

Shukto (Fried Vegetables)



INGREDIENTS

1. 1 plantain
2. 1 radish
3. 1 medium potato
4. 1 medium eggplant
5. 1 bitter gourd, sliced thinly
6. 1 ^{1/2} tablespoons mustard seeds
7. 1/2 teaspoon fenugreek seeds
8. 2 tablespoons poppy seeds
9. 1 tablespoon salt, to taste
10. 1/4 cup oil
11. 1 inch fresh gingerroot

Method:

1. Soak 1 tablespoon mustard seeds and 1 tablespoon poppy seeds in warm water.
2. Cut plantain, radish, potato, and eggplant lengthwise, into 2-inch-long strips. Heat oil in a wok. Fry the eggplant pieces and set aside. Fry the bitter gourd slices and set aside.
3. In the remaining oil, roast 1/2 teaspoon fenugreek seeds and 1/2 teaspoon mustard seeds. When mustard seeds start to pop, add the plantain, radish, and potato. Stir-fry on medium heat. As you stir the vegetables, blend the soaked mustard seeds, poppy seeds, and gingerroot into a smooth paste.
4. After sautéing the vegetables for about 5 to 7 minutes, add the blended mixture to the vegetables and stir constantly for about 2 minutes. Add fried bitter gourd and eggplant pieces, and salt to taste. Add 1/2 cup hot

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water, cover wok, and cook for 5 minutes, stirring occasionally to check if vegetables are cooked.

5. When cooked, pour 1 teaspoon of butter or ghee on top and serve with rice.

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