

Recipe

MANGODI PAANCH PHORAN

By

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Ingredients

Green gram dumplings, dried (<i>mangodi</i>).....	1 cup
Skimmed milk yogurt.....	1 cup
Gram flour (<i>besan</i>).....	1 tbsp
Turmeric powder.....	½ tsp
Red chili powder.....	1 ½ tsp
Coriander powder.....	1 tbsp
Fresh coriander leaves.....	¼ medium bunch
Oil.....	1 ½ tbsp
Asafetida.....	a pinch
Mustard seeds.....	¼ tsp
Cumin seeds.....	¼ tsp
Fennel seeds (<i>saunf</i>).....	¼ tsp
Fenugreek seeds.....	¼ tsp
Salt.....	to taste

Preparation

1. Whisk yogurt with *besan*, turmeric powder, red chili powder, coriander powder and one cup of water. Ensure that there are no lumps. Clean, wash and chop coriander leaves.
2. Heat a non-stick frying pan and dry roast the *mangodi*, stirring continuously till they turn golden brown. Remove and keep aside.
3. Heat oil in a pan. Add mustard seeds and asafetida, cumin seeds, fennel seeds and fenugreek seeds. When they begin to crackle, reduce heat and add yogurt mixture and salt to taste.
4. Stir well and bring it to a boil. Add *mangodi* and chopped coriander leaves.
5. Reduce heat and simmer till *mangodi* are soft and cooked. This requires approximately eight to ten minutes. However this time can change depending on the quality and size of *mangodi* that you use.

Note: Readymade sun-dried *mangodi* are readily available at grocery stores.

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