









Besan Khandvi

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Khandvi is a delicious and delicate snack from the Indian state of Gujarat, made from gram flour (besan) and yogurt. It is seasoned with a tempting tempering of mustard seeds, coconut, and coriander leaves. Here's a simple recipe to make Khandvi at home:

INGREDIENTS:

- 
Gram Flour (Besan): 1 cup
- 
Sour Yogurt: 1 cup
- 
Water: 3 cups
- 
Turmeric Powder: 1/4 teaspoon
- 
Salt: to taste
- 
Asafoetida (Hing): A pinch
- 
Ginger Paste: 1 teaspoon
- 

Green Chili Paste: 1 teaspoon

For the Tempering:

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Cooking Oil: 2 tablespoons
- 
Mustard Seeds: 1 teaspoon
- 
Sesame Seeds: 1 teaspoon (optional)
- 
Green Chilies: 2, slit
- 
Curry Leaves: 10-12
- 
Grated Coconut: 2 tablespoons
- 
Chopped Coriander Leaves: 2 tablespoon



PREPARATION:



Mix Ingredients: In a large mixing bowl, whisk together the gram flour, yogurt, water, turmeric, salt, asafoetida, ginger paste, and green chili paste until smooth. Ensure there are no lumps.



Cook the Mixture: Transfer the mixture to a non-stick pan and cook over medium heat, stirring continuously, until the mixture thickens and becomes glossy, which should take about 10-15 minutes.



Prepare the Plates: While the mixture is still hot, quickly spread it over the back of greased steel plates or a smooth countertop with a flat spatula. Spread it as thin as possible.



▪ Cool and Cut: Allow the spread mixture to cool for a few minutes. Once cool, cut it into strips (about 2 inches wide).



▪ Roll the Strips: Carefully roll each strip from one end to the other. The rolls should be tight and even. Place the rolls on a serving dish.



▪ Prepare the Tempering: Heat oil in a small pan. Add mustard seeds, and once they start to pop, add sesame seeds, green chilies, and curry leaves. Sauté for a few seconds.



▪ Garnish and Serve: Pour the tempering over the khandvi rolls. Sprinkle grated coconut and chopped coriander on top. Serve chilled or at room temperature.

Khandvi is best enjoyed fresh and can be a great addition to your snack menu, especially during gatherings. It's light, flavorful, and visually appealing with its bright yellow color and delicate swirls