DietCloud – Recipe

Recipe Name: Peerkangai Thogayal Recipe (Ridge Gourd Peel Chutney)

Diet Type:

Course: Side Dish

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Ridge Gourd Skin (Turai/ Peerkangai)	4
• 2 teaspoons White Urad Dal (Split)	
• 5 Methi Seeds (Fenugreek Seeds)	
• 3 Dry Red Chillies	
• 10 Curry leaves	
• 30 grams Tamarind	
• 1/4 teaspoon Mustard seeds	
• 2 Dry Red Chillies	
• 3-4 Curry leaves	
• 1 teaspoon Sunflower Oil	
• Salt - to taste	

Preparation

• To begin making the Peerkangai Thogayal Recipe, heat a teaspoon oil in a heavy bottomed pan; add the cut peels of the Ridge Gourd, along with a little salt and saute until soft and tender.
• Turn off heat and allow it to cool.
• The peels will not get complet.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	7	4	6