

Recipe for Karela (Bitter Melons)

Brought to you by Yoga Gyan Jyoti



Ingredients

- 8 bitter melons
- 3 medium sized onions
- 1 tbs brown sugar
- ½ tsp turmeric
- ¼ tsp crushed red pepper
- 2 tsp mango powder
- Olive oil or ghee for cooking
- Salt to taste 2-3 tsp
- Juice from two fresh limes

Preparation

1. Peel bitter melons and onions. Cut melons into circles and set them aside soaked in water.
2. Cut onions into squares
3. In a pan add 2 tbs of ghee and cook onions until golden. Set aside.
4. Wash bitter melons and squeeze dry to get rid of excess water
5. Stir bitter melon into pan of ghee
6. Cook the bitter melon evenly from all sides
7. Add all the spices and cook covered for 10 more minutes
8. Mix in onions, brown sugar and lemon juice. Cook until all the moisture from brown sugar has evaporated.
9. Let dish sit covered for 5 minutes before serving so that all the flavors soak in
10. Serve with rice, daal, plain yogurt & roti

Questions, comments or concerns? Let us know!

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