

Recipe Name: Konkani Style Maskasangi Magge Koddal
Recipe-Drumstick and Mangalore
Cucumber Curry

Diet Type:

Course: Lunch

Cuisine: Konkani

Quantity:



MANGALORE CUCUMBER DRUMSTICKS CURRY
Magge Mashingsaange Koddal

Ingredients

Ingredient	Quantity
• 1 Drumstick - cut into 1 inch	4
• 1 Mangalorean cucumber - cut into small pieces with the skin	
• 1 cup Tamarind Water	
• 1 teaspoon Red Chilli powder	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 tablespoon Jaggery	
• 4 cloves Garlic - roughly chopped	
• Salt - to taste	
• 5 Dry Red Chillies	
• 1 tablespoon Coriander (Dhania) Seeds	
• 1/2 cup Fresh coconut	

Preparation

• To begin making the Maskasangi Magge Koddal Recipe, prep all the ingredients and keep them aside.

- Heat a pressure cooker with oil, add some crushed garlic and saute for 10 seconds.
- Add the mangalore cucumber and drumsticks and the tamarind water.
- Add in the ground masala mixture, jaggery, chilli powder and salt and about 1/2 cup of water.
- Cover the pressure cooker and cook for 2 to 3 whistles.
- Once done, turn off the heat and allow the pressure to release naturally.
- Check the salt and seasonings and adjust to suit your taste and serve warm.



Macronutrients

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