



## Khaman

by Payal Shah

**“It means a lot to our Indian food. It is our traditional Gujarati food and it is a pleasure to make it.”**

### INGREDIENTS

2 cups chickpeas flour (besan) sieved  
1 cup yoghurt beaten  
½ teaspoon turmeric powder  
1 teaspoon green chilli-ginger paste  
2 tablespoons oil  
1 tablespoon lemon juice  
1 teaspoon soda bicarbonate  
1 teaspoon mustard seeds  
2 tablespoons fresh coriander leaves chopped  
½ cup coconut scraped  
salt to taste

### METHOD

1. Mix chick peas flour in a bowl. Add yogurt and approximately one cup of warm water and mix. Avoid lumps. Add salt and mix again.
2. Leave it aside to ferment for half an hour. When gram flour mixture has fermented, add turmeric powder and green chilli-ginger paste, then mix. Heat the steamer. Grease a small round pan.
3. In a small bowl add lemon juice, soda bicarbonate, one teaspoon of oil and mix. Add it to the batter and whisk briskly. Pour batter into the greased pan and place it into the steamer.
4. Cover with the lid and steam for ten minutes. Allow to cool for a few minutes, cut into squares and keep in a serving bowl/plate.
5. Heat remaining oil in a small pan, then add mustard seeds. When the seeds begin to crackle, remove and pour over the Khaman.
6. Garnish with chopped coriander leaves and scraped coconut. Serve.

