



Ingredients

For the batter

1 cup Bengal gram flour
1 & 1/2 tbsp fine semolina
1/2 tsp citric acid
3 tsp sugar
1 tsp ginger-green chilli paste
1/4 tsp cooking soda
Salt to taste

For seasoning

1 tsp oil
1 tsp mustard seeds
1 tsp sesame seeds
2 green chillies chopped
A pinch asafoetida (hing)

For garnish

1 tbsp coriander leaves, finely chopped

Nutrients

Approx. calories per serving: 56 kcal

Procedure

Mix the citric acid and sugar in a bowl along with a little warm water and keep aside. Mix the remaining batter ingredients except the cooking soda to form a thick but smooth batter. Stir the sugar-citric acid mixture into the batter. Finally add the soda dissolved in warm water to the batter and mix until it rises up.

Pour the dhokla mixture in a greased tray and steam for 15-20 minutes following the steaming procedure mentioned in the Everyday Cooking section. For seasoning, preheat a 16cm Regular unit on medium heat until the Thermo Indicator reaches the green mark. Lower the heat and add 1 tsp of oil.

Add the ingredients mentioned under Seasoning above and wait until the mustard seeds crackle. Add 1 tbsp of water to the mixture and pour it on the steamed dhokla once they are done. Cool, cut and serve along with sweet and green chutneys.