

Ingredients

Quantity:	Measure:	Ingredients:	Description:
100	Grams	Brinjals - black shiny	Cut in small cubes
100	Grams	Carrots	Cut in small cubes
100	Grams	Cauliflower	Cut in small cubes
100	Grams	Potatoes	Cut in small cubes
100	Grams	Tomatoes	Cut in small cubes
1	Teaspoon	Coriander/Dhania	Roast for Ground Masala
8	Medium	Chillies Red Dry	Roast for Ground Masala
2	Tablespoon	Coconut Desiccated	Roast for Ground Masala
1	Teaspoon	Jeera/Cumin Seeds	Roast for Ground Masala
1/2	Teaspoon	Fennel - Saunf	Roast for Ground Masala
1	Teaspoon	Kalonji - Nigella or Onion Seeds	Roast for Ground Masala
1/2	Teacup	Cooking Oil	For seasoning
1/2	Teaspoon	Mustard Seed	Fry in oil
15	Nos	Curry Leaves	Fry in oil
1	Teaspoon	Garlic Paste	Add to Ground Masala
2	Tablespoon	Onion Paste	Add to Ground Masala
1	Teaspoon	Salt	For Ground Masala
1	Teaspoon	Sugar, White	Add for taste
4	Tablespoon	Tamarind Pulp	Add for taste
1	Tablespoon	Mango Pickle	Add for taste

Method

Cut the different vegetables, after washing and wiping them. Scrape carrots, and peel potatoes. Cut the cauliflower florets. Cube the tomatoes.

1. On a tawa dry roast together, coriander seeds, red chilli whole, desiccated coconut, white cumin, fennel seeds and onion seeds and grind together.
2. Heat oil, add mustard seeds and curry leaves.
3. Also add garlic and onion paste with ground masala of roasted ingredients..
4. Fry well adding water, add the mixed vegetables with enough water and salt.
5. Cover and cook till done about 15 minutes.
6. Lastly add sugar, tamarind pulp and mango pickle.
7. Simmer for 5 minutes, serve hot.