



# Sukto

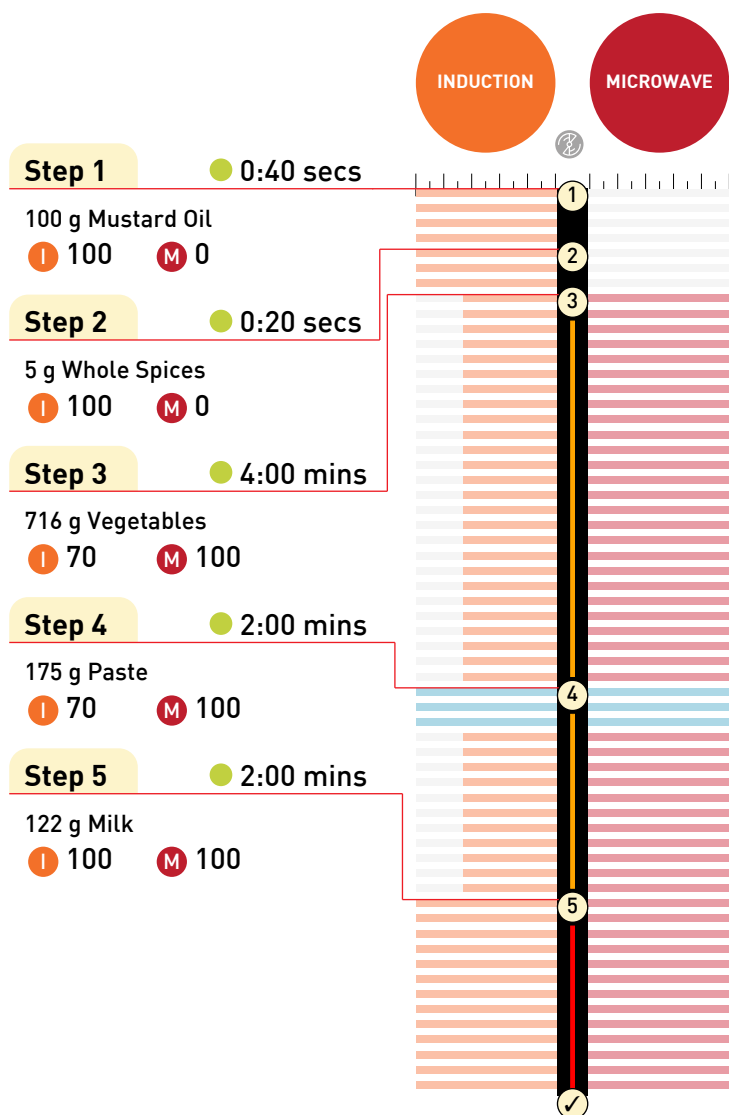
**Cooking Time** \_\_\_\_\_

On2Cook: 9:00 mins    Normal Cooking: 40 mins

**Accessories:** Pan Honeycomb (Non-Stick), Silicone Stirrer

**Ingredients** \_\_\_\_\_

- |        |                                   |
|--------|-----------------------------------|
| 100 g  | Mustard Oil                       |
| 5 g    | Whole Spices                      |
|        | 2 Nos Red chilli, 2 Nos Bay Leaf  |
|        | 5 g Panch Phoron                  |
| 716 g  | Vegetables                        |
|        | 15 g Salt, 1 g Turmeric Powder    |
|        | 100 g Banana, 50 g Sweet Potato   |
|        | 100 g Potato, 50 g Drumstick      |
|        | 100 g Papaya, 100 g Brinjal       |
|        | 100 g Bitter Gourd                |
|        | 100 g French Beans                |
| 175 g  | Paste                             |
|        | 10 g Poppy Seeds                  |
|        | 30 g Mustard Seeds, 15 g Ginger   |
|        | 20 g Coconut Powder, 100 g Water  |
| 122 g  | Milk                              |
|        | 100 g Milk, 2 g Ajwain, 20 g Ghee |
| 200 ml | Water (Auto)                      |



**Total Output:**  
1100 G