

Recipe Name: Stuffed Gilka Recipe (Maharashtrian Style Stuffed Silk Squash)

Diet Type:

Course: Lunch

Cuisine: Maharashtrian Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 6 Gilka (sponge/silk squash) - cut into about 3 inch pieces	4
• 1 teaspoon Cumin seeds (Jeera)	
• 1 tablespoon Sunflower Oil	
• Coriander (Dhania) Leaves - as required for garnish (chopped)	
• 2 Onions - finely chopped	
• 7 cloves Garlic - crushed	
• 3 tablespoon Groundnut powder	
• 2 tablespoon Sesame powder - roasted	
• 2 teaspoons Red Chilli powder	
• 2 teaspoon Maharashtrian Goda Masala	
• 1 teaspoon Jaggery - grated	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1/2 teaspoon Asafoetida (hing)	
• Salt - to taste	

Preparation

- To begin making the Stuffed Gilka, we will first make the stuffing.
- In a bowl mix all ingredients mentioned under stuffing.
- Mix everything properly and keep it aside.
- Next, make a slit length wise in each gilka piece without cutting through.
- Carefully stuff.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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250

5

35

10

4

5

