Soya Bean Curry

SOYA BEAN DRY CURRY RECIPE

Recipe Cuisine: Indian | **Recipe Category:** Lunch side dish

Prep Time: 12 hr soaking time | **Cook time:** 20 mins | **Serves:** 2

INGREDIENTS

Dried soya bean – 1/2 cup

Onion – 1

Turmeric – 1/8 tsp

Salt – as needed

TO GRIND TO COARSE PASTE

Coconut,grated – 2-3 tblsp

coriander seeds – 1 & 1/2 tsp

pepper – 1 tsp

Jeera – 1 tsp

Garlic,small – 2

Water – as needed

TO TEMPER

Oil – 2 tsp

Mustard – 3/4 tsp

Curry leaves – a sprig

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1. Soak the soya bean over night,next day,drain water and pressure cook with salt and little water (1/4 cup). If you don't add salt,then the bean will get over cooked and get mashed.

2. Grind the items given under the table 'To grind' to a coarse paste and keep a side.

3. Heat a pan with oil and temper with the items given under 'to temper' table. Add chopped onion and fry till transparent. Add the cooked soya beans.

4. Add turmeric and the ground paste and add 1/4 cup water and mix well. Cook for 6-8 minutes or until the water evaporates and the masala starts browning. Add a tsp of coconut oil for an extra flavour!

NOTES

- You can also try making the simple way like we do other sundals too..

- This masala we grind is very very flavorful,while you grind you can smell it ,the whole house would smell while you make this curry!