

Ingredients

Quantity:	Measure:	Ingredients:	Description:
	As Required	Salt	to taste
1	Ball	Tamarind	For grinding.
100	Grams	Coriander Leaves (Kothmeed)	For grinding.
1	Teacup	Coconut scraped (fresh)	For grinding.
4	Flakes/Cloves	Garlic	For grinding.
1	Piece	Ginger	For grinding.
2	Medium	Onions	For grinding.
1	Teaspoon	Jeera/Cumin Seeds	For grinding.
6	Medium	Chillies Green	For grinding.
1	Piece	Turmeric/Haldi	For grinding.
100	Grams	Tomatoes	
100	Grams	Dhal, Masoor	
200	Grams	Potatoes	
200	Grams	Pumpkin, White-Green	
200	Grams	Green Peas	

Method

Grind the coconut and take thick and thin juice*. Scrape the vegetables, and clean and wash them. Boil the vegetables in thin coconut juice. Grind the masala with a little scraped coconut, and make a fine paste. Add the masala to the cooked vegetables with some salt to taste.

Season with hot cooking oil and some jammed garlic. Simmer for 15 minutes, and lastly add the thick coconut juice and simmer for a little while more and put the stove off.

* You can buy processed coconut cream, or juice as substitute.