

Recipe

Shukto

By

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Ingredients

- Bitter gourd (karela) - 1 medium sized
- Oil - 5 tbsp
- White radish - 1 medium sized
- Ridge gourd (turai) - 1 medium sized
- Sweet potato - 1 medium sized

- Potatoes - 2 large sized
- Poppy seeds - 2 tbsp
- Broad beans (papis) - 10
- Drumsticks - 2
- Brinjal (long) - 1 medium sized
- Ginger - 1 inch piece
- Mustard seeds - 1 tsp
- Bay leaves - 2
- Sugar - 1 tsp
- Salt - to taste
- Ghee - 1 tbsp
- Paanch phoron - 1 tsp

Preparation

1. Wash and slice bitter gourd into thin roundels.
2. Heat two tablespoons of oil in a pan and fry bitter gourd slices lightly. Drain and keep aside.
3. Peel, wash and cut white radish, ridge gourd, sweet potato and potatoes into one inch sized cubes.
4. Soak poppy seeds in one-fourth cup of water for half an hour.
5. String broad beans, wash and cut into one-inch sized pieces.
6. Wash and cut drumsticks into one-inch sized cubes. Peel and wash ginger.
7. Grind together poppy seeds, mustard seeds and ginger to a thick paste.
8. Heat remaining oil in a kadai.
9. Add paanch phoron and bay leaves.
10. When the seeds start to crackle, add vegetables and stir lightly.
11. Add ground paste and stir for five to seven minutes.
12. Add two cups of water and cover.
13. Cook on medium heat stirring occasionally till vegetables are almost cooked.
14. Add fried bitter gourd, salt and sugar.
15. Stir and add a tablespoon of ghee
16. Cook for two minutes till gravy is if medium thick consistency. Serve hot.

Serves

4 Persons

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Hare Rama Hare Rama Rama Rama Hare Hare