**Handvo**

Makes - 16 pcs (4 people)

Ingredients

* ¾ cup of bottle gourd, grated (press and extract water from the gourd)
* ½ cup rice
* ¼ cup toor daal
* 1 tablespoon chana dal
* 1 tablespoon urad dal
* 2 pinches baking soda
* salt as required
* ¼ cup peas, shelled, boiled (optional)
* 1 carrot, chopped (optional)
* 1 teaspoon cumin seeds
* 1 teaspoon mustard seeds
* 1 green chilli
* 2 tablespoon curry leaves
* ¾ cup yoghurt
* 2 pinches powdered turmeric
* 2 tablespoon vegetable oil
* 1/2 teaspoon lemon juice
* 1/2 teaspoon ginger paste
* 2 teaspoon black sesame seeds
* 2 pinches asafoetida

Recipe

* Wash the rice and all the dals together in enough water and soak for 3-4 hours. After the soak, drain the extra water and add the mix to a mixer grinder. Grind them well to a fine and smooth paste. Once done, add the yoghurt in this paste along with salt and blend once again. Transfer this batter in a large bowl and cover with a lid. Keep it aside to ferment for 8-10 hours.
* Take the bowl of fermented batter and add grated bottle gourd, ginger paste, a little oil, green chilli paste, and a little turmeric powder. Mix all the ingredients well and make sure that the batter has a thick consistency.
* In the end add baking soda along with lemon juice in it. Mix vigorously and keep aside.
* Now on a non-stick pan over medium flame add the remaining oil in it. Once it is hot enough, add mustard seeds in it and let them crackle. Once they crackle, add cumin seeds in the pan along with black sesame seeds, curry leaves and asafoetida.
* Saute for a few seconds and then add the handvo batter in the pan. Spread it evenly. Cook the handvo just like a cheela and cook from both sides until golden brown. Once done, serve with chutney of your choice.