



## Dhokra

A dhokra is a savoury cake made from fermented rice and lentil or chickpea flour. It is either steamed or cooked like porridge and then set. It is often flavoured just with salt, chilli and ginger in the batter and finished off with a spicy tarka or second fry. Serves 6

200g dhokra flour  
100g yoghurt  
150g water  
1 tsp salt  
½ tsp turmeric  
1 pinch of asafoetida powder (optional)  
1 tsp bicarbonate of soda  
1 green chillies, fine chopped  
1 tsp grated ginger  
1tbsp sunflower oil  
2 cloves of garlic  
1 small bunch of fresh coriander

1. Start with the batter, it will need 8 – 12 hours to ferment, mix the flour with the yoghurt, water and turmeric. Cover and place in a warm environment. The fermentation breaks down the carbohydrates and makes the protein more absorbable. It also creates co2 which makes it bubbly and light.
2. Once the ferment is active, add the salt and a pinch of asafoetida plus the bicarbonate of soda and mix well. The bicarbonate of soda is not essential, especially if the batter is lively.
3. Oil a 20cm round baking tray and pour the in the batter. It should come up no more than half way up the side of the tray.
4. Place this into a large steamer or into a large pan with something heat proof underneath to raise up the tray with 2 -3 cm of water underneath. Steam for 10 – 15 minutes until the batter sets.
5. Allow this to cool slightly then cut into squares or diamond shapes.
6. Heat the remaining oil and then quick fry the garlic, ginger and chilli and pour over the dhorka.
7. Garnish with lots of fresh coriander.





## Bhindi sabzi

A delicious dish made with spiced okra or ladies fingers. Okra extrudes a slimy juice when cut, don't be put off, it's a delicious vegetable and a powerhouse of nutritional goodness. Serves 4 - 6

500g okra, washed, thoroughly dried, ends removed and quartered lengthways

2 tbsp oil

1 tsp cumin seeds

½ tsp turmeric

½ tsp red chilli powder

2 tsp ground coriander

1 tsp ground cumin

1 onion, diced

1 tbsp ginger, minced

2 cloves of garlic, sliced

1 green chilli, sliced

2 tomatoes, finely diced

Juice of one lime

salt

1. Heat a large pan over moderate heat. Add oil and when hot, add cumin seeds then onion and cook gently for 5 minutes. Add ginger and garlic, cooking another 2 minutes then make a well in the centre, add a little more oil and fry the chilli powder, ground cumin, and coriander briefly to release their flavour.
2. Add tomatoes and cook until the oil separated from the mass then add the okra salt and a few tablespoons of water. Cook on a higher temperature for 3 minutes then lower the heat, cover and cook for 12-15 minutes or until okra is tender. Taste and adjust salt as needed.
3. Finish with fresh lime juice





## Bharela baingan

This celebratory dish of stuffed baby aubergines in a peanut sauce is characteristic of Gujarati cuisine in that it uses peanuts, chickpeas and aubergines all of which are principle crops grown in this hot and dry state. Serves 4

12 baby aubergines  
300g peanuts  
100g chickpea flour (gram flour)  
1 tbsp coriander seeds  
2 tsp cumin seeds  
4 dry red chillies  
1 pinch turmeric powder  
1/2 tsp amchur (dry mango powder)  
1 tsp sugar  
1 tsp salt  
½ tsp asafoetida

1 tbsp sunflower oil  
1 tsp cumin seeds  
1 tbsp grated ginger  
1 small bunch coriander, finely chopped

1. In a wide pan, dry roast peanuts, gram flour, coriander seeds, cumin seeds, red chillies, asafoetida, turmeric powder and amchur. Cool and grind to a powder.
2. Pre heat the oven to 180c
3. Make slits in the aubergines from the bottom until the base of the stem. Make sure you keep the stems intact so that the aubergine stays in one piece. Stuff 1 tbsp of peanut mix per aubergine powder into the slits. Place these onto a baking tray and roast in the oven for 20 minutes.
4. For the sauce, heat the oil in a pan and add the cumin seeds followed by the ginger and then the remaining peanut mixture, plus 2 cups of boiling water. Bring to the boil, then reduce to a simmer and cook for 10 minutes. Add a little extra water if too thick and season to taste.
5. When the aubergines are cooked, transfer them gently to the peanut sauce and simmer for a further 5 minutes. Garnish with chopped coriander before serving.





## Kadhi

Kadhi is a very traditional dish found in north and western India. It is essentially a soup or gravy made from yoghurt and chickpea flour which is finished off with spices tempered in hot oil. It is regarded as very cooling for the body and is often served as a summer dish to accompany bean or lentil based curries. Serves 4 – 6

### For the Kadhi:

500g yoghurt  
3 tbsp chickpea flour (gram flour)  
1 tsp grated ginger  
2 green chillies, chopped  
½ tsp turmeric powder  
1 tbsp sugar  
1 tsp salt  
1.5l water

### For the tempering

1 tbsp sunflower oil or gee  
1 tsp mustard seeds  
1 tsp cumin seeds  
1 dry red chilli  
½ a cinnamon stick  
¼ tsp asafoetida  
10 curry leaves

### To finish:

2 large tomatoes, cubed  
1 red onion, fine chopped  
1 small bunch fresh coriander, chopped

1. Mix all the kadhi ingredients in the pan and whisk to remove all lumps
2. Gently bring this to a boil stirring continuously to stop the yoghurt curdling
3. When it boils, lower the heat to a low simmer.
4. Just before serving, top with the tomatoes, onion and coriander then heat the ghee or oil in a pan and add the tempering spices. Cook these briefly until they release their fragrance. Pour over the tomatoes & kadhi, mix well and simmer for 5 minutes more then serve.





## Mag nu shaak

This is a dal made from protein rich mung beans. You can use whole mung beans for a more substantial dish or split mung for a quicker cooking lighter dish. The spicing is relatively mild – if you prefer your dal hotter, add more chilli and ginger. Serves 4 -6

250g mung beans, if using whole mung, soak these in 3 times the water for 8 hours.

1 medium onion, chopped

1 tbsp tomato puree

½ tbsp grated ginger

2 tsp turmeric

2 tsp cumin powder

1tsp coriander powder

1 cinnamon stick

tsp salt

2 tbsp sunflower oil

1tsp mustard seeds

1 fresh green chilli, chopped

Fresh coriander

1. Heat 1tbsp of oil in a saucepan and fry the onions for 5 minutes.
2. Add the ginger, cumin, coriander and turmeric and gently fry for a minute more before adding the tomato puree, cinnamon, mung beans and 3 times the volume of water.
3. Bring the pan to the boil then reduce the heat and simmer for 15 minutes until the lentils are soft.
4. Heat the remaining oil in a in a separate frying pan and add the mustard seeds and the chopped chilli. Cook for about 1 minute until they start to pop then add this to the lentils, season with salt to taste, and garnish with fresh coriander.





## Bajra Na Rotla

This simple gluten free flatbread, made from millet flour is one of the staple foods of rural Gujarat. Millet grows well in the region and is rich in protein. It is also a good source of iron, calcium and other minerals like potassium, magnesium and zinc. It is best served hot and fresh as it dries out quickly. One can also use buckwheat or sorghum flour for rotla. Makes 6 rotla's

1 cup millet flour

½ cup water

½ tsp salt

1. In a bowl combine the flour and salt; add water a little at a time to make stiff dough. As millet is gluten free, the dough is quite short a squidgy. Rest the dough for up to two hours then quickly knead and divide into 6 portions. Roll these into little balls and rest for a few minutes.
2. Preheat a heavy pan or iron skillet on medium heat.
3. Using oiled hands place the ball on flat surface dusted with a little millet flour and flatten the ball with your palms to form a round shape about 10cm wide. roll it between silicon paper
4. Place the rotla on the heated iron skillet and cook for a few seconds on one side then flip it over.
5. Turn the heat lower and allow the rotla to cook until it starts to puff up. Flip again and keep cooking until browned. Continue the process with the remaining portions of the dough. Serve warm, buttered or oiled.

**Bajra puri** can be made with the same dough – roll out smaller balls of dough and deep fry them in sunflower oil at 170°C until puffed up and nut brown.

