



Pithore (ES)

Serving: 1

Veg

Ingredients

- Serves 1
- 1/4 cup chopped fenugreek (methi leaves)
- 1/4 cup besan (bengal gram)
- 1/2 cup thick buttermilk(made using 1/2 cup low fat curd (dahi)and 1/2 cup water
- 1/2 tsp turmeric (haldi
- 1/2 tsp cumin seed(jeera)
- 1 tsp sesame a pinch of asafoetida
- 1/2 chilli powder
- 1 tbsp ginger (adrak paste)
- 1 3/4 oil for greasing,cooking and tempering
- 2 tbsp chopped corriander
- 1 tsp sesame seeds
- 1 tsp green chilli paste

Preparation Method

- 1) Mix ginger, besan, fenugreek leaves, buttermilk, turmeric powder, green chilli paste, salt and half cup of water in a bowl and mix well to make batter of pouring consistency.
- 2) Grease the thali with 1/4 tsp of oil and keep aside. Heat 1 tsp of oil in a non-stick pan, add the batter and cook on a slow flame, while stirring continuously till it leaves the sides.
- 3) Immediately pour the mixture into the greased thali.
- 4) Keep aside for 20 min and cut into equal-sized diamond shaped piece.
- 5) Heat the remaining 1/2 tsp of oil in a small non-stick pan add the cumin seeds.
- 6) When the seed crackle, mix sesame seeds and asafoetida and saute on a medium flame for 30 seconds .
- 7) Pour the tempering over the pithore pieces. Immediately serve garnished with coriander