

Recipe

Kachori

By

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Ingredients

For cover

- Plain flour (maida) - 1 ½ cup
- Oil - 3 tbsp
- Salt to taste
- Cold water to knead the dough

For filling:

- Yellow moong dal washed and soaked for ½ hour - 1 cup
- Garam masala - 1 tsp
- Red chili powder - 1 tsp
- Dhania (coriander) powder - ½ tsp
- Coriander seeds crushed coarsely - ½ tsp
- Fennel (saunf) seeds crushed coarsely - ½ tsp
- Cumin seeds - ½ tsp

- Mustard seeds - ½ tsp
- Coriander leaves finely chopped - 1 tbsp
- Salt to taste
- Asafetida - 2-3 Pinches
- Oil - 1 tbsp + to deep fry
- Plain flour for patching - 1 tbsp

Preparation

For cover:

1. Mix flour, salt and oil, knead into soft pliable dough.
2. Keep aside for 30 minutes.

For filling:

1. Put plenty of water to boil. Add dal.
2. Boil dal for 5 minutes, drain and cool a little.
3. Heat oil in a heavy pan.
4. Add all seeds whole and crushed, allow spluttering.
5. Add asafetida, other ingredients of filling and mix well.
6. Do not smash the dal fully, but enough to make the mixture.
7. Remove from the gas, cool and divide into 15 portions.
8. Shape into balls with greased palms and keep aside.

For Kachori:

1. Mix water and 1 tbsp flour for patching.
2. Keep aside.
3. Take a ping pong ball sized portion of dough.
4. Knead into round. Roll into 4 inch diameter round.
5. Place one ball of filling at centre, pick up round and wrap ball into it like a pouch.
6. Break off excess dough carefully, do not allow cover to tear.
7. Repeat for 4-5 kachories.
8. Deep fry in hot oil, on low flame only. Turn and repeat for other side.
9. If the kachori get a hole anywhere, apply some paste.
10. Fry till golden and crisp. Small bubbles must appear over kachori.
11. Drain and serve hot.

Serves

5-6 Persons

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