

BITTER BUT BETTER



ICAR *ad-hoc* Scheme
"Effect of Cooking Processes on
Hypoglycaemic Activity."



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BITTER GOURD

Botanical Name	: <i>Momordica charantia</i>
English	: Bitter gourd
Hindi	: Karela
Marathi	: Karle

The bitter gourd is a common vegetable cultivated extensively all over India. It is long tapering at the ends and covered with blunt rough skin. The seeds are white and turn to red when the vegetable is riped. Two varieties of this vegetable are available in the market.

- (a) Long pale green variety and
- (b) small dark green variety.

Both are bitter in taste.

Origin

It originated from tropical Africa and Asia and is widely grown in India, China, Caribbean, Philippine, Malaysia and Sri Lanka. It is extensively grown as a vegetable for consumption in day to day meal.

Nutritional value

The nutritional value of bitter gourd per 100 gms of edible portion is as given below.

Moisture	92.4%
Proteins	1.6 gm
Fat	0.2gm
Total minerals	0.8gm
Fiber	0.8gm
Carbohydrates	4.2 gm
Energy	25Kcal
Calcium	20mg

Phosphorous	70mg
Iron	0.61mg
Carotene	126 μ g
Thiamine	0.07mg
Riboflavin	0.06-0.09mg
Niacin	0.4 to 0.5mg
Vitamin C	88-96mg

Medicinal Value

More than nutritional value bitter gourd is well known for its medicinal value. The natural benefits of consuming bitter gourd are as explained below.

- (a) It contains a hypoglycaemic principle which is highly beneficial in lowering the blood and urine sugar levels. Diabetics can use seed powder and decoction of bitter gourd.
- (b) It is laxative in function and valuable in treatment of piles. In addition to consumption of juice of the vegetable, the paste of plant root when applied on piles also has beneficial value.
- (c) A cupful of fresh juice consumed along with lime juice every day helps in curing blood boils; scabies, itching, ring-worm and other fungal diseases.
- (d) The leaf juice acts as an antidote for alcohol intoxication and also cures liver damage due to alcoholism.
- (e) The fruits and leaves are both administered internally in leprosy, jaundice and cholera.

Consumption:

The bitter gourd is cooked in many ways and is quite commonly used as fried, boiled and stuffed vegetable in meals. It is also used in the form of pickles and stored as chips. Below are few recipes which can be tried at household level.

BITTER GOURD CURRY

Ingredients

Bitter Gourd	1/4 kg
Onion	50 gm
Garlic	2g
Ginger	1/2 gm
Ground nut powder	10gm
Tamarind pulp	5gm
Jaggary	5gm
Garam masala	pinch
Salt	2gm
Turmeric powder	pinch
Chilli powder	2gm

Procedure

- 1) Wash the bitter gourds & cut it.
- 2) Cut fry onion and grind into fine paste.
- 3) Season the bitter gourd & put onion, garlic & ginger paste.
- 4) Add tamarind pulp & cook for a few minutes
- 5) Add ground nut powder, turmeric & chilli powder and mix well.
- 6) Add little water and Jaggary to it.
- 7) Cook till soft.
- 8) Garnish with coriander leaves.

BITTER GOURD NOODLES

Ingredients

Noddles	1/4kg
Bitter gourd	100gm
Capsicum	50gm
Carrot	50gm
Tomato	50gm
Onion	25 gm
French beans	25g
Coriander leaves	5g
Salt	To taste
Chilli powder	2gm
Cumin seed powder	1/2 gm
Coriander seed powder	1/2gm
Oil	15g

Procedure

- 1) Cook the noodles & keep aside.
- 2) Wash and cut bitter gourd, capsicum, french beans, carrot & onion in thin shreds.
- 3) Fry all the vegetables seperately.
- 4) Heat oil add tomatoes & cook till soft.
- 5) Add turmeric, chill, cumin seed and coriender seed powder.
- 6) Add noodles, fried vegetables, salt and mix well and serve hot.

STUFFED BITTER GOURD

Ingredients

bitter gourd	1/4kg
Bengal gram flour	50 gm
Cumin seed powder	5 gm
Asafoetida	pinch
Coconut (powdered)	5gm
Red chilli powder	2gm
Salt	To taste
Oil	20 gm

Procedure

- 1) Wash the bitter gourd, give verticle slit and remove matured seeds.
- 2) Mix well bengal gram flour, cumin seed powder, coconut powder, red chilli powder, salt, asafoetida and little oil.
- 3) Stuff the mixture in bitter gourds.
- 4) Sprinkle little water and apply little salt on rough surface of bitter gourd.
- 5) Heat oil, put bitter gourds & cover it for few minutes, turn to other sides and shallow fry till golden brown.

MASALA BITTER GOURD

Ingredients

Bitter gourd	1/4 kg
Green chillies	2no (chopped)
Aniseed powder	10 gm
Coriander seed powder	10gm
Onion	50 gm (grated)
Garlic paste	2gm
Turmeric powder	1gm
Mango powder	5 gm
Chilli powder	1gm
Salt	To taste
Oil	20gm.

Procedure

- 1) Wash Bitter gourd.
- 2) Make a verticle slit.
- 3) Heat little and fry onion, garlic paste & green chillies.
- 4) Add aniseed powder, coriander seed powder, mango powder, tumeric powder, chilli powder & salt.
- 5) Mix well & cool.
- 6) Stuff in bitter gourd & shallow fry till golden brown.

BITTER GOURD CHIPS

Ingredients

Bitter gourd	1/4 kg
Salt	2gm

Procedure

- 1) Wash bitter gourd and cut it into thin slices remove seeds.
- 2) apply salt to the slices and dry in hot sun.
- 3) Whenever required, fry in oil and sprinkle chilli powder and serve hot.

BITTER GOURD WAFERS

Ingredients

Bitter gourd	1/4 kg
Salt	To taste
Oil	To fry
Cumin seed/pepper/ chilli powder	2gm

Procedure

- 1) Wash the bitter gourds and cut into slices.
- 2) Soak in salt water for 10-15 min.
- 3) Drain the water & keep aside for 10-15min.
- 4) Sprinkle little salt and cumin/ pepper/ Chilli powder and serve hot with tomato sauce.

BITTER GOURD PICKLE

Ingredients

Bitter gourd	1/4 Kg
Green chillies	25g
Salt	25g
Mustard powder	10g
lime juice	50ml
Fenugreek seeds	2g
Turmeric powder	2g

Procedure

- 1) Wash and cut the bitter gourd into slices.
- 2) Give a verticle cut to green chillies.
- 3) Mix salt, turmeric powder, mustard seed powder, and fenugreek seed powder.
- 4) Mix thoroughly bitter gourd slices green chillies salt and the above powder mixture.
- 5) Fill it in a sterilized jar & pour the lime juice over it. Mix it thoroughly and preserve.

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