

# Cauliflower Capsicum Curry / Gobi Shimla Mirch Ki Subzi

Pinit



*This curry is the combination of cauliflower and capsicum, both are delicious vegetables , rich in nutrients like vitamins, minerals and dietary fiber. This curry is so flavorful and simple to make. Good accompaniment for this curry are [chapathi](#) or [jeera rice](#) or [dosa](#).*

## **Ingredients**

## **To Boil**

**1 Small Cauliflower, about 2 Cups**

## **To Saute and Grind**

**2 Tsp of Oil**

**1/4 Tsp of Cumin/ Jeera**

**1/2 Tsp of Mustard Seeds**

**1 Medium Size Onion, Finely Chopped**

**1 Tsp of Ginger Garlic Paste**

**1 and 1/2 Large Tomatoes**

**1/2 Large Green Bell Pepper/Capsicum**

**1 Clove**

**1 Cinnamon**

**1 Small Cardamom**

**1/2 Tsp(30) Whole Pepper Corns**

**1/8 Tsp of Turmeric Powder**

**1/4 Tsp of Red Chilly Powder**

**Salt to Taste**

## **To Temper**

**2 Tsp of Butter**

**1/4 Tsp of Cumin / Jeera**

**1 Medium Size Onion, Finely Chopped**

**1/2 Large Green Bell Pepper/ Capsicum**

## **Method**

- **Wash bell pepper and cauliflower florets in hot tap water. keep this aside.**
- **In a pan, boil the cauliflower florets in water along with salt for 7-10 mins. Keep this aside.**

## Sauteing and grinding

- Heat oil in a pan, add mustard, cumin, after it splutter, add onion and salt, fry till it turns golden brown color.
- Add ginger-garlic paste, fry until raw smell vanishes.
- Add chopped tomato and green bell pepper/capsicum, fry until it turns soft.
- Add clove, cinnamon, pepper corns, cardamom, turmeric powder and red chilly powder. Fry for 1-2 mins. Turn off the flame. Let it cool for 5 mins. Grind this in a blender to a smooth paste by adding little water.

## Tempering

- Heat butter in a pan, add cumin, after it crackles, add onion, capsicum/bell pepper, cauliflower florets and little salt, fry for 2-3 mins .
- Add ground paste, mix well with all the veggies. Add enough water, bring it to a boil, simmer it for 5 mins. Check the salt and turn off the flame.
- Serve with hot [chapathi](#) or [jeera rice](#) or [dosa](#).





### Tips

- You can enrich the taste, by adding some cashews.
- Increase or decrease the amount of red chilly powder according to your taste buds.
- You can follow the same recipe, by adding potato and peas instead of cauliflower and capsicum.

### Health Benefits of Bell Pepper and Cauliflower



## Bell Pepper / Capsicum

- Bell peppers/ capsicum rich in vitamin A, C
- Bell pepper are rich in dietary fiber.
- They are rich in antioxidants.

## Cauliflower

- Excellent source of antioxidants.
- Anti-inflammatory properties.
- Protect against cardiovascular and cerebrovascular disease.
- Clean your digestive system.
- Good source of vitamin B and minerals.



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# Mango Pickle Recipe / Manga Oorugai



*This mango pickle recipe is very easy to make. This mango pickle is the combination of juice rich green mango and Indian authentic spices. This manga oorugai is most popular in southern part of India. This is my mom's recipe. Like all her recipes, this one tastes so yummy and a lip smacking dish. Addition of roasted fenugreek and mustard powder makes it more flavorful. Best accompaniment for mango pickle is [curd / yogurt rice](#).and also for chapathi.*

## **Ingredients**

- 1 Large Green Mango (not ripe), Finely Chopped
- 1.5 Tsp of Red Chilly Powder
- 1 Tsp of Mustard

1 Tsp of Urad Dal  
Pinch of Hing / Asafoetida  
2 Tbsp of Gingelly Oil / Indian Sesame Oil  
Salt to taste

### **To Grind**

1/2 Tsp of Mustard  
1/2 Tsp of Fenugreek

### **Method**

- Dry roast the mustard and fenugreek for 1- 2 mins until nice aroma comes and it changes color. Let it cool down for 5 mins. Grind it to a fine powder in a spice grinder or mortar & pestle.
- Wash the mango. Take a sharp knife and discard the core. Chop the mango into tiny pieces along with skin. Keep this aside.
- Heat oil in a pan, add mustard, urad dal and hing, after it splutter, add chopped mango, red chilly powder and salt, saut'e well for 3-5 mins until it turns soft but not mushy.
- In this stage, add roasted & ground powder and mix well till everything is well combined. Turn off the flame.
- When the pickle is cool, store it in an airtight container and refrigerate it.
- Enjoy this tangy mango pickle with a plate of [yogurt rice](#).





## Tips

- For this pickle, use rock hard green mango not ripe.
- Addition of fenugreek & mustard powder gives a great taste to this dish
- Adjust the spice and salt according to the tangy taste of mango.
- Increase or decrease the spicy taste according to your taste buds.
- Add more oil to the pickle, so that you are increasing the shelf life of the pickle.
- It tastes great on 2nd day after all the flavors fully absorbed into the mango pieces.

**Health benefits of Green Mango**  
**Source :** [Health-](#)



- Drinking unripe mango juice prevents the loss of sodium chloride and iron during summer.
- Dried mango powder is highly beneficial in treating scurvy (Vitamin C deficiency)
- Unripe mangoes helps to treat blood disorders.
- Raw mangoes are rich source of pectin, mixed with salt and honey, helps to treat gastrointestinal disorders.
- Helps in treating liver disorders.
- Rich in vitamin C and anti-oxidants.



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# Aloo Gobi Masala

# / Potato Cauliflower Curry





*This simple and delicious dish are made from potato and cauliflower. You can make aloo gobi in different ways, but this is a way I do it at home. I got this recipe from my friend...You can also do the same recipe without onion and garlic. The spices and masala added makes curry more flavorful and tasty. It can be served with naan, phulka, paratha or jeera rice. I had with coconut paratha, it tasted so good.*

## **Ingredients**

- 1 Large Yellow Potato,  
Diced**
- 1 Small Cauliflower, 10  
Florets**
- 1 Large Onion, Finely**

**Chopped**

**2 Large Tomato, Finely**

**Chopped**

**1 Tsp of Ginger Garlic**

**Paste**

**2 Tsp of Coriander Powder**

**1 Tsp of Red Chilly**

**Powder**

**1/4 Tsp of Turmeric**

**Powder**

**1/2 Tsp of Garam Masala**

**1 Tsp of Dried Methi**

**Leaves**

**1 Tsp of Cumin Seeds**

**1 Tsp of Mustard Seeds**

**1 Tbsp of Oil / Butter**

**Salt to Taste**

**Water as needed**

**Few Coriander leaves with**

**stems**

## Method

- Wash and peel the potato skin, cut the potato into big pieces.
- Wash the cauliflower florets in hot tap water or soak it in hot water with salt for 10 mins. Drain the water and wash it in tap water.
- Heat oil in a pan, add mustard and cumin seeds, after it splutters, add chopped onion, fry for 1-2 mins until it turns golden brown.
- Add ginger garlic paste, fry for 2 mins until raw smell goes off.
- Add chopped tomato and coriander stems, fry until it turns soft and mushy.
- Add coriander powder, red chilly powder & turmeric powder, fry in



medium heat until raw smell goes off.

- Add cleaned cauliflower florets, potato pieces, garam masala and salt. Fry well with masala for 2 mins. Add 1/4 Cup of water, cover the pan and cook in medium flame for 10 mins. Stir in between for even cooking.
- Now take out the lid, check whether the potato are boiled properly, add dried fenugreek leaves, mix well with veggies, add some more water, cover the pan and cook it for another 2 mins.
- Finally add chopped coriander leaves, mix well. Check the salt and turn off the flame.
- Aloo gobi is ready. Serve with [paratha](#) or phulka or naan or

## jeera rice.



### Tips

- You can do the same recipe without onion and garlic instead add hing and ginger.
- For aloo gobi mutter, add peas

**by following the same recipe.**

- Add amchur powder instead of tomato for a tangy taste.**
- Add green chilly for a extra spicy taste.**
- Always soak and clean the florets in hot water with salt before cooking because of pesticides and small worms in it.**

## **Healthy Benefits of Potato and Cauliflower**

### **Potato**

- Rich source of carbohydrates, fibers, vitamins and minerals.**
- Good for brain function and digestion.**
- Increase body weight because of carbohydrates in it.**



- **Good source of calcium and magnesium, so it helps to reduce rheumatism.**

## **Cauliflower**

- **Excellent source of antioxidants.**
- **Anti-inflammatory properties.**
- **Protect against cardiovascular and cerebrovascular disease.**
- **Clean your digestive system.**
- **Good source of vitamin B and minerals.**



Aloo Gobi Masala