

White Dhokla/Steamed Lentil Cakes

Ingredients:

- ¾ cup parboiled rice
- ¼ urad dal (split and skinless black gram dal)
- ¼ cup fresh methi/fenugreek leaves - washed and chopped well
- ½ inch ginger/adrak
- 1-2 green chillies (as per choice)
- 3 tbsp poha/beaten rice - soaked and crushed finely
- salt to taste

Method:

1. Soak the rice and dal for 6 to 8 hours in plain water.
2. Drain the water and grind the rice and dal mixture in a grinder.
3. Add ginger, chillies, soaked poha and blend the above very well till a smooth batter like consistency is formed.
4. Transfer the contents to a container, cover it with a lid and let it ferment for 3 to 4 hours in a warm place.
5. Once done, take a ladle, add salt and beat it well with the ladle.
6. Now add the freshly chopped methi leaves.
7. Take the dhokla steamer that's filled with sufficient water in it. Grease 2 plates with a few drops of coconut oil.
9. Pour the batter into the plates and carefully place it into the steamer.
10. Cover and let it steam for 10-12 minutes.
11. Remove from the steamer and set it aside.
12. Repeat the same with the second plate too.

For the tempering:

Ingredients:

- 2 tsp cold pressed coconut oil
- 1 tsp mustard/rai seeds
- ½ tsp sesame/til seeds
- 7-10 curry leaves/kadipatta
- A pinch of hing/asafoetida

Method:

1. Add some oil into the pan and add 1 tsp mustard seeds in it as the oil heats up.
2. Once the seeds start spluttering, add 7-10 curry leaves, sesame seeds and a pinch of hing.
3. Spread the tempering over the dhokla evenly.
4. Now, cut the dhokla into square shaped pieces and serve hot with your choice of chutney/dips.

Notes:

1. All-time favourite snack, steamed dhokla are fermented foods which increase the bioavailability of nutrients like folic acid, riboflavin and Vitamin K.
2. They are not only easy to digest but are the best probiotic that helps in improving our gut microbiome.
3. When fresh methi is not available, add spinach or coriander.
4. Wash all the leafy greens well.

