Dinner, Indian

Carrot and Onion Millet Uttapam

Golden savoury pancakes made with bajra flour and cooked whole bajra, brightened by grated carrot, finely chopped onion, green chillies, garlic and lemon juice. They cook quickly on a hot tava and taste best the moment they leave the pan.



Vegetarian

30 min	73	12.5 g	0.7 g
time	calories	carbs	sugars

Ingredients, 10 servings

- [ ] 1/4 cup whole bajra (black millet) , soaked for 8 hours and drained
- [ ] 1 1/4 cups bajra (black millet) flour
- [ ] salt (namak) to taste
- [ ] 1/2 cup grated carrot
- [ ] 1/2 cup finely chopped onion
- [ ] 1 tsp finely chopped green chillies
- [ ] 1 tsp garlic (lehsun) paste
- [ ] 1/4 cup finely chopped coriander (dhania)
- [ ] 1 1/2 tbsp lemon juice
- [ ] 1/4 tsp haldi powder (turmeric powder)
- [ ] 1 tsp red chilli powder
- [ ] 1 1/2 tsp oil for greasing and cooking

Nutrition Facts

Per serving

Calories	73
Total fat	1.7 g
Saturated fat	Not listed
Sodium	4 mg
Total carbs	12.5 g
Fiber	2.1 g
Total sugars	0.7 g
Protein	2 g

Method

- [ ] **1** Tip the soaked and drained whole bajra into a pressure cooker, add 1/2 cup of water and salt, mix well, then pressure cook for 5 whistles.
- [ ] **2** Wait for the steam to escape fully before opening the lid, then drain off the water and set the cooked whole bajra aside.
- [ ] **3** In a deep bowl, mix together the bajra flour, cooked whole bajra, grated carrot, finely chopped onion, finely chopped green chillies, garlic (lehsun) paste, finely chopped coriander (dhania), lemon juice, haldi powder (turmeric powder), red chilli powder, salt to taste and 1 1/2 cups of water until a smooth batter forms.
- [ ] **4** Measure out the 1 1/2 tsp oil for greasing and cooking, then set a non-stick tava (griddle) over the heat and brush it lightly with 1/4 tsp of this oil.
- [ ] **5** Ladle 1/4 cup of batter onto the tava and tilt it gently so the batter spreads into an even circle about 125 mm (5 inch) across.
- [ ] **6** Cook on a medium flame, drizzling in 1/8 tsp of the oil, until the uttapam turns golden brown on both sides.
- [ ] **7** Repeat steps 5 and 6 with the remaining batter and oil to make 9 more uttapams, 10 in all.
- [ ] **8** Serve the bajra carrot onion uttapam immediately with green chutney.

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