Dinner, Indian

Steamed Jowar and Radish Muthia

Savoury jowar and radish rolls are shaped by hand, steamed until soft, then finished with a tempering of mustard seeds, sesame seeds, curry leaves and asafoetida. Grated radish and its fresh leaves keep every bite moist and full of flavour.



Low fat

33 min	126	19.5 g	3.4 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 cup grated radish (mooli) , squeezed
- [ ] 1/4 cup chopped radish leaves (mooli ke patte) , washed and drained
- [ ] 1/4 cup besan (gram flour)
- [ ] 3/4 cup jowar (white millet)
- [ ] 2 tbsp low fat curds (dahi)
- [ ] 2 tbsp chopped coriander (dhania)
- [ ] 1 tsp lemon juice
- [ ] 1 tsp ginger-green chilli paste
- [ ] 1/2 tsp haldi powder (turmeric powder)
- [ ] 1/8 tsp salt (namak) or as advised by doctor / dietitian
- [ ] 2 tsp oil
- [ ] 1/2 tsp mustard seeds (rai / sarson)
- [ ] 1 tsp sesame seeds (til)
- [ ] 5 to 6 curry leaves (kadi patta)
- [ ] 1/4 tsp asafoetida (hing)

Nutrition Facts

Per serving

Calories	**126**
Total fat	3.5 g
Saturated fat	Not listed
Sodium	117 mg
Total carbs	19.5 g
Fiber	3.7 g
Total sugars	3.4 g
Protein	4.1 g

Method

- [ ] **1** Tip the squeezed grated radish into a deep bowl, add the chopped radish leaves, besan, jowar, low fat curds, chopped coriander, lemon juice, ginger green chilli paste, turmeric powder and salt, and knead everything by hand into a soft dough, moistening it with roughly 2 tbsp of water as you work.
- [ ] **2** Rub a smear of oil over your hands and split the dough into 2 equal portions.
- [ ] **3** Roll each portion between your palms into a cylinder of about 150 mm (6 inch) length and 25 mm (1 inch) diameter.
- [ ] **4** Lay the two cylinders on a greased sieve and let them steam in a steamer for 15 to 20 minutes.
- [ ] **5** Take the rolls out of the steamer, allow a short cooling spell, then slice them into 25 mm (1 inch) rounds and keep them to one side.
- [ ] **6** Start the tempering by warming the remaining 2 tsp of oil in a broad non stick pan and scattering the mustard seeds in.
- [ ] **7** Give the mustard seeds a few seconds to crackle, then follow with the sesame seeds, curry leaves and asafoetida, letting them sizzle briefly on a medium flame.
- [ ] **8** Slip the muthia slices into the pan and turn them gently over a medium flame for 1 to 2 minutes.
- [ ] **9** Bring the jowar mooli muthia to the table straight away while hot.

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