

Shree Maa's Recipes

Swami Ram Kripaluji's Kohlrabi Recipe

Ingredients

1	Kohlrabi
1	Tomato
1 tsp	Olive oil
1 c	Water
½ tsp	Indian Five Spice*
pinch	Turmeric
pinch	Asfoetida (Hing)
2 tsp	Anise seed powder
Salt to taste	



Directions:

1. Cut Kohlrabi into 2 cm cubes and boil it until it is a little soft.
2. In another pan, put olive oil wait for it to become hot and add 5 spices and hing.
3. Add Kohlrabi cubes and stir.
4. Add turmeric powder and anise powder and fry for a few minutes.
5. Add tomato pieces and add salt to taste.
6. Add water and steam for five minutes.

** Note: Indian 5 Spice, also called Panch Phoran, is a Bengali spice mixture used in many recipes. The spices are commonly found in Indian markets and include equal measures of: nigella seeds, black mustard seeds, fenugreek seeds, fennel seed, and cumin seed. You may mix these together yourself and store in an air tight container, or buy the masala blend from an Indian Store.*