

Recipe Name: Karnataka Style Orange Peels Curry Recipe

Diet Type:

Course: Lunch

Cuisine: Karnataka

Quantity:



Ingredients

Ingredient	Quantity
• 2 Orange	4
• Tamarind - big lemon size	
• 3 tablespoon Jaggery - adjustable	
• 1 teaspoon Rasam Powder	
• 1 teaspoon Red Chilli powder	
• 1 tablespoon Rice flour	
• Salt - to taste	
• 1 tablespoon Sunflower Oil	
• 1 teaspoon Mustard seeds	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 1/4 teaspoon Methi Seeds (Fenugreek Seeds)	
• 1 teaspoon White Urad Dal (Split)	
• 1 Dry Red Chilli - broken	
• 1 Green Chilli - slit	
• Asafoetida (hing) - a pinch	
• 1/4 teaspoon Turmeric powder (Haldi)	

Preparation

- To begin making the Karnataka Style Orange Peels Curry recipe, Peel out 2 oranges.
- Gently scrape the white region from the orange peel using a spoon.
- Remove as much as possible as this will reduce the bitterness.
- Chop the orange peels finely.
- Soak tamarind in water.
- After it's soaked well, squeeze out tamarind water and keep aside.
- Heat oil in a heavy bottomed pan and temper with mustard seeds, urad dal, cumin seeds & fenugreek seeds.



- When it splutters add curry leaves, red chilli powder, green chilli, hing and turmeric powder.
 - Mix and add chopped orange peel.
 - Fry for 4-5 minutes.
 - Later add tamarind water, salt, jaggery, red chilli powder and rasam powder.
 - Add some water and close the lid.
 - Keep the flame on low medium and allow the peel to cook well.
 - Mix in between.
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- When orange peels are cooked well, add the rice flour mix to the curry and allow it to boil for 1-2 minutes.
 - Adding rice flour gives nice thickness to the gravy.
 - If the desired consistency is attained, switch off.

Macronutrients

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