THORAN
GREEN BEANS AND COCONUT STIR-FRY

Thoran is a nutritious fresh coconut based vegetable dish of the southern state of Kerala. It usually served with boiled rice and Sambar (lentil cooked with vegetables). It is mildly spiced and flavoured with fresh coconut.
Green beans are most commonly used to make thoran. However, you may use this recipe to stir-fry other vegetables. e.g. cabbage, runner beans, carrots or even all vegetables as a mix!

Serves: 6 as part of a thali
Preparation Time: 10-15 min
Cooking Time: 15 min

Ingredients

- 600 g green beans, chopped
- 2 medium size onions, finely chopped
- 75 g fresh grated coconut, (75 g frozen medium grated coconut), (60 g medium desiccated coconut)
- 3 tbsp sunflower oil
- 1 tbsp lemon juice
- salt to taste
- water as needed

Spices & Herbs

- 1 tsp urid daal
- 1 tsp black mustard seeds
- 1 - 2 whole dry red chilli (optional)
- ½ tsp turmeric powder
- 1 tsp cumin powder
- 1 - 2 green chillis, finely chopped (optional)
- 2 tbsp garlic, crushed
- 8 curry leaves

Method

1. If you are using desiccated coconut, then soak it into 60 ml water to rehydrate it.
2. In a shallow saucepan, moderately heat the oil.
3. Keeping the heat on a medium low setting, add urid daal, followed by mustard seeds. When the urid daal turns darker and the mustard seeds crackle, add the whole dry red chilli(optional) and let it roast for 5 - 10 seconds.
4. Add curry leaves, chopped green chilli (optional), garlic and onions. Sauté the mixture until the onions are sweated. Add salt. Add green beans and combine it with the mixture, so that the green beans are evenly coated with spicy oil.
5. Sprinkle on 2 tbsp water, cover the pan with a lid. Simmer until the green beans are tender.
6. If you are using the desiccated coconut, drain the excess water.
7. Add coconut, cumin powder, turmeric powder and lemon juice. Mix everything well.
8. Cook on a medium low heat for 2 - 4 minutes, stirring every now and again to ensure that the vegetables do not stick to the pan.
9. Turn off the heat and do not cover it with the lid. The thoran is now ready to serve.

Notes

The thoran is suitable for cooking in advance, and keeping in refrigerator. Sprinkle 2 tbsp water and re-heat at 75°C for 2 mins before serving.

