DietCloud – Recipe

Recipe Name: Konkani Style Sol Kadhi Recipe - Kokum Flavored Coconut Curry

Diet Type:

Course: Lunch

Cuisine: Konkan

Quantity:



Ingredients

Ingredient	Quantity
• 8 Kokum (Malabar Tamarind) - soaked with 1 cup water	4
• 1/2 cup Fresh coconut	
• 1 sprig Coriander (Dhania) Leaves - chopped	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 teaspoon Mustard seeds	
• 2 Dry Red Chillies	
• 1 sprig Curry leaves	
• 1 pinch Asafoetida (hing)	
• 4 cloves Garlic - crushed	

Preparation

• To begin making the Konkani Style Sol Kadhi Recipe, firstly we will soak the kokum in 1 cup water for about 30 minutes.

• Squeeze the pods to extract the juices, drain the pods and retain the warm water with the extract in it.

• In a mixer-grinder, blend together the freshly grated coconut with enough water to make a smooth paste.

• Strain the paste through a fine sieve to extract fresh coconut milk from it.

• Keep it aside.

• Heat a pan with a teaspoon of oil, crackle the jeera and mustard seeds.

• Then add in the curry leaves and dry red chillies.

• Sprinkle hing and add in the garlic as well.

• Saute for about 20 seconds.

• Once done pour this over the milk, add the kokum liquid as well and then garnish with some coriander leaves.

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Macronutrients

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