



## Doodhi Muthiya ( OP I )

Serving: 1

Veg

### *Ingredients*

- 1/4 cup grated doodhi / lauki
- 2 tbsp whole wheat flour
- 1 tbsp rava
- 1 tbsp besan
- 2 tsp ginger-green chilli paste
- 1/2 tsp turmeric powder (haldi)
- 1/2 tsp cumin seeds (jeera)
- 1 tsp lemon juice
- 1 tsp sugar( optional )
- 2 tbsp chopped coriander (dhania)
- 1/2 tsp hing
- salt to taste
- 1 tbsp oil
- 1/2 tsp rai
- 1 tsp sesame seeds (til)

### *Preparation Method*

- Squeeze out excess water from the grated bottle gourd and onions and keep the liquid aside to knead the dough if required.
- Combine the bottle gourd, onions, whole wheat flour, semolina, besan, ginger-green chilli paste, turmeric powder, cumin seeds, , lemon juice,
- Sugar, coriander, asafoetida, salt and 1 tsp of oil in a bowl, mix well and knead into a soft dough adding water if required
- Apply 1/4 tsp of oil on your hands and divide the mixture into equal portions, ,Shape each portion into a cylindrical roll
- Arrange the rolls on a greased sieve and steam in a steamer for 8-10 minutes.
- Remove, cool slightly and cut into slices and keep aside.
- For the tempering, heat the remaining oil in a non-stick kadhai and add the mustard seeds.
- When the seeds crackle, add the sesame seeds and asafoetida and sauté on a medium flame for a few seconds.
- Add the muthia pieces and sauté on a medium flame for 2 to 3 minutes or till they turn light brown in colour and crisp.
- Serve , garnished with coriander.