

Recipe- Besan Methi Mathri

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Ingredients

Suji/ Semolina 1.5 cups

Curd 2 tbsp

Salt 1 tsp or according to taste

Eno Salt 5 gm pkt (Unflavored)

Mustard Seeds 2 tsp

Curry Leaves 15-16 nos

Oil 1 tbsp

Method

- Take suji in a bowl add curd and salt, mix well.
- Add sufficient water to make a medium thick paste.
- Cover and keep aside for 0.5- 1 hour.

1. Steam Method

- Heat a steamer and grease the plates.
- When done add the eno salt to the semolina paste and mix well (Fig 1).
- greased plates.
- And steam for 20 minutes.
- Check with the help of knife or tooth pick, if not cooked keep it for another 2-3 minutes (Fig 2).

2. Microwave Method

- *For that half fill a big wide microwave safe bowl with water.*
 - *And microwave for 5 minutes.*
 - *Meanwhile grease a microwave safe bowl and keep aside.*
 - *Now add the eno salt to the semolina paste and mix well (Fig 1).*
 - *greased microwave safe bowl.*
 - *And place this bowl in the water filled big and wide bowl (Like a double boiler system).*
 - *Cover with another bowl and microwave for 10 minutes on high.*
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- *When done remove from the bowl and allow to cool (Fig 3).*