My experience @Kitchen.

This place is undoubtedly the most important part of the house. This is the kitchen.

Today I wanted to try my hand at making a very famous Gujarati delicacy-UNDHIYU!

In different parts of Gujarat, undhiyu is prepared in different ways.

**To Observe:**

To my amusement there were many kinds of undhiyu recipes, but the most prominent are the Kathiyawadi style and Surti style. The Surti style, vegetables are stuffed with coconut-peanut masala. While in Kathiyawadi style there’s no such stuffing.

As Undhiyu is a vegetable curry, it includes a lot of vegetables. Namely, Brinjal, potatoes, Papdi, Tovar, Valor, green pea, yam, and cauliflower are used. The strings of the Papdi are to be removed before cooking.

**To identify:**

A problem which many urban children face is to recognise the vegetables! They may confuse fenugreek with coriander, ginger with turmeric, sweet potato with red carrots. Fortunately for my part I was able to identify almost all of the vegetables used. There was, however a slight confusion in identifying Tovar and Valor.

**To measure:**

Measuring each and every ingredient is an essential part before one cook something. Especially for a food item that uses a plethora of vegetables and masalas. Undhiyu is incomplete without, the ‘Muthiyas’. These are essentially made from gram flour. A cup of gram flour is to be mixed with a handful of fenugreek leaves, half teaspoon of red chilli powder, half teaspoon of turmeric powder, sugar and salt to taste. Add a tablespoon of oil.

Mixing all of these into a near homogeneous mixture took me a lot of time. My mom, helped me to make equal-sized balls. Also, for the sabzi, the quantity of brinjals, potatoes and other vegetables had to be decided so that 5 members of our family can have a sumptuous meal.

**To experiment:**

Then I added all the vegetables and the fried Muthiyas into the pressure cooker. While making Muthiyas, I also tried a few tricks suggested to me by my mom. I came to know that adding baking soda to the dough will make the Muthiyas softer.

Also, my mom said that a pressure cooker is better than a pan as it takes lesser time to cook. These were those ‘desi jugaads’ or tricks that I got to know today.

After a long, laborious period of 3 hours , Undhiyu was ready! Although I found that

I had added a little more salt, yet we all cherished the moment of having the very first UNDHIYUU cooked by me.