

# Besan Kadhi (Gram Flour Curry)

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Kadhi is a popular North Indian dish made with besan (gram flour) and yogurt, seasoned with various spices. It's delicate, smooth and comforting, and served with steamed rice.

### INGREDIENTS:

- 3 cups Yogurt
- 1 cup Besan (Annapurna gram flour)
- 1 teaspoon Turmeric
- 1 teaspoon Chilli Powder (adjust to taste)
- Salt to taste
- 6 cups Water
- 1/4 cup Oil
- 1/2 teaspoon Asafoetida (hing)
- 2 teaspoons fenugreek (methi) seeds
- 5-6 Whole Red Chillies



## PREPARATION:

- Mix the Annapurna chickpea flour, turmeric, chilli powder, salt, and garam masala.
- Gradually add yogurt to this mixture to form a smooth paste, then add water.
- Heat oil in a large, heavy-based pan. Add asafoetida, cumin seeds, methi seeds and whole red chillies.
- When the cumin seeds splutter, reduce heat and slowly add the flour and yogurt mixture, stirring constantly to avoid clumps, and bring it to a gentle boil.
- Simmer over low heat until it thickens slightly.