

Ingredients

Raw plantain(nendra kaya) -1

Yam(chena) -1 cup(chopped)

Curd -2 cup

Grated coconut -1/2 of 1

Pepper-5

Green chilly-1

Red chill-1/2tsp

Turmeric powder-1/2tsp

Cumin seeds-1/4tsp

Salt-to taste

Curry leaves-1 string

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For Seasoning

Mustard seeds-1/4tsp

Fenugreek seeds(uluvu)-10

Dry red chilly-2 (chopped)

Curry leaves-1 string

Oil-2tsp

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Method

Peel and cube the plantain and yam ..In a kadai add plantain and yam pieces along with turmeric powder,chilly powder ,salt ,curry leaves and 1 cup of water .

Cook till the vegetables are done.

Side by side grind coconut ,pepper,cumin seeds and green chilly to a fine paste ..

Add this paste to the cooked vegetables..

Boil them well..Stirring continuously.Add salt

Finally add curd to this and simmer for 2-3 minutes..Don't boil..

Season with mustard seeds,red chilly ,fenugreek seeds and curry leaves ..

Add this to the gravy ..

The simple and tasty Kaalan is ready to serve ..

Note : Its good to use bit sour type curd for preparing this dish