

Rajma Ki Sabzi

(White Or Red Kidney Bean Vegetable)

Ingredients:

1 cup beans, washed and soaked for 2 hours
1 pinch soda bicarb.
1-1/2 tsp. red chilli powder
1 tsp. dhania powder
1/4 tsp. turmeric powder
1/4 tsp. garam masala powder
1/6 tsp. amchoor powder or juice of 1/2 lemon
salt to taste
1/2 cup fresh curds, beaten smooth
1 tbsp. fresh cream of milk
1/2 cup water
1/2 tsp. wheat flour
1 tsp. coriander leaves to garnish
1 lemon chopped into quarters
1 stalk curry leaves
1/2 tsp. each mustard and cumin seeds
3-4 pinches asafoetida
1 bay leaf
2 tbsp. oil

Powder together:

1 small piece cinnamon
1 clove

Method:

1. Wash, add plenty of water, add 1 pinch of soda bicarb.
2. Pressure cook till soft. (approx. 6 whistles should suffice)
3. Cool cooker, wash with running water, and drain beans.
4. Take in a large plate, sprinkle all dry masalas, salt and mix well.
5. Heat oil, add seeds, asafoetida, curry leaves, bay leaf, ground spice powder, allow to splutter.
6. Add curry leaves, curds, and stir till it boils.
7. Add beans, water, mix, bring to a boil. Add flour.

8. Cook for 2-3 minutes, add cream, stir and bring back to boil.
9. Reduce heat, cover and simmer till most of water evaporates.
10. Pour into serving dish, garnish with chopped coriander and pieces of lemon.
11. Serve hot with paratha, roti, or phulka.

Note: If you soak beans overnight in water, then the soda bicarb may be omitted.

For non-chaturmashians: Add chopped capsicum, onions, tomato, spring onion greens, while adding curry leaves. Stir fry till tender, proceed with remaining recipe.

Making time: 15 minutes (pressure cooking not included)

Makes: 4 servings

Shelflife: 10-12 hours