

# vegetable nilgiri khumma

## Ajoy's tips

To make thakkali saadam (tomato rice) click tomato rice recipe.

To read about turmeric and the other recipes mentioned, click [Ajoy's blog on turmeric](#).

## chatni

2 bunches fresh mint leaves  
2 bunches fresh coriander leaves  
6–8 fresh green chillies  
1 tbs fresh ginger, crushed  
1 tsp garlic, crushed  
1 tsp black peppercorns  
2 cinnamon sticks  
2–3 cardamom pods  
4–6 cloves  
1 tbs fennel seeds  
½ fresh coconut, grated

## vegetable khurma

4 tbs vegetable oil  
200g onions, chopped  
2 sprigs fresh curry leaves  
1 tsp turmeric powder  
250g carrots, diced  
250g green beans, diced  
250g fresh green peas, shelled  
250g cauliflower, cut into florets  
450ml coconut milk  
juice of 1 lemon

preparation time: 20 minutes  
cooking time: 1 hour  
chilli rating: medium

difficulty level: easy  
serves: 4–6 as part of  
an Indian meal

## method

To make the **chatni**: place all the ingredients in an electric blender or mortar and pestle, and blend to a fine chatni/masala (paste). Set aside.

To make the **vegetable khurma**: heat the oil in a saucepan, add the onions and curry leaves.

Add some salt, to taste and cook until the onions are translucent, then add the turmeric.

Add the ground chatni (paste) and cook the mixture till the oil leaves the sides of the pan.

Add all the diced vegetables and cook for a few minutes, then add the coconut milk.

Finally add the lemon juice and mix well.

Serve immediately alongside thakkali saadam (tomato rice), poondu rasam (garlic and lentil soup) with a pachadi (raita) side dish and appalam (papadum).