

Avial and Inji Curry – Two essential parts of the Sadya Onam feast .

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Though both the dishes are regularly made in Kerala households ,they are essential for the Onam Sadya feast . As far as Avial is concerned it is also linked to Mythology. It is believed that Bhīma during the exile of the Pandavas took up duties in the court of King Virat as a cook. Not knowing how to cook, he cut all the available vegetables in the kitchen, boiled these and topped them with grated coconut .This with some modifications became Avial.

Another variant of this legend is that once King Virat had a unexpected guests and there were no ingredients to make a side dish .So Bhīma took the left over vegetables to make Avial.

Avial as it is generally made in Kerala homes according to this recipe :

Ingredients:1) Vegetables like Red pumpkin, White Pumpkin, Suran, French beans , Flat beans, Brinjals, Carrots, Drum sticks, Raw Banana, Tomatoes, Sweet potatoes,

All the Vegetables together can weigh about a Kilo.

- 2) Coconut (one)
- 3) Green chilies 5-6
- 4) Curry Leaves 2 sprigs
- 5) Yogurt / Curds 250 gms.
- 6) Turmeric Powder one tablespoon.
- 7) Cumin seeds Half a Teaspoon
- 8) Coconut Oil. 2 tablespoons

Method Of Preparation: 1) Thinly slice the vegetables into one inch pieces 2) Steam the sliced vegetables lightly in a Pressure cooker .Add the turmeric powder to the vegetables.

- 2) Grind together the Coconut, Cumin seeds, Green Chilies to a rough paste.
- 3) Cook the ground paste with the water in which the vegetables were cooked .
- 4) Add the lightly cooked vegetables to the ground paste. Add salt to taste.
- 5) Let this mixture cook on a low flame for 2 minutes .

6) Add the curry leaves and the curds to the mixture . Let it cook for a minute but it should not boil.

7) Before taking off the Avial from the gas add the Coconut oil to the Avial.

8) Serve hot with Rice .

And as Sadya is gorged on festive occasion-there is Inji curry made with the ginger to help digestion- the recipe of which is given:

Inji curry or Pulli Inji (A chutney made out of ginger and tamarind pulp.)

Ingredients: 1) Ginger cut into tiny little pieces 100 gms

2) Green Chilies 5-6

3) Tamarind Pulp 50 gms

4) Red chilies 1-2

5) Jaggery 50gms

6) Mustard Seeds 1/2 teaspoon

7) Methi seeds a few grains

8) Turmeric Powder 1/2 teaspoon

9) Salt to taste

Method of preparation: 1) Cook the ginger and green chilies with turmeric and salt

2) Add the tamarind pulp to the cooked ginger /chilies .Cook it for 5-6 minutes

3) Add the Jaggery and let the whole mixture cook .

4) After it is cooked well add the salt.

5) Take the pot off the gas.

6) Pour some oil into a wok and splutter the mustard seeds and ,methi seeds and red chilies.

- 7) Pour this seasoning on to the Tamarind, Ginger, Jaggery mixture. ,,
- 8) Serve with rice and curds