

Sesbania Flower Soup

(from <http://moulmeinkitchen.blogspot>)

300gr Sesbania grandiflora

Coarsely chopped fresh chives

1 ½ tab tamarind juice

Salt to taste

Quantity Pre-made gravy paste.



Picking sesbania flowers at TMP.

Gravy Paste

Add cooking oil in the cooking pot and heat over a high heat. Add turmeric powder and ginger paste. Give it a quick stir.

Add mixture of red onions and garlic paste. Stir well. Once it starts to boil, add the chilli powder and stir. Sprinkle salt and stir well. Let it cook for about 7-10 minutes over a medium heat. The gravy requires frequent stirring to ensure it does not stick.

Method

Remove yellow anthers from flowers and wash them.

Heat cooking pot over a medium heat.

Add 2 tabs of cooking oil.

Once the oil is heated, add in chives.

Add gravy paste.

Stir.

Add in the flowers and stir well.

Add 2 cups of water, cover with lid and let it cook for 5 minutes.

Add tamarind juice.

Season to taste with salt.

Stir gently.

Let it simmer for 2 minutes and it's ready.



Removing anthers from the flowers.



Ready to eat.