

Recipe Name: Awadhi Style Karela Ka Dulma Recipe - Stuffed Bitter Gourd In Yogurt Gravy

Diet Type:

Course: Side Dish

Cuisine: Awadhi

Quantity:



Ingredients

Ingredient	Quantity
• 2 Karela (Bitter Gourd/ Pavakkai) - cut cylindrical	4
• 3 tablespoon Curd (Dahi / Yogurt)	
• 3 Onions - chopped	
• 6 cloves Garlic - chopped	
• 2 teaspoon Coriander Powder (Dhania)	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Amchur (Dry Mango Powder)	
• 2 teaspoon Kalonji (Onion Nigella Seeds)	
• 2 teaspoon Ajwain (Carom seeds)	
• 5 Badam (Almond) - blanched and skin peeled	
• Salt - to taste	
• Sunflower Oil - for cooking	

Preparation

- Soak these cut bitter gourd in water mixed with salt solutions so that it reduces the bitterness little.
- Next is to make the stuffing so heat a flat non stick pan, add the kalonji seeds, fenugreek seeds, cashew nuts and almonds and roast it for 2 minutes until the nuts are roasted and starts to turn golden brown in colour.
- Then using a hand blender, blend it into a coarse paste.
- Add the powdered nuts and seeds and give it a stir.
- Once done, stuff it inside the karela tightly.
- Add these into the remaining stuffing on the pan and fry it for few minutes.
- Add curd and coat it evenly, making sure that the karela does not break.
- Simmer Awadhi Style Karela Ka Dulma Recipe for 2 minutes by closing it with a lid.



Macronutrients

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