

Ridge Gourd Chana Dal Curry

Prep Time: 30 mins

Cook Time: 40 mins

Serves: 20

Ingredients

For Cooking Dal:

1 cup chana dal (split Bengal gram)

Water for pressure cooking

For Coconut Masala Paste:

1 coconut, grated

½ small bowl garlic cloves

2 tbsp poppy seeds (gusa gusa)

For Curry

1 small bowl oil

8 onions, finely chopped

2 tbsp ginger-garlic paste

15 tomatoes, chopped

1 tbsp turmeric powder

3 tbsp red chilli powder (adjust to taste)

5 tbsp salt (adjust later)

1 tbsp sambar powder

2.5 kg ridge gourd, peeled & cut into bite-sized pieces

Instructions

- ☐ Rinse 1 cup chana dal and pressure cook with water for 1 whistle.
- ☐ Grind grated coconut, garlic, and poppy seeds with little water into a smooth paste.
- ☐ Heat oil in a kadai and sauté onions until golden brown.
- ☐ Add ginger-garlic paste and fry for 1 minute.
- ☐ Add tomatoes and cook until mushy.
- ☐ Mix in turmeric, chilli powder, and salt. Cook for 5 minutes.
- ☐ Add ridge gourd pieces and mix well.
- ☐ Sprinkle sambar powder, cover, and cook until tender.
- ☐ Mix in cooked dal with some water and stir in coconut paste.
- ☐ Bring everything to a boil.
- ☐ Adjust salt and spice levels; add water if too thick.
- ☐ Garnish with coriander.

1. What colour is the ridgegourd?

2. Can you see ridges, bumps or lines on its skin?

Yes

No

If yes, how many ridges can you see? _____

3. Is the ridge gourd:

Long or short? _____

Thick or thin? _____

4. How does the ridge gourd skin feel when you touch it?

a) Rough

b) Smooth

c) Bumpy

d) Soft

5. What happens to the chana dal when it is cooked?

a) It remains hard

b) It becomes soft and edible

c) It turns bitter

d) It grows into a plant

6. What colour is chana dal?

a) Yellow

b) Green

c) White

d) Pink

7. What shape is chana dal?

a) Square

b) Triangle

c) Round

8. Which ingredients are used to make the coconut masala paste?

a) Coconut, garlic, poppy seeds

b) Onion, tomato, garlic

c) Coconut, tomato, ginger

d) Coconut, sesame seeds, chilli

9. How do you know when the ridge gourd is cooked properly?

- a) It is still hard
- b) It is tender and soft
- c) It turns brown
- d) It becomes very mushy

10. What should you do if the curry is too thick?

- a) Add more water
- b) Add more spice
- c) Cook longer without water
- d) Add more salt

11. What is the role of coriander garnish?

- a) To add color and fresh flavor
- b) To make the dish spicy
- c) To thicken the curry
- d) To add a crunchy texture

12. What nutrient does dal give to our body?

- | | |
|------------|----------|
| a) Sugar | b) Water |
| c) Protein | d) Fat |

13. Chana dal is cooked in a pressure cooker.

TRUE

FALSE

14. Garlic is not used in this recipe.

TRUE

FALSE

15. Tomatoes are cooked until mushy before adding spices.

TRUE

FALSE

16. Ridge gourd is peeled and cut into large chunks.

TRUE

FALSE

17. Coconut paste is added at the end of cooking.

TRUE

FALSE

18. The recipe calls for 15 tomatoes. You only have 10, how many more do you need to buy?

19. We started cooking ridge gourd chana dal curry at 3:15 pm.

It takes 40 minutes to cook.

We will finish cooking at _____.

20. Write the steps from the recipe in the correct order:

- a) Add ridge gourd pieces
- b) Make coconut paste
- c) Sauté onions
- d) Garnish with coriander
- e) Mix in cooked dal
- f) Bring everything to a boil
- g) Add turmeric powder, chilli powder and salt.
