DietCloud – Recipe

Recipe Name: South Indian Style Sorakkai Kootu Recipe - Bottle Gourd Cooked with Lentils

Diet Type: Vegetarian

Course: Side Dish

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Bottle gourd (lauki) - diced small	4
• 1/4 cup Yellow Moong Dal (Split)	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1/4 cup Fresh coconut	
• 1 teaspoon Cumin seeds (Jeera)	
• 2 Red Chilli powder	
• 1 teaspoon Sunflower Oil	
• 1/2 teaspoon Mustard seeds	
• 1 teaspoon White Urad Dal (Split)	
• 1 Dry Red Chilli - broken into half	
• 1 pinch Asafoetida (hing)	
• 2 sprig Curry leaves	

Preparation

• Close the cooker with a lid and cook till the cooker releases 4 whistles.

• Once it is done, switch off the heat and release the pressure naturally.

• Add the ingredients mentioned in the list to be ground into a coarse paste, which is fresh coconut, cumin seeds and red chilli powder.

• Once the pressure is released, add this paste into the cooked mixture and give it a stir.

• Cook it for 2 minutes and switch off the stove.

• For the Tadka, heat a skillet with oil and crackle the mustard seeds and urad dal, add the rest of the ingredients and then pour this over the Sorakkai Kootu and serve.

Macronutrients

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Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)