Dinner, Indian

Baked Besan Chakli

Crisp oven-baked spirals built on a besan and whole wheat flour base, seasoned with sesame seeds, red chilli powder and warming spices. One batch of dough presses out into about 25 chaklis.



Vegetarian

45 min	169	24.6 g	3 g
time	calories	carbs	sugars

Ingredients, 5 servings

- [ ] 1 cup besan (gram flour)
- [ ] 1/4 cup whole wheat flour (gehun ka atta)
- [ ] 2 tsp sesame seeds (til)
- [ ] 1/2 tsp red chilli powder
- [ ] 1/4 tsp asafoetida (hing)
- [ ] 1/4 tsp haldi powder (turmeric powder)
- [ ] 2 tsp hot oil
- [ ] 2 tsp dahi (curd)
- [ ] salt (namak) to taste

Method

- [ ] **1** Tip the besan, whole wheat flour, sesame seeds, red chilli powder, asafoetida, haldi powder, hot oil, dahi and salt into a deep bowl and stir everything together evenly.
- [ ] **2** Pour in water a little at a time, kneading until the mixture comes together as a soft dough.
- [ ] **3** Load the dough into a chakli press and extrude spirals onto a greased baking tray, circling from the middle outward so each swirl spans roughly 50 mm (1 1/2 inch) in diameter. This should give you about 25 chaklis.
- [ ] **4** Bake the chaklis in an oven preheated to 180°C (360°F) for 30 minutes.
- [ ] **5** Once the chaklis have cooled completely, transfer them to an airtight container for storage.

Nutrition Facts

Per serving

Calories	**169**
Total fat	4.4 g
Saturated fat	Not listed
Sodium	26 mg
Total carbs	24.6 g
Fiber	5.9 g
Total sugars	3 g
Protein	7.8 g

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