Dudhi Pakoda

by Bhaktivedanta Hospital - Diet Dept.

"Krishna is very kind. Therefore, He has given us his remnants of food stuff"

Ingredients :

Dudhi / Bottle Gourd	150 gms
Corn Flour	2 to 3 Tbsp
Ginger-green chillies-corriander paste	1 tbsp
Ajwain	½ tsp
Jeera	½ Tsp
Salt	to taste
Haldi	¼ tsp
Dhania-jeera pwd	1 tsp
Oil	For frying

Accompaniment :

Tomato	2 nos.
Jaggery	1 tbsp.
Oil	1 tsp
Mustard seeds	¼ tsp
Curry leaves	few
Whole red chillies	2 Nos.
Salt	to taste

Preparation :

For Pakodas :

1.Grate dudhi, squeeze out water and immediately prepare the dough by adding all the dry masalas , salt and green chutney paste.

2.The batter should not be too thick / watery.

3.Deep fry on medium flame till golden brown.

4.Serve hot with tomato chutney.

For Chutney :

1.Heat 1 tsp oil. Add mustard seeds and whole red chillies and curry leaves.

2.Add finely chopped tomatoes. Saute till done

3.Add jaggery and salt.

4.Serve with pakodas.

Serving	Energy (kcal)	Carbohydrate (gm)	Protein (gm)	Fat (gm)
1	380	46	4.0	22

For further details please contact : vaidehi_nawathe@sify.com

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