



Ingredients

How many servings?

100 gms Gram flour

1 cup buttermilk

1 tbsp Chopped Ginger

1 tbsp Chopped Green chilly

4 tbsp Grated fresh coconut

Salt

Turmeric

1 tbsp Sesame seeds

1 tbsp Curry leaves

2 Dry Chilly

1 tbsp Mustard seeds

Khandvi

I have always loved Haldiram's Khandvi, so this is my attempt at it :)

Nutrient info -

Besan is rich in fiber, iron, potassium, manganese, copper, zinc, phosphorus, magnesium, folate, vitamin B-6 and thiamine.

Sesame seeds contain vitamins, minerals, natural oils, and organic compounds which consist of calcium, iron, magnesium, phosphorous, manganese, copper, zinc, fiber, thiamin, vitamin B6, folate, protein, and tryptophan.

Coconut has dietary minerals manganese, iron, phosphorus, zinc and micronutrients.

Steps

How long to cook?

1 Add gram flour in a vessel & mix chopped ginger and green chilly. Add salt to taste, 1/2 tsp turmeric powder & mix well

2 Add buttermilk to it & mix it well to form a

3 Pressure cook this batter for 3 whistles.

4 Once pressure is released, take out vessel & mix it well. Immediately spread it out on flat surface forming thin layer

- 5 Sprinkle grated coconut on it. Once cool, cut pieces out into 2 inch size. Roll it out tightly.
- 6 Tempering preparation - In a tempering pan, add 1 tbsp oil, mustard seeds, sesame seeds & dry chilly and set it on stove. Once seeds start to crackle add curry leaves. Turn off the gas stove.
- 7 Lay out khandvi on a serving dish & garnish with tempering. Serve with tea.