

Ambade Uddamethi

INGREDIENTS

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| • Ambade (Hog Plums) | 4 nos |
| • Freshly Grated Coconut | 1/2 cup |
| • Red Chillies | 3 nos |
| • Mustard Seeds | 1/2 tsp |
| • Black Gram | 1/2 tsp |
| • Fenugreek Seeds | 1/4 tsp |
| • Water | 1/2 cup |
| • Turmeric Powder | 1/4 tsp |
| • Tamarind | 1 tsp |
| • Jaggery | 1 tbsps |
| • Oil | 2 tsp |
| • Asafoetida | A pinch |
| • Salt | To taste |



PROCEDURE:

1. Make a paste of grated coconut, dry red chillies, turmeric powder and tamarind.
2. Peel the Ambade and marinate with salt, chilli powder and jaggery for an hour.
3. Heat oil in pan.
4. Add asafoetida, mustard seeds, black grams and fenugreek seeds to the oil.
5. Add the coconut mixture and cook on slow flame for 20 minutes appx.
6. Then add the marinated Ambade.
7. Add water and cover pan for 3 minutes.
8. Now add jaggery and salt.
9. Cover again and leave for 5 minutes.
10. Simmer on low fire for 2 more minutes.
11. Serve hot with rice.



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