

SSM COLLEGE OF ENGINEERING

DEPARTMENT OF ELECTRICAL ENGINEERING

NADRU YAKHNI RECIPE

Nadru or lotus stem is a very popular vegetable in Kashmir. This recipe is very easy. Lotus stems are cooked with yogurt and aromatic spices. This recipe is a yogurt based curry which is absolutely delicious when served with rice.

Ingredients Required

Nadru	1kg	Yogurt (curd)	1kg
Onion	medium sized 2-3	Ghee	1tsp
Oil	3-4tsp	Green cardamom	10-12
Black cardamom	7-8	Clove	10-12
Cinnamon sticks	3-4	Black pepper seeds	8-10
Ginger garlic paste	2 tsp	Fennel seed powder (saunf powder)	1tsp

PROCEDURE

Step1

Wash the nadru's , peel off and cut into oblique manner.

Heat 2-3 tsp of oil and add nadru's , light fry nadu's and add green cardamom (4-5) , black cardamom (3-4), black pepper (5-6) , cloves(5-6) , saunf powder (1tsp) .Now add 2-3 cups of water and put it for 4-5 vessels.

Step2

Now heat 2tsp of oil in a pan and add finely chopped onions to it , fry till they turn light brown. Cool it down and churn in mixer

Step3

Take a pan and add curd , stir it continuously till it boils, add spices to it , salt (as per taste), green cardamom (4-5), black cardamom (3-4), cinnamon sticks(3-4), cloves(4-5), black pepper(5-6) . Add churned onions and 1tsp of ghee . Now add thenadrus and its stalk to it and put it on high or medium flame for 20-25 minutes.

