Pan of Bliss
Let's cook it real slow!

Kalan Recipe

https://panofbliss.com/kalan-recipe-kerala-sadya-kalan-recipe/

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



Ingredients

- 2 cups Thick curd (medium sour)
- ½ cup Yam (medium cubes)
- 1 no. Green plantain (Nendran banana) deskinned/chopped into medium cubes
- 1 tsp Turmeric powder
- ½ tsp Chilli powder

For Grinding

- ½ no. Coconut (grated)
- ½ tsp Cumin seeds
- 3 nos. Green chillies

- ½ cup Water for grinding

For Seasoning

- 2 tbsps Coconut oil
- 2 Sprigs Curry leaves
- 2 nos. Dry whole red chillies
- 1 tsp Mustard seeds
- ½ tsp Fenugreek seeds

For Garnishing

- ½ tsp Black pepper powder (coarsely powdered)
- ½ tsp Roasted fenugreek powder
- ¼ tsp Sugar

Instructions

1. In a deep pan, add chopped vegetables, turmeric powder, chilli powder and salt and cook till the vegetables are done and water is reduced. I cook yam and plantain separately and strain water once cooked.Grate coconut, add cumin seeds, green chillies, water and grind them to a fine paste. Add this paste to the cooked vegetables and let it simmer for 2 minutes.
2. The sour curd has to be beaten well so that there are no lumps. Pour the curd into the cooked vegetables and mix well. Let it simmer to one boil. Not for more than a minute or it can curdle. Switch off the flame.
3. In another small pan, heat coconut oil. Splutter mustard seeds and fenugreek seeds. Add red chillies, curry leaves and fry. Switch off the flame. Pour this mixture over the curd and vegetable gravy.
4. Sprinkle roasted fenugreek powder and black pepper powder and a pinch of sugar. Mix well. Here sugar is added to balance the sourness of the curd.

Notes

Kalan curry can be stored in the refrigerator for a week. Once refrigerated, do not reheat it. Just take out the required quantity, bring it back to room temperature and serve. Use medium sour curd and not very sour curd. The ground coconut helps in balancing the sourness of the curd.