Avial- A Kerala Recipe

Mixed Vegetables in Thick Coconut Paste

Video Link: https://www.youtube.com/watch?v=YkQ57a0GENs

Aviyal is a unique traditional dish of Kerala (South India) and no Kerala feast is complete without Aviyal. It is famous for its special flavors and it is a thick mixture of different vegetables, curd and coconut, seasoned with coconut oil and curry leaves. It is one of the favorite dishes of almost all Keralites. In Kerala, it is an important side dish for all wedding receptions. This is also a special Lenten dish for Catholics in Kerala.

Preparation time : 20 minutes
Cooking time : 15 minutes
Serves : 4

Ingredients :

Raw Banana: 1
Yam : 1/2 cup,
Drumstick: 2 nos,
Cluster Beans:1/4 cup
Carrot : 1 cup
Cucumber : 1 cup
Raw mango 1/2 cup or curd : 5 tbsp
Turmeric powder : 1/2 tsp

Coconut grated : 1 cup
Green Pepper : 5 nos
Cumin seeds 1/2 tsp
Sour Cream : 3 tbsp lightly sour
Curry leaves : 1 sprig
Coconut oil : 1 tbsp
Salt to taste

How to make Aviyal

1. Peel and cut vegetables lengthwise into 2″ pieces long (stick shape).

2. Grind coconut, green pepper and cumin seeds into a coarsely paste with little water.
3. Wash, cover and cook vegetables with 1/2 cup water, turmeric powder and salt to taste till the veggies are half cooked. (Note : Do not over cook the veggies, since many different kinds of veggies are used, take care, Keep adding the vegetables to the boiling water according to the cooking time, the longer cooking vegetables first and the quicker ones last.)
4. Make a small well in the middle of the half cooked veggies and pour the ground coconut paste into it,Cover the pot and cook for 5 mins.

5.Remove the lid and add beaten curd,curry leaves and gently toss for few minutes.(Note : If you have added raw mango along with the vegetables don't add curd.)

6.Cook on low heat for few more minutes till the veggies are well cooked, Take care not to mash the vegetables.

7. Add the curry leaves and pour coconut oil over the top and cover the pot and mix well.

8. Remove from the fire and keep covered till serving.

Notes :

Coconut oil gives *Aviyal* the aroma and taste, so do not substitute the coconut oil. Since you are using a variety of veggies, use only a little of each as it will all add up to quite a bit when you cut them all up.

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OR

https://www.youtube.com/watch?v=hscbq8TgqPY