

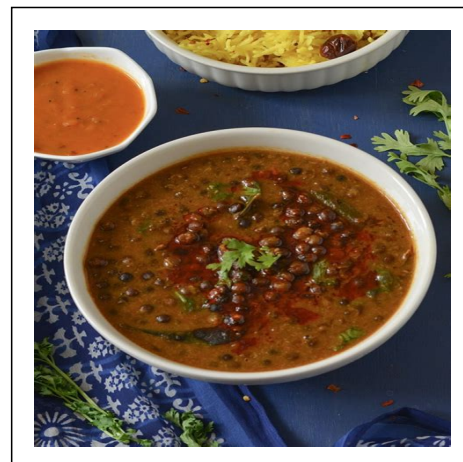
Recipe Name: Kala Vatana Amti Recipe - Kala Vatana Amti Recipe

Diet Type:

Course: Lunch

Cuisine: Maharashtrian Recipes

Quantity:



Ingredients

Ingredient

Quantity

- 1 cup black gram - boil
- 1 onion - finely chopped
- 1 tomato - finely chopped
- 1 teaspoon cumin powder
- 1/2 teaspoon black pepper powder
- 1/2 teaspoon cardamom powder
- 1 tablespoon ginger garlic Paste
- 1 teaspoon tamarind paste
- 1 teaspoon mustard
- 1 spoon curry leaves
- asafetida - a pinch
- 4 sprigs of coriander - finely chopped (for garnish)
- 1 tablespoon oil
- salt - as per taste
- 5 Dry red chillies
- 4 long
- 1 lentil sugar
- 1 star anise
- 2 teaspoon coriander seeds
- 1 teaspoon fennel
- 1 teaspoon poppy seeds
- 1/2 teaspoon cumin seeds
- 1 tablespoon dry coconut - tighten

Preparation

- 1. Wash the black gram thoroughly and soak it in water for 4-5 hours. Drain the water and boil it in a pressure cooker for 15-20 minutes. Mash the black gram with a masher or a wooden spoon.
- 2. Heat oil in a pan. Add mustard, cumin powder, black pepper powder, cardamom powder, ginger garlic paste, tamarind paste, and salt. Stir well and cook for 5 minutes.



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Macronutrients

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