

Ingredients

Quantity	Measure	Ingredients	Description
250	Grammes	Cabbage - Green	Wash and cut
10	Nos	Chillies, Red Dry	Grinding
100	Grammes	Chowli Beans/Black eyed Beans	Boil
3	Nos	Cloves (spice)	Grinding
1.5	units	Coconuts - fresh.	Grinding
2	Tablespoon	Cooking Oil	For seasoning
2	Tablespoon	Coriander/Dhania	Grinding
1	Tablespoon	Dhal, Chana (Kabuli chana)	Boil
6	Flakes/Seeds/Cloves	Garlic	Grinding
4	Flakes/Seeds/Cloves	Garlic	Seasoning
1	Teaspoon	Jeera/Cumin Seeds	Grinding
1	Teaspoon	Mustard Seed	Seasoning
1	Medium	Onion	Grinding
4	Nos	Pepper Corns	Grinding
4	Nos	Potatoes	Pare and boil
1	Dessertspoon	Rice, Raw	Grinding
A	Little	Salt	For taste
A	Little	Tamarind	Grinding
100	Grammes	Tomatoes	Cut and boil
1	units	Turmeric/Haldi	Grinding

Method:

After removing dried leaves and the hard stem, and cut the cabbage into small bits and wash.

Pare potatoes and cut them in cubes and wash.

Soak chowli peas after washing them, for one hour.

Boil the cabbage and the peas in sufficient water, and then add the potatoes and tomatoes with salt to taste.

On a thawa, put a little oil, and broil all the masala. A scraped coconut, onions, dhal, and rice, each separately. Leave out tamarind.

Extract thick and thin juice out of half ground coconut.

In the thin juice, grind the masala..

Add the masala to the cooked vegetables and boil.

In a flat pan heat the oil and put jammed garlic.

When brown, put mustard. And when it is hot, add the this to cooked vegetables, and boil.

Lastly after you have added the thick juice and salt to taste, simmer for few minutes.

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