

# YSA RETREAT II

*"Our Sindhi Identity"*

MAY 23 TO 26, 2003 - VANCOUVER, CANADA

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## THE HEAT IS ON!

Sayaal Maani – Renu Sakhrani & Kiran Karamchandani

Sayaal Maani is quintessentially Sindhi. It's incredibly easy to make, and the same masala can be used to make a host of other things, including fish, chicken, bhindi (also called okra or lady fingers), potatoes and many other items. Once you have some masala on hand, you'll be ready to experiment!

**Prep time:** Under ten minutes

**Cooking time:** Under ten minutes

**Serves:** 2 to 4

### Ingredients:

- 2 bunches of cilantro / coriander leaves, washed and coarsely chopped
- 1/2 bunch methi (fenugreek leaves) – optional
- 1 medium onion, peeled and roughly cubed
- 1 or 2 medium ripe tomatoes, washed and cubed
- 1 tablespoon chopped ginger
- 1 tablespoon chopped garlic
- 1 teaspoon dhania (coriander) powder
- 1 teaspoon jeera (cumin) powder
- 1/2 teaspoon haldi (tumeric) powder
- 6 maanis
- 1-2 tablespoons vegetable oil
- Salt
- Pepper
- Green Chillies

### Method:

- 1) Take all above ingredients except for maanis and oil, and grind in food processor or blender till well blended... you may add a little water if desired. This is your basic masala – some people refer to this as 'sao' masala – which means green.
- 2) Heat oil in a pan and the masala, cooking it until it starts to bubble - this should take 5-7 minutes. If it starts to dry up, just add some water.
- 3) When the masala is cooked - take a pie dish, line it with maanis, pour the masala over them, and layer more maanis and masala.
- 4) Cover with foil and bake for 10-15 minutes at 300 degrees so the masala soaks into the maanis.

Enjoy with yogurt, aachaar (pickle) and paapar!! You can also substitute the maanis with french bread, sourdough bread, whole wheat tortillas, etc.

This masala can be made and stored in containers – it freezes and keeps well, just remember not to put it all in one container so you can use a little at a time.