

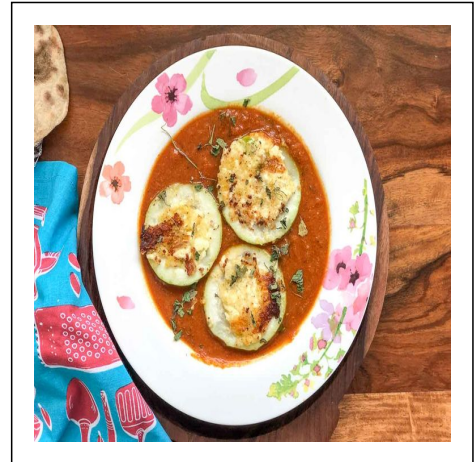
Recipe Name: Bharwa Lauki Recipe In No Onion No Garlic Makhani Gravy

Diet Type:

Course: Main Course

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 Bottle gourd (lauki) - peeled and cut into roundels	4
• 1 cup Paneer (Homemade Cottage Cheese) - crumbled	
• 1 tablespoon Gram flour (besan)	
• 1 teaspoon Garam masala powder	
• 1 Green Chilli - finely chopped	
• Salt - to taste	
• 1 Ginger	
• 2 tablespoons Cashew nuts	
• 2 Cardamom (Elaichi) Pods/Seeds	
• 2 Cloves (Laung)	
• 2 Dry Red Chillies - (adjust)	
• 1 cup Homemade tomato puree	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Red Chilli powder	
• 2 teaspoons Coriander Powder (Dhania)	
• 2 tablespoons Fresh cream	
• 1 teaspoon Garam masala powder	
• Salt - to taste	
• Emami Rice Bran Oil - as needed	
• 1 tablespoon Kasuri Methi (Dried Fenugreek Leaves)	

Preparation

- To begin making the Bharwa Lauki Recipe In No Onion No Garlic Makhani Gravy, first prep and keep all the ingredients ready.
- Combine all the ingredients for the stuffing in a mixing bowl.
- Fill the cut lauki roundels with the stuffing.
- Heat a shallow pan with a little oil on medium heat.



- Place the stuffed lauki on the oil and shallow fry until the filling and the lauki gets a little golden brown from the sides and center.
- For the Makhani Gravy: Grind the cashew nuts, ginger, red chillies, cardamom pods and cloves along with water to a smooth paste.
- Next add the tomato puree, coriander powder, red chilli powder, turmeric powder, salt and garam masala powder.
- Stir for another couple of minutes until the tomatoes begin to come to a bubble state.
- Stir in the fresh cream and give it a brisk boil.
- We will now prepare the coal for smoking.
- This method of coal smoking is not shown in the video.
- If you don't have access to coal, you can skip this step.
- Place the coal on the flame and allow it to become red hot.
- Once you notice that the coal is red hot, place it in a small heat proof cup.
- Place this cup of coal on top of the simmering Bharwa Lauki.
- Add a spoon of ghee on top of the coal.
- It will begin to smoke.
- This helps the Makhani gravy to get the smoked flavor.
- After five minutes, turn off the heat, stir in the kasuri methi for added flavor.
- Spoon and transfer the Makhani gravy into the serving bowl and place the Bharwa Lauki over the gravy and serve hot.

Macronutrients

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