



Mixed Dal Handvo (OP I)

Serving: 1

Veg

Ingredients

- Serves 1
- 3 tbsp rice
- 2 tbsp toovar (ahar) dal
- 1 tbsp urad dal (split black gram)
- 1 tbsp green moong dal (split green gram)
- 1 tbsp chana dal (split Bengal gram)
- 1 tbsp whole wheat (gehun) (optional)
- 2 tbsp sour curds (dahi)
- $\frac{1}{4}$ cup grated doodhi
- 1 tsp oil
- 1 tsp lemon juice
- A pinch of eno
- 1 tsp sugar
- $\frac{1}{4}$ tsp chilli powder
- $\frac{1}{4}$ tsp turmeric powder (haldi)
- 1 tsp ginger-green chilli paste
- Salt to taste
- **For the tempering**
- 1 tsp oil
- $\frac{1}{2}$ tsp rai
- $\frac{1}{2}$ tsp til
- $\frac{1}{2}$ tsp ajwain
- $\frac{1}{4}$ tsp hing

Preparation Method

- 1. Clean, wash and soak the rice and dals together in enough water for atleast 4 to 5 hours. Drain and keep aside.
- 2. Blend in a mixer till smooth, add the curds and mix well. Cover and keep aside to ferment overnight.
- 3. Add the doodhi, oil, lemon juice, soda bi-carb, sugar, chilli powder, turmeric powder, ginger-green chilli paste and salt and mix well. Keep aside.
- 4. Heat the oil in a non-stick pan and add the mustard seeds.
- 5. When the seeds crackle, add the sesame seeds, carom seeds and hing and saute on a medium flame for a few seconds, while stirring continuously.
- 6. Pour half the batter evenly to make a thick layer.
- 7. Cover and cook on a slow flame for 7 to 8 minutes or till the base turns golden brown in colour and crisp.
- 8. Lift the handvo gently using 2 large flat spoons and turn it over to the other side.
- 9. Cover and cook on a slow flame for another 5 to 7 minutes or till it turns golden brown in colour. Cool slightly and cut into square pieces.