

DUDHI PUDLA

*1 cup chora flour (or chora dall soaked overnight and ground to a paste)
6 - 8 inch piece of dudhi grated
Methi leaves
Hing (optional)
Pinch of ajwain
Sesame seeds
Dhanya leaves
Sea salt to taste
2 green chillies crushed
1 clove garlic crushed (optional)
½ teaspoon ground black pepper
½ cup natural yogurt
½ cup water

Method

1. Mix all the above ingredients and let it rest aside for an hour or so.
2. Very lightly grease a tawa (preferably non stick) with walnut or sesame oil and spread one 'kadchhiful' of the mixture as you would when making dhosa.
3. turn over the pudla and let the other side cook.
4. Serve with dahi and enjoy.

* A mix of juwar and chick pea flour (besan) can also be used but not so for someone with a kidney problem.