

Tamatar Chi Ambat Goad Bhaaji (*Sweet and Sour Green Tomato Curry*)

TOMATO MY WAY 🍅:

Growing up in Central Maharashtra, India, **Tamatar Chi Ambat Goad Bhaaji** was a seasonal dish my mother would make whenever green tomatoes were available. Simple yet incredibly flavorful, this curry combines spicy, sweet, and tangy notes in perfect harmony. It was always my favorite lunch, especially when paired with fresh laccha paratha (flaky layered flatbread). I am delighted to share this taste of love, comfort, and nostalgia with the community in the place I now proudly call home.

Ingredients (Serves 4)

- 5 to 6 green tomatoes
- 4 to 5 garlic cloves
- 1-inch piece of fresh ginger
- 4 to 5 green chilies
- 1 bunch fresh cilantro, divided
- 1 medium onion, finely chopped
- ½ cup roasted peanuts
- 3 tablespoons peanut oil (preferred)
- ½ teaspoon turmeric powder
- 1 teaspoon red chili powder (optional, to taste)
- 1 teaspoon asafoetida (hing)
- 8 to 10 curry leaves
- 1 teaspoon cumin seeds
- 1 teaspoon mustard seeds
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1 to 2 tablespoons jaggery powder (adjust to taste)
- Salt, to taste
- ¼ cup water

Recipe

1. Grind the garlic, ginger, green chilies, and half of the cilantro into a smooth paste.
2. Finely chop the onion.
3. Cut each green tomato into four wedges.
4. Coarsely grind the roasted peanuts into a rough powder.
5. Heat the peanut oil in a saucepan over medium heat.
6. Add the mustard seeds and cumin seeds. Allow them to splutter.
7. Add the asafoetida and curry leaves, stirring briefly until fragrant.
8. Add the chopped onion and sauté until golden brown.
9. Stir in the ginger-garlic-cilantro paste and cook until aromatic and the oil begins to separate.
10. Add the tomato wedges and ground peanuts. Mix gently to coat.
11. Add the water and bring the mixture to a gentle boil.
12. Season with salt. Add the jaggery to balance the natural tartness of the green tomatoes. Stir well and simmer until the tomatoes are tender.
13. Garnish with the remaining chopped cilantro.

Serve hot with fresh paratha, roti, or even toasted bread for a comforting and flavorful meal.

A perfect balance of sweet, sour, and spicy flavors, this traditional Maharashtrian dish brings a little taste of my childhood to every table. 🍅❤️