



Dalia Muthiya (OP I)

Serving: 1

Veg

Ingredients

- -1/4 cup cooked dalia
- -1/4 cup finely chopped methi leaves
- -1/4 cup bajra flour
- -1 tsp grated garlic
- -1 tsp ginger-green chilli paste
- -1 tsp sugar
- -A pinch of eno
- -1/4 tsp turmeric powder (haldi)
- -1 tbsp fresh curds (dahi)
- -Salt to taste
- -1/4 tsp oil for greasing
- -1/2 tsp oil for tempering
- -1/4 tsp rai
- -1 tsp til
- -A pinch of hing

Preparation Method

1. Combine the cooked dalia, methi leaves, bajra flour, garlic, ginger-green chilli paste, sugar, eno, turmeric powder, curds and salt in a bowl, mix well and knead into a soft dough adding water as required.
2. Apply a little oil on your hands and divide the mixture into equal portions. Shape each portion into a ball.
3. Arrange the balls on a greased sieve and steam in a steamer for 15 to 20 minutes. Remove and keep aside.
4. Cool slightly and cut into 1/2 slices and keep aside.
5. Heat the oil in a non-stick pan and add the mustard seeds.
6. When the seeds crackle, add the sesame seeds and hing and saute on a medium flame for a few seconds, while stirring continuously.
7. Add the cooked muthia pieces and saute on a medium flame for 2 to 3 minutes or till they turn light brown in colour and crisp.