

Erasserri - Split Pigeon Peas & Vegetables In Mild Coconut Sauce

SPLIT PIGEON PEAS & VEGETABLES IN MILD COCONUT SAUCE can be made with a combination of any of the vegetables – eggplant, squash (green or yellow), yam, drumstick, or pumpkin, and split peas. The coconut-based sauce makes for a creamy dish, and it is usually eaten with rice. This dish is a staple at all the main ceremonial feasts in Kerala.

Ingredients (To serve 4)

- Split pigeon peas (*toovar dal*) - ½ cup
- Mixed vegetables - ½ lb / 225 gm (eggplant, pumpkin, squash, and yam)
- Grated coconut - 1½ tbsp
- Turmeric powder - ¼ tsp
- Sambar* powder - ¾ tbsp
- Olive oil - 1 tbsp
- Black mustard seeds - ¾ tsp
- Split black gram (*dhulli urad dal*) - ½ tsp
- Cumin seeds - ¼ tsp
- Curry leaves - 5
- Salt - ½ tsp

Nutrition Information (per serving) %DV

Calories	165	8 %
Carbohydrates	25 gm	8 %
Protein	7 gm	14 %
Fat	5 gm	8 %
Cholesterol	0 mg	0 %
Sodium	303 mg	13 %
Fiber	6 gm	24 %
Calcium	54 mg	5 %
Iron	2 mg	11 %

Utensils

- 2 medium pans with lids
- Small wok
- Blender

Preparation (5 minutes)

1. Wash the pigeon peas.
2. Wash and cut the vegetables into 2-inch pieces.
3. Blend ½ tbsp grated coconut with a little water to make a thick paste.

Cooking (20 minutes)

1. Boil 2 ½ cups of water in the pan.
2. Add the split pigeon peas and turmeric to the boiling water. Cover and cook on low heat for 15 minutes.
3. Remove from heat and keep aside (the split pigeon peas will not be completely cooked yet).
4. Add the vegetables in the second pan along with a little water and *sambar* powder. Cover and cook until the vegetables are crisp-tender.
5. Add the vegetables and coconut paste to the pan with the partially cooked pigeon peas.
6. Cook over low heat until the sauce is thick and the vegetables and pigeon peas are tender.

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 split black gram, cumin seeds, curry leaves, and 1 tbsp grated coconut and stir-fry for about 15 seconds.

4. Pour the seasoned oil over the vegetable-pigeon peas mixture.
5. Season with salt.

Serve: Warm.

Note: *Sambar* powder is a spice blend made with toasted coriander and cumin seeds, peppercorns, red chilies, turmeric, fenugreek, and asafetida.

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