

YOUNG SINDHI ADULTS

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Turn up the Heat !: How to make Sindhi Vegetable Curry

Sindhi Curry is one of the staple dishes of Sindhi Food. Because it consists of so many different vegetables, Sindhi Curry is almost a complete meal in itself. The most common vegetables in Sindhi Curry include: potatoes, beans, carrots and okra. The base of the curry is made up of besan (gram flour) and tamarind, which gives it a sour taste. Sindhi Curry is commonly served with white rice and can be accompanied with sweet boondi.

Ingredients:

2 Tbs. Ghee or oil
1 Tsp. Cumin Seeds (jeera)
1 Tsp. fenugreek seeds (hurbo)
10-15 curry leaves
pinch of asafoetida (hing)
2 or 3 Dry Red Chilis
5 or 6 cups of Water
½ cup of gram flour (besan)
1 Tsp. Tumeric
1 Tsp. Ginger (grated)
6 or 7 green chilis (finely chopped)
4 medium potatoes (washed and cut into large chunks)
2 carrots (grated and cut into 2 inch pieces)
10-15 string beans (washed and cut into 2 inch pieces)
10-15 okras (bindis) (trim of the top)
5-6 kokum pieces (washed)
1 Tsp. Tamarind paste (or as needed)
1 Tbs. Sugar

Method:

1. In a large pot over medium heat, combine oil, cumin seeds, fenugreek seeds, curry leaves, hing, red chilis and gram flour. Stir these ingredients, letting them fry in the oil for 1-2 minutes.
2. Add the water and stir continuously until all the lumps are gone.
3. Add the ginger, green chilis and tumeric as you keep stirring the mixture.
4. Add the carrots and the beans, let those vegetables cook for about 5 minutes.
5. Add the potatoes and let cook for another 5 minutes.
6. Finally add the okra and then the kokum.
7. Add 1 teaspoon of tamarind paste, or you can add a little more to suit your taste.
8. Add salt to taste.
9. Add sugar to taste.
10. Let the curry cook for at least one hour, until all the vegetables are cooked and there is not froth.
11. If your curry is too thick add water.
12. If your curry is too thin, mix some gram flour in a separate bowl with water and add to your curry.

Servings: 6-7

Preparation and Cooking Time: 1 ½ hour