

Recipe Name: Pavakka Pachadi Recipe - Bitter Gourd Pachadi

Diet Type:

Course: Side Dish

Cuisine: Kerala Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 3 Karela (Bitter Gourd/ Pavakkai)	4
• 1 Onion - chopped	
• 1 cup Curd (Dahi / Yogurt) - or buttermilk	
• pinch Turmeric powder (Haldi) - to reduce bitter from bitter gourd	
• Salt - to taste	
• 1/4 cup Fresh coconut - grated	
• 1/2 teaspoon Mustard seeds	
• 2 Green Chilli	
• 2 teaspoon Coconut Oil	
• 1 teaspoon Mustard seeds	
• 1 Dry Red Chilli	
• Curry leaves - few	

Preparation

- To begin making the Pavakka Pachadi Recipe, first wash the bitter gourd, cut it lengthwise and remove all seeds.
- Chop it to small pieces.
- Add 1 teaspoon of salt and a pinch of turmeric powder to bitter gourd slices and mix well.
- Keep it aside for 30 to 40 minutes.
- Bitter Gourd would have left some water.
- Discard it.
- Again sprinkle little water, mix and squeeze the bitter gourd slices with your hand.
- This helps to reduce the bitterness of bitter gourd.
- Heat oil in a heavy bottomed pan, add chopped bitter gourd and saute.
- Keep sauteing in low medium flame.



- Grind coconut, mustard, green chillies and salt to a smooth water adding little water.
- Give a mix and allow it to gently boil on a low medium flame.
- Switch off.
- Heat oil in a tadka pan, add mustard seeds, when it splutters, add red chillies, curry leaves and pour it over the pachadi.

Macronutrients

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