

Recipe Name: Knol Khol Gravy Recipe - Kohlrabi In A Yogurt Based Gravy

Diet Type:

Course: Side Dish

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 3 Knol Khol (Ganth Gobi/kadam)	3
• 1 Onion - finely chopped	
• 3 Tomatoes	
• 3 tablespoons Curd (Dahi / Yogurt) - whisked/ beaten	
• 1 teaspoon Red Chilli powder	
• 1 tablespoon Garam masala powder	
• 1 inch Ginger - finely chopped	
• 3 cloves Garlic - finely chopped	
• 1 teaspoon Coriander Powder (Dhania)	
• 1/2 cup Water	
• Salt - As per your taste	
• 1 tablespoon Sunflower Oil	
• 1 teaspoon Cumin seeds (Jeera)	
• Coriander (Dhania) Leaves - finely chopped	

Preparation

- Make a couple of slits at the bottom of the tomatoes and put them in boiling water for 5 minutes until skin separates.
- (Blanching the tomatoes).
- Cool completely and grind into smooth paste.
- Once the oil is hot, add cumin seeds.
- Add finely chopped ginger and garlic and saute until raw smell goes away.
- Next, add the prepared tomato puree and cook for 5 minutes.



- Continue to cook till until the oil comes to the surface.
- Whisk curd and add it to the gravy.
- Add in half cup water, cover and cook for 20 to 25 minutes.
- Stir in between and check for water.
- If required, add some more water to adjust the consistency of the gravy.
- Turn off the heat.

Macronutrients

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

A large, faint, light blue watermark of the DietCloud logo is centered on the page. It consists of a cloud shape with the word "dietcloud" inside, surrounded by a circular ring.

dietcloud