



Sweet & Sour Subji



Vegetable Mix
(prep time-about 40 min)
(yield: 3-4 servings)



INGREDIENTS

1 tsp tamarind concentrate	3 tsp salt
2 tbsp grated fresh ginger	2 tbsp ghee
¼ tsp asafoetida	2 green chilies, sliced
1 can pineapples	1 ¼ cups water
2 tsp paprika	3 carrots, sliced
4 tomatoes, quartered	3 yellow plantains, sliced or 4 potatoes, washed, peeled, cubed & deep fried
1 tsp cumin seeds	½ tsp ground black pepper
2/3 cup sugar	2 tsp mango powder
2 cup TVP (texturized veg.protein)	3 stalk celery, diced
3 zucchinis, cubed	2 tsp ground coriander

PROCEDURE

- ❖ Heat the ghee in a large saucepan and fry the cumin seeds.
- ❖ Add the grated ginger and green chilies.
- ❖ Toss in the ground pepper and the asafoetida and fry for a few seconds more.
- Pour the water and simmer for a moment.
- Add the tamarind concentrate, sugar, pineapple chunks, sliced carrots, mango powder, paprika, and ground coriander.
- Allow to boil and thicken, stirring occasionally to prevent scorching.

optional: add ½ cup corn starch for thickening (1/2 corn starch -- 1 cup cold water)

- Add the zucchini and celery, cover the pan, and cook until barely tender.
- Then add the TVP, tomatoes, and salt. Stir well.
- If using sliced yellow plantains, add them at this point. If you are using fried potatoes, add them after a couple of minutes.
- Cover the pan, and cook until all the ingredients are tender.