



Capsicum Dhokla (ES) (OP I)

Serving: 1

Veg

Ingredients

- For The Khaman Dhokla Batter
- -2 tbsp besan (bengal gram flour)
- -1 tbsp semolina (rava)
- -1 tsp lemon juice
- -pinch of sugar
- -1 tsp ginger-green chilli paste
- -1 tsp oil
- -salt to taste
- -1 tsp fruit salt
- Other Ingredients
- -1 tsp oil
- -1/2 tsp mustard seeds (rai / sarson)
- -1 tsp sesame seeds (til)
- - pinch of asafoetida (hing)
- -4 curry leaves (kadi patta)
- 1 big capsicum

Preparation Method

- -Cut the capsicum into 1 halves vertically. Remove the seeds carefully so as to retain the shape of the halves. Keep aside
- -Combine all the ingredients along with 1/2 cup of water, except the fruit salt, in a deep bowl and mix well to make a thick batter.
- -Add in the fruit salt, sprinkle 2 tbsp of water over it and mix gently.
- -Pour a portion of the khaman dhokla mixture into each of the 1 capsicum halves and steam in a steamer for 8 to 10 minutes.
- -Remove from the steamer and allow the capsicum to cool slightly. Cut each capsicum halve into 2 pieces vertically and keep aside.
- -Heat the oil in a small non-stick pan, add the mustard seeds, sesame seeds, asafoetida and curry leaves and sauté on a medium flame for a few seconds.
- -Pour the tempering over the stuffed capsicum.
- -Serve immediately garnished with coriander.