water**
- **2 tablespoonful oil**
- **½ teaspoonful whole cumin seeds**
- **5 -6 red chilly peppers**
- **2 tablespoonful fresh shredded coconut**
- **2 cups of assorted vegetables (squash, eggplant okra drumsticks chopped into small pieces and boiled**
- **1 teaspoonful mustard seeds**
- **Pinch of asafetida**
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Method:

- **Cook dal in pressure cooker with 2 tsp salt and tamarind water**
- **In a separate pot place oil, cumin seeds, red chilies, shredded coconut and stir until roasted**
- **Grind above mixture when cool to make it into sambhar spice (available also at Indian store)**
- **After dal is cooked place ground spice to cooked dal mix add freshly boiled vegetables (vegetables can be boiled in microwave)**
- **Boil for 15 minutes**
- **Heat 2 tbsp oil and mustard seeds, pop them carefully and add asafetida**
- **Serve with rice or steamed Idly cakes**