

Recipe Name: Kerala Style Taro Root Curry Recipe (Colocasia)

Diet Type:

Course: Lunch

Cuisine: Kerala Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 250 grams Colocasia root (Arbi) - washed thoroughly and peeled	3
• 1 Tamarind - malabar	
• Salt - to taste	
• 1/4 cup Fresh coconut - scrapped	
• 1 teaspoon Red Chilli powder	
• 2 Onions - peeled	
• 1 tablespoon Coconut Oil	
• 2 Onions - peeled and chopped	
• 1 teaspoon Mustard seeds	
• 1 teaspoon Cumin seeds (Jeera)	
• 2 Dry Red Chilli - broken	
• 7 Curry leaves	

Preparation

- To begin making the Kerala style Taro root curry, first thoroughly wash and scrub the boiled Taro roots.
- (You can soak them for 20-30 minutes in water, so that the dirt comes off easily) Apply some coconut (or any other) oil to your hands and peel them.
- Be sure to remove the green layer under the skin too.
- Cut the Taro root into bite sized pieces.
- In a sauce pan/Kadai or a seasoned earthen pot add the Taro root, tamarind piece(s), salt and some water.
- Cook on low flame till it is well cooked.
- Meanwhile, in a mixer blend together the coconut, chilli powder and small onions.
- Add this mixture to the cooked Taro roots, add salt if required and cook for 5-6 minutes more.
- Heat oil in a small pan and add the mustard seeds.



- Once they splutter add the cumin seeds.
- Mix well and cook for 1-2 minutes.
- Your Kerala Style Taroo Root Curry Recipe Is ready, serve with hot rice or phulkas.

Macronutrients

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