

Oven roasted Karela (Indian Bitter-gourd)

I loved a deep fried karela Kayasth recipe that I found in Preeta Mathur's cookbook on Courtly Cuisine. Found it a little complicated, and fattening, so I adapted and simplified it – and it is still utterly delicious.

Ingredients:

1 pound (1/2 kilo) Karela: Slice in half. Remove the seeds and pulp. Soak it in salted water. After a couple of hours, squeeze each slice with your hands to wring out as much moisture as possible. Slice it into rings, and drain it till it is as dry as possible.

1 pound (1/2 kilo) red onions: sliced into thin rings

2 teaspoons chat masala (you can get this in any Indian market)

1 teaspoon amchur (dried mango) powder

1/2 cup raw cashew nuts roasted in ghee or oil

2 tablespoons vegetable oil

Directions:

Mix sliced karela with one tablespoon of oil

Mix sliced onions with one tablespoon of oil

Arrange karela in a baking sheet in one layer

Arrange onions in a separate baking sheet in one layer

(Karela and onions should be baked separately because the onions bake faster)

Pre-heat oven to 200 C (400 F)

Roast karela for about 30 minutes till golden brown (not all ovens are the same so it might take slightly less or more time. If you do not have a convection oven, make sure that the baking sheets are rotated once in the middle).

Roast onions for about 15-20 minutes till they are golden brown

Toss karela and onions together with chat masala, amchur and cashew nuts.

