

Recipe

Dhokla

By

Ananda Lila devi dasi



Ingredients

- $\frac{3}{4}$ C besan (chickpea flour)
- $\frac{1}{4}$ C fine rava (semolina)
- 1 Tsp baking powder
- 1 Tsp salt
- $\frac{1}{2}$ Tsp turmeric powder
- 1 Tbsp oil
- $\frac{3}{4}$ C yogurt
- $\frac{1}{3}$ C water

- 1 Tsp Eno fruit salt
- Mix juice of 2 lemons+ ½ C water + 2 Tbsp sugar

Seasoning:

- 1 Tsp oil
- 1 Tsp black mustard seeds
- 1 Tsp sesame seeds
- ½ Tsp yellow asafetida powder
- 2-3 green chilies
- 2 Tbsp chopped fresh coriander leaves

Preparation

1. In a mixing bowl, combine besan, rava, baking powder, salt, turmeric, oil, yogurt and water. Whisk until smooth. If batter is not of pouring consistency add little more water. Set aside for 1 hour to rest.
2. Place a few inches of water in a deep saucepan and a small inverted bowl. Select a cake pan 6 or 8-inch round pan that would fit the saucepan and sit over the inverted bowl while steaming. Water should just touch the cake pan.
3. Bring the water to full boiling.
4. Add the eno to the prepared mixture, batter would foam, immediately transfer the contents to the greased pan. Place the pan over the inverted bowl and close with a tight fitting lid. Cook for 15-20 minutes over medium heat or until a toothpick inserted comes out clean. Allow to cool. Cut in pieces.
5. Pour the prepared lemon+sugar solution over the dhokla pieces.
6. Prepare the seasoning: heat oil in a small sauté pan over moderately high heat. Add mustard seeds, when they crackle, add sesame seeds and sauté until golden. Add asafetida, chilies and coriander. Pour the seasoning over the dhokla. Serve warm or at room temperature.

Serves

4-6

www.iskcondesiretree.com

**Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare**

