

If food could heal and delight at once, Amla Gojju would be its finest ambassador. Made from the ancient superfruit *Indian gooseberry* (amla), this dish is a tantalising blend of sour, sweet, bitter, and spicy. Popular in Karnataka homes, amla gojju is more than a side dish, it's Ayurveda on your plate, lovingly spiced, gently simmered, and deeply revitalising.

What Is Amla Gojju?

Amla Gojju is a thick, tangy-sweet curry made using cooked and mashed amla, simmered with jaggery, tamarind (optional) and a fragrant blend of spices. The fruit's naturally sour and astringent taste is perfectly balanced with earthy jaggery, mellow tamarind, and warm tempering. It's usually paired with hot rice or millets, and sometimes eaten as a chutney-like accompaniment.

How to Make Amla Gojju: The Traditional Way

□ Ingredients:

Main Ingredients

- 4-5 fresh amlas (Indian gooseberries), deseeded and chopped
- 1½ tsp tamarind paste (or a small lemon-sized soaked ball) (Optional)
- 1½ tbsp jaggery (adjust as per sourness)
- 1½ tbsp gojju powder (or homemade blend - see tips)
- Salt to taste
- 1.5-2 cups water

For Tempering

- 1 tbsp sesame oil / groundnut oil
- ½ tsp mustard seeds
- A pinch of hing (asafoetida)
- 1 sprig curry leaves
- 1 dried red chilli (optional)

□ Method:

1. **Cook the Amlas:**
Steam or pressure cook the chopped amlas for 1-2 whistles. Cool and mash lightly or blend coarsely.
2. **Prepare the Base:**
Heat sesame / groundnut oil in a pan. Add mustard seeds, allow them to splutter. Then add hing, red chilli, and curry leaves.
3. **Simmer the Gojju:**
Add tamarind extract, jaggery, and mashed amla to the pan. Let it simmer on medium flame for 4-5 minutes.
4. **Add Spices and Adjust:**
Mix in gojju powder and salt. Add water to get the desired consistency. Simmer for another 5-6 minutes until thick and glossy.
5. **Let It Rest:**
Let the gojju sit for 15-20 minutes before serving to enhance depth of flavour.

□ Ayurvedic Benefits

1. **Amla is a Rasayana, rejuvenative and tridosha-balancing, especially calming for [Pitta](#).**
2. **Promotes digestion, liver health, immunity, and anti-aging effects.**
3. **Jaggery strengthens Agni (digestive fire) and balances the sourness.**
4. **Sesame oil and hing support [Vata](#) grounding and enhance absorption.**
5. **Tamarind and spices help break down toxins (Ama) and prevent bloating.**

□ Pro Tips from the Indian Kitchen

- Steam amlas instead of boiling to retain nutrients.
- If amla is too sour, increase jaggery or reduce tamarind.
- Use homemade gojju powder with roasted coriander, methi, sesame, and red chilies for best results.
- Amla pairs beautifully with millet pongal or steamed rice with ghee.
- You can even cook with hot water raw amla for a fresher, sharper flavour in quick versions.

♥ Why We Love Amla Gojju

- It's a dish with depth, drama, and nutrition in every spoon.
- Makes the medicinal amla palatable and exciting, even for picky eaters.
- Comforting and healing like a warm hug from an Ayurvedic kitchen.
- A stunning side for bland or heavy meals that need a zingy companion.
- Perfect for seasonal transitions and detox-friendly meals.

□ Ideal For

- Balancing [Pitta](#) in summer or heated emotional states
- Eating with plain rice, pongal, millets, or even idiyappam
- Post-festive gut resets or digestion support
- Anyone looking to include amla in a delicious way
- A satvik lunch thali with ghee, rice, palya, and a light rasam

