Aviyal

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Aviyal is a very famous **Kerala Dish** made using vegetables and fresh coconut paste.

Aviyal

The vegetables mostly added to Aviyal are the following :-

- Potato
- Raw Plantain (Vazhakka)
- Yam (Chenna)
- Carrot
- Drum Sticks (Muringakka)
- Beans
- Ivy Gourd (Kovakka)
- Raw Mango
- Brinjal (Vazhuthananga)
- Ash Gourd (Kumbalanga)
- Runner Beans (Achinga Payaru)
- Pumpkin (Mathanga)

Vegetables like Okra (Ladies Finger), Cabbage etc. which become mushy are not added. Some people prefer their Aviyal to be **completely dry** while others like Aviyal with a nice little **thick gravy**. Here is my recipe for Aviyal. I usually make Aviyal with a little gravy.

Ingredients

1. Mixed Vegetables cut into 1 or 2 inch long sized pieces – Around 4-5 Cups
   (I've used 1 potato, 1 Mango, 2 carrots, 2 drumsticks, 1/2 plantain, 6 beans and a few pieces of brinjal)
2. Turmeric powder – 1/4 tsp
3. Curd – 2 tbsp (optional)
4. Curry Leaves – A sprig
5. Coconut Oil – 1 tbsp
6. Water – As needed
7. Salt – to taste

For Grinding

1. Coconut – 1 cup
2. Cumin (Jeera) – 1/4 tsp
3. Green Chillies – 4
4. Shallots or Pearl Onions (diced) – 2
5. Garlic Cloves – 3
6. Curry Leaves – A few
7. Turmeric Powder – 1/4 tsp

Preparation Method

1. Cover and cook the vegetables in very little water along with salt and 1/4 tsp turmeric powder until half done. Add the vegetables according to their cooking time and be careful not to fully cook the vegetables.
2. Open the lid and allow any excess water to evaporate from the veggies.
3. Meanwhile, grind coconut and other ingredients with little water to form a coarse paste.
4. Add the coconut paste to the cooked vegetables and mix gently. Add more salt if needed. Continue to simmer for another 5-7 minutes until thick.
5. If you like you aviyal to have a slight sour taste, remove from stove top and add 2 tbsp curd. Mix gently.
6. Finally add fresh coconut oil and another sprig of curry leaves for garnishing.

Mixed Vegetables for Aviyal

Aviyal Vegetables being cooked