

Buckwheat Dhoklas

INGREDIENTS

1 1/4 cups buckwheat kuttu atta 1/2 cup sour curd khatta dahi 1 tsp green chilli paste

1/4 tsp ginger (adrak paste)

salt to taste

METHOD

1. Clean and wash the buckwheat in enough water only once. Washing it more will cause the starch to drain out.
2. Drain the excess water using a strainer.
3. Combine the buckwheat, curd and 1/2 cup of water in a deep bowl and mix well. Cover with a lid and keep aside to soak for at least 4 to 5 hours.
4. Add the green chilli paste, ginger paste and salt and mix very well.
5. Pour half of the batter into a greased 175 mm. (7") diameter thali and spread evenly by rotating the thali clockwise.
6. Steam in a steamer for 10 to 12 minutes or till the dhoklas are cooked.
7. Repeat steps 5 and 6 to make 1 more thali.
8. Cool slightly, cut into pieces and serve immediately.

Handy tip:

At step 3, allow the mixture to soak for at least 4 hours in summer season. In winter season the soaking time should be increased to 5 hours and if needed to 6 hours depending on the temperature. This will ensure soft dhoklas at the end.
