

## Recipe

### Bitter Gourd (Karela) Chutney

#### By

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## Ingredients

Bitter gourd (Karela) - 3 large (deseeded)  
Salt, sugar - to taste  
Oil - 2 tbsp or 3 tbsp (depending on the size of the karela)  
Mustard Seeds - 1/4 tsp  
Fenugreek Seeds (Methi Seeds) - 1/8 tsp  
Peanuts - 1/2 cup (roughly crushed)  
Sesame Seeds (Til) - 2 tbsp  
Turmeric Powder (Haldi)- 1/4 tsp  
Red Chili Powder - to taste  
Coariander Powder (Whole Dhania powder) - 1 tsp  
Cumin Powder (Jeera Powde)r - 1/2 tsp  
Dry Mango Powder (Amchoor Powder)- to taste

## Preparation

Finely chop the Karela.

Sprinkle salt, leave aside for 30 minutes.

After 30 minutes, squeeze the juice out of it.

Stir fry karela on low flame till golden brown and crispy.

Heat a skillet on medium heat.

Pour in the Oil and once hot, add in the Mustard Seeds and allow them to pop.

Add in the Sesame Seeds and allow them to pop.

Add in the crushed Peanuts and cook till they turn light golden in color.

Add in the Karela, mix well.

Also, add in the powdered spices - Red Chili, Coriander, Dry mango, Cumin & Turmeric.

Do not preserve the chutney. Advised to consume freshly prepared chutney. All the way through, remove the cover and allow it to dry out and turn crispy.

Add salt and sugar to taste.

NOTE: Bitter gourd is good for maintaining insulin levels

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Hare Rama Hare Rama Rama Rama Hare Hare**