

Recipe Name: Kathiri Urulai Masala Kuzhambu Recipe -
Brinjal And Potato Masala Gravy

Diet Type:

Course: Main Course

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2 Brinjal (Baingan / Eggplant) - diced	4
• 1 Potato (Aloo) - diced	
• 20 grams Tamarind - gooseberry sized	
• 1 Onion - finely chopped	
• 1 Tomato - finely chopped	
• 1 teaspoon Red Chilli powder	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1/4 cup Fresh coconut - grated	
• 1 teaspoon Fennel seeds (Saunf)	
• 1 teaspoon Khuskhus	
• 5 Cashew nuts	
• 4 Dry Red Chillies	
• 1 teaspoon Mustard seeds	
• 1 inch Cinnamon Stick (Dalchini)	
• 1 sprig Curry leaves	
• 1 tablespoon Sunflower Oil	
• Salt - as per your taste	
• Water - as needed	

Preparation

- Keep aside.
- Heat a tablespoon of oil in a heavy bottomed pan.
- Once the oil is hot, add mustard seeds.



- Add in the sliced brinjal and potato, mix, cover the pan with a lid until the potatoes and brinjals are half cooked.
- This will take about 3 to 4 minutes.
- Now, add finely chopped tomato and cook till the tomatoes turns mushy.
- Let it cook for 3 to 4 minutes.
- Meanwhile, take grated coconut, khus khus, fennel seeds, cashews and red chillies in a mixer jar.
- Grind it to a smooth paste.
- Add this paste to the gravy.
- Boil it for 2-3 minutes.

Macronutrients

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