Rajgira parantha

Iron bioavailability: parantha: 0.77mg (60% of daily requirement)

(Portion of 3)

Ingredients:

one potato

urad dal flour/ masoor dal flour 50g

rajgira flour 50g

spinach leaves 50g

onion 50g

cumin seeds 5g

oil/ghee

salt, chillies, to taste

Utensils:

- A pan

- A bowl

- A plate

1. Peel the potato. Bring a pot of water to boil.
2. Cook the potato for about 15 minutes. Drain and mash it.
3. Finely chop the spinach leaves and onion
4. Make a dough by mixing together rajgira flour, urad dal flour, spinach leaves, onion, and the mashed potatoes
5. Knead well to make the dough soft and pliable. Add a little of hot water and flour as needed.
6. Cover the dough and rest for 10 minutes.
7. Add a little of salt to the dough. Knead the dough. Form into round balls and then flatten it.
8. Roast parantha on pans, applying oil on both sides

Chikki

Iron bioavailability: 0.627mg (49% of daily requirement)

(Portion of 3)

Ingredients:

Peanuts 150 mg

Jaggery 150 mg

Water (jaggery to water ratio about 1:1-1.5)

Utensils:

- A pan

- A bowl

- A plate

- Something for stirring

1. Fry the peanuts for 4-5 minutes to remove the skin of the peanuts.
2. Fry the peanuts until it turns golden and give some sounds, make sure there is no skin remained. Place them into a container
3. Melt the jaggery with water in a pan (powder form: 1:1.5; solid form: 1:1), keep the fire low and keep stirring throughout. Wait until the jaggery melts completely, it will take at most 10 minutes until it becomes liquid.
4. Add the peanut in and keep stirring. When the jaggery boils and gives air bubbles, turn off the fire. Quickly place it on to an oiled plate, spread the jaggery-peanut mixture evenly.

(It would be even better to place it in smaller portions, like biscuit size, it will set faster and is easier to handle, but that will need a bigger, flat container)

1. Wait for it to set under room temperature, cut it into mouthful pieces and it is ready to serve.

Remarks:

- The food is super sweet, remember to drink water

Dhuli Mung Dal

Iron bioavailability: 0.56mg (44% of daily requirement)

(portion of 3)

Ingredients:

urad dal/masoor dal 100g

tomato 75g

onion 50g

garlic: 3 to 4 cloves

oil/ghee: 20g

coriander leaves 10g (1 tbsp)

cumin seeds ¼ tsp

tumeric powder ½ tsp

salt, red chillies, gram masala, to taste

Utensils:

- A pan

- A bowl

1. Soak the black lentils for 15 minutes and drain.
2. Cook it on a pan with chopped garlic, turmeric powder, red chilies, salt, and 2.5 cups of water for 5 minutes
3. Fry finely chopped onion in oil until the onion turns golden brown
4. Add cumin seeds and cook it for a few seconds
5. Add chopped/pureed tomatoes. Cook until tomatoes are done and mixture leaves the sides of the pan
6. Add garam masala and garnish it with finely chopped coriander leaves

Iron bioavailability per portion of the recipes:

* dhuli mung dal: 0.56mg (44% of daily requirement)
* parantha: 0.77mg (60% of daily requirement)
* chikki: 0.627mg (49% of daily requirement)