

## VEGETARIAN CURRIES

M.Prema Surendranath



## RAITAS

**CARROT -PALYA****INGREDIENTS :**

Carrot - ¼ kg  
 Tuar dhal - ¼ cup  
 Urad dhal - ¼ tsp  
 Bengalgram - ¼ tsp  
 Mustard - ¼ tsp  
 Green chillies - 3 to 4  
 Coriander leaves - a few  
 Coconut gratings - 3 tsp  
 Lime juice - 2 tsp

**METHOD:**

Peel & dice carrots & cook just in enough water. Also cook tuar dhal till soft & mash well. Heat oil, add mustard seeds. When they crackle, add urad dhal & gram dhal, green chillies & coriander leaves & fry till brown. Add the mashed dhal & fry till the moisture evaporates. Mix the cooked carrot & mix well. Mix the coconut gratings & lime juice. Mix well & serve with chapattis.

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**TASTY BRINJALS  
EGGPLANT CURRY WITH LEMON & CHILLIES****INGREDIENTS:**

Tender brinjals - ¼ Kg  
 Green chillies - 4 nos  
 Grated fresh coconut - 1 tbsp  
 Mustard seeds - ½ tsp  
 Oil - 1 tsp  
 Salt to taste  
 Lemon juice - 1 tsp

**METHOD:**

1. Wash the brinjals well & finely chop & put into water.
2. Heat a kadai with oil, sauté the mustard seeds, add the finely cut brinjal pieces & mix well.
3. Cut the green chillies & add to the brinjal pieces & mix well, add salt, cover & mix in low flame.
4. When almost done, add the lemon juice & grated coconut. Mix well & serve.

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**EGGPLANT CURRY WITH PEPPER FLAVOUR****INGREDIENTS:**

Tender brinjals - ½ kg  
 Pepper - 1 tsp  
 Jeera - 1tsp  
 Salt - ¾ tsp  
 Fresh Coconut Scrapings - ¼ cup  
 Rasam powder - 1 tsp  
 Mustard Seeds - ½ tsp  
 Urad dhall - 1 tsp  
 oil - 1 tbsp.

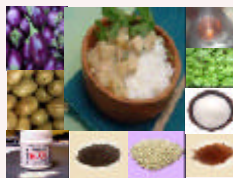
**METHOD:**

1. Wash well & slit the baby eggplants into four in the top.
2. Powder the pepper roughly, add salt, rasam powder, fresh coconut and make into a rough powder.
3. Then fill this mixture into the eggplants & keep aside.
4. Heat the thick vessel with the oil, saute with mustard seeds & urad dhal, add the brinjals & fry in slow flames.
5. Cover the vessel with a plate, filled with a little water & cook until done.

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**BRINJAL &ALOO PALYA****INGREDIENTS:**

Tender brinjals - ½ kg  
 Aloo(potatoes) - ¼ kg  
 Asafoetida - ¼ tsp  
 mustard seeds - 1 tsp  
 Urad dhall - 1 tsp  
 Chilli powder - ½ tsp  
 Salt - 1 tsp (powder)  
 Coriander leaves - a small bunch  
 Oil - 1 tbsp

**METHOD:**

1. Wash Well both the brinjals & potatoes & cut into medium sized cubes & keep aside.
2. Heat a copper bottomed vessel with the oil & sauté with mustard seed & urad dhal.
3. Now add the potato pieces, mix well & cover the vessel with a plate adding a little water, so that the potatoes are cooked soft.
4. The flame should be low & we have to mix in between.
5. When the potatoes are half cooked, add the brinjal pieces & cook till soft.
6. Wash & chop the coriander leaves finely.
7. When the potatoes and brinjals are soft, add asafoetida powder, chilli powder and coriander leaves mix well and serve with rice.

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**EGGPLANT CURRY WITH GINGER FLAVOUR****INGREDIENTS:**

Tender brinjals - ½ kg  
 Ginger - 25 gms  
 salt - ½ tsp  
 Red chillies - 3 nos  
 A pinch of asafoetida (optional)  
 Tamarind - ½ tsp (optional)  
 Oil - 2 tbsps

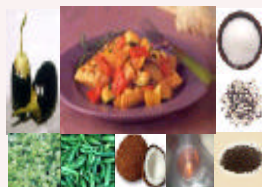
**METHOD:**

1. Wash the ginger well , peel the skin & cut into small slices.
2. Grind red chillies , asafoetida, washed & cut ginger pieces & salt with little water into a smooth paste.
3. Wash & cut the brinjals into four pieces & keep aside.
4. Heat a thick vessel with oil & put the brinjal pieces & fry well till the pieces become soft in low flames, mixing in between.
5. Then add the ground paste & cook in low flame for few minutes stirring in between & serve with hot rice.

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**EGG PLANT CURRY WITH CORIANDER LEAVES****INGREDIENTS:**

Tender brinjals - ½ Kg  
 Coriander leaves - one small bunch  
 Green chillies - 4 or 5  
 Fresh coconut - 2 tbsps  
 Oil - 1 tbsp  
 Mustard seeds - ½ tsp  
 Urad dhal - 1 tsp  
 Salt to taste

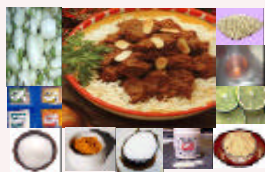
**METHOD:**

1. Wash & cut the brinjals into medium size pieces & keep aside.
2. Grind coriander leaves, green chillies, coconut & salt into a smooth paste adding a little water.
3. Heat a copper bottomed vessel with the oil, add the mustard seeds & urad dhal.
4. Then add the brinjal pieces & mix well in low flame.
5. When the pieces are ¾ th done, then add the ground mixture & cook till the brinjal is well cooked & serve.

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**BRINJAL CURRY WITH GRAM FLOUR****INGREDIENTS:**

Tender brinjals - ½ kg  
 Jeera powder - ½ tsp  
 Dhania powder - ½ tsp  
 Red chilli powder - 1 tsp  
 Salt - ¾ tsp  
 Turmeric powder - ½ tsp  
 Grated fresh coconut - 2 tbsps.  
 Powder asafoetida - a pinch.  
 Gram flour - 2 tbsps.  
 Lemon juice - ½ lemon  
 Oil - 1 tbsp  
 Urad dhal - ½ tsp

**METHOD:**

1. Wash the brinjals well & cut into four pieces & keep aside.
2. Mix the chenna flour, fresh coconut , jeera powder, dhania powder, turmeric powder, asafoetida, chilli powder , salt & lemon juice altogether.
3. Heat a kadai with oil, add mustard seeds & urad & when it splutters, add the brinjal pieces & mix well in low flame.
4. When the pieces become soft, add the prepared mixture & cook well till the raw smell goes & curry is cooked well.

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**TASTY GREEN SUBJI****INGREDIENTS:**

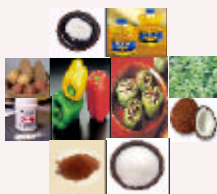
Amarnath leaves - 1 big bunch  
 Potatoes - 200 gms  
 Tomatoes - tomatoes  
 Big onions - 2 nos  
 Green peas - 50 gms  
 Red chillies - 4 to 5  
 Jeera - 1 tsp  
 Oil - 1 tbsp  
 Fresh coconut scrapings - 2 tbsps  
 Salt to taste  
 Curry leaves - a few

**METHOD:**

1. Wash & chop the amarnath leaves coarsely & keep aside.
2. Wash & boil the potatoes separately.
3. Peel the peas & boil the green leaves & peas together until soft.
4. Peel the skin of potatoes & mash well along with the greens & peas.
5. Wash & cut the tomatoes into big pieces & peel the onions & cut into big pieces.
6. Grind the tomatoes, onions , jeera, red chillies & coconut scrapings into a smooth paste with little water.
7. Add the ground mixture to the subji & boil till the raw smell goes .
9. Add salt in the end & boil for few minute , add curry leaves & serve hot.
10. This side dish goes well with puris, chapathies & bread.

**CAPSICUM RINGS****INGREDIENTS:**

Capsicums - ¼ kg  
 Potatoes - 3 nos  
 Powdered asafoetida - ¼ tsp  
 Red chilli powder - ½ tsp  
 Salt - ½ tsp  
 Grated fresh coconut - 1 tbsps  
 Finely cut coriander leaves - 1 tbsps  
 Oil - 100 ml  
 Rice flour - ¼ cup

**METHOD:**

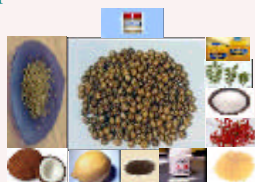
1. Wash & cut the potatoes into two halves, add a pinch of salt & pressure cook adding enough water till done.
2. When the potatoes are still warm, peel & mash them well.
3. Add asafoetida, red chilli powder, salt, coconut scrapings & finely chopped coriander leaves to the mashed potatoes & mix well & keep aside.
4. Wash & cut the capsicums into ¼" thick rings. Fill the mixture into the rings & keep aside.
5. Take rice flour in a plate. Sprinkle the rice flour on both sides of the rings. Heat a tava. Shallow fry the stuffed capsicum rings with required amount of oil, adjusting the flames till they are golden brown on both the sides.
6. These rings can be taken as a snack as well as a side dish.

**N.B:** Instead of potato filling, people who are conscious of calories can use grated vegetables like carrots, knolkol & chow chow. The other ingredients can be added as per the recipe.

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**SPROUTED METHI SUNDAL****INGREDIENTS:**

Sprouted methi seeds (soaked overnight) - 1 cup  
 Fresh grated coconut - ½ cup  
 Lemon - 1  
 Mustard seeds - ½ tsp  
 Asafoetida - a pinch  
 Turmeric powder - ½ tsp  
 Red Chillies - 4 to 5  
 Salt - to taste  
 Curry leaves - a few  
 Refined oil - 1 tbsps  
 Pepper powder - ½ tpsps

**METHOD:**

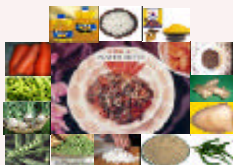
1. Pressure cook sprouted methi seeds for one whistle.
2. Pour one tbsps of refined oil in a kadai, sauté with mustard seeds, asafoetida and red chillies.
3. Then add the cooked methi and fry.
4. Add salt, fresh grated coconut, lemon juice and pepper powder.

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### VEGETABLE METHI SUBJI

#### INGREDIENTS:

Carrot - 2 nos  
 Beans - 6 nos  
 Knolkol - 2 nos  
 Fresh Peas - 25 gms  
 Methi Leaves - 1 small bunch  
 Finely Chopped Onions - ½ cup  
 Amchur - 1 tsp  
 Green Chilly - 1  
 Garlic Pearls - 2 nos  
 Ginger - 1 small piece  
 Jeera - 1 tsp  
 Turmeric Powder - ½ tsp  
 Salt - to taste  
 Refined Oil - 1 tbsp



#### METHOD:

1. Wash and cut the vegetables into small pieces.
2. Heat a kadai with oil, fry onion pieces, green chilly pieces, and garlic pieces, add the finely chopped vegetables and fry the vegetable bits, adding little water and covering with a lid.
3. When the vegetables become soft, add the finely chopped methi leaves and mix well till done. Finally add amchur, salt and turmeric powder and mix well and serve as a dry curry with rice.

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### USILI WITH METHI SEEDS

#### INGREDIENTS:

Methi seeds - 1 cup  
 Green gram dhal - ¼ cup  
 Turmeric Powder - ½ tsp  
 Ginger - 1" piece  
 Refined oil - a little  
 Mustard seeds - ½ cup  
 Red Chillies - 4 nos  
 Asafoetida powder - ½ tsp  
 Sugar - ½ tsp  
 Fresh Grated Coconut - ½ cup  
 Curry leaves - a few



#### METHOD:

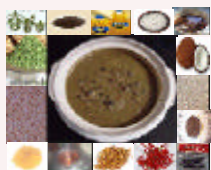
1. Soak the methiseeds previous night.
2. Next day, wash well and pressure cook the methi seeds with green gram dhal, adding turmeric powder to it.
3. When done, pour the contents over the mesh and wash with fresh water.
4. Heat a kadai with little refined oil, saute with red chillies, mustard seeds and curry leaves and asafoetida.
5. Then add the methi - dhal mixture, mix with half tsp sugar and fresh grated coconut and serve with rice.

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## GRAVY USING FENUGREEK LEAVES

## INGREDIENTS

Fresh fenugreek leaves - 1 big bunch  
 Tuar dhall - 1 cup  
 Turmeric powder - ½ tsp  
 Gingilli oil - 1 tsp  
 Dhania(coriander seeds) - 1½ tbsps  
 Red chillies - 7 to 8  
 Pepper corn - ¼ tsp  
 Jeera - ½ tsp  
 Poppy seeds - 1 tbsps  
 Grated fresh coconut - ¼ cup  
 Tamarind - 1 big lemon size  
 Salt - 1 tbsps  
 Refined oil - 1½ tbsps  
 Mustard seeds - 1 tsp  
 Curry leaves - one small bunch



## METHOD

1. Wash the dhall & add turmeric powder & gingilli oil to it.
2. Clean & wash the methi leaves & chop finely. Pressure cook the dhall & methi leaves together for 4 to 5 whistles.
3. Soak the tamarind in water & get the extract & keep aside.
4. Heat one tsp oil in a small pan, add the dhania seeds, pepper, jeera & fry. Then add the curry leaves & red chillies & fry for few minutes. Then add the coconut grated & fry for few minutes.
5. Add the fried things to the mixie, add the poppy seeds & grind into a fine paste.
6. Remove the dhall - methi leaves mixture to another vessel, add the ground mixture & tamarind extract & salt. Boil the gravy for 5 to 7 minutes, adjusting the flames. Add required amount of water if necessary.
7. When done, add few fresh curry leaves & sauté with mustard seeds & serve with the rotis.

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## GRAVY WITH RIDGEGOURDS

## INGREDIENTS:

Tender ridge gourds - ½ kg  
 Bellary onions - ½ kg  
 Dhania(coriander seeds) - 1½ tbs  
 Pepper - ¼ tsp Jeera - ½ tsp  
 Red chillies - 6 to 8  
 Grated fresh coconut - ½ cup  
 Fried gram - 2 tbsps  
 Poppy seeds - 1 tbsps  
 Tamarind - a small orange size  
 Jaggery - 2 tpsps  
 Curry leaves - a small bunch  
 Salt - 1 tbsps Oil - 2 tbsps



## METHOD:

1. Wash, scrape the edges of the ridgegourds.
2. Cut the ridge gourds into three inch- pieces & slit into four in one edge only.
3. Peel & cut the onions into big pieces & keep aside.
4. Heat oil, add dhania, jeera, pepper, curry leaves, red chillies & fry for few minutes. Then add the fresh coconut & fry for few minutes, add the fried gram & fry.
5. Grind in the mixie adding all the ingredients, & poppy seeds also into a smooth paste.
6. Soak the tamarind in the water & get the extract.
7. Heat a kadai with 1tbsp of oil, sauté with mustard seeds, add the onion pieces & fry till the pieces become transparent.
8. Fill the ridgegourd pieces with the ground paste & add to the fried onions & mix well.
9. Add enough water. Keep on mixing in between, covering with a lid. When the vegetable becomes soft, add the tamarind extract, salt & jaggery.
10. Boil for some time & when done, add the curry leaves & serve hot with the rotis.

**N.B:** Tender brinjals also can be used in this recipe. Every other steps can be followed as in this recipe only, using brinjals instead of ridgegourds. If you want, you can use both of them also.



**FENUGREEK LEAVES RAITHA****INGREDIENTS:**

Fenugreek leaves - 1 bunch  
 Coriander leaves - 1 small bunch  
 Pudina - 1 small bunch  
 Ginger - 1" piece  
 Fresh grated coconut - 2 tbsps  
 Green chillies - 2 nos  
 Tamarind pulp - a little  
 Salt - to taste  
 Curd - 1 cup  
 Oil - 1 tsp  
 Mustard seeds - 1 tsp  
 Jeera - 1 tsp

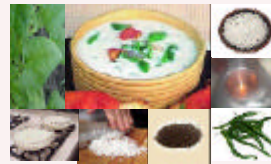
**METHOD:**

1. Wash all the greens well .
2. Add green chillies , ginger, coconut, tamarind & salt & grind into a paste.
3. Mix the chutney in curds well & saute with mustard seeds & jeera.

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**PALAK RAITA****INGREDIENTS:**

Palak - 1 big bunch  
 thick fresh curd - 1 cup  
 finely chopped onions - 1 cup  
 mustard seeds - 1 tsp  
 green chillies - 2 nos  
 oil - 1 tsp  
 salt to taste

**METHOD:**

1. Wash well the palak , chop into fine pieces. Heat oil in a kadai, sauté mustard seeds, add the onion pieces and fry till done.
2. Then add the chopped palak and fry for few minutes along with the green chillies.
3. After some time, add salt and curds, mix well and serve.

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