DietCloud – Recipe

Recipe Name: Udupi Style Ash Gourd Coconut Curry Recipe

Diet Type:

Course: Lunch

Cuisine: Udupi

Quantity:



Description

This Udupi Style Ash Gourd Coconut Curry is a delightful South Indian delicacy, showcasing tender ash gourd simmered in a creamy, spicy-sweet coconut-tamarind gravy. Aromatic spices are ground into a fine paste, creating a complex flavor profile. Visible in the photo, the vibrant orange-red curry is generously garnished with fresh curry leaves, mustard seeds, and dried red chillies. Traditionally served with steamed rice, idli, or dosa, it offers a comforting and wholesome meal.
[PROS]
- Rich in dietary fiber from ash gourd, aiding digestion and promoting gut health.
- Ash gourd has cooling properties and is high in water content, contributing to hydration.
- Contains healthy fats from coconut and a spectrum of antioxidants from the diverse array of spices.
- A good source of essential vitamins and minerals, particularly from the fresh produce and spices used.
[CONS]
- Coconut can be high in saturated fat; moderation is advisable for those monitoring fat intake.
- The inclusion of jaggery adds sugar, which may be a consideration for individuals managing blood sugar levels.
- The curry's distinct sourness from tamarind and spice from chillies might be too intense for some palates.
[DIETITIAN REVIEW]
This Udupi style ash gourd curry is a nutritious and flavorful South Indian dish, effectively incorporating a hydrating vegetable. The blend of traditional spices and coconut provides beneficial compounds, though attention should be paid to the saturated fat content from coconut and the sugar from jaggery, particularly for those with specific dietary restrictions. Score: 8/10

Ingredients

Ingredient	Quantity
• Vellai Poosanikai (Ash gourd/White Pumpkin)	500 grams
• Turmeric powder (Haldi)	1/2 teaspoon
• Salt	to taste
• Sunflower Oil	for cooking
• Dry Red Chillies	4

- Fresh coconut - grated 1/2 cup

• Tamarind Water	30 grams

- Methi Seeds (Fenugreek Seeds) 1/2 teaspoon

• Cumin seeds (Jeera)	1/2 teaspoon

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• Coriander (Dhania) Seeds	2 teaspoons

• Sesame seeds (Til seeds)	2 teaspoons

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• Jaggery	3 tablespoons

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- Tamarind Water 1 cup

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• Sunflower Oil	1 teaspoon

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• Mustard seeds	1/2 teaspoon

- Curry leaves - roughly torn 2 sprig

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- Dry Red Chillies 1

Preparation

• 1.

• Peel and chop the 500 grams of Vellai Poosanikai (Ash gourd/White Pumpkin) into medium-sized cubes.

• 2.

• In a pan, heat a small amount of Sunflower Oil (from 'for cooking').

• Add 4 Dry Red Chillies, 1/2 teaspoon Methi Seeds, 1/2 teaspoon Cumin seeds, 2 teaspoons Coriander Seeds, and 2 teaspoons Sesame seeds.

• Dry roast until fragrant, being careful not to burn them.

• Let them cool.

• 3.

• Transfer the roasted spices to a grinder jar along with 1/2 cup Fresh grated coconut and 30 grams Tamarind Water.

• Add a little water if needed and grind to a smooth, fine paste.

• 4.

• In a large pot, combine the chopped ash gourd with 1/2 teaspoon Turmeric powder and enough water to just cover the gourds.

• Season with Salt to taste.

• Cook over medium heat until the ash gourd is tender but still retains its shape.

• 5.

• Once the ash gourd is cooked, add the ground spice-coconut paste to the pot.

• Stir well to combine all ingredients.

• 6.

• Pour in the 1 cup Tamarind Water and add 3 tablespoons Jaggery.

• Mix thoroughly and bring the curry to a gentle simmer.

• Continue to cook for 8-10 minutes, allowing the flavors to meld and the curry to thicken to your desired consistency.

• Adjust salt and jaggery if needed.

• 7.

• For the tempering, heat 1 teaspoon Sunflower Oil in a small pan.

• Add 1/2 teaspoon Mustard seeds and let them splutter.

• Then add 1 Dry Red Chilli (broken into pieces) and 2 sprig of roughly torn Curry leaves.

• Sauté for a few seconds until fragrant.

• 8.

• Pour the hot tempering over the simmering ash gourd curry.

• Stir gently to incorporate, then turn off the heat.

• 9.

• Serve the Udupi Style Ash Gourd Coconut Curry hot with steamed rice, idli, or dosa.

Macronutrients

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Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	60	24	8	10