

Recipe

Oondhiyu

By

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Ingredients

Double beans (Surti papdi), stringed, whole – 100gm
Raw banana chunks unpeeled - 100gm
Yam chunks (Suran) – 100gm
Small brinjals slit – 100gm
Baby potatoes – 100gm
Green chillies (crushed) - 4 -5 no
Ginger grated - 1 Tsp
Coriander leaves finely chopped - 1 Tbsp

Oil - 4 Tbsp
 Asafoetida - 1/4th Tsp
 Turmeric powder - 1/2 Tsp
 Omum (Ajwain, Ova) – 1 Tsp
 Whole coriander (Dhania) powder – 1 tbsp
 Salt - To Taste
 Sugar - 1/2 Tbsp
 Lemon to taste
 Fresh coconut – 4 Tbsp

For methi ghatta:
 Methi (Fenugreek) leaves finely chopped - 100gm
 Gram flour (besan) - 1/2 Cup
 Red chilli powder - 1 Tsp
 Salt - To taste
 Oil – 1 Tbsp

Preparation

1. Mix all ingredients, make stiff dough.
2. Form into small oval, dumplings Heat the 4 tbsp. oil, fry ghattas for 2 minutes.
3. Remove from oil. Keep aside. Use a heavy large sauce pan.
4. Make a paste of chilli, ginger, and coriander.
5. Mix the vegetables with oil and masala paste. Marinate for 30minutes.
6. Heat oil used for frying. Add all the vegetables, stir well.
7. Cover and cook for 4-5 minutes.
8. Now add papdi, turmeric, ajwain and salt.
9. Cover and cook on low till the yam is almost done. Add coriander, lemon, and sprinkle some water if required. Add sugar, stir. Serve hot, either as is, or with parathas.

Nutritional facts

NAME	Serving	Energy (kcal)	CHOs (gm)	Protein (gm)	Fat (gm)
Oondhiyu	1	284	22	3.5	17

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