

vegetable stew



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kerala style vegetable stew recipe - easy to make

lightly spiced, delicate and aromatic stew with mixed vegetables, coconut milk and spices. a popular stew from the kerala cuisine.

Prep Time

10 mins

Cook Time

30 mins

Total Time

40 mins

Course: main course Cuisine: kerala Servings: 3 to 4

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Ingredients

- 2 small to medium sized carrots, peeled chopped
- 2 potatoes OR 1 large potato OR about 150 grams potato, peeled and chopped
- $\frac{3}{4}$ or 1 cup peas (matar)
- 70 to 80 grams french beans
- 1 large onion OR 5-6 shallots - thinly sliced
- 3 to 4 garlic - crushed into a paste in a mortar-pestle
- 1 inch ginger, julienned (adrak)
- 2 to 3 green chilies, slit (hari mirch)
- 1.5 inch cinnamon (dalchini)
- 4 to 5 cloves - crushed or kept whole (lavang)
- 1 teaspoon crushed black pepper (kali mirch powder)

- 3 to 4 green cardamoms (choti elaichi) - crushed or kept whole (optional)
- 2.5 cups thin coconut milk or water * check notes for pressure cooking the veggies with water
- 1 cup thick coconut milk
- 12 to 15 curry leaves (kadi patta)
- 2 to 3 tablespoon coconut oil
- salt as required
- sugar as required (optional)

Instructions

1. heat coconut oil. add the whole & crushed spices - cinnamon, cardamoms, cloves, black pepper. saute them till fragrant.
2. then add the ginger, garlic, green chilies, sliced onions and curry leaves. saute till the onions become translucent. don't brown the onions.
3. add the chopped veggies and stir well.
4. add thin coconut milk or water. cover the pan and cook the veggies.
5. the veggies should be cooked till they are tender and done.
6. lastly add the thick coconut milk. stir well and simmer for just half a minute.
7. if you want, you can also heat a few teaspoons of oil and fry curry leaves in it till crisp. then add this curry leaves tempering from top before serving the vegetable stew.
8. serve kerala style vegetable stew with appams or steamed rice.

Notes

* if using water instead of thin coconut milk, you can use the pressure cooker for cooking the veggies. just add 2 cups water and pressure cook for 2 to 3 whistles.

full recipe - <https://www.vegrecipesofindia.com/kerala-vegetable-stew-recipe/>