

Kaya Chertha Kadala Parripu - Green Plantain With Split Bengal Gram

There are many dishes in Kerala cuisine that combine robust vegetables with legumes, which makes them a hearty, high-protein meal. GREEN PLANTAIN WITH SPLIT BENGAL GRAM is usually served with rice, meat, or vegetable dishes that have a sauce.

Ingredients (To serve 4)

- Split Bengal gram (*channa dal*) - ¾ cup
- Green plantain - 1
- Tamarind concentrate - ¼ tsp
- Olive oil - 1 tbsp
- Black mustard seeds - ¾ tsp
- Whole dried red chilies - 4
- Grated coconut - 2 tbsp
- Curry leaves - 5
- Salt - ½ tsp

Utensils

- Medium pan with lid
- Colander
- Medium wok

Preparation/Pre-Cooking (50 minutes)

1. Wash the split Bengal gram.
2. Boil 3 cups of water in the pan.
3. Add the Bengal gram to the boiling water. Cover and cook on low heat, skimming the froth off periodically, until tender, 45-50 minutes. Add more water as needed to cook the gram.
4. Peel the green plantain, and cut into 2-inch pieces. Wash the plantain pieces thoroughly in the colander to remove the sticky residue just below the skin.
5. Dilute the tamarind concentrate with 2 tbsp of warm water.

Cooking (5 minutes)

1. Add the plantain and tamarind liquid to the cooked gram. Cook on medium heat for 5 minutes, until the plantain is tender.
2. Season with salt.

Tempering (5 minutes)

1. Heat the oil in the wok over high heat.
2. Add the mustard seeds to the hot oil.
3. When the mustard seeds start to pop, add the red chilies and stir-fry for about 15 seconds.
4. Add the grated coconut and curry leaves. Stir-fry until the coconut is golden brown.
5. Pour the seasoned oil over the plantain and Bengal gram mixture and heat it through, about 1-2 minutes.

Serve: Warm.

Pre-Cooking Option: Cook the Bengal gram in advance (preparation steps 1-3).

Nutrition Information (per serving) %DV

Calories	252	13 %
Carbohydrates	42 gm	14 %
Protein	9 gm	18 %
Fat	7 gm	11 %
Cholesterol	0 mg	0 %
Sodium	309 mg	13 %
Fiber	9 gm	36 %
Calcium	53 mg	5 %
Iron	3 mg	17 %