Dinner, Indian

Soft Khandvi Rolls with Mustard Tempering

A smooth batter of gram flour and curd is cooked slowly, spread into thin sheets, and rolled into delicate bites, then finished with a crackling mustard seed tempering, coconut, and coriander.



Low fat

20 min	186	17.6 g	7.1 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 cup besan (gram flour)
- [ ] 1 cup dahi (curd)
- [ ] a pinch of asafoetida (hing)
- [ ] 2 to 3 drops of lemon juice
- [ ] 1/4 tsp haldi powder (turmeric powder)
- [ ] 2 tsp ginger-green chilli paste
- [ ] salt (namak) to taste
- [ ] oil for greasing
- [ ] 2 tsp oil
- [ ] 1 tsp mustard seeds (rai / sarson)
- [ ] 1 tsp sesame seeds (til)
- [ ] 1/4 tsp asafoetida (hing)
- [ ] 2 tbsp freshly grated coconut
- [ ] 2 tbsp finely chopped coriander (dhania)

Nutrition Facts

Per serving

Calories	**186**
Total fat	8.4 g
Saturated fat	Not listed
Sodium	28 mg
Total carbs	17.6 g
Fiber	3.9 g
Total sugars	7.1 g
Protein	7.4 g

Method

- [ ] 1 Take the oil for greasing and lightly coat both sides of 3 thalis, each about 10 inch in diameter, then keep them ready.
- [ ] 2 In a deep bowl, whisk the dahi (curd) with 1½ cups of water until well combined and set the mixture aside.
- [ ] 3 Add the besan (gram flour), the dahi (curd) mixture, asafoetida (hing), lemon juice, haldi powder (turmeric powder), ginger-green chilli paste and salt (namak) to a deep non-stick pan and whisk everything into a smooth batter with no lumps.
- [ ] 4 Switch on the flame and cook over a slow flame for 9 minutes, stirring continuously, until the mixture thickens.
- [ ] 5 Spoon a little hot batter onto a greased thali, wait a few seconds and try to roll it. If it refuses to roll, cook the batter for 1 more minute and test once more.
- [ ] 6 While the mixture is still hot, pour little portions of it onto the insides of the 3 greased thalis and spread each one into a thin layer in circular motions using a vati.
- [ ] 7 Turn all 3 thalis over and spread the remaining mixture across their backs in the same manner.
- [ ] 8 Let the sheets cool for 5 to 10 minutes, then roll each one up tightly.
- [ ] 9 Cut each roll into 6 equal pieces and set them aside.
- [ ] 10 For the tempering, heat 2 tsp oil in a small non-stick pan and add the mustard seeds.
- [ ] 11 Once the seeds crackle, add the sesame seeds (til) along with the asafoetida (hing) and saute on a medium flame for a few seconds.

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- [ ] **12** Pour the tempering over the khandvi pieces.
- [ ] **13** Scatter the freshly grated coconut and the finely chopped coriander (dhania) over the top and serve.