

# Vazhaipoo poriyal recipe

**Recipe Cuisine:** Indian | **Recipe Category:** Lunch  
**Prep Time:** 25 mins | **Cook time:** 20 mins | **Serves:** 3

## Ingredients

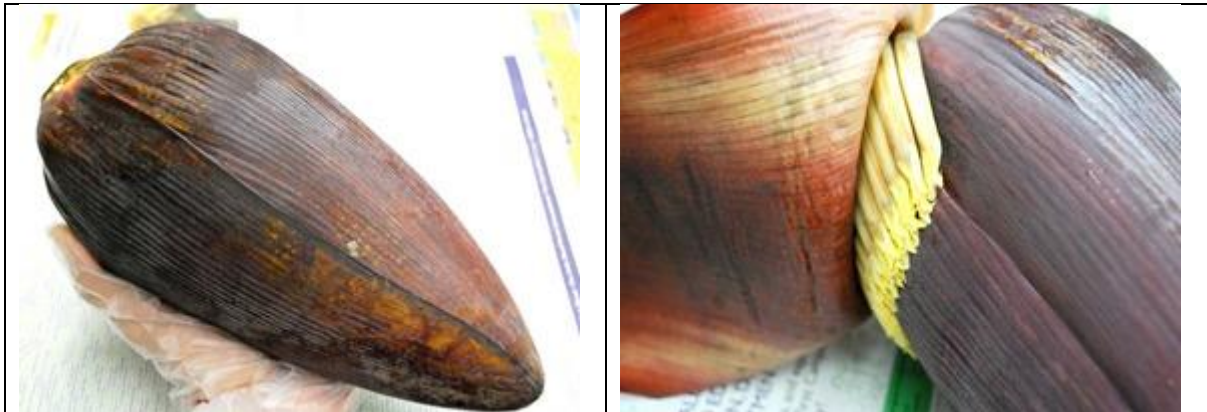
Vazhaipoo/banana flower	- 1
Sambar powder	- 1 & 1/2 tsp
Turmeric powder	- 1/8 tsp
Coconut grated	- 1/4 cup
Salt	- as needed
Onion (optional)	- 1

## To Temper

Oil	- 1 tsp
Mustard	- 3/4 tsp
Urad dal	- 1 tsp
Curry leaves	- A sprig

## Method

1. Before you touch the flower for cleaning, either use gloves or apply sesame oil on both of your hands thoroughly. This prevents your fingers and nails turning black and ugly! Separate the edible flower part by removing the petals one by one.



2. Hold a bunch and remove the two parts of the flower that is shown in the picture, they tend to not cook, so we remove it before cooking. Towards the middle part, they will be so tender, so no need to remove that, if you feel it's tender!



3. We eat this smallest remain raw, as it is very good for stomach, its crunchy and good in taste too !



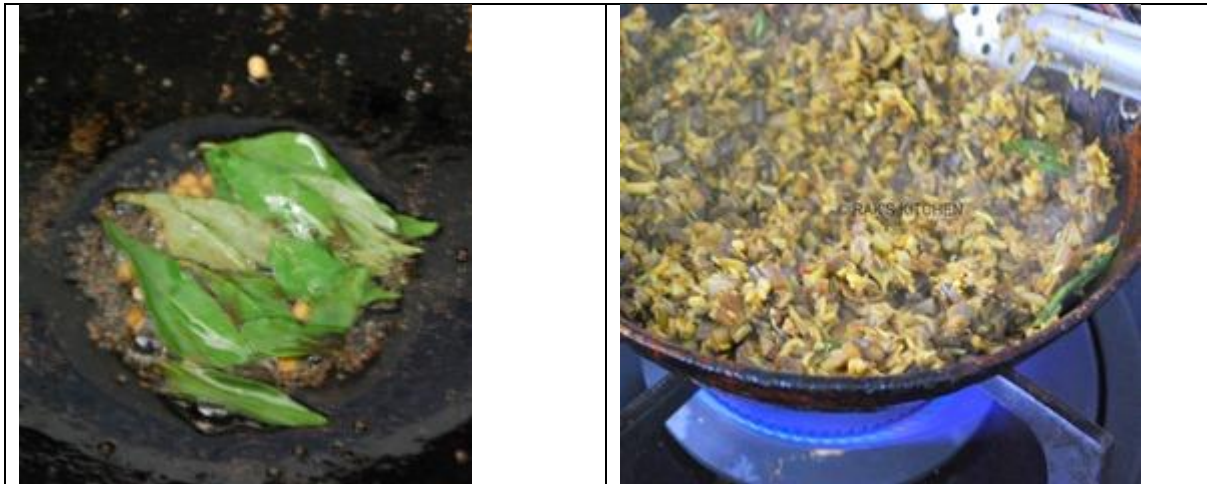
4. After you are done cleaning the florets, chop them finely and immerse and keep in water mixed with sour buttermilk/or curd, to lessen the blackening effect.



5. My mom-in-law even cuts and immerse it in the buttermilk water overnight for the next day early morning cooking.
6. Drain the water, in a vessel, bring water to boil and add the chopped florets along with sambar powder, turmeric and salt. Water just to immerse is enough, as this gets cooked quickly. (Other way is to directly cook in the pan by covering, you may adopt which ever method you are convenient. ) After it gets cooked, drain the water completely and keep aside.



- Heat a pan with oil and temper with mustard, urad dal and curry leaves. (If you want to add onion add now and fry till transparent.) Add the cooked florets and stir fry for 3-4 minutes in medium flame till the moisture evaporates.



- Add the coconut and stir well for 2 minutes.



Transfer to the serving bowl and enjoy as an accompaniment for rice.

Me and my husband even love this mixed with rice and sesame oil!

