

Recipe - Pancake

Suji/

Semolina



Suji/ Semolina Pancake

Ingredients (4 nos)

Suji/ Semolina 2 cups

Curd 2 tbsp

Salt 1 tsp or according to taste

Eno Salt 2 tsp

Mustard Seeds 2 tsp

Sesame Seeds 2 tsp

Oil to temper

Method

- Take suji in a deep bowl add curd and salt, mix well.
- Add sufficient water to make a thick paste.
- Cover and keep aside for 0.5- 1 hour.
- Divide the mixture in 4 portions.
- Take 1-2 tsp oil in a deep pan and heat on high flame.
- When oil is hot enough add 0.5 tsp Mustard seeds and let it cracker.
- Meanwhile take a small bowl add one portion of suji paste and mix 0.5 tsp Eno salt to it.
- Pour this batter in the heated pan and sprinkle 0.5 tsp of sesame seeds over it.
- Cover the pan and reduce the flame on low.
- let it cook for 5 minutes on low flame.
- Check if its upper side is cooked.
- Otherwise cover the pan for another 1-2 minutes and check again.
- Turn pancake carefully and cover the pan again.
- Let this side also cook for 5 minutes approx.

- When both sides are cooked and golden brown in color.
- Remove and serve hot with chutney.
- Make other pancakes following the same steps.

Tips

Do not beat too much after adding Eno salt.

Eno salt.

according to your child taste and tolerance.

“Be Vegetarian be Happy”