Aviyal Curry Recipe

Ingredients: Serves 4-6

250g unsweetened dried (dessicated) shredded coconut
1¼ cups (300ml) water
¼ cup (50g) butter or margarine
25g fresh ginger, peeled and finely chopped
3 cloves garlic, crushed
2 onions, peeled and chopped
2 teaspoons ground coriander
1 tablespoon garam masala
1 teaspoon turmeric
1 teaspoon salt
250g broccoli, cut into small florets
2 green capsicums, seeded and sliced
250g carrots, peeled and sliced
125-185g green beans, trimmed and halved or quartered
1 green chili, seeded and finely chopped
chopped fresh cilantro (fresh coriander) or parsley, for garnish

Method:
In a food processor or blender, puree coconut and water until smooth. In a heavy-based pan, heat the butter. Add ginger and garlic and fry for a few minutes. Add onions and cook until golden brown, stirring occasionally. Add coriander, garam masala, turmeric and salt and simmer for 2-3 minutes. Add vegetables and chili and continue to cook gently for 3-4 minutes, stirring well occasionally. Add coconut puree and bring mixture to a boil. Cover and simmer for about 10 minutes. Adjust seasonings and serve sprinkled liberally with cilantro or parsley.

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