Kerala Avial / Aviyal Recipe



It is a traditional delicacy from kerala, southern province of India. Avial which is a medley of local indigenous vegetables cooked in a coconut – yogurt sauce, simmered until it absorbs the aroma of spices and then combined with the seasoning of mustard and curry leaves to result in a delicious, vegetarian entrée. Serve with rice or adai (savory pancake) for an authentic kerala meal.

Ingredients

2 Medium SizeCarrots
7 Beans
1 Brinjal or Eggplant
1 Medium Size Raw Plantain

1 Large Potato
4 Drum Sticks
2 Tbsp of Yogurt/Curd
1/2 Tsp of Turmeric Powder
1/2 Cup of Water
Salt as needed

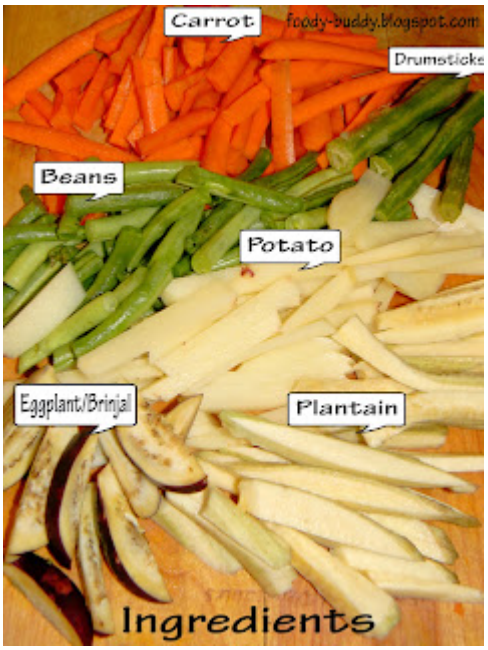
To Grind

1/4 Cup of Grated Coconut
1 Tsp of Whole Cumin
2 or 3 Green Chillies

To Temper

1 Tbsp of Coconut Oil
1 Tsp of Mustard (optional)
Few Curry Leaves

Method



- Peel the skin and cut all the vegetables into 2 inch long pieces.

- In a blender, grind cumin, coconut and green chillies to a smooth paste. Keep it aside.
- In a pan add all chopped vegetables to the boiling water, add turmeric powder, salt and cook until all vegetables turn soft.
- Now add the ground paste and little water, bring it a boil. Add yogurt or curd and mix well, cook for 1 min. Switch off the stove.
- In a seperate Pan, heat coconut oil , add mustard(optional) and curry leaves, let it crackles. now add the vegetable- coconut gravy and mix well. Check the salt and switch off the stove.
- yummy Aviyal is ready!!!!



Tips

- In kerala, they don’t temper with mustard seeds, if you wish you can temper it.
- For extra spiciness, add more green chillies to it.
- You can also add yam, ash gourd, raw mango to this recipe. I didn’t add those vegetables as I was out of stock.
- If you use raw mango pieces, try to reduce the curd accordingly.

Health Benefits of Aviyal

- Vegetables are low in fat, but are rich in vitamins and minerals.
- Vegetables are home for anti-oxidants.
- Vegetables are packed with soluble and insoluble dietary fiber.


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