

Recipe Name: Mushroom Caldine Recipe | Vegetarian
Goan Mushroom Curry

Diet Type: Vegetarian

Course: Lunch

Cuisine: Goan Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 400 grams Button mushrooms	4
• 1 cup Coconut milk	
• 1 Onion - finely chopped	
• 2 Green Chillies - slit	
• 5 Garlic - finely chopped	
• 1 inch Ginger - finely chopped	
• 1 teaspoon Salt - or to taste	
• 1 teaspoon Sunflower Oil - for cooking	
• 1/2 cup Fresh coconut	
• 20 grams Tamarind	
• 1 teaspoon Cumin (Jeera) seeds	
• 1/2 teaspoon Coriander (Dhania) Seeds	
• 4 Dry Red Chillies	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1/4 cup Water	

Preparation

- To begin making the Mushroom Caldine recipe, first prep and measure all the ingredients and keep them ready.
- Add 1/4 cup of warm water and blend to make a smooth paste.
- Cut the mushrooms either into slices or halves or you can leave them as whole.
- Its a personal choice of how you like your mushrooms.
- I like them sliced lengthwise.
- Saute until the onions are tender and lightly browned.



- Once the onions are lightly brown, add the tomatoes and saute for about a minute until it turns soft and mushy.
- Cover the pan to fasten the cooking process of the tomatoes.
- Once the tomatoes have softened, add the mushrooms and saute until the mushrooms are almost cooked.
- They will shrink in size and release water.
- At this stage, add the caldine masala paste, coconut milk and salt to taste.
- Give the mushroom caldine a brisk boil for about 3 minutes and turn off the heat.
- Check the taste and adjust the salt accordingly.

Macronutrients

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

