Food and Agriculture Organization of the United Nations

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Karela Keema with Chana dal

India | Easy | 1 hour | 4 servings | Main Dish

Chana dal and Karela is a unique and healthy combination. This dish is tangy, crunchy and spicy but not bitter. It is delicious, nutritious and easy to digest. Split Bengal gram or Chana dal is one of the most popular legumes in India made of split and polished baby chickpeas. Karela, on the other hand, is a bitter gourd known for its enormous health benefits.

Ingredients

Karela *(bitter gourd)*	250 grams
Chana daal *(parboiled)*	
Onions *(finely chopped)*	2 units
Ginger paste	1 tbsp
Garlic paste	1 tbsp
Kalonji *(nigella seeds)*	1 tbsp
Sarson *(mustard seeds)*	1 tbsp
Methi dana *(fenugreek)*	½ tbsp
Khada dhaniya *(coriander seeds)*	½ tbsp
Chili *(powder)*	1 tbsp
Turmeric *(powder)*	½ tbsp
Coriander *(powder)*	2 tbsp
Garam masala	½ tbsp
Saunf *(fennel seeds)*	1 tbsp
Dry mango *(powder)*	1 tbsp
Olive oil	4 tbsp
Salt	to taste

Tools and equipment

~ Food processor or grater

~ Pan

Directions

1. Peel karela roughly and wash it with salted water 2-3 times. Then, cut it into slits and take out all the seeds.
2. Mince it properly in a food processor or grate it.
3. Heat 2 spoons of olive oil in a pan and add the grated karela. Cook till golden brown and set it aside.
4. Heat 1 1/2 tbsp of olive oil in another pan; add sarson (mustard seeds), kalonji (nigella seeds) and 1/2 tbsp of saunf (fennel seeds). Let it crackle.
5. Add onions and sauté till golden brown.
6. Add ginger and garlic paste. Sauté for 2 minutes.
7. Add chili, turmeric, coriander powder, garam masala and salt with 2 spoons of water.
8. Add golden brown karela once oil separates and let it cook.
9. Roast the parboiled chana daal in a pan with 1/2 tbsp of olive oil.
10. Cook for 2 minutes and add it to karela.
11. Mix well and cook for 5-7 minutes.
12. Meanwhile, dry roast coriander seeds, fennel seeds and fenugreek seeds in a pan and make a coarse powder.
13. Once the karela is cooked, add seed mix and dry mango powder. Mix well. This will add flavor to your dish.
14. Serve hot with Chapati.

SOURCE: Monika Patel – http://pirateofkitchen.com