

Maharashtra

Bhakri:



Recipe of Bhakri:

Ingredients:

- 2 cup bajra atta / pearl millet flour / sajje hittu
- ☐ ½ tsp salt
- ☐ hot water (to knead)
- ☐ wheat flour (for dusting)

INSTRUCTIONS

1. firstly, in a large mixing bowl take 2 cup bajra atta, ½ tsp salt and mix well.
2. add ½ of hot water and start to knead.
3. knead to the soft dough for at least 10 minutes.
4. add water as required and knead well as there is no gluten in the dough.
5. pinch a small ball sized dough and knead again.
6. dust with wheat flour and pat gently. you can alternatively use a rolling pin to roll as done for paratha.
7. pat with both the hands until the roti turns as thin as possible. if the roti breaks, it means it needs more kneading.
8. dust off excess flour and put over hot tawa.
9. now spread water over the roti with help of hand or wet cloth removing excess dough.
10. wait until the water evaporates then flip it to the other side.
11. press gently and cook all the sides.
12. finally, serve bajra roti / sajje rotti with jaggery or curry.

Nutrients :

- Calories: 201.
- Protein: 6 grams.

- Fat: 1.7 grams.
- Carbs: 40 grams.
- Fiber: 2 grams.
- Sodium: 286 mg.
- Folate: 8% of the Daily Value (DV)
- Iron: 6% of the DV.

Goa

Pav:



INGREDIENTS

- 1¼ cup milk (warm)
- ☐ 2 tsp sugar
- ☐ 7 grams dry yeast
- ☐ 3 cup (450 grams) maida / plain flour
- ☐ ½ tsp salt
- ☐ 2 tbsp butter (softened)

INSTRUCTIONS

1. firstly, in a bowl activate the yeast by combining 1 cup milk, 2 tsp sugar and 7 grams dry yeast.
2. add 3 cup maida and ½ tsp salt.
3. knead until the dough turns soft.
4. further, add 2 tbsp butter and knead the dough.
5. cover with cling wrap or cloth and rest for 2 hours in a warm place.
6. further, punch the dough and knead it slightly to remove air incorporated.
7. place the balls into a greased tray. place them leaving equal space in between.
8. further, brush the dough with milk without damaging the balls.
9. now cover with cling wrap and allow to rest for 20 minutes or until the dough reaches the brim of the tray.
10. preheat and bake at 180 degree celcius for 20 minutes, or until the pav turns golden brown from top.
11. once the pav is out of the oven, rub with butter to get a shiny look.
12. also, cover with a wet cloth to get a super soft cloth and allow to cool completely.
13. finally, enjoy ladi pav in preparing pav bhaji.

Nutrients:

Value per per laadi pav		% Daily Values	
Vitamin A	50.6 mcg		1%
Vitamin B1 (Thiamine)	0 mg		0%
Vitamin B2 (Riboflavin)	0 mg		0%
Vitamin B3 (Niacin)	0.8 mg		7%