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Rajasthani Haldi Ki Sabji (Raw Turmeric Curry)

Prep Time: 10 minutes, Cook Time: 30 minutes, Servings: 6 people Calories: 128kcal

Ingredients

1x2x3x

- 200 g Fresh turmeric
- 50 g Amba Haldi (Optional)
- 4 tbsp Ghee
- 2 Green Cardamom (Crushed)
- 3-4 Cloves (Crushed)
- 1 inch Cinnamon (Crushed)
- 1/2 tsp Cumin seeds
- 1/4 tsp Heeng
- 2-3 Green chillies (Slit into halves)
- 1 tsp Garlic (Chopped)
- 1/2 inch Ginger (Grated)
- 3/4 cup Sour Yogurt
- 1 tsp Red chilli powder
- 1 tsp Coriander powder
- 1/2 tsp Garam masala powder
- Salt (To taste)
- 1/2 cup Green Peas
- 2 tbsp Coriander leaves (Chopped)

Instructions

1. Wash the turmeric and amba haldi and peel them using a knife.
2. Grate the turmeric and amba haldi using a medium grater.
3. Heat ghee in a pan.
4. Once the ghee is hot, add the cardamom, cloves and cinnamon.
5. Add cumin seeds, hing, green chilli, garlic and ginger and fry for a few seconds.
6. Add the grated haldi and amba haldi and fry for 10-15 minutes on low heat until turmeric is softened.
7. Keep stirring continuously to avoid the sticking from bottom.
8. Whisk yogurt with red chilli powder, coriander powder and garam masala powder and add it in the pan.
9. Keep stirring continuously for 3-4 minutes until the sabzi starts to thicken.

10. Add salt and green peas and cover and cook for another 3-4 minutes.
11. Garnish with fresh coriander.

Notes

If amba haldi is not available, use regular haldi for this sabji.

Do not compromise on frying the haldi. If not fried properly, the sabji will turn bitter.

Nutrition Facts

Amount Per Serving

Calories 128Calories from Fat 99

% Daily Value*

Fat 11g**17%**

Saturated Fat 6g**38%**

Cholesterol 29mg**10%**

Sodium 74mg**3%**

Potassium 119mg**3%**

Carbohydrates 5g**2%**

Fiber 1g**4%**

Sugar 2g**2%**

Protein 2g**4%**

Vitamin A 290IU**6%**

Vitamin C 11.1mg**13%**

Calcium 50mg**5%**

Iron 0.8mg**4%**

A specialty winter dish from Rajasthan, **Kacchi Haldi Ki Sabji** is fresh turmeric and yoghurt curry mildly flavored with spices. Serve it with ghee slather crispy roti for best taste. Here is how to make it.



Rajasthan is a state which is not only known for its historic heritage, but also for its rich food.

There are so many recipes such as [Laal Maas](#), [Gatte Ki Sabzi](#), [Dal Baati Churma](#), [Ghevar](#) etc, which are unique in terms of taste and you will not find these dishes in any other part of India.

One of such dish is Haldi Ki Sabzi. Made from fresh turmeric, curd is used in this sabzi to settle down the strong flavours of fresh turmeric.



A very popular dish which is made only in Winters, as it provides heat to your body and really helps in the extreme cold temperatures.

As we all know Turmeric has great antiseptic powers and is used as medicine in Ayurveda, it is really good to include in your winters meals.

Many families in Rajasthani households make this in a little larger quantity and store it in the refrigerator to serve as a side to their meals.

So, if you get a hold of fresh turmeric this Winters, do not forget to try this turmeric curry.

Some more Rajasthani recipes, if you are looking to explore this cuisine – [Rajasthani Besan Bhindi](#), [Rajasthani Ker Sangri](#), [Rajasthani Makki Ka Dhokla](#), [Rajasthani Moong Dal Halwa](#) and [Rajasthani Sev Tamatar Ki Sabzi](#).

What is Haldi ki Sabji?

A specialty winter dish from Rajasthan, it is made with fresh turmeric and yoghurt which is mildly flavored with spices.

Turmeric or haldi has healing properties and has been used in India for thousands of years as a medicine and condiment.

It gives a vibrant yellow color to food and this is the reason, it is also added to all kinds of foods.

Although never a primary ingredient, turmeric in this vegetable dish gives a very different taste and flavor.

Fresh, raw turmeric is easily available in the market in winters, and looks like the yellow ginger root.

It can be used just as is in the preparation of this dish.

Since turmeric is dry and increases heat, the addition of yoghurt helps balance it.

This dish is often made for festive occasions and marriages.

You can adjust the consistency of the sabji according to your preference.

Add some water if you like a thinner consistency.

Serving Suggestions

This Haldi Ki Sabzi can be served with Rajasthani Moti Roti or Bajre Ki Roti with a dollop of homemade ghee.

But you can also serve it with Phulka, Tawa Paratha or simple Steamed Rice.

Usually it is served as a side dish with meals in smaller quantities, as it has strong flavours and more of this can create heat in your body.

Pro Tips by Neha

Peeling raw haldi leaves the palm yellow and it take a few days for the colour to go. So make sure to wear gloves while peeling and grating the raw turmeric.

Use an old bowl to keep the grated haldi. It will stain the bowl as well.

Do not use a white pan or white spatula to make this sabji.

Use a spoon to peel the skin from raw turmeric. A blunt knife also works good.

The taste of raw haldi is bitter and that is why it is cooked in lot's of ghee. Do not skimp on the amount of ghee to make this sabji.

Step by Step Recipe

Wash the turmeric and amba haldi and peel them using a knife.



Grate the turmeric and amba haldi using a medium grater.



Heat ghee in a pan.



Once the ghee is hot, add the cardamom, cloves and cinnamon. Add cumin seeds, hing, green chilli, garlic and ginger and fry for a few seconds.



Add the grated haldi and amba haldi and fry for 10-15 minutes on low heat until turmeric is softened. Keep stirring continuously to avoid the sticking from bottom.



Whisk yogurt with red chilli powder, coriander powder and garam masala powder and add it in the pan.



Keep stirring continuously for 3-4 minutes until the sabzi starts to thicken. Add salt and green peas.



Cover and cook for another 3-4 minutes.



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* Percent Daily Values are based on a 2000 calorie diet.

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Kacchi Haldi Ki Sabji Recipe

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Course: Main Course

Cuisine: Indian

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Cook Time: 30 minutes

Total Time: 40 minutes

Servings: 6 people

Calories: 128kcal

Author: [Neha Mathur](#)

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