

### **Calcium/Iron and other mineral enriched flour for daily use**

**\*ALL THE UNDERMENTIONED FLOURS ARE AVAILABLE IN VB/GRAINMILL  
& OTHER INDIAN GROCERY SHOPS\***

To every kilo of **wheat flour** add the flours listed (measurement as under), mix well and use daily to make Rotis, puris, bhakri etc.

1. 100 gms Bajri flour
2. 100 gms Juwar flour
3. 100 gms Soya flour (Optional)
4. 100 gms Chick pea flour (channa flour)
5. 100 gms Barley flour (jav)
6. 100 gms maize/corn flour
7. 250 gms singoda flour (chestnut)
8. 250 gms chora dall flour (black-eyed bean flour)

## **Dudhi Paratha/Bhakhri/Thepla**

### **For the stuffing:**

Shredded Dudhi  
Sea salt to taste  
Ajwain and Jeera seeds  
Hing  
Crushed Ginger  
Crushed Garlic (optional)  
Crushed Green chillies  
Finely chopped dhaniya  
Finely chopped methi leaves  
½ teaspoon of cinnamon and clove - ground  
A little olive or sunflower oil or sesame oil  
A little gram flour (channa atta) (about 1 table spoonful)

### **For the Dough:**

Above flour made into dough with olive oil, pepper, sea salt, ajwain, hing, sesame seeds and haldi (use natural yogurt instead of water to make it into a dough)

### **Method 1**

1. In a pan put the oil and prepare vaghaar of jeera, ajwain & hing
2. add shredded dudhi and the rest of the ingredients including the methi and dhaniya and stir fry till cooked and there's no moisture left. Turn the heat off
3. When cool add a little channa flour to prevent any further moisture
4. Divide the dough into equal portions and roll out to the size of a large puri
5. Put a little of the dudhi mixture on one half of the 'puri' and fold over the other half sealing the edges
6. Either dry cook on a tawa or with a little ghee if preferred
7. Serve with sambharo made from raw papaya/carrots/beetroot or serve with just dahi if preferred

## Method 2

1. Put flour in a basin and add the shredded dudhi (remember to squeeze any water out that may have accumulated but do not discard the 'juice' - drink it or use it up in any 'shaak') and all the other ingredients
2. Make it into a soft dough and leave in the fridge for an hour or so
3. Divide the dough into equal portions and roll out to make Bhakhri or \*thepla in the normal way

\*use very little sunflower oil or sesame on the tawa for the thepla

Serve with the 'papaya sambharo'

To serve as a full meal serve the undernoted 'Dalia'

## DALIA (KHICHDO)

Moong dal  
Brown Rice  
Bajri  
Haldi  
Cracked Wheat (from Greek or Turkish shop)  
Sesame seeds  
Sea salt to taste  
Hing  
Ginger

Wash all the **grains** and soak for a few minutes. Add, haldi, sea salt, sesame seeds, hing & ginger and pressure cook for 15 minutes or for 3 – 4 whistles. Add a little butter or ghee (optional) and serve with natural yogurt at breakfast time or dudhi soup\* if serving for Dinner.

**\*Recipe for dudhi soup will be given next time\***

