

Indian Restaurant Style Vegetable Korma



Veggie Korma

Ingredients

- 1/4 Cup of Carrot**
- 1/4 Cup of Beans**
- 1/4 Cup of potato**
- 1/4 Cup of Peas**
- 1/2 Cup of Onion**
- 2 Tbsp of Ginger Garlic Onion Paste**
- 2 Tbsp of Sambhar Powder**
- 2 Tsp of Garam Masala**
- 1/2 Cup of Coconut Milk**
- 1/2 Tsp of Lemon Juice**

Salt and water as needed
Coriander Leaves for garnishing

To Grind

1/4 Cup of Coconut
2 Green Chillies
5 Cashews
1/2 Cup of Tomato

To Temper

1 Tsp of Fennel Seeds
5 or 6 Curry Leaves

Method



- First finely chop all the veggie's, onion, green chilly and tomato.
- Grind all the ingredients (Coconut, chillies, Cashews and tomato)
- Heat oil in Pressure Cooker, add fennel seeds, curry leaves, chopped onions. Fry onions until it changes golden brown colour.
- Add GOG paste (Ginger, Garlic and Onion) saute until raw smell is gone.
- Now add sambhar powder and saute well. Make sure you don't burn the powder.
- Immediately add ground paste under " To Grind" ingredients.
- Then add all veggie's, Garam masala , Coconut Milk, salt and enough water.
- Close the pressure cooker and wait for 2 whistles. Turn off the stove.
- Finally add lemon juice.
- Garnish with Coriander leaves and Serve hot with Chappathi, Naan and Poori

Tips

- Making of GOG paste(40% of Ginger, 40% of Garlic and 20% of Onion)
- Adding Coconut Milk gives rich taste.

Health Benefits of Veggie's



- The nutrients in vegetables are vital for health and maintenance of your body.
- Eating a diet rich in vegetables may reduce risk for stroke, other cardiovascular diseases and type-2 diabetes.
- Eating a diet rich in vegetables as part of an overall healthy diet may also protect against certain cancers.
- The high levels of potassium in vegetables may reduce the risk of developing kidney stones and help to decrease bone loss.

Mochai Murungakkai Kulambu



Field beans curry which is affectionately called Mochaikottai Kulambu is one of Tamilnadu's many soul foods. Often made with Drum sticks and Egg plant, the curry is a tasty rendition of tamil culture and village cuisine. The smell of toasted beans and sesame oil takes one down the memory lane of any Tamil.

Ingredients

- 1/2 Cup of Field Beans (Mochai)**
- 1/2 Cup of Small Onion**
- 1 Small Tomato**
- 5 Garlic Cloves**
- 1 Brinjal**
- 3 Drum Sticks**
- Lemon Size Tamarind**
- 2 Tsp of Sambhar Powder**
- 1/2 Tsp of sugar or jaggery**
- 1/4 Cup of Coconut milk**

Salt and water as needed

To Temper

- 2 Tbsp of Sesame oil**
- 1 Tsp of Mustard**
- 1 Tsp of Urad Dal**
- 1/2 Tsp of Fenugreek**
- 6 Curry Leaves**
- 2 Red Chillies**
- Pinch of Asafoetida**

Method



- Soak Field Beans for overnight with 2 tsp of salt(**

Adding salt makes the skin softer)

- **Wash and drain overnight water.**
- **Pressure cook the beans for 7 whistles and keep aside.**
- **Extract the juice from tamarind by keeping it hot water for 20 mins**
- **Heat oil in pan and add the “To Temper” ingredients one after the other .**
- **Now add onions and salt fry until it changes to golden brown followed by garlic. Fry for 2 mins.**
- **Bring it to medium flame. Now add Sambhar powder and fry well. Don’t over roast.**
- **Immediately add veggie’s (Brinjal, Drum Stick) and chopped tomato. Sprinkle some water and cover pan with lid. Let it cook for 5 Mins so all veggie’s get mixed evenly with sambhar powder.**
- **Then add boiled field beans. Stir well then add tamarind juice and little sugar. Let it come to rolling boil then turn to low flame and keep it for 10 mins. Keeping in Low flame makes curry thicker.**
- **Now it is ready to transfer to serving bowl. You can serve it with rice and crispy dosa.**

Basic Information

Prep Time : 25 Mins

Cook Time : 25 Mins

Serves : 3 People



Tips

- **Oil roast field beans in a tea spoon of oil prior to soaking makes beans aromatic.**
- **Add Salt while frying onion so it helps to cook onion faster**
- **Always add sambhar powder directly to oil as it avoids burning sensation to stomach.**
- **Adding sugar/ jaggery gives sweet flavor in spicy curry.**

Health Benefits of Field Beans

- **Fight Off Symptoms of Stress**
- **Good for Heart Disease**
- **Strengthen Immune System**