

## Recipe

### Fenugreek Dumplings (Methi Muthia)

## By

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## Ingredients

### Dumplings (muthia):

- 1 C chopped fresh fenugreek leaves
- 5 fresh green chilies chopped
- 1½ Tbsp grated ginger
- ½ C gram flour (besan)
- 1/3 C wheat flour (atta)
- 2 Tbsp semolina (sooji or rava)
- ¾ Tsp salt
- 1 Tsp sugar
- ¼ Tsp baking soda

- 1 Tsp cumin seeds
- 1 Tsp ground coriander
- ½ Tsp ground cumin
- ½ Tsp turmeric powder
- 2 Tbsp oil

### **Seasoning:**

- 2 Tbsp oil
- ½ Tsp black mustard seeds
- 1 Tsp white sesame seeds
- 1 dried red chilly
- ¼ Tsp yellow asafetida powder

### **To serve:**

- ½ C chopped fresh tomatoes
- ½ C grated paneer
- 2 Tbsp chopped fresh coriander leaves
- Juice of 1 large lemon

## **Preparation**

1. In a mixing bowl, combine all the dumpling ingredients and make a soft mixture. Divide the mixture into 12 parts and shape each part into a cylindrical roll of 2-inch of length.
2. Steam the dumplings in a steamer (or any pot that has steaming facility) for about 20 minutes or until a toothpick inserted comes out clean. Remove from heat and when cool cut them into 2 halves.
3. Heat oil in a pan over moderate heat. Add mustard seeds, when they crackle, add sesame seeds and red chilly and fry until golden. Add asafetida and quickly add the dumplings slices. Stir for 7-10 minutes until lightly golden.
4. Transfer the dumplings onto a serving platter. Garnish with tomatoes, paneer and coriander leaves. Add the lemon juice.

## **Serves**

4

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Hare Rama Hare Rama Rama Rama Hare Hare**