

# coconut vegetable ishtew

preparation time: 35 minutes  
cooking time: 50 minutes  
chilli rating: medium

difficulty level: easy  
serves: 4 as part of an  
indian meal



## ingredients

1 kg seasonal vegetables  
(including potatoes, carrots, beans,  
cauliflower, broccoli, green peas),  
diced  
4 tbsp coconut oil  
1 cassia (cinnamon) stick  
3-4 green cardamom pods  
2-3 cloves  
1 tbsp black peppercorns  
1 star anise  
1 mace blade  
1 large red onion, sliced  
2 tbsp salt  
½ cup fresh ginger, julienned  
6 fresh green chillies, slit lengthways  
½ cup kari leaves  
1 cup caramelised onions (see  
Ajoy's tips), extra  
2 large tomatoes, chopped roughly  
1 lt coconut cream (or extract)  
½ cup fresh coriander leaves, to  
serve

## method

Blanche the vegetables separately, as per the blog,  
and set aside.

In a frying pan, heat coconut oil and add dry spices,  
one at a time, once the oil starts to smoke.

Add onion and salt and let caramelise, then add  
ginger, chillies and kari leaves (the kari leaves are  
added in batches to prevent leaves discolouring).  
Then add extra caramelised onions.

Set aside some of the caramelised onion mixture for  
use as a garnish, as per the blog. Add tomatoes and  
cook till soft, as per the blog.

Add coconut cream to remaining onion mixture and  
simmer, but do not let boil. The add blanched  
vegetables to coconut sauce and cook, covered,  
until sauce thickens and vegetables are soft.

Garnish with onion mixture and coriander. Serve with  
*hoppers, idiarrams, appams* (light pancakes), or rice  
vermicelli.

**Ajoy's tips** To caramelise onions, click [here](#). To see the blog for this coconut recipe, click [here](#).

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