

Recipe - Baby Jackfruit Saag

Utpal Kumar Katakya



Going down memory lane, my mother used to prepare 'Kathalor Musir Torkari' in Shillong during our childhood days. That was one item I really used to relish. Seeing the baby jackfruits displayed in the vegetable section of most grocery

outlets and supermarkets of Dubai, I could not resist the temptation of making an attempt to reproduce the curry. But instead of asking my mother how she had prepared the curry, I devised my own recipe which I am presenting below. Incidentally, baby jackfruit is available in Dubai throughout the year, perhaps because it is imported from different parts of the world.

Ingredients:

Baby jackfruit – one ($\frac{3}{4}$ kg. approx.)

Spinach – one kg.

Cooking oil – four tbspoonful

Milk powder – $\frac{1}{2}$ cup

Salt – $\frac{3}{4}$ tsp.

Haldi – $\frac{1}{2}$ tsp.

Jeera powder – $1 \frac{1}{2}$ tsp.

Dhania powder – $1 \frac{1}{2}$ tsp.

Garam masala powder – $1 \frac{1}{2}$ tsp.

Sugar – 2 tsp.

Pure ghee – 1 tsp.

Method:

Peel the jackfruit and cut into small pieces. (It is advisable to wear a pair of thin gloves while peeling and cutting because of its stickiness). Meanwhile, boil the cleaned and washed spinach with two cups of water. Drain the spinach and keep the water separately. Then grind the spinach to a fine paste and leave it aside. Mix the milk powder in a cup of water. Heat the oil in a medium-sized pan. As it heats up, add the sugar and let it turn brown. Fry the jackfruit and add salt and haldi, stirring it from time to time. After a few minutes add jeera, dhania and chilli powder. When the jackfruit has turned slightly tender and has just begun to stick to the bottom of the pan, add the milk and cook in low heat for a couple of minutes. Add the spinach paste and stir until it mixes evenly. If the gravy turns out to be too thick, add some of the drained water. Next add the garam masala powder and cook for a few minutes more. Warm before serving and add ghee. This preparation can be had with rice or roti,

paratha or nan. Serves 4-6

Utpal is a practising Child Specialist in the Dept. of Health and Medical Services, Government of Dubai. He was brought up in Shillong and did his schooling from St. Edmund's College. After graduating from Assam Medical College, Dibrugarh, he proceeded for Paediatric training to the United Kingdom. He has been in Dubai since 1976 and one of his hobbies is cooking.

My Sister

Abraz Zaman Laskar

I have a little sister

Sometimes she cries

Sometimes she is nice

Wherever we fight

We say "sorry",

And everything is all right!

My sister likes to eat

Sitting on her Green high seat

I love my sister a lot!

Abraz is a student of grade 3.

