

Tomato Gojju is like a burst of sunshine in your meal—tangy, slightly sweet, mildly spicy, and utterly comforting. Rooted in South Indian tradition, this versatile dish is a celebration of ripe tomatoes, transformed into a rich, spiced gravy that's perfect as a side or even as a main when paired with rice.

What Is Tomato Gojju?

Tomato Gojju is a thick, stew-like curry made from ripe tomatoes simmered in tamarind, jaggery, and a special blend of roasted spices. Unlike regular tomato curries, gojju has a deeper flavour profile—think tangy, sweet, bitter, and spicy all in one. It's a go-to accompaniment for rice, pongal, or dosa, often served in Karnataka and Tamil households.

How to Make Tomato Gojju: The Traditional Way

□ Ingredients:

Main Ingredients

- **4-5 ripe tomatoes, chopped**
- **1½ tsp thick tamarind paste**
- **1 tbsp jaggery (adjust to taste)**
- **1½ tbsp gojju powder (or see tips below for homemade)**
- **Salt to taste**
- **1½ cups water**

For Tempering

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

□ Method:

- 1. Cook the Tomatoes:**
In a heavy-bottomed pan, cook chopped tomatoes with a little water until soft and pulpy. Mash lightly.
- 2. Temper the Spices:**
In a separate pan, heat sesame oil. Add mustard seeds, allow to splutter. Add hing, curry leaves, and red chilli.
- 3. Combine & Simmer:**
Add mashed tomatoes, tamarind paste, jaggery, gojju powder, and salt. Mix well.
- 4. Boil & Thicken:**
Add water to adjust consistency and let the mixture simmer for 10-12 minutes until thick and glossy.
- 5. Rest & Serve:**
Let the gojju rest for 15 minutes before serving—it deepens the flavours beautifully.

□ Ayurvedic Benefits

- 1. Tomatoes are rich in antioxidants and support rakta dhatu (blood tissue) and skin clarity.**
- 2. Tamarind aids in digestion and bile regulation, especially in Kapha-heavy meals.**
- 3. Jaggery supports Agni (digestive fire) and reduces the acidic impact of tomatoes.**
- 4. Hing and mustard seeds help reduce [Vata](#) imbalance and prevent bloating.**
- 5. Sesame oil adds warmth and lubricates the intestines, ideal for dry constitutions.**

□ Pro Tips from the Indian Kitchen

- Use country tomatoes (naati thakkali) for natural tanginess.
- If store-bought gojju powder isn't available, make a quick blend with roasted methi, coriander, sesame, red chilli, and coconut.
- For a smokier depth, lightly roast tomatoes before cooking.
- Don't skip the jaggery—it balances the sourness and enhances digestion.

- **Always rest gojju for at least 10 minutes—it gets better with time.**

♥ **Why We Love Tomato Gojju**

- **It's a quick, pantry-friendly dish that tastes like a festival.**
- **Add instant zing to plain rice or pongal.**
- **Comforting yet exciting—perfect for any season.**
- **Doubles up as a tangy spread or dip with dosas, rotis, or idlis.**
- **Brings together flavour, nutrition, and nostalgia in one spoon.**

□ **Ideal For**

- **A quick weekday lunch with ghee rice or millets**
- **Digestive balance after a heavy or bland meal**
- **Days when you want something light but full of flavour**
- **Accompanying curd rice, pongal, or steamed vegetables**
- **Travel food—when thickened, it stores well without refrigeration**

