

Recipe

Methi Gota

By

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Ingredients

- Besan - 1 ½ cup
- Coarse wheat flour - ½ cup
- Freshly chopped fenugreek - 2 cups
- Freshly chopped coriander - ½ cup
- Green chilies - 4

- Salt - to taste
- Sugar - to taste
- Red chili powder - ½ tsp
- Turmeric - 1/3 tsp
- Asafetida - ¼ tsp
- Garam masala - 1 tsp
- Semi crushed whole peppers (do not use the ground pepper) - 8-10
- Sesame seeds - 2 tsp
- Semi-crushed coriander seeds - 2 tsp
- Yogurt - 4 tbsp
- Oil for frying
- Soda bi carbonate (baking soda) - ¼ tsp

Preparation

1. Mix both the besan (gram flour) and coarse wheat flour.
2. Add salt, sugar, chili powder, turmeric, asafetida, garam masala, til (sesame seeds), semi-crushed whole peppers and mix well.
3. Crush the chilies to a fine paste and add it to the flour mix.
4. Add yogurt (if the yogurt doesn't add to a little sour taste, add some lime juice) and mix the flour well.
5. Next add the chopped fenugreek and coriander, little water to make a thick paste (the consistency should be similar to that of condensed milk).
6. Let this mixture marinate for 10-15 minutes.
7. Add soda bi carbonate just before frying and mix well.
8. Heat oil and when it is extremely hot, add 3- 4 tsp of the oil to the gota mix (this makes the gotas crunchier and fluffy/light).
9. Slowly, add a tablespoon of the mix to the heated oil and fry it till it turns golden brown all over.
10. Simultaneously fry 4-5 gotas at a time.
11. Remove and serve with Kadhi.

Serves

4 Persons.

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Hare Rama Hare Rama Rama Rama Hare Hare**