

Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Teaspoon	Coriander/Dhania Powder	
1	Ball	Tamarind	pingpong size
1	Ball	Jaggery	pingpong size
1	Medium	Onion	finely chopped
1	Nos	Tomatoes	finely chopped
half	Teaspoon	Ginger	finely grated
half	Teaspoon	Garlic	crushed
4	Nos	Karela	
1	Teaspoon	Chilly Powder, Red	
	Fistfull	Salt	for rubbing on g
1	Tablespoon	Pea Nuts (Ground Nuts)	crushed
1	Teaspoon	Garam-Masala	"black mas
1	Salt-Spoon	Salt	to taste
Half	Teaspoon	Mustard Seed	
Half	Teaspoon	Jeera/Cumin Seeds	
2	Tablespoon	Cooking Oil	
1	Teaspoon	Coriander Leaves (Kothme	finely chopped f
1	Stalks	Curry Leaves	

Method

Scrape bitter gourds lightly. Make vertical slits along each gourd. Remove any ripe seeds. Run salt all over gourds. Keep aside for 1 hour. Mash to pulp, remove and piths and seeds. Keep aside. Wash well in running water. Boil plenty of water, drop in washed gourds. Boil uncovered till gourds are soft but not mushy. Drain and wash well again.

Pat dry on kitchen towel. Mix all dry masalas and salt. Add peanuts, ginger, garlic, and mix well. Stuff each gourd with mixture. Cut into 1 inch thick slices. Heat oil, add curry leaves, seeds, and allow to splutter. Add asafetida, stir, add onions, stir till transparent. Soak tamarind and jaggery in 1/2 cup water till soft. Add tomatoes, stir and add jaggery pulp.

Add gourd slices and = cup water. Cover and cook till gravy gets thick, and oil starts to ooze. Garnish with chopped coriander, serve hot with chapattis.