



# South Indian Celery Recipe

SERVES: 8

## INGREDIENTS:

- 2 tbsp coconut oil
- 1 tsp mustard seeds
- 3 dry red chillies
- 1 tbsp urad dhal (black beans)
- 10 curry leaves (optional)
- 1 small onion, chopped
- 1 tsp turmeric powder
- 1 whole bunch celery, finely chopped
- ¼ cup water
- 1/8 cup dry shredded coconut (unsweetened)
- Salt to taste

## METHOD:

1. Rinse and clean the celery stalk well. Chop them into tiny pieces and set aside.
2. Heat oil in a wok or frying pan. Once hot, add mustard seeds and let it pop. Then throw in the red chillies, black beans and curry leaves. Fry for a minute.
3. Add the onions, little salt and turmeric powder and sauté for 5-8 minutes. Finally add the celery and water. Cook covered for 15 minutes for crunchy poriyal or 20 minutes for softer version.
4. Add coconut, salt to taste and mix well to combine. Serve hot with rice, sambar or rasam.