



Girija Paati's Pavakkai (Bitter Gourd) Curry

You either hate it or love it. No one we have ever met is ambiguous about the bitter gourd. Externally, its spiky appearance seems to warn of the bitterness found inside, however, given its unbeatable health benefits, we believe this is a vegetable that should be included in your meal rotation.

When cooked with Indian spices, the bitter gourd, makes for a surprisingly palatable dish and Girija Paati's straightforward curry is a great way to introduce this into your family meals. It takes a while to bring non-believers into the bitter gourd fold, however, it is completely worth the effort.

Serves: 4

Ingredients:

1. Bitter Gourd – ¼ kg – chopped
2. Red Chilli Powder – ¼ tsp
3. Turmeric Powder – a pinch
4. Rock salt – to taste

For the seasoning:

1. Mustard Seeds
2. Urad Dhal
3. Curry leaves
4. Cooking Oil – 2 tsp approximately

Pair this Pavakkai / Bitter Gourd curry with [Girija Paati's Paruppu Podi Sadam \(rice mixed with lentil powder\)](#), for a complete meal that will be ready in 15-20 minutes.

Method:

1. In a kadai, add a cup of water, salt, turmeric and the bitter gourd and set on a low flame. Cover and allow to cook
2. Drain the water and set the bitter gourd aside. **This water is very good for diabetic patients to drink**
3. In a kadai heat oil and create a tadka of mustard seeds, urad dhal and curry leaves
4. Once the tadka is ready, add the bitter gourd and fry well
5. Add the red chilli powder and fry for 2 more minutes, turn of the flame
6. Serve hot

Download the printable recipe here.

Check out the recipe for our [Murungakkai \(Drumstick\) curry](#) that we often serve with the Pavakkai (Bitter Gourd) curry.

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