



DHABA  DELUX

WHERE TRADITION MEETS FLAVOUR IN EVERY BITE

**DHABA STYLE
RECIPE BOOK**





Moong Dal Salad

Prep Time: 10 minutes (plus 30 minutes soaking time)

Cook Time: 5 minutes (for boiling the moong dal)

Total Time : 15 minutes

INGREDIENTS

1 cup Moong Dal (split green gram, soaked for 2-3 hours)
1 medium Cucumber (chopped)
1 medium Tomato (chopped)
1 medium Onion (chopped)
1 small Carrot (grated)
1 Green Chili (finely chopped, optional)
1/4 cup Fresh Coriander Leaves (chopped)
1 tablespoon Lemon Juice
1/2 teaspoon Roasted Cumin Powder
1/4 teaspoon Chaat Masala (optional)
Salt (to taste)
Freshly ground Black Pepper (to taste)

NOTES

Use sprouted moong dal instead of boiled moong dal for added nutrition and easier digestion.
Swap regular salt with rock salt or Himalayan pink salt for better mineral content.
Add a variety of fresh vegetables like cucumber, bell peppers, and carrots for

DIRECTION

Cook the Moong Dal

After soaking the moong dal, drain the water and cook it in a little boiling water for about 5-6 minutes until soft but not mushy. Drain and allow it to cool.

Prepare the Vegetables

While the dal is cooling, chop the cucumber, tomato, onion, carrot, and green chili (if using).

Assemble the Salad

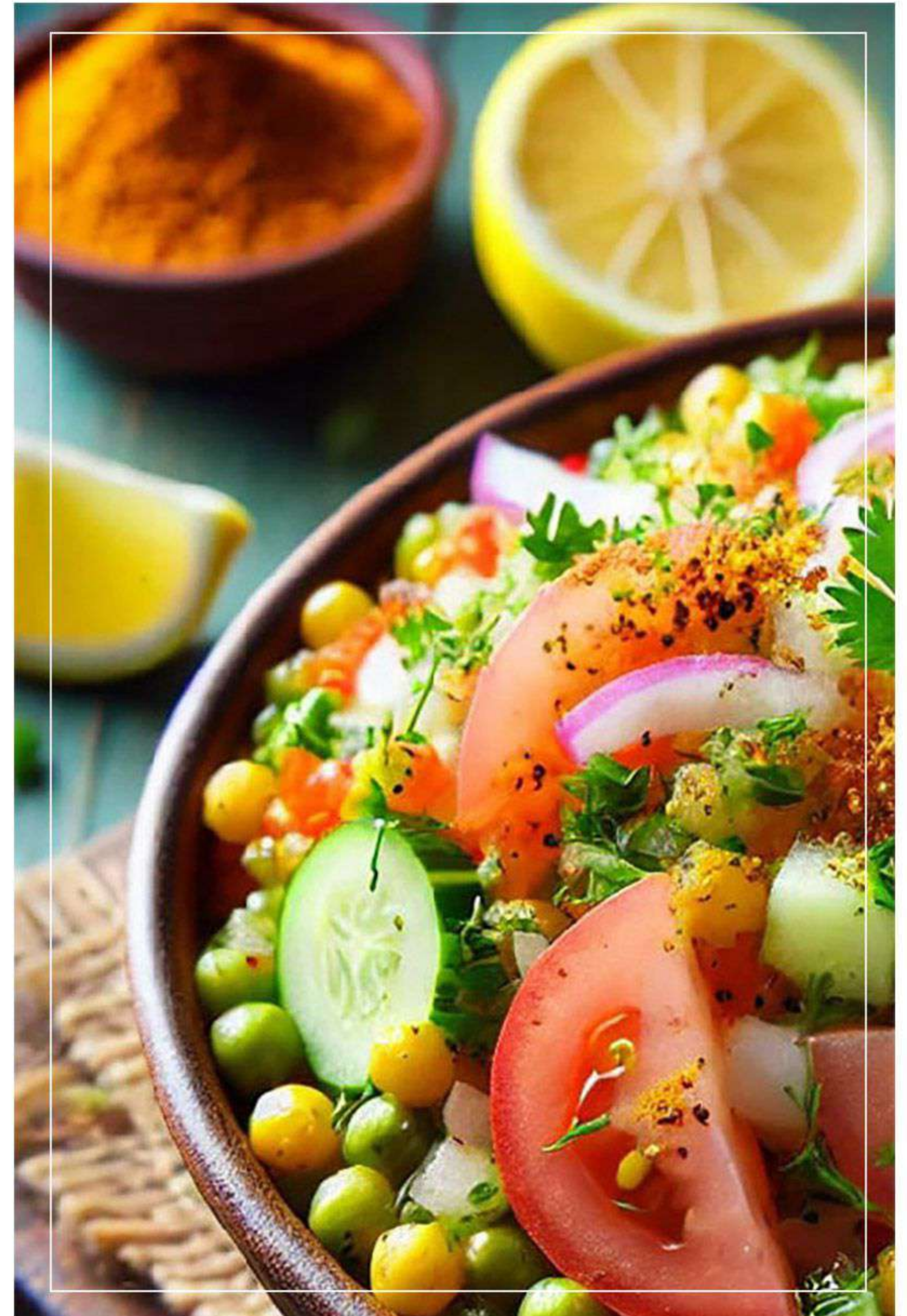
In a large bowl, combine the cooked moong dal with the chopped vegetables. Add the roasted cumin powder, chaat masala, salt, and pepper.

Add the Lemon Juice & Coriander

Squeeze the lemon juice over the salad and toss in the fresh coriander leaves. Mix everything together gently.

Serve

Serve the Moong Dal Salad immediately, garnished with a little more coriander or a sprinkle of chaat masala if desired.



Baingan Bharta

- Roast the Eggplant: Wash and pat dry the eggplants. Apply a thin layer of oil on the eggplant's skin and roast it directly over an open flame or in the oven at 200°C (392°F) until the skin is charred and the inside is soft (about 15-20 minutes). Once done, let it cool slightly, peel off the charred
- Prepare the Masala: Heat 1 tablespoon of oil in a pan (or less if reducing fat). Add cumin seeds and let them crackle. Add the chopped onions and sauté until golden brown. Add ginger-garlic paste and green chilies, and sauté for 1-2 minutes until fragrant.
- Cook the Tomatoes: Add the chopped tomatoes and cook until they soften and the oil starts to separate. Add turmeric powder, red chili powder, and garam masala, and cook for another 1-2 minutes until the spices blend well.
- Mix in the Roasted Eggplant: Add the mashed roasted eggplant to the cooked masala. Stir well to combine the eggplant with the spices. Cook for 5-7 minutes on low heat, allowing the flavors to meld.
- Adjust Seasoning: Add salt and adjust the seasoning as per taste. You can also add a dash of lemon juice for extra tang.
- Garnish & Serve: Garnish with fresh coriander leaves and serve hot with roti or chapati for a wholesome, low-fat meal.

- If you don't have paneer, you can use tofu as a substitute. It provides a similar texture and absorbs the flavors well.
- While fresh spinach is ideal, you can also use frozen spinach. Just make sure to thaw and drain it well before using.
- For a lighter version, replace the fresh cream with Greek yogurt or cashew cream.

INGREDIENTS

2 large Eggplants (Baingan)
1 large Onion (finely chopped)
2 medium Tomatoes (finely chopped)
2-3 Green Chilies (chopped)
1 tablespoon Ginger-Garlic Paste
1 teaspoon Cumin Seeds
1 teaspoon Garam Masala
1/2 teaspoon Turmeric Powder
1/2 teaspoon Red Chili Powder (optional)
1 tablespoon Oil (or less for a lower-fat version)
Salt (to taste)
Fresh Coriander Leaves (for garnish)
Lemon juice (optional)

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Bajra Khichdi Few Swaps Note

01. Replace ghee with olive oil for a lighter, vegan-friendly

02. Use quinoa or brown rice in place of bajra for a different texture and nutritional profile, while still

03. Add spinach or kale to increase the nutrient content and add a pop

"WHOLESOME, HEARTY, AND PACKED WITH RUSTIC FLAVORS – BAJRA KHICHDI IS MORE THAN A MEAL; IT'S WARMTH AND TRADITION IN

- **Prepare Bajra:** After soaking the bajra overnight, drain and coarsely grind it in a blender or food processor. This step is important to make the bajra more digestible and faster to cook.
- **Cook the Khichdi:** Heat ghee in a pressure cooker or heavy-bottomed pot. Add cumin seeds and let them crackle. Then add asafoetida and chopped onions, sautéing them until golden. Add chopped tomatoes and cook until they become soft and mushy. Stir in the turmeric powder, coriander powder, and red chili powder. Cook the spices for a minute.
- **Add Bajra and Moong Dal:** Add the coarsely ground bajra and washed moong dal to the pot. Stir everything well, coating the grains with the spices.
- **Add Water and Pressure Cook:** Pour in 4 cups of water and season with salt. Close the lid of the pressure cooker and cook for 4-5 whistles (about 15-20 minutes). If using a regular pot, simmer for about 40-45 minutes until the bajra and dal are tender.
- **Garnish & Serve:** Once the pressure releases, open the lid and give the khichdi a good stir. Garnish with fresh coriander leaves. Serve hot with an extra dollop of ghee or butter on top, alongside yogurt, pickle, or papad.

INGREDIENTS

1 cup Bajra (Pearl Millet), soaked overnight
1/2 cup Moong Dal (split green gram), washed and drained
1 medium Onion (finely chopped)
1 small Tomato (chopped)
1 teaspoon Cumin Seeds
1/2 teaspoon Asafoetida (hing)
1/2 teaspoon Turmeric Powder
1 teaspoon Coriander Powder
1/2 teaspoon Red Chili Powder (optional)
1 tablespoon Ghee (clarified butter)
4 cups Water
Salt (to taste)
Fresh Coriander Leaves (for garnish)
Ghee or Butter (for serving)

Bajra Khichdi



Chana Masala

Prep Time: 20 minutes

Cook Time: 15-20 minutes

Total Time : 35-40 minutes

PROCESS

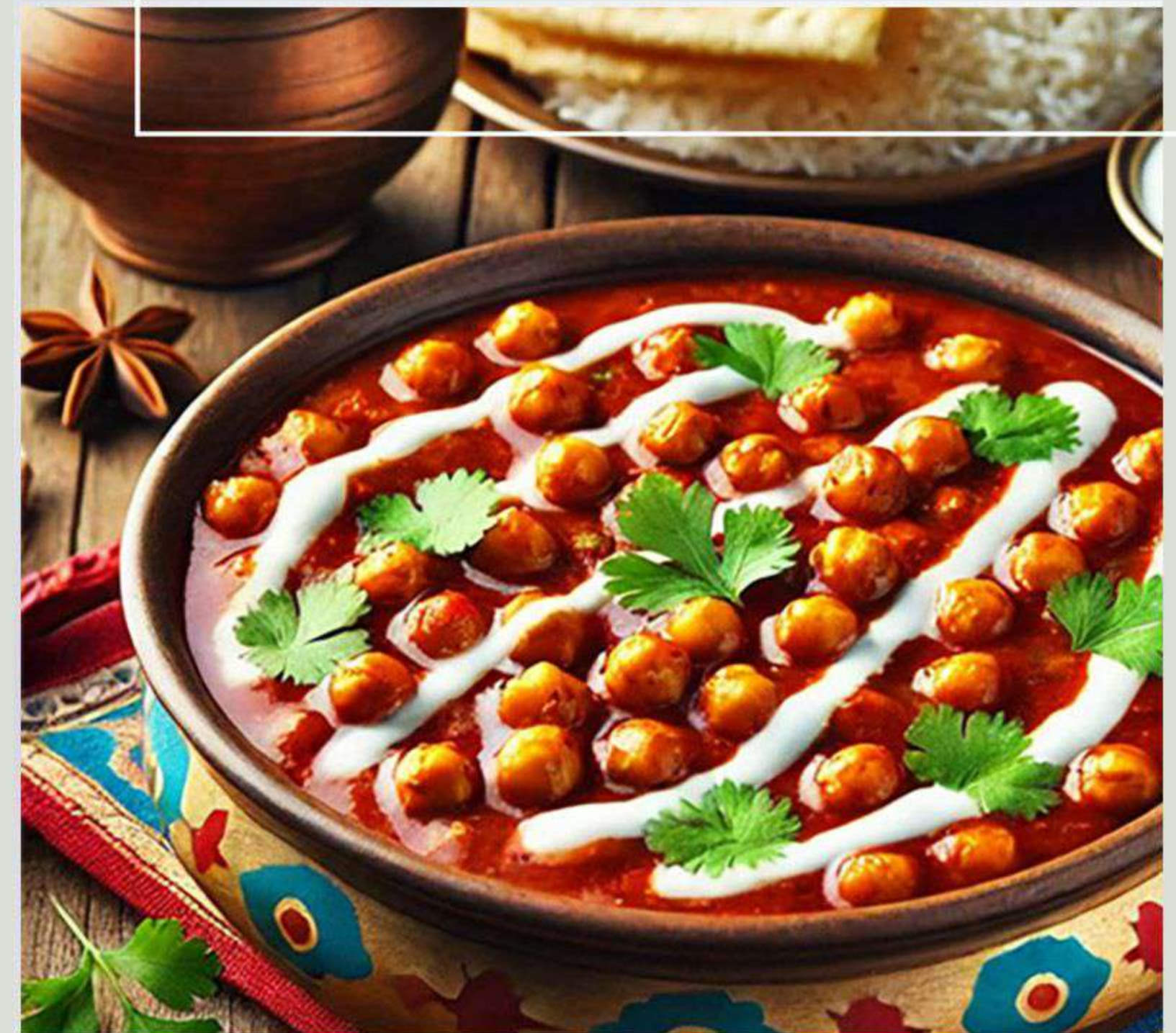
01. **Prepare the Base:**
Heat oil in a large pan.
Add cumin seeds and let them splutter.
Add the chopped onions and sauté until they turn golden brown.
Add ginger-garlic paste and sauté for another minute until the raw smell goes away.
02. **Add Tomatoes and Spices:**
Add the tomato puree to the pan and cook until the oil separates from the masala.
Add coriander powder, cumin powder, red chili powder, turmeric powder, and salt. Mix well and cook for 2-3 minutes.
03. **Cook the Chickpeas:**
Add the boiled chickpeas to the pan and mix them with the masala.
Add about 1/2 to 1 cup of water, depending on how thick or thin you want the gravy.
04. **Finish with Garam Masala**
Add garam masala and chana masala powder if using. Stir well and cook for another 2-3 minutes.
Adjust salt as needed.
05. **Garnish and Serve:**
Add lemon juice and garnish with freshly chopped coriander leaves.
Serve hot with steamed rice, roti, or naan.

Notes

Replace canned chickpeas with freshly boiled chickpeas to reduce sodium content and get better texture.
Use olive oil instead of regular vegetable oil for a healthier fat source in cooking the masala base.
Add spinach or kale to the dish to boost its nutritional content with added greens.

INGREDIENTS

1 1/2 cups chickpeas (chana), soaked overnight and boiled (or 1 can of chickpeas, drained and rinsed)	1 tsp coriander powder
2 tbsp oil	1 tsp cumin powder
1 tsp cumin seeds	1 tsp red chili powder
1 onion, finely chopped	1/2 tsp turmeric powder
2 tomatoes, pureed	1 tsp garam masala
1 tbsp ginger-garlic paste	1 tsp chana masala powder (optional but adds flavor)
2 green chilies, slit (optional)	Salt, to taste
	Fresh coriander leaves, chopped (for garnish)
	1 tbsp lemon juice





Gujarati Undhiyu

Prep Time: 15 minutes
Cook Time: 25 minutes
Total Time : 40 minutes

INGREDIENTS

For Muthiya

1 cup fenugreek leaves (methi), finely chopped
½ cup whole wheat flour
¼ cup gram flour (besan)
1 tsp cumin seeds
1 tsp coriander powder
1 tsp turmeric powder
1 tsp chili powder
1 tsp sugar
1 pinch baking soda
2 tsp oil
Salt to taste
Water as required

For the Vegetable Mix

200g small eggplants (brinjal), slit but left whole
200g baby potatoes, halved
200g sweet potatoes, diced
150g surti papdi (flat beans)
100g green peas
100g yam (optional), cubed
1 tsp turmeric powder
2 tsp chili powder
2 tbsp ground coriander-cumin seeds (dhania-jeera powder)
1 tsp garam masala
1 tbsp ginger-garlic paste

DIRECTION

In a mixing bowl, combine fresh fenugreek leaves with wheat flour, gram flour, cumin seeds, coriander powder, turmeric powder, chili powder, a pinch of sugar, baking soda, a bit of oil, and salt to taste. Gradually add water while kneading to form a firm, cohesive dough. Once ready, shape the dough into small, cylindrical dumplings, known as Muthiyas. Steam these Muthiyas for 10-15 minutes until they are fully cooked and set them aside, ready to be enjoyed or further incorporated into recipes. In a large pan or pressure cooker, heat oil and sauté ginger-garlic paste for a minute. Add turmeric, chili powder, ground coriander-cumin seeds, garam masala, and salt, stirring well. Toss in the vegetables, eggplant, baby potatoes, sweet potatoes, surti papdi, green peas, and yam coating them in the spice mixture. Add lemon juice, mixing everything thoroughly. If using a pressure cooker, add ½ cup water, cover, and cook for two whistles. For a pan, cover and cook on low, stirring occasionally until the vegetables are tender. Finally, gently fold in the steamed Muthiyas, letting it simmer for five minutes for a rich blend of flavors.



Dum Aloo

PROCESS

- Boil the baby potatoes in salted water until they are tender but still firm. Drain, peel, and lightly prick them with a fork.
In a pan, heat oil and shallow-fry the potatoes until they are golden and crisp. Set aside on a paper towel to remove excess oil.
- Heat 2 tablespoons of oil in a pan. Add cumin seeds, bay leaf, cinnamon stick, and cloves. Sauté for a few seconds until they release their aroma. Add the chopped onions and cook on medium heat until golden brown.
- Add red chili powder, turmeric, coriander powder, and salt to the pan. Cook for a couple of minutes to blend the flavors.
Reduce the heat and slowly mix in the whisked yogurt, stirring constantly to avoid curdling. Let the gravy simmer until it thickens and becomes rich.
- Add the fried potatoes to the gravy, ensuring they are fully coated in the sauce.
Sprinkle garam masala, kasuri methi, and fresh cream (if using) for added flavor and richness. Cover the pan tightly, lower the heat, and allow the dish to cook on dum (slow heat) for 10–15 minutes. This helps the flavors to
- Garnish with freshly chopped coriander leaves and serve your Dum Aloo hot with naan, roti, or steamed rice.

- If you don't have paneer, you can use tofu as a substitute. It provides a similar texture and absorbs the flavors well.
- While fresh spinach is ideal, you can also use frozen spinach. Just make sure to thaw and drain it well before using.
- For a lighter version, replace the fresh cream with Greek yogurt or cashew cream.

INGREDIENTS

12-15 baby potatoes
2 medium onions, finely chopped
2 medium tomatoes, pureed
1/2 cup yogurt, whisked
2 tbsp oil
1 tsp cumin seeds
1 bay leaf
1-inch cinnamon stick
2-3 cloves
1 tsp ginger-garlic paste
1 tsp red chili powder
1 tsp turmeric powder
1 tsp coriander powder
1 tsp garam masala
1/2 tsp kasuri methi (dried fenugreek leaves)
1/2 cup fresh cream (optional)
Fresh coriander leaves for garnish
Salt to taste

For Potatoes:

12-15 baby potatoes
Oil for frying
Salt to taste

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Crispy Aloo Fry Few Swaps Note

01. Swap regular potatoes with sweet potatoes for a healthier, fiber-rich version that's still 02. crispy. Use an air fryer instead of deep frying to reduce oil consumption while maintaining the crispiness.
03. Opt for olive oil or avocado oil instead of regular

"GOLDEN, CRISPY, AND PERFECTLY SPICED – ALOO FRY IS COMFORT ON A PLATE, REMINDING US THAT SOMETIMES THE SIMPLEST FLAVORS ARE THE MOST SATISFYING."

- **Prepare Potatoes:** After peeling and cutting the potatoes, soak them in water for 10 minutes. Drain well and pat dry with a kitchen towel to remove excess moisture.
- **Coat with Spices:** In a mixing bowl, combine the dry potatoes with rice flour, turmeric, red chili powder, black pepper, and salt. Toss thoroughly to coat all the pieces.
- **Heat Oil:** Heat oil in a pan over medium heat. Add cumin seeds and allow them to crackle.
- **Fry the Potatoes:** Add the spiced potatoes to the pan and cook them on medium heat. Stir occasionally until they turn golden and crispy, around 10-15 minutes.
- **Final Seasoning:** Sprinkle garam masala over the fried potatoes and mix well. Let them cook for an additional 1-2 minutes.
- **Garnish & Serve:** Remove from heat and garnish with fresh coriander. Add a dash of lemon juice for extra flavour, if desired. Serve hot as a snack or side dish.

INGREDIENTS

4 medium potatoes (peeled and sliced or cubed)
2 tbsp rice flour (for extra crunch)
1 tsp turmeric powder
1 tsp red chili powder (adjust to taste)
1 tsp cumin seeds
1 tsp garam masala
½ tsp black pepper powder
Salt to taste
2 tbsp oil (for frying)
Fresh coriander leaves (for garnish)
Lemon juice (optional)

Crispy Aloo Fry



Khaman Dhokla

Prep Time: 20 minutes

Cook Time: 15-20 minutes

Total Time : 35-40 minutes

PROCESS

01. **Prepare the Batter:** In a mixing bowl, combine gram flour, semolina, turmeric powder, salt, sugar, and ginger-green chili paste. Slowly add water while stirring to form a smooth, lump-free batter. The consistency should be similar to pancake batter. Add lemon juice and mix well. Let the batter rest for 15 minutes.
02. **Steam the Dhokla:** Grease a round or square steaming tray or dish with oil. Heat water in a steamer and bring it to a boil. Just before steaming, add Eno fruit salt (or baking soda) to the batter and mix gently. The batter will become frothy. Pour the batter into the greased tray and place it in the steamer. Cover and steam for 15-20 minutes, or until a toothpick inserted comes out.
03. **Prepare Tempering:** Heat oil in a small pan. Add mustard seeds and let them crackle. Add sesame seeds, slit green chilies, asafoetida, and curry leaves. Add 2 tablespoons of water, 1 tablespoon of sugar, and lemon juice to the tempering. Let it simmer for a minute and turn off the heat.
04. **Assemble the Dhokla:** Once the dhokla is done steaming, remove it from the steamer and let it cool for 5 minutes. Cut the dhokla into square pieces and pour the prepared tempering evenly over the dhokla, allowing it to soak in.
05. **Garnish & Serve:** Garnish with fresh coriander leaves and grated coconut. Serve with green chutney or tamarind chutney.

Notes

If you don't have gram flour (besan), you can use chickpea flour.
 Instead of Eno fruit salt, you can use baking soda with a few drops of lemon juice.
 For a vegan option, replace yogurt with coconut yogurt.
 If you don't have fresh ginger, use ginger paste or powder.
 Add a pinch of turmeric for extra color and flavor.

INGREDIENTS

For the Dhokla Batter

1 cup Gram Flour (Besan)
 1 tbsp Semolina (Rava/Suji)
 1 tsp Ginger-Green Chili Paste
 1 tsp Lemon Juice
 1 tsp Eno Fruit Salt (or baking soda)
 1/2 tsp Turmeric Powder
 1 tsp Sugar
 1/2 tsp Salt (or to taste)
 1 cup Water

For Tempering

1 tbsp Oil
 1 tsp Mustard Seeds
 1 tsp Sesame Seeds (optional)
 2-3 Green Chilies (slit)
 A pinch of Asafoetida (Hing)
 8-10 Curry Leaves
 1 tbsp Sugar
 2 tbsp Water
 1 tsp Lemon Juice
 Fresh Coriander Leaves (for garnish)
 Grated Coconut (for garnish, optional)





Moong Dal Cheela

Prep Time: 10 minutes
Cook Time: 20-25 minutes
Total Time : 30-35 minutes

INGREDIENTS

1 cup Moong Dal (split yellow lentils, soaked for 2-3 hours)
1 small Onion (finely chopped)
1 small Tomato (finely chopped)
1 Green Chili (finely chopped)
1/4 cup Fresh Coriander Leaves (chopped)
1/2 teaspoon Cumin Seeds
1/2 teaspoon Turmeric Powder
1/4 teaspoon Asafoetida

DIRECTION

Prepare the Batter: Drain the soaked moong dal and blend it into a smooth batter using a little water. The consistency should be similar to pancake batter, neither too thick nor too thin. Add chopped onions, tomatoes, green chilies, coriander leaves, cumin seeds, turmeric powder, asafoetida, and salt. Mix well.

Heat the Pan: Heat a non-stick pan or tawa and lightly grease it with oil. Pour a ladle of the moong dal batter onto the pan and spread it out in a circular motion, like a thin pancake.

Cook the Cheela: Drizzle a little oil around the edges. Cook on medium heat until the edges start turning golden. Flip the cheela and cook the other side for another 2-3 minutes, until golden and crispy.

Serve Hot: Serve hot with mint chutney, coriander chutney, or a side of yogurt.

NOTES

Swap regular moong dal with sprouted moong for an added boost of nutrients and easier digestion.
Replace oil with ghee or a small amount of olive oil for a healthier cooking fat.
Add spinach, methi (fenugreek), or grated carrots into the batter to enhance the nutritional value and flavor.



Khoya Paneer

DIRECTIONS

- **Sauté the Paneer:** Begin by heating a tablespoon of oil in a pan and lightly fry the paneer cubes until they turn golden brown. Once done, remove them from the pan and set aside. In the same pan, add the remaining oil and let cumin seeds splutter, creating a fragrant base for the masala.
- **Prepare the Masala:** Add finely chopped onions to the pan, sautéing until they become golden brown. Introduce ginger-garlic paste and green chilies, cooking until the raw aroma disappears. Next, pour in tomato puree, cooking until the oil separates from the mixture, signaling the masala's readiness. Add turmeric, red chili, and coriander powders, stirring and cooking the spices for an additional two minutes.
- **Combine Khoya and Paneer:** Crumble khoya into the pan and mix well, letting it cook on low heat for 3-4 minutes until it melds smoothly with the masala. Gently add the fried paneer cubes, ensuring they are well-coated in the khoya masala. For added richness, stir in fresh cream and garam masala, cooking for another 2-3 minutes. Garnish with fresh coriander and serve hot with naan, chapati, or pulao.

- Use low-fat paneer or tofu instead of regular paneer to reduce the fat content while still maintaining the dish's richness.
- Replace khoya with homemade almond or cashew paste for a dairy-free and nutritious alternative that still gives a creamy texture.
- Opt for olive oil or ghee in moderation instead of butter or large amounts of oil to reduce unhealthy fats while retaining flavor.

INGREDIENTS

200 grams paneer, cubed
100 grams khoya (mawa), crumbled
1 large onion, finely chopped
2 tomatoes, pureed
2 green chilies, slit
1 tablespoon ginger-garlic paste
1 teaspoon cumin seeds
1/2 teaspoon turmeric powder
1/2 teaspoon red chili powder
1 teaspoon coriander powder
1/2 teaspoon garam masala
1/4 cup fresh cream (optional)
2 tablespoons oil or ghee
Fresh coriander leaves for garnish
Salt to taste

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Lauki Kofta Few Swaps Note

01. Bake or air-fry the koftas instead of deep frying to significantly reduce oil consumption while keeping them crispy.
02. Use whole wheat flour or besan (gram flour) in place of maida (refined flour) for binding the koftas, adding more fiber and nutrients.
03. Replace cream in the gravy with low-fat yogurt or cashew paste to make the gravy rich and creamy without adding extra fat.

"LAUKI KOFTA: TURNING HUMBLE BOTTLE GOURD INTO A DELIGHTFUL DELICACY, WHERE EACH BITE MELTS WITH THE WARMTH OF TRADITION AND THE CHARM OF SPICE."

- **Preparing the Koftas**

Grate the Lauki: Peel and grate the bottle gourd. Squeeze out excess water and save it for the gravy. Mix the Ingredients: In a bowl, combine the grated lauki, besan, green chili, ginger, turmeric powder, coriander powder, garam masala, and salt. Mix well to form a soft dough.

Shape and Bake: Preheat the oven to 180°C (350°F). Grease a baking sheet and shape the mixture into small kofta balls. Place them on the sheet, spray lightly with oil, and bake for 20-25 minutes until golden brown. Alternatively, air-fry them for a healthier option.

- **Add the Spices:**

Sauté the Spices: Heat 1 teaspoon of oil in a pan. Add cumin seeds and let them splutter. Add the chopped onions and sauté until they turn golden brown.

Add the Ginger-Garlic Paste: Add ginger-garlic paste and sauté for another 1-2 minutes until the raw smell disappears.

Add Tomato Puree: Add the tomato puree and cook until the oil separates from the masala.

Add the Spices: Add turmeric, coriander powder, red chili powder, and garam masala. Mix well and cook for another 1-2 minutes.

Add Yogurt or Cashew Paste: Lower the heat and slowly add the low-fat yogurt or cashew paste to the gravy, stirring continuously to prevent curdling. Cook for 3-4 minutes, adding water (including the reserved lauki water) to adjust the consistency of the gravy.

Simmer the Gravy: Let the gravy simmer for 5-7 minutes on low heat. Add salt to taste.

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Lauki Kofta

INGREDIENTS

1 medium Bottle Gourd (Lauki),
grated
1/4 cup Besan (Gram flour)
1 Green Chili (finely chopped)
1/2 teaspoon Ginger (grated)
1/4 teaspoon Turmeric Powder
1/2 teaspoon Coriander Powder
1/2 teaspoon Garam Masala
Salt (to taste)
Oil spray or a few drops for greasing
2 medium Tomatoes (pureed)
1 large Onion (finely chopped)

1 tablespoon Ginger-Garlic Paste
1/2 teaspoon Cumin Seeds
1/4 teaspoon Turmeric Powder
1 teaspoon Coriander Powder
1 teaspoon Garam Masala
1 teaspoon Red Chili Powder (optional)
1/4 cup Low-Fat Yogurt or 2
tablespoons Cashew paste
1 teaspoon Oil (for gravy)
Salt (to taste)
Fresh Coriander Leaves (for garnish)
Water (as needed)

Gatte Ki Sabzi

Prep Time: 20 minutes

Cook Time: 25-30 minutes

Total Time : 45-50 minutes

PROCESS

01. Making the Gatte:

In a mixing bowl, combine gram flour, turmeric powder, red chili powder, carom seeds, baking soda, oil, and salt.

Add water little by little to form a firm dough.

Divide the dough into 4-5 equal portions and roll them into cylindrical shapes (about the thickness of a finger).

Boil water in a pan and drop the rolled dough into it. Boil for 10-12 minutes until the gatte rise to the top and are firm.

Remove from water and let cool. Once cooled, cut them into 1-inch pieces.

02 Making the Gatte:

In a bowl, whisk the yogurt with 2 tablespoons of gram flour, turmeric powder, red chili powder, coriander powder, and a little water. Ensure there are no lumps.

Heat oil or ghee in a pan. Add mustard seeds, cumin seeds, dried red chilies, and asafoetida. Let them splutter. Pour the yogurt mixture into the pan, stirring continuously to prevent curdling.

Add salt and bring it to a gentle boil, stirring often. Once the curry thickens slightly, add the boiled gatte pieces and cook for another 5-7 minutes on low heat.

Notes

Use whole wheat flour instead of gram flour for making gatte to increase the fiber content while maintaining the traditional texture.

Replace cream with cashew paste or coconut milk to add a rich flavor with healthier fats.

Air-fry or bake the gatte instead of deep frying to reduce oil usage and make the dish lighter.

INGREDIENTS

For the Gatte

1 cup gram flour (besan)
 1/2 tsp turmeric powder
 1/2 tsp red chili powder
 1/2 tsp carom seeds (ajwain)
 1/4 tsp baking soda
 1 tbsp oil
 Salt, to taste
 Water (for kneading)

For the Curry

1 cup yogurt (whisked)
 2 tbsp gram flour (besan)
 1/2 tsp turmeric powder
 1 tsp red chili powder
 1 tsp coriander powder
 1 tsp cumin seeds
 1/2 tsp mustard seeds
 2 dried red chilies
 A pinch of asafoetida (hing)
 2 tbsp oil or ghee
 Salt, to taste
 1 tsp garam masala
 Fresh coriander leaves, for garnish





Crispy Lotus Fried Rice

Prep Time: 15 minutes
Cook Time: 25 minutes
Total Time : 40 minutes

INGREDIENTS

2 cups cooked rice (preferably cold)
1 cup lotus stem, thinly sliced
1 small onion, finely chopped
1 small carrot, diced
1/2 cup bell peppers (green, red, yellow), diced
2 cloves garlic, minced
1-inch piece ginger, grated
2 tablespoons soy sauce
1 tablespoon oyster sauce (optional)
1 teaspoon sesame oil
2 tablespoons cooking oil (vegetable or peanut oil)
1/2 teaspoon white pepper
Salt to taste
Spring onions for garnish
Toasted sesame seeds for garnish
Chili flakes (optional)

NOTES

Unique Twist: The crispy lotus stem adds a delightful crunch to this fried rice, while the blend of soy sauce and sesame oil gives it a rich umami flavor. The combination of veggies and the visual appeal of lotus slices makes it an exciting, gourmet twist on the classic fried rice.

DIRECTION

01. **Prep Lotus Stem:** Blanch the thinly sliced lotus stems in boiling water for 3 minutes, then drain and pat dry with a paper towel.
02. **Fry Lotus Stem:** Heat 1 tablespoon of cooking oil in a pan and fry the lotus stem slices until crispy. Remove and set aside.
03. **Veggie Sauté:** In the same pan, add another tablespoon of cooking oil. Toss in chopped onions, garlic, and ginger, sautéing until fragrant and slightly golden.
Add Veggies: Throw in the diced carrots and bell peppers. Stir-fry for 3-4 minutes, allowing the vegetables to retain a slight crunch.
04. **Toss in Rice:** Add the cold, cooked rice to the pan. Break up any clumps with a spatula and stir-fry for a few minutes until heated through.
05. **Flavor Burst:** Drizzle the soy sauce, oyster sauce, and sesame oil over the rice. Sprinkle with white pepper and salt. Stir everything together until well combined.
- Crispy Lotus Finish:** Mix in half of the crispy lotus stem, saving the other half for garnish.
06. **Garnish & Serve:** Transfer the fried rice to a serving plate. Top with the remaining crispy lotus stem, chopped spring onions, toasted sesame seeds, and a pinch of chili flakes if desired.

