

Recipe

Corn Dhokla

By

Bhaktin Malathy



Ingredients

For the batter:

- Chickpea flour (besan) - 1 cup
- Semolina (rawa) - 1 ½ cups
- Lemon juice - 1 tsp
- Sugar - 2 tsp
- Green chili ginger paste - 1 tsp
- Grated carrots - 3 tbsp

- Very thinly sliced green beans - 3 tbsp
- Sweet corn - 3 tbsp
- Eno's fruit salt/ one 5gm sachet (or baking powder) - 1 ½ tsp
- Salt to taste (remember the fruit salt has some salt in it)

For tempering:

- Oil - 1 tbsp
- Mustard seeds - 1 tsp
- White sesame seeds - 1 tsp
- Green chilies, chopped - 2
- Asafetida powder - a pinch
- Curry leaves - a sprig
- Water - 1 tbsp

For garnishing:

- Chopped coriander leaves - 1 tbsp
- Grated coconut - 1 tbsp

Preparation

1. Mix all the ingredients given for batter (except the Enos fruit salt), using enough water (about 1 ½ cups – this is just an estimate) to make a thick batter.
2. The batter should thickly coat your spatula. Keep aside for about 15 minutes.
3. The semolina will absorb some of the water in the batter, so the batter will become thicker after standing for 15 minutes.
4. Adjust the consistency with a couple of spoons of water before steam cooking.
5. On the stove top, get your steamer (whatever you use for steam cooking food) ready.
6. Once the water is boiling and the steam is rising well from the steamer, add the Eons fruit salt to the batter. Sprinkle a little water over the fruit salt. It will start bubbling and frothing.
7. Stir the batter well enough to mix in the fruit salt.
8. Pour the batter into a well oiled round plate with high sides and steam cook for about 10 to 12 minutes.
9. For the tempering, heat the oil and add the mustard seeds.
10. When they start to splutter, add the sesame seeds, chopped chilies, asafetida and curry leaves.
11. Add the 1 tbsp of water and pour this over the steamed dhokla. Garnish with coriander and coconut.
12. Cut the dhokla into squares and serve warm or at room temperature with green chutney or if preferred with tomato ketchup.

Serves

5-6 Persons

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Hare Rama Hare Rama Rama Rama Hare Hare**