

Recipe Name: Sorekai Majjige Huli Recipe (Bottle Gourd In Coconut Yogurt Curry Recipe)

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 Bottle gourd (lauki) - peeled and diced	5
• Salt - to taste	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 cup Curd (Dahi / Yogurt)	
• Salt - to taste	
• 1/4 cup Fresh coconut - grated	
• 1 tablespoon Chana dal (Bengal Gram Dal) - soaked in hot water for 10 minutes	
• 2 Green Chillies	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 teaspoon Asafoetida (hing)	
• 1 teaspoon Sunflower Oil	
• 1/2 teaspoon Mustard seeds	
• 1 sprig Curry leaves - roughly torn	
• 2 Dry Red Chillies	

Preparation

- We begin making the Sorekai Majjige Huli Recipe (Bottle Gourd In Coconut Yogurt Curry Recipe) by pressure cooking the bottle gourd with 1/2 cup of water in a pressure cooker, you can also add a teaspoon of salt.
- Pressure cook for 1 whistle and set it aside to release the pressure naturally.
- Next step is to make the paste, In a blender add in all the ingredients and grind into a smooth paste, you can add water slowly while it is blending.
- In a sauce pan, add the bottle gourd and the ground paste and mix it evenly, let it cook for 2 minutes.
- Then reduce the heat to minimum.
- In a mixing bowl add the curd and add one cup water and beat it till it is smooth and turn into a buttermilk.



- Slowly add the buttermilk into the bottle gourd mixture and stir continuously.
- Check for seasonings.
- In a small-bottomed pan, heat oil and temper the mustard seeds, curry leaves and some torn dry red chilies.
- Pour in the Kadai onto the yogurt based curry.
- Serve the Sorekai Majjige Huli Recipe (Bottle Gourd In Coconut Yogurt Curry Recipe) with hot steamed rice and Elai Vadam Recipe (A Traditional South Indian Rice Papad).

Macronutrients

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