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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 seperating 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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