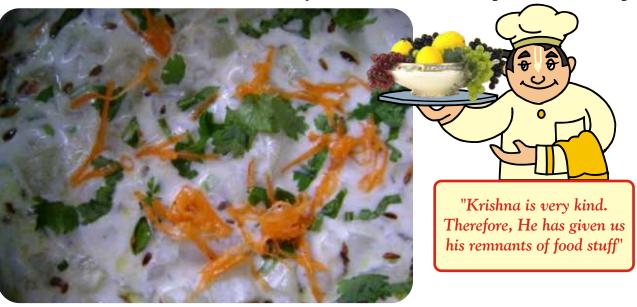
## **Dudhi Raita**

by Bhaktivedanta Hospital - Diet Dept.

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Ingredients:

Dudhi (Bottle Gourd)	50 gm
Curds (Whipped)	150 gm
Jeera (Cumin Seeds)	1 Tsp
Curry leaves	Few
Cow's Ghee	1 Tsp
Roasted jeera powder	<sup>1</sup> / <sub>2</sub> Tsp
Salt to taste	

For Garnishing:

Coriander leaves
Grated carrot

## **Preparation:**

- 1. Peel and chop dudhi into medium size cubes.
- 2. Steam these cubes till soft but firm.
- 3. Cool and mix with the whipped curds.
- 3. Heat ghee in tempering pan. Add jeera and curry leaves.
- 4. Add this seasoning to curd-dudhi mixture.
- 5. Add roasted jeera powder and salt. Mix well.
- 6. Garnish with finely chopped coriander leaves and grated carrot.

Serving	Energy (kcal)	CHOs (gm)	Protein (gm)	Fat (gm)
1	163	15	10.5	5.5