

Mixed Vegetable Theeyal

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For Onam 2009, I had made mixed vegetable theeyal. **Theeyal** is another Kerala gravy made using **fried coconut** and **spices**. The gravy has a nice aroma of **roasted coconut** and tastes heavenly.



The most common varieties of Theeyal are:-

- **Pavakka (Bitter Gourd) Theeyal**
- **Padavalanga (Snake Gourd) Theeyal**
- **Chemmeen (Prawns) Theeyal**
- **Ulli (Shallots) Theeyal**

Here is my recipe for **Mixed Vegetable Theeyal**.

Ingredients

1. Mixed Vegetables (cut into bite sized vegetables) – 3 Cups (I used 1 carrot, 1/2 of a small beetroot, 6 beans, 1 small potato, 6 ladies finger/okra)
2. Turmeric Powder – 1/4 tsp
3. Tamarind – gooseberry sized ball / Tamarind Paste – 2 tbsp
4. Oil – 1 tbsp
5. Salt – to taste
6. Water – as needed

For dry roasting and grinding

1. Grated Coconut – 1 cup
2. Coriander Powder- 2 tbsp

3. Red Chilly Powder – 1 tbsp
4. Fenugreek (Uluva) powder – 1/4 tsp

For Seasoning

1. Oil – 1 tbsp
2. Mustard Seeds – 1/4 tsp
3. Finely sliced shallots – 4 or 5
4. Dry Red Chillies – 4
5. Curry Leaves – A few

Preparation Method

1. Cook all the vegetables (except okra) in little water along with salt and turmeric until soft but not mushy.
2. Heat 1 tbsp oil in a non stick pan and fry the okra pieces until lightly browned.
3. Soak tamarind in 1/2 cup warm water for some time and extract the juice and keep aside.
4. Meanwhile dry roast coconut on medium-low flame until it turns into a dark brown color. The coconut should be thoroughly roasted till it's almost burnt.
5. Remove from heat, add coriander, chilly and fenugreek powders and continue roasting for 2 more minutes.
6. Grind everything to a smooth paste along with 1 cup water.
7. Take a big pan and add the ground paste, cooked vegetables and fried okra along with more water and salt. Simmer on medium flame for 5 -7 minutes.
8. Add tamarind juice and bring everything to a slow boil. Reduce flame and allow the gravy to thicken.
9. Heat 1 tbsp of oil in a pan and splutter mustard seeds. Saute shallots, dry red chillies and curry leaves.
10. Pour the seasoning over the theeyal and mix gently.

Note

- You can alter the consistency of the gravy by increasing or decreasing water content.
- If using tamarind paste, adjust the sourness accordingly.
- The color of Theeyal depends on how well you roast the coconut and spices.