

## Ingredients

Quantity	Measure	Ingredient	Description
4	Nos	Chillies, Red Dry	for grinding
0.5	Nos	Coconut	for garnishing
2	Tablespoon	Cooking Oil	for seasoning
4	Flakes	Garlic	for grinding
1	Teaspoon	Mustard Seed	for seasoning
1	Nos	Onion	for grinding
0.5	Kilogram	Suran	
A	Little	Tamarind	for grinding
1	Pinch	Turmeric/Haldi	for grinding

## Method

Remove the skin of the Suran, and cut it into small cubes, and put it in water.

Put the tamarind in a little bit of water, and keep it in a small container. It will eventually become soft, and you can then squeeze the tamarind, and take out the juice.

Scrape the coconut and keep the flakes aside for garnishing.

In the meantime, grind the masala with the ingredients kept for grinding. When the masala is ready, take it out and keep aside. Wash the mixer/stone with a little water, and keep aside.

Pour 2 spoons of cooking oil in a cooking vessel large enough to hold the Suran pieces, and heat it. Put mustard in it, kept for seasoning. It will splutter, and then stop doing so. Put the masala in the oil and fry it. Then add the Suran pieces after removing the water, and washing it, and removing it. The liquid in the vessel should be a little above the Suran pieces. As they get cooked, they will expand in size. The water will be absorbed, and you should watch that it does not dry, and the contents get burnt. So add some water if needed, till the Suran pieces are cooked. When they are done, the dish should be more or less dry. When the Suran pieces are cooked, add the coconut kept for garnishing. Put the stove off, and cover it with its lid. As it cools, more moisture will be absorbed by the Suran pieces and the dish will be a dry one.

Suran contain iron, and are a good source of nutrients. Any vegetable that contains iron, turns black when kept out, without its natural cover, the skin.