DietCloud – Recipe

Recipe Name: Kongunadu Cucumber Juice Recipe - Spicy & Tonji Eggplant Juice

Diet Type:

Course: Dinner

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 10 Small Brinjal (Baingan / Eggplant)	4
• 1 Tomato - finely chopped	
• 1/2 cup Tamarind Water	
• 1/4 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	
• 1 tablespoon Coriander (Dhania) Seeds	
• 2 teaspoons Arhar dal (Split Toor Dal)	
• 1 teaspoon Cumin seeds (Jeera)	
• 2 Dry Red Chillies - (adjust according to the heat of the chilli)	
• 4 cloves Garlic	
• 1 teaspoon Whole Black Peppercorns	
• 1 sprig Curry leaves	
• 4 sprig Coriander (Dhania) Leaves - finely chopped	
• 2 teaspoons Ghee	
• 1 teaspoon Mustard seeds	
• 1 Dry Red Chilli - cut it into smaller pieces	
• 5 Curry leaves - tear them roughly	
• 1 pinch Asafoetida (hing)	

Preparation

• Cut the crown of the baby brinjals and slit cutting just half way through the brinjals.

• Cook this until the brinjals have softened.

• Once it comes to a brisk boil, turn the heat to low and simmer the rasam for about 10 minutes until you notice it starts to froth up.
• At this stage turn off the heat.

• Add the red chili, curry leaves and asafoetida and keep it going for a few seconds.

Macronutrients

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