

GOJU VARIETIES

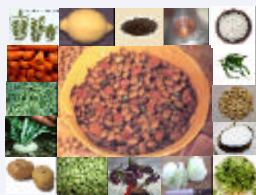
M. Prema Surendranath



MIXED VEGETABLES AGU

INGREDIENTS:

Carrots - 250 gms
 Beans - 250 gms
 Knolkols - 2 nos
 Chow-chow - 2 nos
 Potatoes - 2 nos
 Peeled fresh peas - 1 cup
 Brinjals - 2 to 3
 Cabbage - 100gms (optional)
 Coriander leaves - a big bunch
 Fresh grated coconut - 1/4 cup
 Fried gram - 2 tbsps
 Green chillies - 5 to 6 (according to taste)
 Rock salt - 1tbsp
 Oil - 1tbsp
 Mustard seeds - 1tsp
 Lemon - 1 no
 Curry leaves - a small bunch



METHOD:

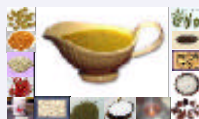
1. Wash carrots, French beans, knolkols, bangalore brinjals, potatoes & brinjals & finely chop into fine bits.
2. Add peeled peas to the vegetables & boil the cut vegetables till soft, add two cups of water or more if needed.
3. Clean the coriander leaves, wash well. Add the fried gram, fresh grated coconut, green chillies & grind in a mixie.
4. Add the ground paste to the boiled vegetables, add salt & boil the sagu in medium flames till it thickens. Add the sauté mustard seeds & washed curry leaves.
5. When done, switch off the gas, add squeezed lemon juice & serve hot. This sagu can be served as a side dish for puris as well as soft dosas.

~~~~\*~~~~

## SIDE DISH FOR IDLIES USING TAMARIND EXTRACT

## INGREDIENTS:

Dhania - 1 1/2 tbsps  
 Chennadhall - 1 1/4 tbsps  
 Urad dhall - 1 1/4 tbsps  
 Red chillies - 7 or 8  
 L.G asafoetida - 1tsp  
 White til - 1 1/2 tpsps  
 Jeera - 1/4 tsp  
 Fresh grated coconut - 1 cup  
 Refined oil - 1 tbsp  
 Tamarind - one small lemon sized ball  
 Salt - 1 tsp  
 Jaggery - 2 tbsps  
 Mustard seeds - 1 tsp  
 Curry leaves - a few



## METHOD:

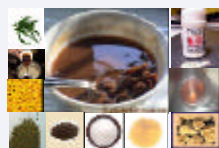
1. Heat a kadai with oil, fry asafoetida, dhania, jeera, chennadhal, urad dhall, til, adding one by one till well roasted & add red chillies & fry for few minute.
2. Add coconut & fry for some time & grind into a smooth paste in a mixie.
3. Soak the tamarind in water & get the thin extract, adding enough water.
4. Mix the ground mixture with the thin tamarind extract along with the salt & jaggery. Add more water if needed.
5. Saute with mustard seeds & add fresh curry leaves. Serve as a side dish with hot idlies.

~~~~\*~~~~

GREEN CHILLIES GOJJU INGREDIENTS

INGREDIENTS:

Green chillies - 15 nos
 Tamarind - a small orange sized
 Fenugreek seeds - 1 tsp
 Jeera - 1/4 tsp
 Mustard seeds - 1 tsp
 Salt - 3/4 tsp
 Turmeric powder - 1/4 tsp
 Jaggery - 1tbsp
 Oil - 1tbsp
 L.G asafoetida - 1tsp



METHOD:

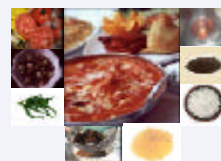
1. Wash & cut the green chillies into big pieces & keep aside.
2. Heat a kadai with oil, add the asafoetida fry, add the methi seeds & fry till golden brown, add the jeera & fry, Finally add the mustard seeds & when it splutters, add the cut green chillies & fry for a while till the color changes.
3. Soak the tamarind in water & get the tamarind extract & add to the kadai & boil ,adding required quantity of water.Boil in medium flames tillit reduces.
4. When the gojju thickens & reaches the proper consistency,you switch off the gas & change into a container & serve.

~~~~\*~~~~

## TOMATO GOJJU WITH SMALL ONIONS

## INGREDIENTS:

Tomatoes - 1/2 kg  
 Small onions - 1/4 kg  
 Green chillis - 7 or 8  
 Tamarind - 1/2 lemon sized ball  
 Turmeric powder - 1/4 tsp  
 Salt - 1 tsp  
 Mustard seeds - 1 tsp  
 Oil - 1 tbsp



## METHOD:

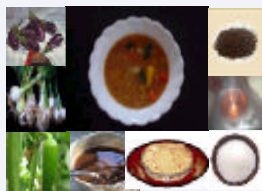
1. Wash the tomatoes & cut into medium sized pieces. Peel the small onions & cut into pieces.
2. Wash & cut the green chillies into big pieces.
3. Soak the tamarind & extract the juice.
4. Heat a kadai with oil, add the mustard seeds, When it splutters, add the onions& fry till golden brown.Then add the tomato pieces & fry till soft.
5. Then add the thin tamarind juice & water & boil. Add salt. When the gojju consistency is reached, switch off & change to a vessel & serve.

~~~~\*~~~~

BABY EGGPLANTS GOJU

INGREDIENTS:

Tender brinjals - ¼ kg
 Small onions - ¼ kg
 Green chillies - 8 nos
 Tamarind - lemon sized ball
 Chenna flour - 1½ tbsps
 Salt - 1½ tsp
 Oil - 1 tbsp
 Mustard seeds - 1 tsp



METHOD:

1. Wash well & chop the tender brinjals into fine pieces, put into water & keep aside.
2. Peel the small onions & cut into tiny bits.
3. Wash & cut the green chillies into big pieces.
4. Soak the tamarind & extract the juice & keep aside.
5. Heat a kadai with one tbsp of oil, sauté the mustards, put the onions & fry till golden brown.
6. Wash well the brinjal pieces & mix the brinjal pieces with onion & fry for some time, adding salt.
7. When they become cooked, add tthin tamarind extract (you can add water if needed).
8. When the dish is almost done, mix the gram flour in water & pour into the goju & boil till it thickens & serve with idlies.

~~~~\*~~~~

## SPECIAL CHILLI POWDER FOR IDLIES &amp; DOSAS

## INGREDIENTS:

Guntur red chillies - 1 cup  
 Dhania - 1 tbsp  
 Urad dhal - 1 tbsp  
 L.G. asafoetida - ½ tsp  
 White til seeds - 1½ tbsps  
 Rock salt - 1 tsp  
 Gingilli oil - 1 tsp



## METHOD:

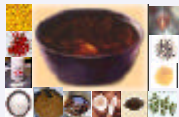
1. Heat a kadai, dry roast urad dhal till golden brown, remove, dry roast dhania till nice aroma comes and remove, dry roast til seeds till they become brown & roasted., adding a spoon of water. and remove to the same plate.
2. Add a spoon of gingilli oil to the kadai, fry the asafoetida., till crisp, remove to the plate.
3. Now in the same kadai, add the red chillies & fry till they become almost black. We have to fry them in sim flames only.
4. Then add the salt, & powder roughly & keep in a bottle. Hand pounding is preferred.

~~~~\*~~~~

METHIGOJU

INGREDIENTS:

Methi seeds - 1 tbsp
 Red chillies - 6 to 8
 Asafoetida - ½ tsp
 Salt To Taste
 Jaggery - To Taste
 Tamarind extract - ½ cup
 Grated dry copra - 2 tbsps
 Mustard seeds - 1 tsp
 Curry leaves - a few
 Turmeric powder - ½ tsp
 Urad dhall - 1 ½ tbsp
 Oil - needed



METHOD:

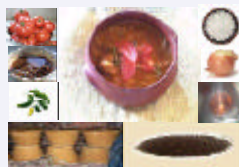
1. Heat a kadai with refined oil, add asafoetida and mustard seeds and add methi seeds and fry.
2. Then add the tamarind extract and turmeric powder and boil till methi seeds become soft.
3. Add the jaggery.
4. With a little oil, fry the urad dhall, red chillies and copra nicely, grind and add to the goju and boil till thickens & serve with rice or roties.

~~~~\*~~~~

## TOMATOGOJU FOR PONGAL

## INGREDIENTS:

Tomatoes - ¼ kg  
 Tamarind extract - 1 tbsp  
 Green chillies - 5  
 Jaggery - 1 tsp  
 Mustard seeds - 1 tsp  
 Oil - 1 tsp  
 Onions - 2 (optional)  
 Salt to taste



## METHOD:

Saute a kadai with a tsp of oil, sauté with mustard seeds and add the tomato-pieces, cut green chillies & fry till soft, add the tamarind extract, two cups of water and salt & jaggery and boil for some time. Pour into a container and serve with pongal. If onions are added, we have to finely chop, fry and then add the tomatoes.

~~~~\*~~~~