DietCloud – Recipe

Recipe Name: Omakka Curry Recipe - Kerala Style Papaya Curry

Diet Type:

Course: Lunch

Cuisine: Kerala Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 Raw papaya	3
• 1 Green Chilli - adjustable	
• 1 cup Fresh coconut - grated	
• 3 Pearl onions (Sambar Onions) - thinly sliced	
• 2 sprig Curry leaves	
• 2 teaspoons Red Chilli powder	
• 1 teaspoon Turmeric powder (Haldi)	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 1/4 teaspoon Mustard seeds	
• 2 Dry Red Chillies	
• Tamarind - Gooseberry Sized	
• Sunflower Oil - as required	
• Salt - to taste	

Preparation

• To begin making the Omakka Curry Recipe, cut the papaya into medium cubes and mix with red chilli powder, turmeric powder and salt with a little water.

• Add them into a pressure cooker and cook till it releases 1 whistle.

• After 1 whistle, simmer for 5 minutes on low heat.

• Switch off the heat and let the pressure release naturally.

• Take out the pulp after 15 minutes and keep it aside.

• In a mixie jar, take the grated coconut, green chillies, 1 sambar onion, and cumin seeds with a little water and proceed to make a fine paste.

• Keep it aside.

• Open the cooker, mash the cooked papaya into a soft pulp and mix with the coconut green chilli and

onion paste.
• Switch on the heat again.

• Water can be added at this stage if you need less consistency in your curry.
• Keep stirring for only a few seconds and then add the tamarind pulp to it.
• Cook this for 3 or 4 minutes on a low flame.
• Switch off the flame.
• Heat required oil in a tadka pan.
• Add mustard seeds and when they crackle, add thinly sliced sambar onions.
• When the onions turn brown, add the dry red chillies and curry leaves.

• Pour this onto the papaya curry and give it a stir.
• Serve hot.

Macronutrients

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