

avial

Kerala style

Avial is a traditional recipe of Kerala made from mixed vegetables, coconut and curd. It is a dry, delicious side dish topped with coconut oil to give authentic Kerala flavor!!!

Indian mythology says AVIAL was prepared by Bheema, one of the Pandavas during their exile. When there were unexpected guests for King Virata, and there were few vegetables left in the store room so that a single dish can't be prepared. So Bheema used whatever available vegetables to make a new dish, which came to know as avial!!

INGREDIENTS... . 1. Drumsticks, carrot, cucumber (oblong one, used in sambar), elephant yam, ash gourd, raw plantain, snake gourd, arvi, snake beans, tendli, pumpkin, and ect. You can also add vegetables which are available, and seasonal. But these are the veggies normally used. Quantity of the vegetables may be varied as per the availability and the total quantity required. 2. 1cup of coconut gratings for 4cups of veg pieces. 3. 1 tsp jeera. 4. Green chilli 2-3 nos. 5. Pinch of turmeric, salt to taste. 6. 3 tsp coconut oil. 7. Curry leaves. 8. 1/2 cup of sour curd.

METHOD..... Wash the vegetables and cut into 2inch long, thin pieces. Take a kadai add 1tsp coconut oil, when heat, add 2 greenchillies and some curry leaves. Add vegetables and cook in a medium heat adding just sufficient water to make them soft. When half done add salt so that the vegetables get cooked evenly.



* Grind coconut, 1 green chilli, 1 tsp jeera and pinch of turmeric with little water *
* to coarse paste. In the same Jar, whisk ½ cup of curd and add this paste to *
* cooked vegetables and mix well. Stir and simmer the avial for 4 to 5 minutes. *



* Remove the avial from the fire, pour 2tsp coconut oil and some curry leaves on *
* the top and cover with banana leaves to get nice traditional aroma to the avial. *
* Serve hot with rice or roti. *



OM SHANTI
