



## Vegetable Stew ( OP I )

Serving: 1

Veg

### *Ingredients*

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- 1 onion , sliced
- 1-2 black peppercorns (kalimirsch)
- 1 clove (laung / lavang)
- 1 stick cinnamon (dalchini)
- 1  $\frac{1}{2}$  tsp garlic (lehsun) , chopped
- 1 tbsp chopped celery
- $\frac{1}{4}$  cup sliced mushrooms (khumbh)
- $\frac{1}{4}$  cup carrot juliennes
- $\frac{1}{4}$  cup capsicum strips
- 1 tsp plain flour (maida)
- 1 tbsp fresh cream
- 1 tsp oil
- salt to taste

### *Preparation Method*

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- 1. Heat the oil and sauté the onion slices till they are lightly browned
- 2. Add the peppercorns, clove and cinnamon.
- 3. Add the garlic, celery, mushrooms, carrots and capsicum and sauté till they are lightly browned in colour and all the liquid has evaporated.
- 4. Add the flour and cook for another 4 to 5 minutes till the flour is light brown in colour.
- 5. Add  $1\frac{1}{2}$  cups of water and bring to a boil, stirring continuously so that no lumps remain.
- 6. Allow to simmer for 5 to 7 minutes adding a little more water if required.
- 7. Add the fresh cream and serve hot with bread rolls or plain rice.