



Guar Subzi (Guar vegetable) Recipes

Recipe 1

Ingredients:

250 gms. green, tender guar, separated, and stalks snipped off
1 tomato chopped into cubes
1 capsicum chopped into cubes
1 tbsp. coriander leaves
1 tbsp. coconut scraped
1 stalk curry leaves
1 tbsp. crushed peanuts
1 tsp. red chilli powder
1 tsp. coriander seed powder
1/4 tsp. turmeric powder
1/4 tsp. dried mango (amchoor) powder
1/2 tsp. wheat flour
1/2 tsp. each cumin & mustard seeds
2-3 pinches asafetida powder
Salt to taste
1 tbsp. oil

Method:

Wash and drain guar, keep very little water in it.
Microwave, covered, on high for 3-4 minutes, till tender.
Keep covered till required. Or boil in very little water till tender.
Heat oil in pan, add the cumin and mustard seeds, allow to sputter.
Add asafetida, curryleaves, coconut, peanut, stir for a few seconds.
Add capsicum, tomato, all masala powders, salt, and mix.
Add clusterbeans, wheatflour, mix, simmer till any leftover water has evaporated.
Garnish with coriander before serving piping hot with rotis, or puris.

Making time: 15 minutes (if microwaved, 5 minutes)

Makes: 3-4 servings

Recipe 2

Ingredients:

250 gms tender green Guar beans
200 ml mustard oil
Pinch of asafoetida
1/2 tsp ajwain (thyme) seed
1 tsp chopped ginger
1 tsp powdered dried green mango(amchur)
Salt
Dried red chilli powder
Coriander leaves.

Method:

Cook the beans in boiling(unsalted) water. When the pods turn tender, drain the water.
Heat the mustard oil, add the asafoetida, ajwain and ginger in a pan. Saute for 2 – 3 minutes,
Then add the beans, cover the pan and cook covered on low til done.
Remove from the heat, add salt, amchur and red chilli to taste.
Garnish with coriander and serve hot.

Makes: 3-4 servings

Recipe 3

Ingredients:

500 gms Guar beans, coarsely diced
3-4 Garlic pods
1 tsp mustard
2 tsp oil
Turmeric
Salt
4-5 green chilies.

Method:

Heat oil and add mustard in it.
Add green chilies and garlic fry and sauté for few minutes.
Add the Guar beans, turmeric and 1/2 cup water and let it cook till tender and till when very little water is left.
Add salt as required.
Serve hot.

Makes: 6-8 servings