



WELLNESS ROOTS

By Kavita Sabhnani



# Stuffed Dhokla

## Ingredients

### Dhokla Batter

Semolina/rava/suji, fine one	1 cup
Curd/dahi/yogurt, whisked	1/2 cup
Water	1/2 cup
Salt	As per taste
Eno/fruit salt(optional)	1 tsp

### For Stuffing

Oil	1 tsp
Asafoetida/hing	1/4 tsp
Mustard (rai) seeds	1/2 tsp
Cumin (jeera) seeds	1/2 tsp
Curry leaves	10 to 12
Finely chopped onion	1 medium sized
Garlic, ginger and green chilli pest	1 tbsp
Carrot, diced	1 small sized
Green peas	2 tbsp
Potatoes, boiled, peeled and mashed	3 to 4 medium sized
Turmeric powder	1 tbsp
Fresh coriander leaves, finely chopped	1 tbsp
Salt	As per taste

### Other Ingredients & utensils

3 Stainless steel glasses, preferably straight Oil for greasing





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## Stuffed Dhokla-Cont...

### Preparation

1. Firstly, take semolina/rava/suji in a mixing bowl add curd/dahi/yogurt, water (first half cup) & mix well. Keep it aside for resting atleast for 15 min or upto 1 hour.
2. Next in a nonstick pan, wok, kadhai heat oil & add mustard (rai) seeds, cumin (jeera) seeds, when it starts crackling add asafoetida/hing, curry leaves, onion, garlic, ginger & green chilli paste & saute it for 2 minutes or till onion changes it colour to light brown.
3. Add all raw vegetables (it will be properly cooked when we steam it) carrot, green peas give it a stir. Then add potatoes, turmeric powder, salt, coriander leaves, combine and mix well. Let it cool down completely.
4. After that divide the mixture in three equal proportions and roll it in oval shape (not very thin nor very thick) and half the size of glass.
5. Now, semolina/rava/suji is soaked well and rise add remaining half cup of water, salt and mix properly.
6. Keep the steamer ready, grease the glass properly with oil (grease all side properly otherwise it will be difficult to unmould) just before steaming add eno/fruit salt to activate it sprinkle some water (about 1 tablespoon), when the bubbles form in batter, mix it very lightly.
7. Then take greased glasses and pour one ladle full of dhokla batter in base and place stuffing roll in middle of glass, now hold that roll with one finger and pour the dhokla batter from sides and cover the stuffing roll completely. Tap the glass gently to remove any air bubbles and most importantly make sure you fill only 3/4 portion of glass (dhokla batter will rise while steam).
8. Now, place the glasses in steamer and let it steam for 15 minutes or till it is cooked properly (to check insert full toothpick in a glass, if it comes out clean dhokla are cooked well).
9. Take it out from steamer and let it cool down completely, then in your hand plam, just turn glass upside down and dhokla will be Unmould easily.
10. With a sharp knife cut it into thick slices and place it in serving plate.

### Note:

1. If you don't have fine semolina/rava/suji then take the coarse one and grind it in mixture until fine texture.
2. After adding eno/fruit salt, put it for steaming immediately.
3. Most importantly after adding eno/fruit salt, don't mix it vigorously otherwise your dhokla will not be fluffy.
4. You can make any filling if you don't want to use aloo you can use besan also I have shown 2 variations. Hope you like & share my recipe.

