Seppankilangu Varuval / Arbi/ Taro / Colocasia Roast

Colocasia/ Taro/seppankilangu/Arbi is a starchy root vegetable which is widely consumed in Asia, India and south America. This vegetable can be used for roasting, baking or deep-frying. I got this recipe from my mother-in-law, who is a great cook. This dish is very simple to make with oil and spices. Its great to eat with sambhar rice or rasam rice or curd rice. But I love to eat with beetroot sambhar. You can find two colocasia recipes here. One is roasted and other one is deep-fried.

Ingredients

3 Big Colocasia
2-3 Tbsp of Oil
1/2 Tsp of Fennel Seeds/Sombhu
1/2 Tsp of Turmeric Powder
1/4 Tsp of Garam Masala
1 and 1/2 Tsp of Red Chilly Powder or Sambhar Powder
Salt as needed

Method

COLOCASIA

- Wash and pressure cook colocasia with 1 cup of water and wait for 2 whistles._Switch off the stove.
- Wash in cold water and peel the skin and cut into small cubes. Keep it aside.

COLOCASIA – CUT INTO CUBES

- In a bowl, marinate the colocasia pieces, turmeric powder, sambhar powder and salt. Wait for 5 mins so that colocasia absorbs the masala.

- Take a non-stick pan with oil, add the marinated colocasia and fry for 5 mins. Add fennel and garam masala. Mix well. Cook for 7-10 mins in medium- low flame until it is dark-golden brown and crispy. once it done, switch off the flame.

- **Seppankilanghu or Colocasia Roast is ready to serve.**

DEEP FRIED TARO/ COLOCASIA

Ingredients

- 3 Big Colocasia
- 1/2 Tsp of Turmeric Powder
- 1 and 1/2 Tsp of Red Chilly Powder
- Salt to taste
- Oil for deep frying

Method

COLOCASIA

- Wash and pressure cook colocasia with 1 cup of water and wait for 2 whistles. Switch off the stove.

COLOCASIA – CUT INTO CUBES

- Peel the skin and cut into small cubes.Keep the bowl in fridge for 30 mins.
- Take a shallow pan with oil , deep fry the colocasia pieces until it turns light brown colour on both sides.

- **Put all the colocasia pieces in a bowl contains turmeric, chilly powder and salt. Mix well while it is hot so that colocasia absorbs all masala**
- **Take a tawa, place all the pieces and cook on both sides until you find black spots.**

- **Deep fried colocasia is ready to serve.**

Tips

- Good accompaniment for sambhar or rasam or curd rice.
- You can add more chilly powder for extra spiciness.
- You can add rice flour while marinating the colocasia for extra crispness.
- Make sure that colocasia are not in pressure cooker for not more than 2 whistles otherwise it turns mushy.

Health Benefits of Colocasia

- Colocasia are high in calories than potatoes.
- Free from gluten.
- Finest source of dietary fibers.
- Rich in Vitamin A, C, B, E, K and minerals and anti-oxidants.
- sending recipe to