Pan of Bliss

Let's cook it real slow!

Kerala Kootu Curry

https://panofbliss.com/kerala-kootu-curry/

Prep Time 30 minutes minsCook Time 20 minutes minsTotal Time 50 minutes



Ingredients

- 1 cup Black chickpeas (soaked overnight)
- ½ cup Yam (diced)
- ½ cup Raw green plantain (diced)
- ½ tsp Turmeric powder
- 2 tsps Chilli powder
- ½ tsp Tamarind pulp/paste
- ¼ tsp Jaggery powder
- 1 tsp Salt or as per taste

For Grinding

- ¾ cup Grated coconut for roasting
- 2 nos. Shallots

For Seasoning

- 3 tbsps Coconut oil
- 1 tsp Mustard seeds
- 3 nos. Whole red chillies
- 2 tbsps Grated coconut for frying

Instructions

1. Soak black chickpeas overnight for 8 hours. Next day, wash chickpeas and pressure cook adding water and salt and cook for 4 whistles. Keep aside.
2. In a small pan, add chopped yam, turmeric powder, chilli powder, salt, a cup of water and boil until it is cooked. Into another small pan, add green plantain, salt, water and boil until it is cooked. Discard the water. Yam and plantains are cooked separately so that they don't get mushy as their cooking timings are different.
3. In a pan, dry roast grated coconut and shallots till they turn light golden brown. Switch off flame. Let it cool. Grind the roasted coconut to paste with 4 tbsps of water and add to the cooked vegetables and chickpea. Add the jaggery powder and tamarind water/pulp. Let it simmer for 2 minutes. Switch off the stove.
4. In a small frying pan, add coconut oil and splutter mustard seeds, red chillies, curry leaves and 2 tbsps grated coconut until it turns golden brown.Pour this over the vegetable and chickpea mix. Mix well. Drizzle a few drops of fresh coconut oil and the delicious dish is ready!

Notes

Kottu curry is a healthy balance of proteins, minerals and fiber. Its unique flavor comes from the roasted and fried coconut. The layering of flavours gives it a mild spicy and smoky taste. A hint of tamarind and jaggery lends the curry a balanced flavor.