

Recipe

Bharwan Karele

By

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Ingredients

- Bitter gourds (karele) - 8 medium sized
- Salt - To taste
- Oil - 1 tbsp
- Ginger - $\frac{3}{4}$ inch piece
- Coriander powder - 1 tsp
- Red chili powder - $\frac{1}{2}$ tsp
- Cumin powder - 1 tsp
- Turmeric powder - $\frac{1}{2}$ tsp
- Tamarind juice - 2 tsp

Stuffing

- Gram flour (besan) - 1 cup
- Fresh coriander leaves – a few sprigs
- Red chili powder - ½ tsp
- Garam masala powder - ¼ tsp
- Carom seeds (ajwain) - 1 tsp

Preparation

1. Scrape, wash and make a slit on one side of the bitter gourds and deseed.
2. Rub salt over and inside and leave aside for an hour.
3. Wash under running water. Keep aside.
4. Peel, wash and grind ginger to a fine paste.
5. Clean, wash and chop coriander leaves.
6. To prepare stuffing, dry roast gram flour in a nonstick pan and sauté on low heat till it emits a nice aroma. Remove from heat, transfer into a plate and allow it to cool.
7. Add one fresh coriander leaves, salt, red chili powder, garam masala powder and carom seeds and mix well.
8. Stuff this masala mixture into each bitter gourd and keep aside.
9. Heat oil in pan; add ginger paste and sauté for two minutes.
10. Add coriander powder, red chili powder, cumin powder, turmeric powder and mix well.
11. Sauté the masala till it emits a nice aroma.
12. Add stuffed bitter gourds, half a cup of water and salt.
13. Cover and cook on high heat for three to four minutes.
14. Reduce heat and cook for ten to twelve minutes, stirring gently at regular intervals.
15. Add tamarind juice and mix well.
16. Cover and cook for ten to fifteen minutes or till bitter gourds are properly cooked.
17. Serve hot.

Serves

4 Persons

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Hare Rama Hare Rama Rama Rama Hare Hare