

SINDHI CURRY RECIPE

Recipe Cuisine: Sindhi | **Recipe Category:** Lunch

Prep Time: 15 mins | **Cook time:** 25 mins |

Serves: 3

INGREDIENTS

Tomato, medium sized

- 4

Besan flour - 1 & 1/2

tblsp

Drumstick - 1

Radish - 1/2

Cluster beans - 10

Ladies finger - 10

Ginger, finely chopped

- 1 tblsp

Green chilli - 2



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Red chilli powder – 1
& 1/2 tsp

Turmeric – 1/8 tsp

Tamarind pulp – 2
tblsp

TO TEMPER

Oil – 2 tblsp

Mustard – 3/4 tsp

Fenugreek seeds – 1/2
tsp

Cumin/ Jeera – 1 tsp

Asafoetida/ Hing – 1
pinch

Curry leaves – A sprig

1. Scrap the drumstick skin slightly, cut into finger length pieces. Peel and cube radish. Cut cluster beans also same length as drumstick. Cut the head and tail of ladies finger and slit slightly in the middle. Keep all the other ingredients ready. Boil radish and drumstick in a vessel.



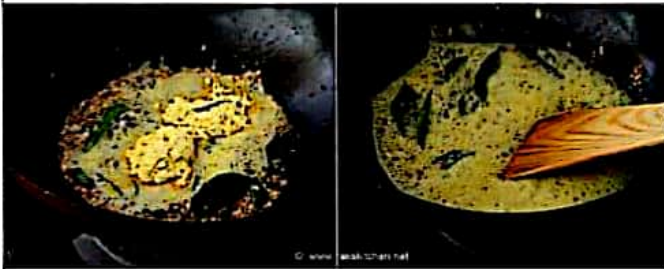
2. Chop tomatoes roughly. Grind it to make puree.



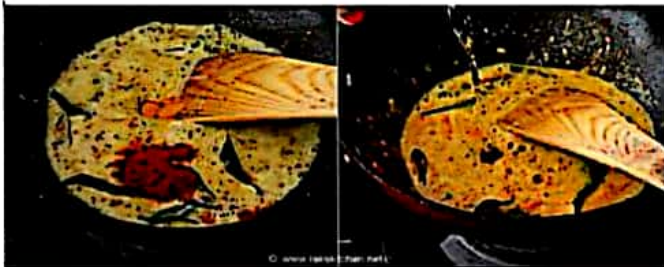
3. Heat kadai and sauté ladies finger in medium flame for 2 minutes. Add cluster beans to it and fry both of them without changing its color until soft. Be generous with oil. Keep aside and temper with the items given under 'To temper' table.



4. Keep little water ready. Lower the flame completely. Add besan and give quick stir. Make sure not to burn it, but the raw smell should go off and besan should turn golden colour.



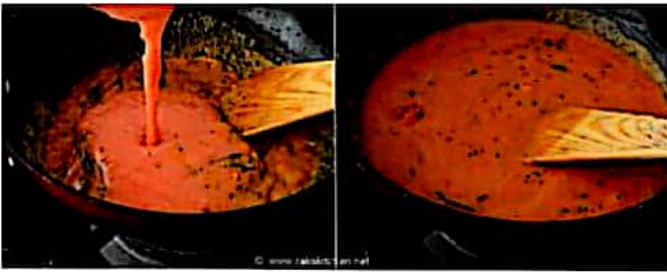
5. Add red chilli powder and turmeric, give it a quick stir. Add water to prevent burning. Just a little.



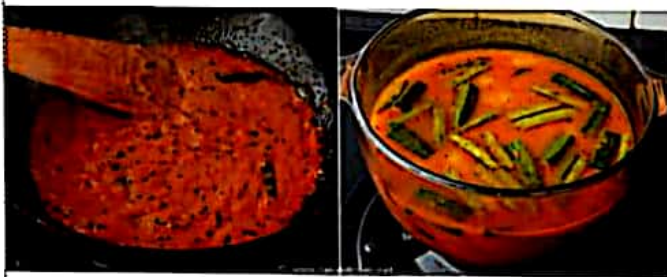
6. Add tomato puree, salt and mix well. Close the kadai with a lid as it splutters a lot.

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7. Cook it stirring now and then until it becomes thick paste and oil floats. Now add the sautéed vegetables, cooked vegetables along with the water and add another 1 & 1/2 cups water and mix well. Check for salt. Boil it.



8. When it starts to boil, add tamarind pulp (I used 1 tsp tamarind paste) and boil until the veggies get cooked and the gravy becomes thick.



Note : veg has to steamed as save oil and nutrition both, use less oil for temper