

Some dishes aren't just food—they're a story, a memory, a melody. Sunberry Gojju, made with the humble *chinna nellikai* or *manathakkali* (sunberry or black nightshade), is one such symphony of nostalgia and nourishment. This tangy, slightly bitter, deeply satisfying gravy is a traditional South Indian recipe celebrated for its digestive and cooling properties.

What Is Sunberry Gojju?

Sunberry Gojju is a flavourful, tamarind-based gravy prepared using sunberries (manathakkali or black nightshade berries). These small, shiny berries offer a unique combination of mild bitterness, subtle sourness, and astringency, which makes them a perfect fit for the bold, earthy character of gojju. It's commonly served with rice and known for its healing, gut-friendly qualities in both village kitchens and Ayurvedic diets.

How to Make Sunberry Gojju: The Traditional Way

□ Ingredients:

Main Ingredients

- ½ cup fresh or dried sunberries (*manathakkali*)
- 1 lemon-sized tamarind (soaked and pulp extracted) or 1½ tsp tamarind paste
- 1½ tbsp jaggery (adjust to taste)
- 1½ tbsp gojju powder (or homemade spice blend - see tips)
- Salt to taste
- 2 cups water (adjust for consistency)

For Tempering

- 1 tbsp sesame oil
- ½ tsp mustard seeds
- A pinch of hing (asafoetida)
- 1 sprig curry leaves

- **1 dried red chili (broken)**

□ **Method:**

- 1. If Using Dried Sunberries:**
Soak in warm water for 15-20 mins. Rinse thoroughly to reduce salt/preservatives (if any).
- 2. Cook the Tamarind Base:**
In a pan, add sesame oil. Once hot, add mustard seeds and let them splutter. Add hing, curry leaves, and red chili.
- 3. Simmer with Tamarind:**
Add tamarind extract and let it boil for 4-5 minutes till the raw smell fades.
- 4. Add Spices and Sunberries:**
Stir in the gojju powder, jaggery, salt, and sunberries. Simmer until the berries soften and absorb the flavours, about 5-7 minutes.
- 5. Adjust and Finish:**
Adjust salt, tang, and sweetness as per taste. Cook to a slightly thick consistency.

□ **Ayurvedic Benefits**

- 1. Sunberry is deeply healing for ulcers, mouth sores, and stomach irritations—[pitta](#)-pacifying.**
- 2. Tamarind and jaggery enhance Agni (digestive fire) while balancing taste.**
- 3. Sesame oil and mustard seeds ground [vata](#) and support healthy circulation.**
- 4. The bitter and astringent rasas (tastes) in sunberry help in detoxification.**
- 5. Ideal for those with [Pitta](#) imbalances, skin issues, or sluggish digestion.**

□ **Pro Tips from the Indian Kitchen**

- **Use fresh sunberries when available—they're less bitter and more aromatic.**
- **For dried berries, always rinse and soak well to soften and reduce excess bitterness.**

- **A dash of roasted methi powder adds magic to the gojju.**
- **Homemade gojju powder: dry roast 1 tsp coriander seeds, ¼ tsp methi, 1 tbsp sesame seeds, 2-3 red chilies, grind to fine powder.**
- **Add a spoon of coconut or sesame oil at the end for extra richness.**

♥ Why We Love Sunberry Gojju

- **It's a flavour explosion—sweet, sour, bitter, and tangy in perfect harmony.**
- **Heals the gut, calms the system, and comforts the soul.**
- **A great way to revive traditional wild edibles in our diet.**
- **Feels like something your grandmother would lovingly make on a lazy afternoon.**
- **Packs a nutritional punch without any frills or fuss.**

□ Ideal For

- **Lunch with hot rice and a spoon of ghee**
- **Mild detox diets or post-fever recovery**
- **[Pitta](#) season (summer) or for people with high internal heat**
- **Pairing with bland dishes like pongal, mudde, or plain rice**
- **Those exploring Ayurvedic, traditional, or foraged-ingredient cooking**

