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Mughlai Vegetable Korma (Creamy Curry)



Ingredients

Potato - 1 medium
 Cauliflower - 1 cup
 French beans - 1 cup
 Capsicum - 1 cup
 Yoghurt - 7 tbsp
 Cashews - 1/2 cup

 Spices
 Turmeric - 1/2 tsp
 Salt - 1 tsp
 Coriander powder - 1 tsp
 Chili powder - 1/2 tsp
 Rose water - 1 tsp
 Kewra water - 1/4 tsp
 *Tempering
 Bay leaf - 1
 Cinnamon - 1/2 inch
 Green cardamom - 2
 Cloves - 4
 Pepper corns - 5
 Shah jeera (Caraway Seeds) - 1/2 tsp
 Slit green chillies - 3
 Ginger paste - 1/2 tsp
 Ghee - 2 tbsp

Preparation

1 Wash and chop all the vegetables in medium size pieces and beans in 1 1/2 inch long

pieces.

- 2 Heat oil in a pan and deep fry all the vegetables till almost done.
- 3 Soak cashews in lukewarm water for 20 minutes and grind to make a fine paste.
- 4 Take 2 tbsp ghee in a pan then add all the whole spices and shah jeera.
- 5 When it start crackling add slit green chilis and ginger, saute for few seconds.
- 6 Now switch off the flame and add turmeric, chili powder and coriander powder.
- 7 Add beaten yoghurt and switch on the flame.
- 8 Saute for a minute, keep stirring.
- 9 Now add cashew paste and a cup of water, when it start boiling add fried vegetables and salt.
- 10 Let it cook on low flame till oil start showing from the sides and top
- 11 Add rose water, kewra and serve hot.
- 12 Serve with naan, paratha or with any Indian bread.

Cooks Note

Mix vegetables cooked in a mild and fragrant creamy sauce.

*Tempering "Chaunk" or "Tadka" in Hindi: refers to the frying of Indian spices to release their aroma (in India).

You can avoid adding turmeric , if you want a white colour gravy.

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