**Ingredients**
- Curd - 1 1/4 - 1 1/2 cup (whisk it well)
- Turmeric Powder - pinch
- Salt to taste
- White Pumpkin - 1 - 1 1/4 cup (cut pieces)
- Carrot - 1
- Beans - 6-7
- Raw Plantain - 1 medium size (vazhaikkai)
- Potato - 1 medium size
- Chow-chow - 1 cup chopped
- Brinjal - 1
- Colocasia - 2 (Arbi/seppan kilangu)(optional)
- Drumstick - 1 (optional)
- Yam (senai) - 1/4 cup chopped
- Cluster beans - 6-7

**For Grinding**
- Grated Coconut - 1/2 cup
- Green chillies - 4-5
- Jeera / cumin seeds - 1 tsp
- Rice flour - 1/2 tsp (used for thickening)

**For Seasoning**
- Coconut oil - 2 tsp
- Curry leaves - little

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**Culinary Corner**

**Aviyal - South Indian Curry**

**Directions**

Wash and cut all the vegetables into cubes. (the pieces should be a little big). Total vegetables should be around 4 cups. Note - If you do not have some of the vegetables mentioned above, it does not matter. But you need beans, carrot, ash gourd (white pumpkin) plantain and potato. Cook white pumpkin in a little water with salt until soft and keep it aside.

Boil water and cook plantain separately. Then drain the excess water. (These veggies are cooked separately as they will become mushy if pressure cooked)

Pressure cook colocasia, peel the skin, cut it into half and keep it aside. Grind the ingredients given under “for grinding” to a smooth paste.

Pressure cook all the other vegetables with just enough water adding turmeric powder and salt to taste. Do not overcook. (2 whistles are enough). If there is water in the cooked vegetables, strain it and use it to grind the coconut mixture. Then add the cooked pumpkin, plantain and Colocasia to the pressure cooked vegetables after draining the water.

Mix the ground paste with curd, well.

Mix the curd (with the ground paste of coconut + jeera + green chilli + rice flour) to the boiled vegetables, add salt as needed and cook for 3-4 minutes on medium flame. Switch off the flame.

Heat 2 tsp of coconut oil, Add curry leaves, saute for a second and pour it over the aviyal. Garnish with coriander leaves.