

Kadhi Pakoda

by Bhaktivedanta Hospital - Diet Dept.



*"Krishna is very kind.
Therefore, He has given us
his remnants of food stuff"*

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Ingredients : For Kadhi

- Buttermilk.....1 cup
- Besan.....½ tsp.
- Oil.....½ tsp.
- Mustard seeds.....½ tsp.
- Jeera.....¼ tsp.
- Methi seeds.....¼ tsp.
- Hing.....A pinch
- Haldi Powder.....A pinch
- Cinnamon.....1 stick
- Tej patta.....1 no.

- Black pepper.....2 - 3 nos.
- Green chilies.....1 no.
- Ginger.....Small piece
- Salt.....To taste

For Pakoda

- Besan.....2 -3 tbsp.
- Haldi powder.....A pinch
- Ajwain.....¼ tsp.
- Jeera-dhania powder.....¼ tsp.
- Salt.....To taste

- Preparation :**
1. Make soft dough with the ingredients mentioned for pakoda.
 2. Make small balls and boil in the water till done.
 3. Heat oil. Add mustard seeds, jeera and methi seeds.
 4. Add boiled pakodas. Sautee for few minutes.
 5. Add whole garam masala and green chilli, ginger paste.
 6. Add hing and haldi.
 7. Add batter made with buttermilk and besan. Bring to boil.
 8. Turn off the flame.
- Garnish with finely chopped coriander leaves. Serve hot.

Serving	Energy (kcal)	CHOs (gm)	Protein (gm)	Fat (gm)
1 Bowl	166	20	9	7

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