



Dhokla (Gujarati Breakfast)

by Sonia Patel

“This is a healthy breakfast designed to start the day healthy, and can be found in Gujarati, India.”

INGREDIENTS

50 grams rice
1 cup urad dal (split black gram)
 $\frac{3}{4}$ cup water
 $\frac{1}{4}$ cup yoghurt
 $\frac{1}{2}$ teaspoon salt
1 teaspoon ginger
1 teaspoon green chilli paste
1 teaspoon oil
 $\frac{1}{2}$ teaspoon mustard seeds
1 teaspoon sesame seeds
10-15 curry leaves
2 tablespoons coriander

METHOD

1. In a bowl add rice, split black gram flour, curd and water. Mix well to make a smooth batter. The batter should be of a thick consistency.
2. Add salt and set aside for 4 hours covered with lid.
3. Add ginger and green chilli paste to batter and mix well.
4. Get the steamer ready on the stove.
5. Grease a baking dish with oil, pour the batter into the greased pan and steam for 10-12 minutes.
6. Cool and cut into cubes.
7. Heat oil in pan, add mustard seeds, sesame seeds and curry leaves. Allow to splutter.
8. Pour seed mix over dhokla & garnish with coriander.

