

YAM CURRY WITH GAVLI VEGETABLE MASALA

What you need;

- Yam: 300g
- Onion: 1 large
- Fresh coconut milk: 200 ml
- The Women of Goem Gavli Vegetable masala: 2-3 tbsps
- Green Chillies (optional): 2
- Curry leaves for garnish
- Salt to taste
- Cooking oil (coconut oil is traditional, but you can use any oil)



1. Clean and cut the yam to bite sized pieces.



2. Finely chop the onions.



3. Heat 2 tbsps of oil in a wok.



4. Add a tsp of mustard seeds.



5. When the mustard seeds sputter, add onion.



6. Saute well.



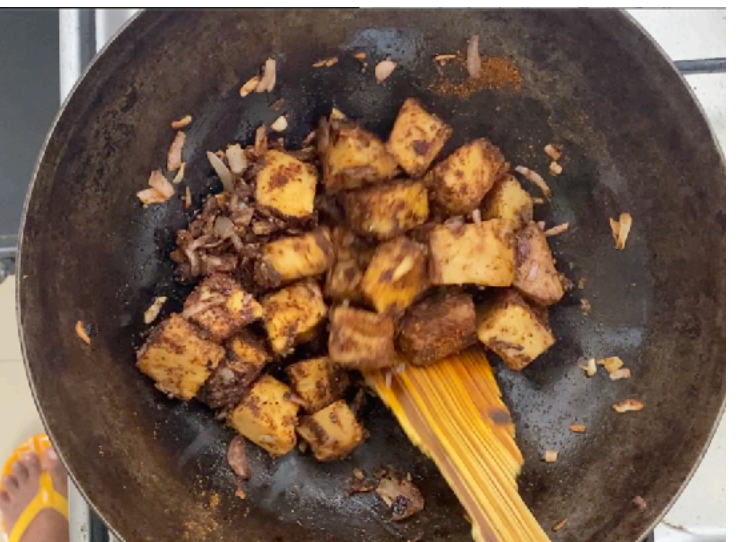
7. Add the yam.



8. Mix well, and fry for 2-3 minutes.



9. Add 2-3 tsps of the Gavli Vegetable masala. Mix well.





10. Add half a cup of water.



11. Cover and cook for 5-10 minutes.



12. Adjust salt.



13. Add the fresh coconut milk.



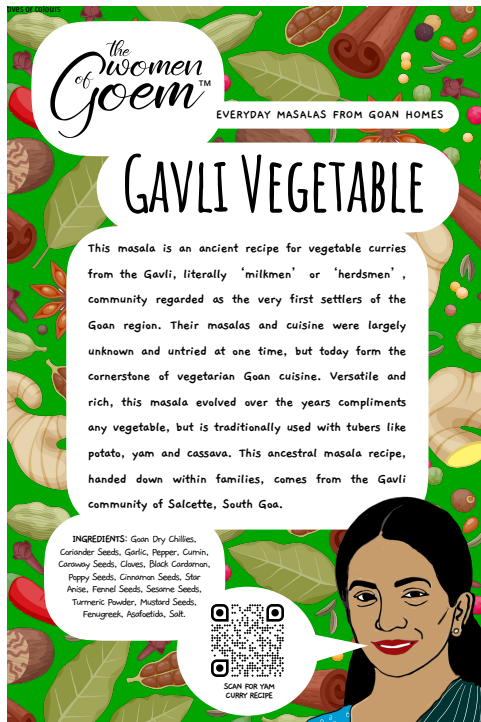
14. Mix thoroughly.



15. Add the fresh curry leaves.



15. Serve hot with rice or bread.



Gavli Vegetable 80g

This masala is an ancient recipe for vegetable curries from the Gavli community of Goa. Literally 'milkmen' or 'herdsmen', Gavlis are traditionally pastoral and vegetarian, and are regarded as the very first settlers of the Goan region. Being a closed community, their masalas and cuisine were largely unknown and untried at one time, but today form the cornerstone of vegetarian Goan cuisine. Versatile and rich, this masala developed over the years can compliment any vegetable, but is traditionally used with tubers.

₹110.00 (Please check latest price including GST [here](#))

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