











# Besan Kadhi (Gram Flour Curry)

## Besan Kadhi (Gram Flour Curry)

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:

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Mix the Annapurna chickpea flour, turmeric, chilli powder, salt, and garam masala.
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Gradually add yogurt to this mixture to form a smooth paste, then add water.



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Heat oil in a large, heavy-based pan. Add asafoetida, cumin seeds, methi seeds and whole red chillies.



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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.



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Simmer over low heat until it thickens slightly.