

Recipe

Zunka Bhakari

By

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Ingredients

For Zunka:

Bengal Gram (Chana) flour – ½ Cup

Green Chilli – 2 no

Turmeric – A Pinch

Shredded Cabbage – 2 Tbsp

Asafoetida – A Pinch

Mustard seeds – 1 Tsp

Water – 1 Cup

Salt – To Taste

Oil – 1 – 2Tsp

For Bhakri:

Bajra Flour – ½ Cup

Salt - To Taste

Preparation

For Zunka:

1. Heat oil in a pan.
2. Add mustard seeds, green chillies, asafetida powder, shredded cabbage and turmeric and mix well. Cook till cabbage is cooked.
3. In a vessel mix the Bengal gram flour with water, add salt and make a thick consistency mixing it well without forming any lumps.
4. Add this mixture in the pan, mix well with other ingredients and keep on stirring till the mixture is completely dry.

For bhakri:

1. Knead the Bajra flour by adding all the above ingredients to it.
2. Roll it into a Bhakri and roast it.

Accompaniment:

Mirchi Thecha

Grind 3-4 green chillies, coriander leaves, ½ Tsp cumin seeds in a d grinder. Add coarsely ground peanut powder (2 Tbsp), add some lime juice and mix well.

Nutritional facts

NAME	Serving	Energy (kcal)	CHOs (gm)	Protein (gm)	Fat (gm)
ZUNKA – BHAKRI	1	250	42	6	1

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