



Dal Pandoli (OP I)

Serving: 1

Veg

Ingredients

- Make 10 Pandoli
- - $\frac{1}{2}$ cup chola dal (split cow peas)
- - $\frac{1}{2}$ cup chopped spinach (palak)
- -2 tsp roughly chopped green chillies
- -2 tbsp low-fat curds (dahi)
- -a pinch of asafoetida (hing)
- -salt to taste
- -1 tsp fruit salt

Preparation Method

- -Wash and soak the chola dal in enough water in a deep bowl for 3 hours. Drain well.
- -Combine the chola dal, spinach, green chillies, curds and 1 tbsp of water in a mixer and blend it till smooth.
- -Transfer the mixture into a deep bowl, add the asafoetida and salt and mix well.
- -Add the fruit salt over the batter and mix it gently.
- -Tie a muslin cloth on top of a deep vessel, which is half-filled with water and heat till the water boils.
- -Put spoonfuls of the batter on the muslin cloth at regular intervals. You can make 5 pandolis at a time.
- -Cover the vessel with a dome-shaped lid and steam in a steamer for 5 to 7 minutes.
- -Repeat to make 5 more pandolis in one more batch.
- -Serve immediately with green chutney.