

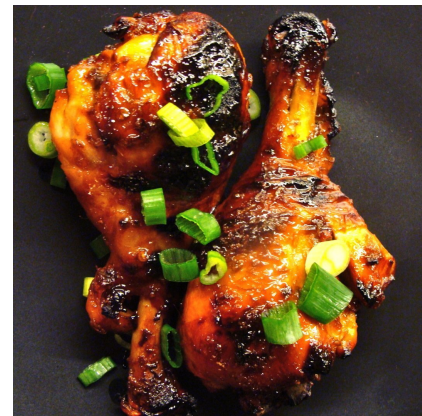
Recipe Name: Parsi Style Sekta Ni Sing Recipe-Sweet & Spicy Drumsticks Cooked In Coconut Water/Toddy Recipe)

Diet Type:

Course: Lunch

Cuisine: Parsi Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 Drumstick - cut into 3 inches	4
• 300 ml Tender coconut water - or toddy	
• 3 Green Chillies	
• 1/2 cup Coriander (Dhania) Leaves - a small bunch finely chopped	
• 1 inch Ginger	
• 4 Cloves (Laung)	
• 3 tablespoons Fresh coconut	
• 1 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	
• Ghee - for cooking	

Preparation

- We begin making the Parsi Style Sekta Ni Sing-Sweet & Spicy Drumsticks Cooked In Coconut Water/Toddy by cleaning the drumsticks and peeling out the outside skin.
- Cut them into one-inch length pieces.
- Heat a pan, fry all the spices that are supposed to be ground, once done, let it cool down and then grind it into a smooth paste.
- Then add the ground spice.
- Add the tender coconut water or toddy and simmer it for 20 minutes.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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