



## Methi Kofta in Kadhi ( OP I )

Serving: 1

Veg

### *Ingredients*

- For The Methi Koftas
- $\frac{1}{4}$  cup finely chopped fenugreek (methi)
- -salt to taste
- -1 tbsp bajra (black millet) flour
- -1 tbsp semolina (rava / sooji)
- - $\frac{1}{2}$  tsp ginger-green chilli paste
- -a pinch of turmeric powder (haldi)
- - $\frac{1}{2}$  tsp lemon juice
- -a pinch of baking soda
- -For The Kadhi
- - $\frac{1}{2}$  cup whisked fresh curds (dahi)
- -1 tbsp besan (bengal gram flour)
- -1 tsp oil
- -1 tsp cumin seeds (jeera)
- - $\frac{1}{4}$  pinch of asafoetida (hing)
- -5 curry leaves (kadi patta)
- -1 small sliced onions
- -1 tsp finely chopped garlic (lehsun)
- - $\frac{1}{4}$  tsp turmeric powder (haldi)
- -salt to taste

### *Preparation Method*

- -Combine the fenugreek leaves and salt in a deep bowl, mix well and keep aside for 5 minutes.
- -Squeeze the water from the fenugreek leaves and transfer it in a deep bowl.
- -Add all the remaining ingredients along with 2 tbsp of water and knead it into a soft dough.
- -Divide the dough into equal portions and shape each portion into round balls.
- -Place the koftas in a steamer plate and steam for 5 minutes. Keep aside.
- ---For the kadhi---
- -Combine the curds, besan and 1 cups of water in a deep bowl and whisk well till no lumps remain. Keep aside.
- -Heat the oil in a deep non-stick pan and add the cumin seeds.
- -When the seeds crackle, add the asafoetida, curry leaves, onions and garlic and sauté on a medium flame for 1 minute.
- -Add the curds-besan mixture, turmeric powder and salt, mix well and cook on a medium flame for 4 to 5 minutes, while stirring continuously. Keep aside.
- -How to proceed
- -Just before serving, re-heat the kadhi, add the methi koftas, mix gently and cook on a medium flame for 2 minutes.
- -Serve immediately.