

Recipe Name: Karwar Style Ambade Udid Methi Recipe - Hog Plum Curry

Diet Type:

Course: Lunch

Cuisine: Coastal Karnataka

Quantity:



Ingredients

Ingredient	Quantity
• 5 Hog Plum (Amtekai) - (Ambade)	4
• 3/4 cup Fresh coconut - grated	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1 tablespoon Coriander (Dhania) Seeds	
• 1 teaspoon Black Urad Dal (Split)	
• 1 teaspoon Rice - (raw rice)	
• 1/4 teaspoon Methi Seeds (Fenugreek Seeds)	
• 6 Whole Black Peppercorns	
• 4 Dry Red Chilli	
• 2 tablespoons Jaggery	
• 1 pinch Asafoetida (hing)	
• 1 Karela (Bitter Gourd/ Pavakkai) - (Small)	
• Salt - to taste	
• 2 teaspoons Sunflower Oil	
• 2 teaspoons Sunflower Oil	
• 1/2 teaspoon Mustard seeds	
• 1 pinch Asafoetida (hing)	

Preparation

• To begin making the Karwar Style Ambade Udid Methi Recipe (Hog Plum Curry), firstly, scrape away the outer layer of the bitter gourd, clean it from inside and cut it into thin rings.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	20	8	10