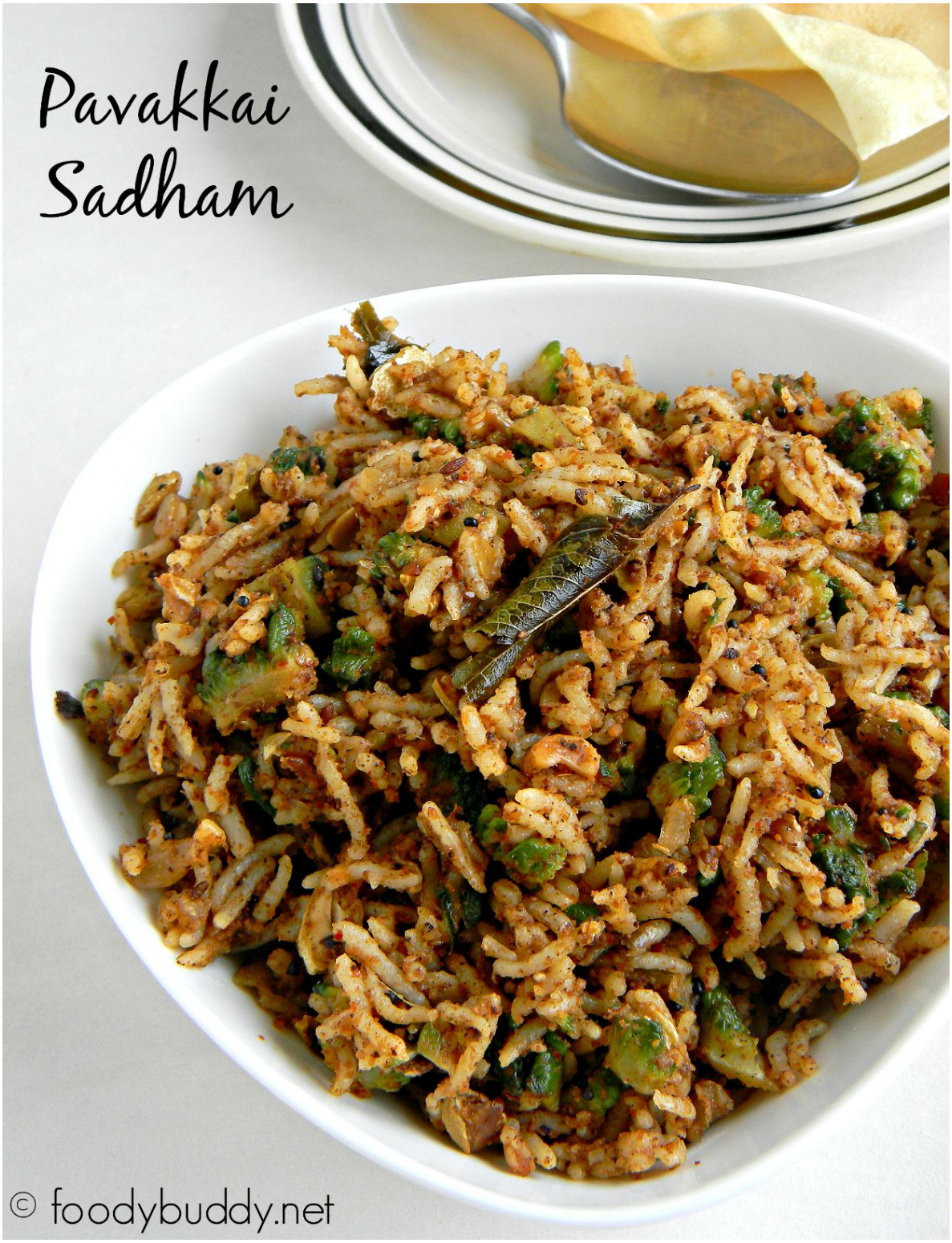
Bittergourd Masala Rice Recipe / Pavakkai Sadham / Bittergourd Recipe



Bittergourd masala rice recipe / Pavakkai Sadham / Karela Rice

is a simple and tasty one pot meal that can made very quickly. This rice is very flavorful because of spices added to it like coriander seeds, clove, cinnamon, cardamom, bengal gram, urad dal and red chilies. I love bittergourd so nowdays am trying lot of recipes with bittergourd. Bittergourd are very good for our health and it cures and prevents lot of diseases like respiratory disorders, cancer, diabetes, constipation, kidney diseases and heart diseases. Try to include bittergourd twice a month to stay healthy. If you are a bittergourd fan like me , you will love this rice for sure. You can also make this pavakkai sadham to pack for lunch box. Serve this bittergourd rice with appalam and raita.

Also Check my other bittergourd recipes

- Bittergourd 65
- Bittergourd Stir Fry

How to make Bittergourd Masala Rice Recipe

Bittergourd Masala Rice Recipe / Pavakkai Sadham / Bittergourd Recipe



Save Print
Prep time
10 mins
Cook time
20 mins

Total time
30 mins

Bittergourd masala rice / Pavakkai sadham / Karela Rice is a flavorful one pot meal. Serve this with raita and appalam.
Author: Gayathri Ramanan
Recipe type: lunch
Cuisine: Indian
Serves: 2
Ingredients

- 1 Cup of Cooked Basmati Rice
- 2 Bittergourds, Finely Chopped
- 1 Tsp of Oil
- 2 Tsp of Ghee
- 1 Tsp of Mustard Seeds
- 1 Tsp of Cumin Seeds (Jeera)
- Pinch of Asafoetida (Hing)
- Few Curry Leaves
- ⅛ Tsp of Turmeric Powder
- ½ Onion, Finely Chopped
- 2 Garlic Cloves, Finely Chopped
- Pinch of Sugar or Jaggery
- Salt to taste
- 1.5 Tsp of Lemon Juice or to taste
- To Roast and grind
- 2 Tsp of Coriander Seeds
- 2 Tsp of Chenna Dal (Bengal Gram)
- 2 Tsp of Urad Dal
- 3 Red Chilies
- 2 Tsp of Coconut (grated)
- 1 Clove
- 1 Cinnamon (medium)
- 1 Cardamom
- 5 Cashews

Instructions

1. Heat a pan, dry roast all the ingredients listed under ”

to roast ” until it turns golden brown. Cool it and grind it to a fine powder.

2. Heat a pan with oil and ghee, add mustard seeds, cumin, curry leaves and asafoetida, after it pops up, add onion and garlic, fry well until it turns golden brown.
3. Add bittergourd pieces and salt, fry well until it get cooked.
4. Add ground masala powder and turmeric powder, fry well with bittergourd, add little water, sugar and enough salt, mix well. Turn off the stove.
5. Add cooked rice, little oil and lemon juice, gently mix it with fork.
6. Hot, yummy bittergourd masala rice is ready.

Notes
You can also add a tsp of tamarind paste while cooking instead of lemon juice.
Add chopped peanuts in the end while mixing.(optional)
Adding ghee gives a nice taste.
Do not break the rice while mixing



Tags: bittergourd rice, bittergourd masala rice recipe, pavakkai sadham, karela rice, bittergourd recipes, how to make bittergourd rice at home, prepare bittergourd rice, pavakkai recipes karela recipes, recipes with bittergourd, lunch box rice recipe, office goers lunch box, one pot meal.

Gooseberry Rice / Nellikai Sadham Recipe / Amla Rice



Gooseberry rice / Nellikai sadham / Amla rice / Usirikkai Annam is a simple to make one pot meal, high in vitamin content and it has lot of health benefits like enhances fertility, fortifies

liver, balances stomach acid, good for lungs, hair and heart, reduces cholesterol and blood sugar. When I was in India last year, every week my mom used to make this Amla juice for me, I already posted the recipe for that. The taste of amla rice is very similiar to lemon rice. Try nellikai sadham recipe at home and let me know how it turned out.

How to make Gooseberry Rice Recipe

Ingredients for Gooseberry Rice

- 1 Cup of Cooked Rice
- 1/4 Cup of Gooseberry, Grated
- 1 Tbsp of Coconut, Grated
- 1/2 Tsp of Ginger
- Salt to taste

To Temper

- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- 1 Tsp of Chana Dal
- 2 Red Chilies
- Few Curry Leaves
- Few Peanuts, Fried
- Pinch of Asafoetida
- 1/4 Tsp of Turmeric Powder

Method for Gooseberry Rice

- Wash gooseberry and grate it using grater. Discards the seeds and set it aside.
- Heat a pan with oil, add all the ingredients listed under ” To Temper List”. After mustard seeds splutters and fry till turns golden brown.
- Add grated gooseberry, ginger and coconut, saute for 2 mins.
- Turn off the stove and add cooked rice, mix gently by adding little oil and salt.
- Hot, tangy gooseberry rice are ready to serve.

Tips

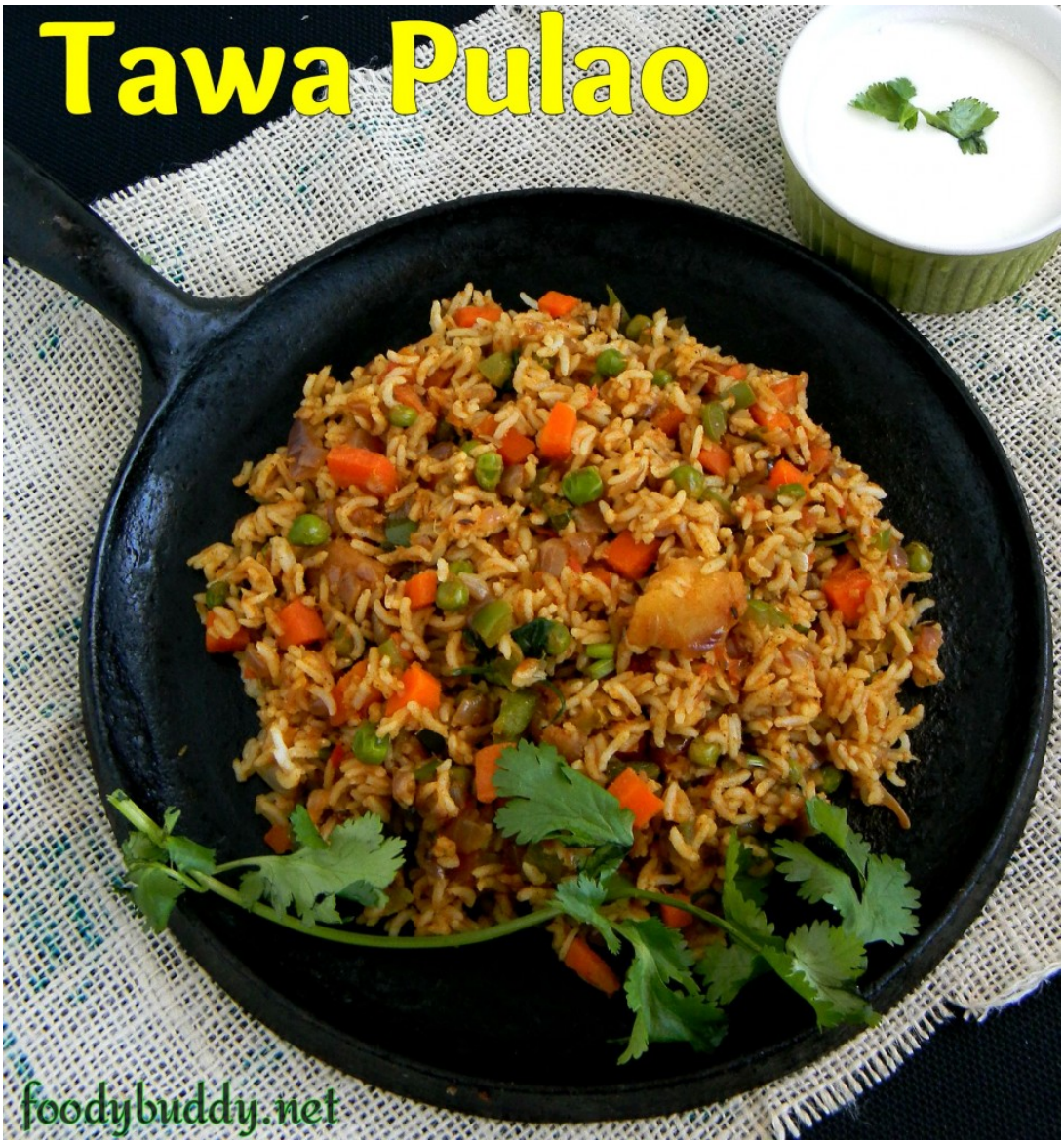
- Serve it with papad or any vegetable fry.
- You can also use leftover rice to make this rice.
- For tempering, add green chilies in place of red chilies.
- If you like onion and garlic, add it while tempering.



Tags : gooseberry rice, amla rice, nellikai sadham recipe, how to make amla rice recipe, prepare gooseberry rice, gooseberry recipe, easy gooseberry rice, amla recipe, nellikai sadham, easy one pot meal, variety rice recipe, rice dishes for lunch box.

Easy Tawa Pulao Recipe

(Mumbai Style)



Tawa pulao is a famous Mumbai street food . It is actually vegetarian pulao made on tawa (griddle) with lot of veggies, pav bhaji masala and butter. Making tawa pulao is very similar to chinese fried rice. Both are made with leftover rice and veggies. I got this veg pulao recipe from my husband's friend who is from Mumbai. This Mumbai style tawa pulao is healthy, colorful and very easy to make pulao and tastes simply irresistible. Main ingredient for tawa pulao is pav bhaji masala. I used ready-made which I bought from nearby grocery stores. Bacholer can make this tawa pulao easily and it is perfect to pack for lunch box. Try this tawa pulao for lunch

or dinner, serve with raita and papad. Let us learn how to make easy tawa pulao recipe at home.

Mumbai style Tawa Pulao Recipe

Ingredients for easy tawa pulao recipe

Preparation Time: 30 mins Cooking Time: 30 Mins Serves :3

• 1 Cup of Rice (I used Sona masoori Rice)
• 1 Big Red Onion, Chopped
• 2 Big Tomatoes, Chopped
• 2 Carrots, Chopped
• 1/4 Cup of Green Peas (Frozen)
• 1 Potato (Big), Chopped
• 1 Green Capsicum, Chopped
• 4 Garlic and 1/2 Inch of Ginger, Crushed using mortar and pestle
• 2 Green Chilly, Slit
• 1 Tsp of Red Chilly Powder
• 1.5 Tsp of Pav Bhaji Masala
• Pinch of Black Salt
• Few Coriander Leaves
• Salt to taste
• 2 Tsp of Lemon Juice

To Temper

• 2 Tbsp of Butter
• 1 Tsp of Cumin

Method for easy tawa pulao recipe

• Soak the rice in water for 30 mins. Wash and pressure cook the rice for 3 whistles. Cool the rice and set it aside.
• Boil the carrots and potato in microwave for 5 mins.
• Heat the butter on large tawa, add cumin seeds. After it crackles, add onion, saute on a medium flame for 2 mins.
• Add ginger garlic paste, saute until raw smell vanishes. Add green chilies, saute for a while. Add tomatoes, cook this until it turns soft
• Add boiled carrots, boiled potatoes, green capsicum, green peas and salt, saute this for 3 mins.
• Add pav bhaji masala, red chilly powder, black salt and coriander leaves, mix well and cook for few mins. Add lemon juice and mix well. Switch off the flame.
• Add the cooked rice, gently mix with masala using fork and spoon. Garnish with coriander leaves.
• Hot, yummy tawa pulao is ready to serve with raita or papad.

Tips

• You can use raw rice or basmathi rice or even left over rice to make this pulao.
• If you don’t have pav bhaji masala, try with equal amount of kitchen king masala, garam masala and chat masala. I tried this masala version, it tastes good.
• Add vegetables of your choice.
• Adjust amount of red chilly powder according to your taste. My chilly powder is really spicy so I used only 1 tsp.
• Adding turmeric powder is optional.



Tags : tawa pulao, tawa pulao recipe, easy tawa pulao recipe, mumbai style tawa pulao, mumbai street food recipe, pulao recipes, north Indian pulao recipe, leftover rice recipe.