

Recipe Name: Odia Chatu Besara Recipe (Mushrooms in Spicy Mustard Curry)

Diet Type: Vegetarian

Course: Dinner

Cuisine: Oriya Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 400 grams Button mushrooms	4
• 1 Potato (Aloo)	
• 1 tablespoon Sunflower Oil	
• 2 Tomatoes	
• 1/2 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	
• Coriander (Dhania) Leaves - as required	
• 1-1/2 tablespoons Mustard seeds	
• 1 teaspoon Cumin seeds (Jeera)	
• 5 teaspoons Coriander (Dhania) Seeds	
• 5 Dry Red Chillies	

Preparation

- To begin making the Chatu Besara Recipe first clean the mushrooms thoroughly under running water.
- Cut them into halves and keep aside.
- Peel the potato and chop it into small pieces and keep it in a bowl of water until it is needed.
- Setting chopped potatoes aside in water helps retain their colour.
- Next, prepare the mustard paste.
- Add as little water as possible in order to ensure that the paste is thick and not runny.
- Now, to begin making the curry, add about 2 tablespoons of oil into a kadai or a heavy bottomed pan on a medium heat.
- First add the potatoes, sprinkle some salt and saute until they are almost cooked and get a light brown colour.
- Once the potatoes are cooked, transfer them to a paper towel to drain the excess oil and keep aside.
- In the same kadai, add the chopped tomatoes and toss them for a minute.



- Next, add the chopped mushrooms.
- Saute these on high heat for 6-8 minutes, until the mushrooms are half cooked.
- To this, add the prepared mustard paste, mix well and saute for 2 more minutes.
- Add salt and required amount of water of the gravy, as per the consistency you desire.
- Allow the curry to come to a boil so the masalas get cooked thoroughly.
- Simmer the Odia Chatu Besara on low to medium heat for about 5 minutes, until all the masalas get well absorbed by the vegetables.

Macronutrients

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