



Green dhokla (OP I)

Serving: 1

Veg

Ingredients

- -1/4 cup chopped fenugreek (methi) leaves
- -1/4 cup green moong dal (split)
- -1 tbsp roughly chopped green chillies
- -1 tsp besan (bengal gram flour)
- -a pinch of asafoetida (hing)
- -1/4 tsp sugar , optional
- -1 tsp oil
- -salt to taste
- -1 tsp fruit salt
- -1/2 tsp mustard seeds (rai / sarson)
- -1/2 tsp sesame seeds (til)

Preparation Method

- -Clean, wash and soak the green moong dal in enough hot water for 2 hours. Drain and keep aside.
- -Combine the drained green moong dal, green chillies and approx. 3 tbsp of water in a mixer and blend till smooth.
- -Transfer the mixture in a deep bowl, add the fenugreek leaves, besan, asafoetida, sugar, 2 tsp of oil and salt and mix well.
- -Just before steaming, add the fruit salt and add 1 tsp of water over it and mix gently.
- -Pour batter in a greased thali and spread it to make an even layer.
- -Steam the dhoklas for 10-12 minutes or till the dhoklas are cooked. Cool slightly.
- -Heat the remaining 1/2 tsp of oil in a small non-stick pan, add the mustard seeds, sesame seeds and asafoetida and sauté on a medium flame for 30 seconds.
- -Pour this tempering over the prepared dhokla and cut it into 16 square pieces.
- -Serve immediately with green chutney.