

Bottle Gourd with Chana Dhal

Written by W.J.Pais

Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Medium	Pumpkin, (Bottle Gourd, Lauki)	
1/2	Teacup	Dhal, Chana	
2	Tablespoon	Cooking Oil	
1/2	Teaspoon	Jeera/Cumin Seeds	
1	Pinch	Asafetida (Hing)	
2	Whole	Chillies Red Dry	
1/2	Teaspoon	Chilly Powder, Red	adjust to taste
1	Teaspoon	Ginger	Shredded
1/2	Teaspoon	Salt	adjust to taste
1/4	Teaspoon	Turmeric Powder	
1/2	Teaspoon	Garam-Masala	adjust to taste
1	Teaspoon	Aam-Chur (sour mango powder)	adjust to taste
2	Tablespoon	Coriander Leaves (Kothmeeri)	Finely Chopped
1	Teacup	Water	As required more

Method.

1. Wash and soak chana dal for 1 hour or more.
2. Peel, wash and cut bottle gourd into ½ inch cubes.
3. Heat the oil in a saucepan. Test the heat by adding one cumin seed to the oil; if seed cracks right away oil is ready.
4. Add the cumin seeds as they crack add asafetida, and whole red chillies stir for few seconds.

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5. Next add ginger, turmeric, and chili powder and stir for few seconds.

6. Add gram (chana dal), bottle gourd, salt and 1cup of water. Water can be adjusted as needed as some time bottle guard will have more or less moisture and depends how much gravy one prefers.

7. Cook till gram dal (chana dal) gets soft.

8. Turn off the heat and add mango powder, garam masala, and cilantro. Stir and cover the pan for few minutes before serving.