

Sambhar Indian Vegetable Curry Recipe

Ingredients:

125 g thuvar dhal
60 g tamarind and 115 ml hot water
340 ml water
Pinch of asafetida powder (optional)
250 g yellow pumpkin, skinned, deseed and cut into chunky cubes
150 g winter melon, skinned, deseed and cut into chunky cubes
50 g shallots, peeled
1 potato, peeled and quartered
1 carrot, quartered
1 aubergine, quartered
3 drumsticks, cut into 2.5 cm lengths
1 teaspoon salt
½ teaspoon sugar
½ teaspoon turmeric powder
2 stalks coriander (cilantro) leaves
2 stalks curry leaves

For paste:

3 tablespoons oil
8 dried red chilies
2 tablespoons coriander (cilantro) seeds
½ teaspoon fenugreek
1 tablespoon thuvar dhal
1 stalk curry leaves
50 g grated white part of coconut
225 ml water

For tempering:

3 tablespoons oil
1 tablespoon mustard seeds
1 stalk curry leaves

Method:

Clean the 125 g thuvar dhal of grit and stones. Wash and drain well. Mix 115 ml hot water with tamarind. Squeeze and strain to obtain juice. Place the thuvar dhal in 340 ml water with asafetida powder (if using). Bring to a boil. Lower heat and allow thuvar dhal to cook until soft. Turn off heat and cool. Mash coarsely with a masher or with your hand. I use my hand so that I get to feel the texture. Leave aside for 2 minutes. Reheat thuvar dhal over medium flame and add all the vegetables. Stir well, include salt, sugar, turmeric powder and coriander (cilantro) leaves. Simmer for 10 minutes. Stir in tamarind juice and continue simmering. Meanwhile, prepare paste. Heat oil in a small wok until hot. Add dried red chilies, coriander seeds, fenugreek, 1 tablespoon thuvar dhal and curry leaves. Fry briskly for 30 seconds. Dish out. In the same pan fry grated coconut until golden brown. Place chili mixture and coconut in a blender with 115 ml water. Blend to a smooth paste. Remove paste from blender. Pour another 115 ml water into blender and whip for 1 second. Add paste and the blended water to the pan of boiling vegetables. Cook for another 20 minutes. Add 2 stalks curry leaves and turn off heat. Heat oil in a wok until hot. Add mustard seeds and curry leaves. Fry until the seeds splutter. Pour over the dish. Let it stand for half an hour before serving. Serve Sambhar hot with rice or dosas.

Note:Sambhar is one of the most well-known South Indian vegetable curries. You may add more vegetables like okra, yam, sweet potatoes or you may just have a plain pumpkin, winter melon and shallots sambhar.

Asafetida is a very pungent spice not liked by everyone. So, you may omit it if you wish. You may also substitute thavar dhal with split dhal.

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