



## Bhaidku ( OP I )

Serving: 1

Veg

### *Ingredients*

- **For Bhedku Mixture :**
- 1 tsp rice
- 1 tsp whole moong
- 1 tsp whole wheat
- 1 tsp whole jawar
- 1 tsp whole bajri (millet)
- 1 tsp chana dal (split chickpea)
- **For 1 People :**
- bhaidku mixture
- 1 tsp ghee
- 1/2 tsp carom seeds (ajwain)
- 1/2 tsp turmeric powder
- 1/2 tsp ground black pepper
- Pinch of asafoetida (hing)
- 1 green chillies minced
- 1 tbsp green coriander leaves
- salt to taste
- 1 cups of hot water

### *Preparation Method*

1. Clean, dry grind all of the grains together to a coarse powder.
2. On a low flame, heat ghee in a pan, add hing, carom seeds and the bhaidku mixture
3. Roast for two to three minutes until the colour changes
4. Add the hot water, turmeric powder, black pepper, minced green chili and salt
5. Cook for at least six to seven minutes, stirring continuously until it starts to thicken. Make sure there are no lumps (consistency should be like a thick stew)
6. Garnish with green coriander leaves and serve hot