

Bitter Melon Curry

Making the curry seasoning base for Bitter melon curry

in a heavy bottomed skillet, dry roast

- Two tablespoon of coriander powder
- Tablespoon of cumin powder
- 2 tablespoons of Spanish paprika
- 3 dry red peppers

roast until color becomes deeper and fragrant then remove and set aside to cool. In the same skillet dry roast

- Black cumin seeds
- Fenugreek seeds

Remove and set aside to cool

Again, On the same skillet dry roast one tablespoon of raw white rice and tablespoon of scraped coconut separately until golden and fragrant. Once cool enough to touch, grind all the roasted seasonings except fenugreek seeds in a spice grinder.



How to make Bitter Melon Curry

Yield: 4 cups of bitter melon curry

Cooking time: 1 hour

Ingredients

- 8- 10 bitter melons
- Tablespoon of vinegar
- Two tablespoons of salt
- Teaspoon of turmeric
- Malabar tamarind
- 2 tablespoons of roasted red curry seasoning powder
- One onion
- One inch piece of ginger
- Two garlic cloves
- Coconut flakes
- Handful of curry leaves
- Pandan leaves (inch piece)
- 3 tablespoons of thick coconut milk
- Coconut oil
- Half a teaspoon mustard seeds

Preparation

- Clean and cut the bitter melons in to inch and half slices. Add teaspoon of turmeric, vinegar and two tablespoons of salt and Malabar tamarind. Add water just enough to cover bitter melon pieces pre boil on low heat until cooked through. Drain and discard the leftover water (if any)
- Make the seasoning blend by pureeing boiled Malabar tamarind, red curry seasoning powder, roasted paprika and coconut flakes, onion with coconut milk.
- Heat 2 tablespoon of coconut oil and add mustard seeds.
- Add sliced ginger and garlic, fenugreek seeds, curry leaves and Pandan leaves and sauté couple of minutes. Add the seasoning puree and heat through few seconds.
- Add boiled melon to the sauce and stir well to coat the melons.
- Cook on low heat for 15 minutes until sauce is thickened up.