



Webinar Series Recipes

Indian Spiced Bitter Gourd

Serves 2-3

- 1 tablespoon avocado or olive oil
- ½ teaspoon cumin seeds
- 1 yellow onion, diced
- 3 cloves of garlic, minced or pressed
- 1 sprig of fresh curry leaves or 3 dried leaves
- 8-10 oz bitter melon, deseeded and sliced
- Water as needed
- 1 green serrano chili, split in half (optional)
- ⅛ teaspoon turmeric
- 1 teaspoon Kashmiri red chili powder
- 1 tablespoon coriander powder
- 1 teaspoon fennel powder
- Salt to taste
- 1- 2 tablespoons lemon juice
- 3 tablespoons cilantro, chopped

1. Place oil and cumin seeds in a pan over medium-high heat. When the cumin seeds begin to sizzle, add the onion, garlic, and curry leaves. Cook until the onions are translucent and begin to brown.
2. Add the bitter melon slices and then sprinkle salt over the top. Sauté for 2-3 minutes. Cover the pan and continue to cook over low heat until al dente. You can add water if the pan gets too dry.
3. Sprinkle in the spices, recover the pan, and cook until the melon is tender, adding water if needed.
4. Turn off the stove, stir in the lemon juice, and garnish with cilantro.

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