

Achari Arbi

INGREDIENTS

8-10 Arbi (Taro Roots)

1 Cup Beaten Fresh Curd / Yogurt

2 Tomatoes, pureed

2 Green Chillies, finely chopped

~1-inch Ginger, grated

1/2 tsp Mustard Seeds (Rai)

1/2 tsp Cumin Seeds (Jeera)

1/2 tsp Carom Seeds (Ajwain)

1/2 tsp Fennel Seeds (Saunf)

1/2 tsp Fenugreek Seeds (Dana Methi)

1/2 tsp Nigella Seeds (Kalaunji)

1/2 tsp Turmeric Powder (Haldi)

1/2 tsp Red Chilli Powder

1/2 tsp Coriander (Dhaniya) Powder

1/2 tsp Garam Masala

1/4 tsp Dry Mango Powder (Amchur)

3/4 tsp Salt, or to taste

1/2 Cup Chopped Coriander

Oil for frying

METHOD

1. Wash the Arbi and boil it in a pressure cooker till you get 1 whistle. Once the pressure has settled down, take out the Arbi and let it cool down.
 2. Peel the skin of the Arbi. To remove the skin from the thick end and then slide the Arbi out of its skin by pressing gently from the other end.
 3. Cut the Arbi length wise into 2 halves.
 4. Heat oil in a pan on medium heat. Add sliced Arbi and fry them till light its golden brown. Drain the excess oil on an absorbent paper.
 5. Heat oil in a pan and add the Mustard seeds. When they start to splutter add Cumin Seeds, Carom Seeds (Ajwain), Fennel Seeds (Saunf), Fenugreek Seeds (Dana Methi), Nigella Seeds (Kalaunji).
 6. Fry them for a few seconds till they start to crackle.
 7. Now add the finely chopped Green Chillies, grated Ginger and pureed tomatoes to the pan.
 8. Cook till the raw aroma of the tomatoes goes away.
 9. Fry the gravy for a couple of minutes till it is properly roasted.
 10. Add 1 cup of beaten curd along with 1/2 cup water and cook on low heat for 4-5 minutes.
 11. Stir continuously while cooking, otherwise the curd will curdle.
 12. Finally add the fried Arbi slices. Close the flame and let it sit for 15-20 minutes. Add coriander to garnish.
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