

Lauki Kofta Curry Recipe / Bottlegourd Kofta Curry



Lauki Kofta Curry Recipe / Bottlegourd Kofta Curry is a yummy and popular North Indian side dish curry for chapathi. This lauki ke kofta curry is made with bottle gourd. In my home, we make only kottu and stir fry with bottlegourd. But I am really surprise to know from my friend that in north India they make lot of recipes with lauki like lauki halwa, lauki thepla and the list goes on. I have seen this kofta recipe in many food magazines and newspaper. This recipe has been on my mind for ages. So when I was in India last year, I made this doodhi kofta recipe to my family, it was absolutely delicious, everyone in my family loved it. This lauki kofta recipewas in my draft, I don't know how I forgot to post it.

Bottlegourd also known as lauki (Hindi) and Doodhi (Gujarati)

is a vegetable with lot of medicinal properties like it treats heart disease and urinary infection, aids digestion and good for weight loss.

To make lauki kofta recipe, you need some preparation work. First you need to make dumplings with bottle gourd, deep fry it oil, finally cooked in onion tomato paste.

Lauki kofta itself is a very tasty appetizer or as a evening snack for tea. Try this bottlegourd kofta curry for [chapathi](#) or [naan](#) or [phulka](#) or [jeera pulao](#).

Lauki Kofta Curry / Lauki Ki kofta / Doodhi Kofta Curry Recipe

Ingredients for Lauki Kofta Curry Recipe

Preparation Time: 30 mins Cooking Time: 30 mins Serves: 4

To Make Kofta

- 2 Cups of Bottle Gourd / Lauki, Grated
 - 3 Tbsp of Onion, Chopped
 - 5 Tbsp of Gram Flour
 - 1 Tbsp of Rice Flour
 - 1/2 Tsp of Red Chilly Powder
 - 1 Green Chilly
 - 1/2 Tsp of Ginger Garlic Paste
 - 1/4 Tsp of Garam Masala
 - 1/4 Tsp of Fennel Seeds
 - Salt to taste
 - Few Coriander Leaves (Chopped)
 - Oil to deep fry

To make Gravy

- 2 Red Onions, Chopped
- 4 Tomatoes (Small), Chopped
 - 6 Cashews
 - 2 Green Chillies
 - 5 Garlic Cloves
 - 1/2 Inch of Ginger
- 2 Tsp of Coriander – Red chilly powder Mix
 - 1/4 Tsp of Turmeric Powder
 - 1/2 Tsp of Garam Masala
 - 1 Tsp of Cumin
 - Pinch of Sugar
 - 1 Tbsp of Oil
 - Water and Salt as required
- Few Coriander Leaves (Chopped)



Lauki Kofta

Method for Lauki Kofta Curry Recipe:

For Kofta

- Wash and grate the bottle gourd. Squeeze out the water and keep it aside for making gravy.
- In a bowl, add grated bottle gourd and all the ingredients listed under " To make kofta" list except oil.
 - Mix all the ingredients and make round shaped balls.
- Heat a pan with oil, deep fry all the balls till it turns golden brown colour. Drain them on paper towel. Kofta is ready, keep it aside.

For gravy :

- Heat a pan with oil, add onion, fry them till golden brown colour, add garlic, ginger, green chilly, cashews, fry them until raw smell vanishes, finally add tomatoes, fry them till soft and mushy. Turn off the flame, cool down for 10 mins, grind it smooth in blender. Keep it aside.
- Heat a pan with oil, add cumin, add the ground onion tomato paste, saute it for 3 mins, add coriander – red chilly powder mix, turmeric powder, garam masala, sugar and salt, fry it for 2 mins, add lauki juice and water, mix well, simmer it for 10 mins until the gravy turns thick. Add freshly chopped coriander leaves and fried kofta balls. Turn off the flame.
 - Serve lauki ki kofta curry for [chapathi](#) or [naan](#) or [phulka](#) or [jeera pulao](#).

Tips

- You can deep fry the kofta like I did or shallow fry it or bake it in an oven.
- Adjust the amount of red chilly powder and green chilly according to your taste.
 - If your kofta mixture is watery, add little more tsp of gram flour.
- Do not leave the kofta mixture in counter top for long time, mixture turns soggy and then you cannot make balls out of it.
 - If you don't like fennel taste, just skip it.



Tags: [lauki kofta curry](#), [lauki kofta curry recipe](#), [bottle gourd kofta curry](#), [doodhi kofta curry recipe](#), [lauki ke kofta curry](#), [kofta recipes](#), [kofta with lauki](#), [make lauki kofta curry](#), [prepare lauki kofta](#), [lauki recipe for chapathi](#), [side dish recipe for chapathi](#), [side dish for rice](#), [recipe for lauki kofta](#), [lauki recipes](#)

[**Achari Bhindi Recipe / Pickled Okra Fry**](#)

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Pickled Okra fry

Achari Bhindi Recipe / Pickled Okra Fry is a tasty and classic north Indian dish, goes very well with rice / paratha/ roti. Making achari bhindi is very simple, first shallow fry the okra, then sauté it with onion, tomato, green chilly and curry powder. Finally stir it with readymade pickle. Here I used Ahmed mixed pickle. Usually tempering is done with panchphoran, I didn't use that instead I added the pickle which has panchphoran so it added the flavor to this dish. So try this flavorful okra stir fry for parath or roti.

How to make achari bhindi recipe at home

Ingredients for Achari Bhindi Recipe

To Shallow Fry

- 250 gms of Okra / bhindi /lady's finger
- 2 Tbsp of Oil

To Saute

- 2 Tsp of Oil
- 1/2 Tsp of Mustard seeds
- 1 Tsp of Cumin
- Pinch of Asafoetida
- 1 Red Onion, Sliced
- 1 Green Chilly, Slit
- 4 Garlic Cloves, Crushed
- 2 Tsp of Sambhar Powder / Curry Powder
- Pinch of Garam Masala
- 1 Tomato, Chopped
- 2 Tbsp of Achaar / Pickle (I used Ahmed Pickle)
- Salt to taste

Method for Achari Bhindi Recipe

- Wash and cut the lady's finger lengthwise.
- In a shallow pan, add oil, when it is hot, add okra, keep frying till it reduces in size and cooked. Keep it aside.
- Heat a pan with oil, when it is hot, add mustard seeds, cumin and asafoetida, after mustard seeds pops up, add onion, fry till golden brown.
- Add green chilly and garlic, fry till it becomes soft.
- Add sambar powder and garam masala, fry well for a min in a low flame, add tomato, fry till turns soft.
- Add shallow fried okra and salt, keep on stirring in a medium flame.
- Finally add the pickle, mix well, cook for 2 mins and turn off.
- Serve hot with rice or chapathi or roti.

Tips

- You can deep fry the okra instead of shallow frying like I did.
- If you don't have curry powder or sambar powder, add 2 tsp of coriander powder & 1 tsp of red chilly powder.
- If you have amchur powder, add that too.

Achari Bhindi



Tags: [achari bhindi](#), [achari bhindi recipe](#), [bhindi recipe](#), [okra stir fry](#), [okra recipe](#), [bhindi side dish recipe for chapathi](#), [ladysfinger fry](#), [bhindi achari](#), [how to make achari bhindi](#), [prepare achari bhindi](#), [easy bhindi dish for roti](#), [pickled okra fry](#)

[Sabudana Aloo Vada Recipe /](#)

Javvarisi Vadai / Sago vada



Sabudana Vada

Sabudana Aloo Vada / Javvarisi vadai is a crispy deep-fried savory snack famous in Maharashtra (India). The important ingredients in sago vada are tapioca pearls, peanut powder, mashed potatoes and spices to taste. These vada are crispy on outside and spongy on inside. My husband said it tasted almost like hash brown. I think, might be because of potato in it.

This is my first attempt, after I saw this recipe in a cook book which I borrowed from library, it was so delicious and everyone in my family loved it. You can make this sabudana vada during navarthiri fasting or as an evening snack with tea. Serve this sabudana vada with chutney (green or white) or ketchup. So here comes the recipe for sabudana aloo vada recipe

How to make Sabudana vada at home

Ingredients for Sabudana Vada

Preparation Time : 10 mins + Overnight soaking Cooking Time : 20 Mins Serves: 15 vada

- One cup of Sabudana / Sago / Javarisi
- 1 Potato (medium size), Boiled and Mashed
 - 1/2 Cup of Roasted Peanut Powder
 - 1 Tsp of Cumin Seeds
 - 1/2 Tsp of Ginger, Crushed
 - 2 Green Chilies, Crushed
 - 1/4 Tsp of Baking Soda
 - Few Coriander Leaves, Chopped
 - Salt to taste
 - Water as needed

Method for Sabudana Aloo Vada

- Rinse the sabudana (sago) and soak in water for 1 hour. After that drain the water, cover and keep it overnight.
- Microwave the potato for 5 mins, peel the skin and mash it with spoon and keep it aside
- Roast the peanuts in a medium flame, cool it, remove the skin and grind it in a blender.
 - In a bowl, mix together sabudana, cumin seeds, peanut powder, mashed potato, baking soda, salt, coriander leaves and green chilies. Mix thoroughly by adding few drops of water if required.
- Divide into equally sized balls, flatten between palms of your hands and keep it aside.
- Heat oil in a kadai / pan and drop the vada carefully and deep fry it until it turns golden brown on both sides. Cook in medium flame to avoid burning.
 - Serve hot with chutney or tomato sauce.

Tips

- Always cook in medium flame.
- Use the good quality and bigger variety sago to make vada.
 - Do not overcook the vada it will turn soggy.
 - You can add rice flour, if you want it more crispier.

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Sago Vada

Tags : [Sabudana vada](#), [sabudana aloo vada](#), [sago vada](#), [javarisi vadai](#), [make sabudana vada at home](#), [prepare sago vada](#), [kids snacks](#), [easy sabudana vada](#), [navarathri fasting snack](#), [maharashtrian snack](#), [evening snack](#)