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‘ Satt Bhajiyoun ’

Kavita Chugani – Los Angeles

There are as many different versions of the Satt Bhajiyoun as there are different traditions in every Sindhi home. The idea that is shared by all homes is the meaning behind the 7-vegetable-casserole: so many vegetables - so your crop is good year round - may you have abundance of this in your homes. And, the number 7 because it's an auspicious number in Hinduism; at times thought to be the combination of the 5 elements (air, earth, fire, water, and sun) and two senses (taste and smell) – which grant us tolerance, patience and the tolerance to face adversity.

Here is a recipe from my home. The choices of vegetables are yours. The only thing that did not count as part of the seven were herbs, leaves, and spices (i.e., cilantro, bay leaves, chili)

2 carrots, washed peeled and diced	1 can cream of mushroom soup
2 small potatoes, washed peeled and diced	Water
1/2 cup de-stringed green beans, ends cut off	Teaspoon curry powder
1/2 cup mushrooms coarsely chopped	2 cloves of crushed garlic
1/2 cup lima beans	Fresh green chili to taste
1/2 cup green peas	Salt to taste
1/2 cup kernel corn	2 tablespoons of cooking oil

In medium saucepan, heat oil then add garlic. Brown slightly then add all vegetables. Add a pinch of salt and cover and cook for 5 minutes on low heat stirring once. Then add cream of mushroom soup and can of water. Mix to cover all the vegetables. Add curry powder and chili. Cook for an additional 10 minutes or until potatoes are cooked. Add salt to taste and serve with steamed white rice. Serves 2-4 people.

Another idea for a sauce base:

Brown teaspoon of brown mustard seeds in cooking oil. Add 2-3 chopped tomatoes, add chili and salt to taste. Add teaspoon of turmeric powder. Cover and cook until tomato base is paste-like in consistency. Add choice of vegetables. Simmer and serve topped with fresh chopped cilantro.

Remember: Cooking it in any flavor that you like is your choice. The seven vegetables that you need for this recipe are your choice. The only requirement is that the dish remains meatless and the thought remain pure.