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## Khatta Metha Karela (Sweet and Sour Bittergourd)



## Ingredients

Bittergourd-350g  
Jaggery-2.5 tablespoons  
Tamarind pulp-2.5 tablespoons  
Chilli powder-1 tablespoon  
Turmeric powder-1/2 teaspoon  
Fennel seeds(saunf)-1 teaspoon  
Salt-1 teaspoon  
Oil-3 tablespoon

## Preparation

- 1 Wash and cube bittergourd into small pieces (you can peel the bittergourd if you wish, but personally I don't like to peel the bittergourd).
- 2 Apply 1 teaspoon salt into the pieces and keep covered for at least one hour. Then wash well with enough water to remove the bitterness. Squeeze extra water from the pieces.
- 3 Heat oil in a pan, add fennel seeds, when they start crackling, add turmeric, and bitter gourd pieces and fry for 1 minute.
- 4 Add salt. Cover with a lid and cook on slow flame till done. Keep stirring in between.
- 5 Add chilli powder, jaggery, tamarind pulp and 4 tablespoon of water, mix well.
- 6 Cover and cook for 5 more minutes on slow heat, till oil start separating from the masala and gravy become little thick (it should not be too watery).

## Cooks Note

Bittergourd curry cooked in sweet and sour sauce. You can also add some cubed potato into this curry. Serving suggestions: serve with bread, roti, or daal chawal.

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