

Pachkoota (Dehydrated Rajasthani Vegetables)

Ingredients:

1tbsp. ker
1 tbsp. sangri
2tbsp. goondha
1 tbsp kumtia
1 pieces amchoor
2 dry red chillies
1 stalk curry leaves
2 tbsp. fresh curds
1 tsp. red chilli powder
1 tsp. dhania powder
1/4 tsp. turmeric powder
1/2 tsp. amchoor powder
salt to taste
1/2 tsp. each cumin and mustard seeds, crushed together
1/2 tsp. each cumin and mustard seeds, whole
3-4 pinches asafoetida
1-1/2 tbsp. mustard oil

Method:

1. Clean and remove any spoilt dehydrated vegetables.
2. Put all (ker,sangri,goonda,kumtia,chilli,amchoor) in one container.
3. Wash with plenty of water 2-3 times.
4. Add enough water, two pinches turmeric, pressure cook till soft.
5. Cool, drain, wash with running water, drain well by pressing out excess water.
6. Take in a large plate, sprinkle all dry masalas, salt, crushed seeds, add curds.
7. Mix well with hands.
8. Heat oil in a heavy pan.
9. Add whole seeds, asafoetida, curry leaves, allow to splutter.
10. Add vegetable mixture.
11. Stir gently with spatula, cover and cook for 3-4 minutes, till oil seperates.
12. Stir in between.
13. Remove from fire, pour into serving dish.
14. Serve hot with chapathi, rotis, phulka.

Variations: One or more of the vegetables may be made in permutation /combination as

desired in the same way. Total measure put together should be 5 tbsp. for above recipe proportions.

Making time: 20 minutes (excluding pressure cooking time)

Makes: 4 servings

Shelflife: 2 days at room temperature if moisture is properly evaporated.

Note: to make this dish spicier, one may add a tsp. of the masala part of spicy mango pickle. Also, this dish taste better if cooked in mustard oil, but desired oil may be used.