Snack, Indian

Crispy Pearl Millet Khakhra

Thin millet flatbreads studded with sesame seeds and gently spiced with ginger-garlic paste, green chillies and haldi powder. Slow cooking on a tava while pressing the dough gives them a snappy, crisp bite with golden brown spots.



Vegetarian | Low fat

35 min	52	6.6 g	0 g
time	calories	carbs	sugars

Ingredients, 7 servings

- [ ] 1/2 cup bajra (black millet) flour
- [ ] 2 tbsp whole wheat flour (gehun ka atta)
- [ ] 1/2 tsp ginger-garlic (adrak-lehsun) paste
- [ ] 1/2 tsp finely chopped green chillies
- [ ] 1 tsp sesame seeds (til)
- [ ] 1/4 tsp haldi powder (turmeric powder)
- [ ] 1 tsp oil
- [ ] 1 1/2 tsp ghee for cooking
- [ ] salt (namak) to taste

Method

- [ ] **1** Mix the bajra flour, whole wheat flour, ginger-garlic paste, green chillies, sesame seeds, haldi powder, oil and salt in a mixing bowl.
- [ ] **2** Pour in enough warm water and knead everything into a firm dough.
- [ ] **3** Divide the dough into 7 equal portions and roll each one on a floured surface into a thin 125 mm (5 inch) circle, using a light touch.
- [ ] **4** Heat a tava and cook one side of the first khakhra for 30 seconds, then flip it and brush with some ghee before cooking the second side.
- [ ] **5** Keep the khakhra on a slow flame, pressing it with a khakhra press or a folded muslin cloth, until it turns crisp and golden brown spots appear on both sides.
- [ ] **6** Cook the remaining portions in the same way to make 6 more khakhras.
- [ ] **7** Cool the khakhras completely before storing so they stay crisp, then serve them whenever you like.

Nutrition Facts

Per serving

Calories	**52**
Total fat	2.4 g
Saturated fat	Not listed
Sodium	1 mg
Total carbs	6.6 g
Fiber	1.1 g
Total sugars	0 g
Protein	1.2 g

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