

Dudhi Muthiyas

Makes - 24 pieces

Ingredients

- 2 cups bottle gourd, grated
- 1/4 cup grated onions (optional)
- ½ cup jowar flour
- ½ cup semolina
- ½ cup besan
- 1 tsp ginger paste
- 1 tsp green chilli paste
- ½ tsp turmeric powder
- ½ tsp cumin seeds
- 1 tsp lemon juice
- 1 tsp sugar
- 2 pinches of baking soda
- ½ tsp asafoetida
- 1 tsp oil
- salt to taste

For Tempering:

- 2 tsp oil
- ½ tsp mustard seeds
- Pinch of asafoetida
- 8 curry leaves
- 1 tsp sesame seeds (til)
- 2 tbsp chopped coriander

Recipe

- Squeeze out excess water from the grated bottle gourd and onions and discard the liquid.
- Combine all ingredient except tempering ingredients knead into a soft dough.
- Apply oil on your hands and divide the mixture into 4 equal portions.
- Shape each portion into a cylindrical roll approximately 150 mm. (6") length and 25 mm. (1") in diameter.
- Arrange 2 rolls on a greased sieve and steam in a steamer for 20 minutes.
- Remove, cool slightly and cut into (1") slices and keep aside.
- For the tempering, heat the remaining 2 tsp of oil in a deep non-stick pan and add the mustard seeds, curry leaves, sesame seeds and remaining asafoetida and sauté on a medium flame for 30 seconds.
- Add the muthia pieces and sauté on a medium flame for 4 to 5 minutes or till they turn light brown in colour and crisp.
- Serve immediately garnished with coriander.