

# Dosakai



**PLU – 4597** (*retailer assigned*)

## Description/Taste

Dosakai cucumbers are small in size and are round to oblong in shape. The smooth rind is edible, thin, yellow, and is overlaid with hues of green and orange with intermittent stripes and spots. As the cucumber matures, the skin becomes a darker yellow, and the green patches grow smaller. The pale cream to white flesh is firm, watery, and crunchy with small, yellow, edible seeds encased in a slippery coating. The flesh also has a mild, sweet fragrance that is reminiscent of melon. Dosakai cucumbers can be consumed both raw and cooked. When raw, they have an opaque flesh that is semi-sour and tart with slightly bitter seeds. When cooked, the flesh becomes translucent and soft with a tangy, sweet flavor.

## Current Facts

Dosakai, botanically classified as *Cucumis sativus*, is a small yellow cucumber that is a member of the Cucurbitaceae family along with melons, squash, and gourds. Also known as Kankri or Khira in Hindi, Vellari in Malayalam, Dosekaya in Telugu, and Dosakaya, Dosakai cucumbers are extremely versatile and can be used as pickling and slicing cucumber. Popularly grown in the south-east state of Andhra Pradesh in India and Sri Lanka, Dosakai cucumbers are predominately used for pickling and are also a common home garden plant because they are easy to grow and produce high yields.

## Nutritional Value

Dosakai cucumbers are a rich source of dietary fiber, eliminating toxic compounds from the gut, and also contain vitamins C, E, and K, potassium, and magnesium.

## Applications

Dosakai cucumbers are best suited for both raw and cooked applications such as stir-frying, sautéing, and boiling. They can be sliced and consumed raw as a snack or combined with other vegetables for a fresh salad. They can also be used in sambar curry, stews, kootu or stir-fry, kurma, or used as a replacement for potatoes in soup. Some of the most popular dishes in India that use Dosakai cucumbers are Dosakai pachdi, Dosakai paruppu, stuffed Dosakai curry, Dosakai sambar, and Dosakai fish curry. In addition to savory preparations, Dosakai cucumbers can also be sliced and used for pickling. Dosakai pairs well with mustard seeds, curry leaves, turmeric, cumin, ginger, onions, garlic, sesame seeds, coriander, lentils, tomatoes, spinach, green beans, okra, eggplant, eggs, chicken, potatoes, coconut, and mango. They will keep for a couple of weeks when stored in the crisper drawer of the refrigerator.

# Dosakaya Pappu

**Dosakaya Pappu using yellow cucumber and Tur dal with step by step pictures that makes a comforting lunch.**

*\*\*Before you start using Dosakai, taste a piece of it prior to cutting. Some dosakai can be bitter. If they are bitter, after scooping the seeds, wash it well with water to get rid of the bitterness.*

Prep Time: 5 min  
Cook Time: 20 min  
Total Time: 25 min

Course: Lunch  
Cuisine: South Indian

Servings: 4

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## Ingredients

- Dosakai – 1
- Tur dal – 1/2 cup (if you can't find, split peas will work)
- Onion – 1
- Tomato – 1
- Green chilies – 2
- Whole dry red chilies – 4
- Garlic – 3 pods
- Turmeric powder – 1/2 tsp
- Salt – to taste

### For Tempering:

- Mustard seeds – 1/2 tsp
- Cumin seeds – 1/4 tsp
- Curry leaves – 1 sprig
- Asafetida – 1 pinch
- Red chili powder – 1/4 tsp
- Oil - 1 tsp

## Instructions

1. Wash dosakai and scrape the outer skin. Once again wash well.
2. Cut into two and scoop out the seeds using a spoon. Chop into chunks or cubes.
3. Chop the onions and tomato finely. Break the green chilies into two.
4. Place the toor dal, onions, tomato, green chili, garlic pods, whole dry red chilies, turmeric powder and salt in a pressure cooker.
5. Add 1 to 1-1/2 cups water depending on the consistency of the dal and pressure cook over low flame for 3-4 whistles.
6. When done, wait for the pressure to release by itself and open immediately. Mash the contents using a masher.
7. You can mash them easily if you do it while the dal is still hot.
8. Transfer the dal to a serving bowl.
9. Heat a pan with oil. Add mustard seeds and let it pop.
10. Add cumin seeds, torn curry leaves, asafetida. Switch off and take the pan off the stove.
11. Immediately add red chili powder and swirl the pan for the chili powder to lose its raw flavor and get cooked without getting burnt.
12. Pour the tempering over the dal and mix gently.
13. Dosakaya Pappu is ready to serve.
14. Serve over hot steaming rice and along with any spicy dry curry of your choice.