

## **Aasam & Arunachal Pradesh & Nagaland & Manipur & Mizoram & Meghalaya**

### **Raagi Roti:**



### **Recipe of Raagi Roti:**

#### **INGREDIENTS**

- ☐ 2 cup ragi flour / finger millet flour / nachni atta
- ☐ 1 onion (finely chopped)
- ☐ 1 tsp ginger paste
- ☐ 1 chilli (finely chopped)
- ☐ few curry leaves (chopped)
- ☐ 5 tbsp methi / fenugreek leaves (chopped)
- ☐ 2 tbsp coriander (finely chopped)
- ☐ 1 tsp cumin / jeera
- ☐ 1 tsp salt
- ☐ ¾ cup hot water
- ☐ oil (for greasing and roasting)

#### **INSTRUCTIONS**

1. firstly, in a large bowl take 2 cup ragi flour.
2. add 1 onion, 1 tsp ginger paste, 1 chilli, few curry leaves, 5 tbsp methi and 2 tbsp coriander.
3. also, add 1 tsp cumin, 1 tsp salt and mix well.
4. now add ¾ cup hot water and combine well.
5. further, add 1 tsp oil and knead for a minute.
6. knead to a smooth and soft dough. add water if required to make a soft dough.

#### **to prepare on banana leaf:**

1. to prepare ragi rotti on banana leaf, grease the banana leaf. if the banana leaf is not tender, heat slightly and then grease with oil.
2. take a ball sized dough and tap gently to a thin thickness.

3. make 3 holes, this will help to roast as we can add oil in the centre.
4. now flip over to hot tawa and press gently.
5. after a minute, peel the banana leaf gently.
6. flip over once the base is cooked.
7. now add oil and roast both sides until it turns slightly golden.

**to prepare on tawa:**

1. grease the heavy-bottomed tawa with 1 tsp oil.
2. take ball sized dough and tap gently to a thin thickness.
3. place the tawa on medium flame.
4. cook on both sides adding a tsp of oil until it turns golden brown.
5. finally, enjoy ragi rotti with butter and spicy chutney.

**NUTRITION**

Calories: 8kcal

Carbohydrates: 2g

Protein: 1g

Fat: 1g

Saturated Fat: 1g

Sodium: 236mg

Potassium: 50mg

Fiber: 1g

Sugar: 1g

Vitamin A: 64IU

Vitamin C: 9mg

Calcium: 9mg

Iron: 1mg