

Mangalore cucumber yoghurt curry

Mangalore cucumber yoghurt curry is a mild spiced, sweet with fresh coconut, and moderately sour in taste, combined with the mouthwatering flavor of fenugreek, jeera seasoning attracts you from the kitchen to the table. Soft and sweet cucumber pieces absorbed the goodness of the gravy is awesome!! Just try it whenever you get fresh... Coconut. Mangalore cucumber is a natural coolant, rich in vitamin K, and good source of potassium. Drinking one glass of cucumber juice along with jagerry helps to beat the scorching summer heat

Ingredients: *Mangalore cucumber medium size.... 1*

(Same procedure holds good for the vegetables like, 1)Ash gourd, 2) combination of tendli and Mangalore cucumber, 3)brinjal and drumstick, 4)bitter gourd 5)capsicum and raw tomato)

Drumstick,.....1

Grated Fresh coconut2 cups

Green chillies.....4 (less if it is too hot)

Sour buttermilk,.....1/2 cup

Salt to taste

For seasoning: *Red chilly, methi, jeera mustard seeds, curry leaves and 1tsp of oil.*



How to proceed: Peel outer skin of the cucumber and remove the inner seeds along with its pulp and cut into cubical shaped pieces. Cut drumstick into 2inch long pieces. Cut 2 green chillies longwise. Cook the vegetables by adding salt and water just sufficient to cook them till soft. Grind grated coconut along with rest of the 2 green chillies till fine paste. Use grinder if it is available. (Taste increases if you make very smooth paste)



Add this coconut paste to the cooked vegetables along with ½ cup of water. When it start boiling, add ½ cup of buttermilk and stir well. Check the sourness and adjust the quantity of buttermilk. Let it to boil for 2-3 minutes. Don't boil too much after adding buttermilk. Now take a seasoning pan, add all the seasoning ingredients. When it starts spluttering pour over the curry. Mangalore cucumber curry is ready to serve with hot rice.!



Om shanti

