

Exotic Indian Vegetables

CRISPY STUFFED BITTER MELON (karela)

Ingredients:

To Marinate:

- 5 medium size bitter gourds
- 2 teaspoons salt

For Filling:

- 1 large potato, diced into 1.5cm (1/2-inch) cubes
- 1/4 cup finely chopped onion
- 1/2 tablespoon coconut oil (or vegetable oil)
- 1 teaspoon ginger-garlic paste
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon coriander seed powder
- 1/4 teaspoon cumin powder
- 1 long green chili, chopped
- 1/4 cup frozen green peas
- Salt to taste
- Coriander leaves, picked from stems
- 5 – 10 long coriander stems with leaves removed
- 1/3 cup chickpea flour (besan or gram flour, all-purpose flour is also good), for coating
- Cooking oil for shallow pan frying



Directions:

1. Lightly scrape the outer skin of bitter gourd and make a slit along the length. Don't cut into halves. Then scoop out the seeds.
2. Place all the bitter gourds in a bowl and sprinkle with salt. Massage a couple of times then cover with water and let soak for about 20 minutes.
3. In the meantime, prepare the potato for stuffing. Heat 1/2 tablespoon oil in a pan or skillet. Add chopped onion and saute for about 2 minutes. Add ginger-garlic paste and saute for 30 seconds then add the coriander powder and cumin. Saute a few minutes.
4. Add the potatoes followed by the turmeric powder. Then add a little salt and water. Stir and cover. Let cook on medium heat until potatoes are soft (about 12 – 15 minutes). Stir occasionally and add more water if necessary.
5. Once potatoes are soft, mash them with the cooking spoon or a potato masher. Then add the chilies and green peas. Cook for a few more minutes then add the coriander leaves. Remove from the heat and allow to cool.
6. Meanwhile, add the coriander stems in a saucepan and cover with some water. Bring the water to a boil for a couple of minutes. Remove the stems and place in a bowl of cold water to stop them from cooking any further. This process makes the stems more flexible so that they won't snap when we tie them into a knot.
7. Wash the bitter gourd and stuff the potato filling into each bitter gourd carefully. Tie each bitter gourds with the coriander stems so that the filling doesn't come out while frying.
8. Roll each bitter gourd in some chickpea flour. Coat it well and tap to remove the excess.
9. Heat a pan or skillet on medium-high temperature. Add a couple tablespoons of cooking oil. Pan-fry the stuffed bitter gourds while occasionally turning them on all the sides. Keep turning the sides for even frying. Once crispy and golden brown, remove from the heat and drain on some absorbent paper. Serve as snack or with rice or roti and other side dishes like dal or curry.

Recipe from: <http://veganlovlie.com/stuffed-bitter-melon-recipe/>

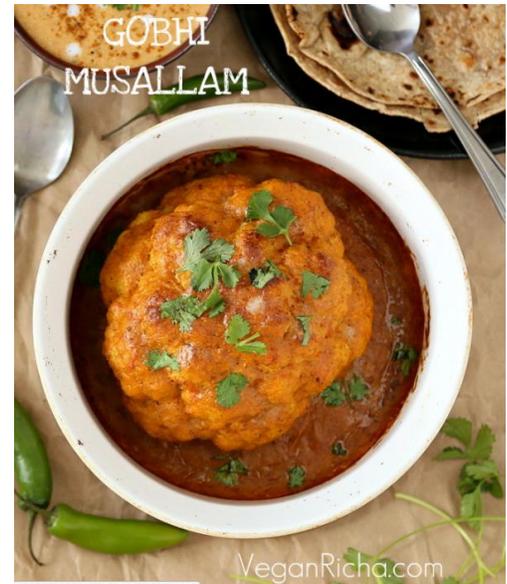
GOBI MUSALLAM – WHOLE ROASTED CAULIFLOWER

Ingredients:

- 1 Cauliflower head – leaves, tough stem removed and washed
- Water to blanch
- 2 teaspoons salt
- 1/2 teaspoon turmeric
- 1/2 teaspoon chili powder (optional)

Sauce/gravy:

- 2 teaspoons oil
- 1/2 medium red onion chopped
- 1 inch ginger chopped
- 5-6 cloves of garlic chopped
- 1 dry red chili or chili flakes to taste
- 3 medium tomatoes chopped
- 1 teaspoon garam masala
- 1/2 teaspoon cumin powder
- 1/2 teaspoon coriander powder
- 1/2 teaspoon turmeric powder
- 1 Tablespoon dried Fenugreek Leaves
- 3/4 cup coconut milk(from can)
- 1/4 cup ground cashew or 1/3 cup soaked cashews
- 3/4 teaspoon salt
- 1/4 teaspoon raw sugar or 1/2 teaspoon maple syrup



Directions:

Bring a large pot of water to boil. Use enough water so all of the cauliflower can be immersed in it. Add salt, turmeric and chili and blanch/cook the whole cauliflower. Cover and cook for 4 minutes on each side (top and bottom. Flip after 4 minutes).

Sauce:

In a pan, add oil and heat on medium heat. Add chopped onion and saute until golden, 6-7 minutes. Add ginger, garlic, chili and saute for another 2 minutes. Add the spices and mix. Add tomatoes, salt, sugar, fenugreek leaves, mix and cook covered until tender. Mash them a bit in between 8-10 minutes. Cool slightly, then blend with coconut milk and cashews into a smooth thick puree. Taste and adjust salt, spice.

Oil a baking dish, if desired. Place the blanched cauliflower in it. Slowly pour the puree on top to cover the entire head of the cauliflower. Some sauce will fall on the side. Keep about a 1/3 of the sauce to serve on the side later. Bake in pre-heated 400 degrees F for 40-45 minutes until the cauliflower is dry to touch and sauce thickens a bit. Turn the dish around after 30 minutes. Heat the remaining sauce to just about a boil so it thickens and serve on the side.

Notes:

For a nut free version, Use 2-3 Tablespoons powdered sunflower seeds or use 1/4 cup coconut cream + 1 Tablespoon cornstarch. You can also stuff/pour some of the sauce into the florets by separating them and bake.

Recipe from: <http://www.veganricha.com/2013/06/gobi-musallam-whole-roasted-cauliflower.html>

LAUKI DAL

Ingredients:

- 1 cup chana dal, soaked overnight
- ½ lauki, cubed
- 1 tomato, chopped into ½ inch pieces
- 1 small green chili, chopped
- 1 ½ inch piece ginger, finely chopped or grated
- Pinch turmeric
- 1 tsp. salt
- Handful cilantro, washed and chopped
- Ghee
- ¼ tsp. hing/asfoetida
- 1 tsp. cumin seeds
- ¼ tsp. red chili powder



Directions:

1. Add dal and lauki to a pressure cooker, along with turmeric and salt. Fill with water until it is 1-1 ½ inches above the dal/lauki mix. Heat on high and wait for 3 whistles. Reduce heat to medium and wait for 2 whistles.
2. Mix in chopped cilantro.
3. In a separate sauce pan, heat a little ghee. Add hing, ginger, chopped chili, and cumin seeds and fry for a minute. Add tomato and red chili powder, mix, and saute until the tomato is cooked. This is called a tarka.
4. Add the tarka into the lauki dal and mix. Add more salt to taste.