

**EBSB CLUB OF
NSS TRAINING COLLEGE
CHANGANACHERRY
KOTTAYAM
KERALA**

For Himachal Natives



KERALA SPECIAL FOOD - AVIYAL

Ingredients - *Raw Banana

*Elephant foot yam

*Drumstick

*Carrot

*Cucumber

*Ash gourd

*Snake gourd

*French Beans

* Green Chilli

*Turmeric powder

*Grated Coconut

*Cumin seeds

*Curd

*Curry leaves

*Coconut oil

*Water

*Salt

Note: Even if any of the vegetables is not available, aviyal can be made with whatever vegetables are available.

Instruction – Firstly wash the vegetables very well. Peel and cut it into 2 inch (length wise)Pieces. Cook the vegetables in a covered vessel by adding green chillies, water, salt and turmeric powder on a low flame till it tender and dry. Pour 3 table spoon lightly beaten curd to this and mix it well. Grind grated coconut and cumin seeds by adding little water into a coarsely paste. Add the ground paste into the cooked vegetablesalong with curry leaves and combine it well. Heat it in a low flame for 3 minutes. Finally add some coconut oil and mix it well then turn the flame off. Aviyal ready. This is a delicious accompaniment to any main course – rice /chapathi/roti/parantha/dosa, even bread !

VIDEO PRESENTATION – BINDUJA KN

REPORT – JWALA KJ

Hindi optional students

.....THANK YOU.....