

Spinach Jowar Appe: Savory Gluten-Free Millet Dumplings



Ingredients:

- 1/2 cup jowar (white millet) flour
- 1/2 cup chopped spinach (palak)
- 1/4 cup grated carrot
- 1/4 cup finely chopped onions
- 1/4 cup chopped coriander (dhania)
- 2 green chilies, finely chopped
- 1 tsp ginger (adrak) paste
- Salt to taste
- 1 tsp lemon juice
- 1/2 tsp fruit salt
- Oil for greasing and cooking

For Serving:

- Green chutney or tomato ketchup

Methods

1. Mix jowar flour, spinach, carrot, onions, coriander, green chilies, ginger paste, salt, and lemon juice in a bowl until thick batter forms.
2. Add a little water if needed to adjust the consistency of the batter. It should be thick yet pourable.
3. Just before making the appe, add fruit salt to the batter and mix gently. Ensure it is mixed well, but do not overmix.
4. Heat an appe pan (appe mould) and grease each mould with a little oil.
5. Pour spoonfuls of the prepared batter into each mould, filling them up to three-fourths full.
6. Cover the pan and cook on a medium flame for 2 to 3 minutes or until the appe turns golden brown from the bottom.
7. Flip each appe using a spoon or skewer and cook on the other side for another 2 to 3 minutes or until golden brown and cooked through.
8. Once cooked, remove the appe from the pan and repeat the process with the remaining batter.
9. Serve the Jowar Palak Appe hot with green chutney or tomato ketchup.