Pan of Bliss
Let's cook it real slow!

Avial (Mixed vegetables in creamy coconut gravy)

https://panofbliss.com/avial-mixed-vegetables-in-creamy-coconut-gravy/

Prep Time 20 minutes minsCook Time 15 minutes minsTotal Time 35 minutes

Ingredients

- 2 nos. Drumstick
- 100 gms Yam
- 1 no. Raw nendran banana
- 2 nos Small brinjal
- 4-5 nos. String beans
- 100 gms Ash gourd
- 4-5 nos. Cluster beans
- 100 gms Snake gourd
- 4-5 nos. Ivy gourd
- 4-5 nos. Long beans
- 1-2 tbsps Tamarind pulp
- 1/2 tsp Turmeric powder
- 1 tsp Chilli powder
- 1 tsp Salt (or as per taste)

For Grinding

- 1 cup Grated coconut
- 2-3 nos. Green chillies
- 1/2 tsp Cumin seeds
- 1-2 no. Shallot (optional)

For Garnishing

- 10-12 nos Curry leaves
- 2 tsps Coconut oil

Instructions

How to prepare Avial

1. Wash and dry vegetables. Cut lengthwise evenly so that they cook uniformly and don't turn mushy. It is important to maintain the texture of the vegetables.
2. Grate half-a-coconut and grind it with cumin seeds, green chillies, shallots by adding little water (1 tablespoon). Keep aside.Soak Tamarind: Take lemon-sized tamarind, soak in water and squeeze out its pulp. Keep aside.
3. In an earthen pot or deep pan, add 1 tsp of coconut oil and sauté yam pieces for some time. Pour a tsp of water. Cook for 2 minutes as yam takes time to cook.In the same pan, add all the vegetables, except drumstick pieces (as they cook very fast, we don't want them to get mushy).
4. Add turmeric powder, chilli powder and salt and mix well. Very little water needs to be added, just enough to mix them well as this is a semi-dry dish.
5. Slow cook the vegetables as we want to retain their nutrition. Cook till they are half done. Now, add the drumstick pieces and cook for another 3 or 4 minutes. Add tamarind pulp and boil for 2 more minutes.
6. When the vegetables are almost done yet crunchy, add the ground coconut paste and mix well. Let it simmer for 1 minute, that is, till steam comes out of the cooked vegetables.
7. Switch off the flame, add curry leaves and pour raw coconut oil over the vegetable curry and mix gently. Close the lid of the vessel and let the steam blend all the aromas in.

Notes

Notes & Tips This dish has many versions. In some regions of Kerala, curd is added instead of tamarind. And in some others, raw mango is added instead of tamarind or curd. Please note that curd or raw mango must be added only in the end or the gravy will turn mushy. If you are using tamarind instead of curd or raw mango, use it as per the recipe. The tamarind pulp gives the dish a tangy taste. It keeps the vegetables crisp and crunchy. So, when you reheat the dish, the vegetables retain their crispness and don't turn soggy. Tamarind is also a natural

preservative and gives the dish a longer shelf life in the refrigerator.