Ingredients

Raw plantain (pacha kaya)-1

Ash Gourd (Kumbalaga)-1/2cup

Drumstick (muringakaya)-2

Elephant Yam(chena)-1/2cup

Beans-3

Long beans-2

Snake Gourd(padavalanga)-1/4cup

Carrot-1/2

Shallots(cheriya ulli)-18

Ginger -2 small pieces

Curry leaves-2strings

Green Chilly-6

Turmeric powder-1/4tsp

Coconut Oil-2tbsp

Salt-to taste

Yogurt-3tsbp(beat with a spoon)

Grated Coconut-1/2 of 1 coconut

Cumin powder-1/4tsp or cumin seeds-15

Method

Wash and cut all the vegetables into lengthwise pieces (u can use any vegetable except brinjal,ladies finger and pumpkin) .

Crush (chathakkuka) 10 shallots ,one piece ginger ,1string curry leaves and 4 green chilly .

In a cooker pour all vegetables ,crushed onion mix,turmeric powder,salt and 1tbsp of coconut oil and mix them well.

Add 1/4 cup of water .

Pressure cook until the steam began to come .Don`t wait for the whistle to come .Switch off the gas and wait for 3 minutes.Then open the cooker by pouring water over it .

Make sure water is not too much or else the dish will be watery and not thick when done .(So

after the vegetables are done if u feel the water is more than enough then drain the excess water to a bowl .)

By this time blend coconut ,3 shallots and cumin powder together (no need to grind ,just give a whip).

Add 3tbsp of curd to the cooked vegetables and mix well .(If u feel the sourness is not enough u may add more)

Check the salt .If u feel more salt is needed then add needful amount of salt to the coconut mixture and mix well..

Add this coconut mix and the onion mix(Crush 5 shallots ,1 piece ginger ,2 green chilly and 1 string curry leaves)to vegetables and add 1 tbsp of coconut oil .

Just try to cover the vegetables by coconut and onion mix (kai kondu nannayi pothy vakkuka) .

Switch on the gas and allow the steam to come through the aviyal (in low flame for 5 minutes).

Turn off the gas and carefully stir the aviyal ..Transfer this to a serving bowl .

Sprinkle 1 tsp of coconut oil and close the bowl ..Serve hot with rice

Love

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Veena