

Recipe- Besan Methi Mathri

Recipe- Besani Mirch

Recipe- Punjabi Kadhi Pakoda (No Fry) (No Onion No Garlic)

Recipe- Choley

Choley



Ingredients

Chickpeas/ Choley 1 cup (Soaked overnight)

Salt 1 tsp (or according to taste)

Amla Powder 1 tsp

Ghee 1 tbsp

Asafoetida/ Hing 1 pinch

Jeera 1 tsp

Onion 1 medium

Green Chili 5 medium

Ginger Garlic Paste 2 tsp
Tomato puree 1 cup
Red Chili 1 tsp (or as per your taste buds)
Chole Masala 3 tsp (Store brought)

Method

- Wash and drain choley properly.
- Take a pressure cooker and boil choley with 1 tsp salt and 1 tsp amla powder.
- When done mash choley a little bit with a heavy spoon (Fig 1).
- Now take 1 tbsp ghee in another pan and heat on high flame.
- When ghee is hot enough add jeera and hing, let it cracker.
- Then add chopped onion and fry untill pink in color.
- Add Ginger garlic paste and fry.
- Add green chili and fry (Fig 2).
- Add tomato puree and fry til it starts leaving sides (Fig 3).
- Add red chilli powder and chola masala, fry for few minutes.
- Reduce the flame to low and cover the pan for 5 minutes.
- Add boiled choley and mix well.
- Cover and cook on low flame for another 10 minutes.
- Garnish with onion, ginger and green chilis.
- Serve hot with rice, bhature or chapati.



Tips

If you do not eat onion you may omit this from recipe and follow the procedure.

While boiling choley add amla powder, it will give dark color as well you may not need to put extra aamcur powder.

Mash them a bit for the gravy texture.

Adjust the chilis according to your taste.

“Be Vegetarian be Happy”

“Live and Let Live”

Recipe- Khandvi

Khandvi

Ingredients

For Khandvi

Besan (Gram Flour) 1 small cup

Curd (Thick Consistency) 1.25 small cup

Water 2.5 small cups

Turmeric Powder 1 tsp

Salt 1 tsp (or as per taste)

Lemon Juice 1 tsp

Ginger Paste 2 tsp

Green Chilli Paste 1 tsp (optional)

For Tempering

Oil 1 tbsp

Mustard Seeds 2 tsp

Green Chilli 2 nos (silted)

Lemon Juice 1 tbsp

Sugar 1 tsp

Water 3 tbsp

Grated Fresh Coconut 1 tbsp

Method

- Take curd in a deep bowl and beat well.
- Add sieved besan and mix well.
- Add turmeric powder, salt, lemon juice and ginger chilli paste mix well.
- Add water and mix to a batter (make sure no lumps are formed).
- Take 3-4 plates and grease with oil. Keep aside.

- Take a heavy bottom or a non stick pan and heat on high flame.
- Add this batter and keep stirring on high flame until a boil.
- Reduce the flame to low and keep stirring for another 5-6 minutes.
- The batter will look more shiny and thick.
- Switch off the flame and spread this batter on greased plates in a thin layer.
- This will set and dry in another 5 minutes.
- Cut in to 2 inch wide and around 4-5 inch long strips with the help of a sharp knife.
- Roll them tightly and place in a serving tray. Keep aside.
- Now heat oil in a small pan on high flame.
- When oil is hot enough add mustard seeds and let it crackle.
- When done add green chilli and fry.
- Now add water, lemon juice and sugar and let it boil.
- Pour over the khandvi pieces and garnish with coconut.
- Refrigerate for 1-2 hours.
- Serve chill with tamarind chutney.

Tips

Be careful as the mixture is hot, when you are spreading on the plates.

Spread in thin layers.

Do not over cook the mixture, it will be difficult to spread in a thin layer.