DietCloud – Recipe

Recipe Name: Goan Molyacho Ross Recipe - Goan Moolyacho Ross

Diet Type:

Course: Lunch

Cuisine: Goan Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2 radishes - peel	4
• 1/2 cup pigeonpea	
• 1/2 onion - finely chopped	
• 6 tablespoons coconut - grated	
• 1 green chilli - cut straight	
• 4 dry red chillies	
• 1 teaspoon coriander seeds	
• Tamarind - Lemon	
• 1/2 teaspoon Jaggery - grated	
• salt - as per taste	

Preparation

• To make goan moolacho ros, first peel the radish and cut it into 1-1 / 2 inch long pieces.

• In a pressure cooker, add dal, radish, onion, 1 cup of water, mix and close the cooker.

• Cook till 4 city comes.

• Mix coconut, dry red chillies, coriander seeds, tamarind, turmeric powder and 1/2 cup water in a grinder jar and grind to make gravy.

• Open the cooker and pour this gravy in the cooker.

• Take Add jaggery to it, mix and let it cook for 10 minutes on low heat.

• Add salt and mix.

• Turn off the gas after 1 minute and serve hot.

• Serve Goan Moolachicho Ross with rice and Kokum Kadhi for dinner.

Macronutrients

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

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