

## FAFDA

The Gujarati Fafda Recipe is a traditional crunchy snack that is synonymous with Gujarati cuisine. Made of gram flour and other spices, it is a convenient and quick snacking option that can be had at anytime of the day .



**Prep Time** 60 mins

**Serves** 3 to 4 servings

**Cuisine** Indian

**Ingredients** 1 cup besan (gram flour) | 1/4 teaspoon baking soda | 1/4 teaspoon ajwain | 1 tablespoon oil  
1/4 teaspoon pepper, finely ground | Salt to taste | 1 cup water, or as required  
A pinch of asafoetida/ hing

### Directions for fafda recipe

1. Begin making the fafda recipe by adding all the dry ingredients together in a large bowl.
2. Now add water gradually to the bowl and mix the ingredients well, till everything gets knead into soft dough.
3. Once the dough has been prepared, it still might be sticky. Therefore add oil to it and knead it again for 2-3 minutes more.
4. Once done, divide the dough into 12-15 equal sized portions and make them into small balls.
5. Roll each of these balls into long and thin strips. Ensure that the rolling is done at a stretch to avoid the dough breaking up or sticking to the rolling pin.
6. Now heat the oil in large deep frying pan and slip each of the long dough strips carefully into the pan.
7. Deep-fry the fafda dough strips on low flame for 1-2 minutes, turning them till they are browned on both sides. Remove them from the oil once done and serve the fafdas hot.
8. Serve the Fafda along with Kadhi and Papaya Salad

# NYLON KHAMAN DHOKLA



**Prep Time** 5 mins      **Cooking Time** 15 mins      **Makes** 4 Servings

**Ingredients** 1 1/2 Cups besan (bengal gram flour) | 1 1/2 tbsp Semolina (rava) | 4 tsp sugar | 1 tsp Lemon juice  
1 tsp Ginger-green chilli paste | Salt to taste | 1 tsp Fruit salt | 3 tsp Oil | 1 tsp Mustard seeds (rai / sarson)  
1 tsp Sesame seeds (til) | a pinch of asafoetida (hing) | 2 to 3 Curry leaves (kadipatta)  
1 tsp Chopped green chillies

**For Garnish** 2 tbsp finely chopped coriander (dhania)

**For Serving** Green chutney

## Method

1. Combine the besan, semolina, sugar, ginger-green chilli paste, lemon juice and salt with approx.  $\frac{3}{4}$  cup of water in a deep bowl and mix well using a whisk to get a smooth batter.
2. Just before steaming, add the fruit salt and mix lightly.
3. Pour the mixture immediately to a greased 175 mm. (7") diameter thali and spread evenly by rotating the thali clockwise.
4. Steam in a steamer for 10 to 12 minutes or till the dhoklas are cooked. Keep aside.
5. Heat the oil in a small non-stick pan and add the mustard seeds.
6. When the seeds crackle, add the sesame seeds, asafoetida, curry leaves and green chillies and sauté on a medium flame for 30 seconds.
7. Remove from the flame, add  $\frac{1}{2}$  cup of water and mix well.
8. Pour the tempering over the prepared dhoklas and spread it evenly.  
Cut into pieces, garnish with coriander and serve immediately with green chutney.

## SEV



**Prep Time** 2 mins      **Cooking Time** 15 mins      **Makes** 2 Cups

**Ingredients** 1 1/4 Cups besan (bengal gram flour) | 2 tbsp Hot oil | 1/4 tsp Turmeric powder (haldi)  
1/4 tsp Asafoetida (hing) | Salt to taste | Oil for greasing | Oil for deep-frying

**Method**

1. Combine all the ingredients in a deep bowl with approx. ¼ cup of water, mix well and knead into a soft dough. Keep aside.
2. Grease the sev "press" mould with little oil, transfer the dough into it, press it properly and cover it with the lid.
3. Press out thin strands of the sev into the hot oil, a few at a time and deep-fry on a slow flame till it turns very light brown in colour from all the sides. Drain on an absorbent paper.
4. Repeat step 3 to deep-fry the remaining sev in 3 more batches.
5. Keep aside to cool for 5 to 10 minutes.
6. Transfer the sev into a deep bowl and break into pieces using your fingers.
7. Store in an air-tight container and use as required.

## GUJARATI GATHIYA

Gathiya is a popular Gujarati tea time snacks. Gathiya is made of gramflour moulded into strips and deep fried. Here is the recipe for how to make gathiya.



**Total Time** 60 mins      **Makes** 500 gms

**Ingredients** 1/2 kg gramflour (Besan) | Salt to taste | 1 tsp Ajwain | 1/2 tsp Red Chilly Powder | 100 gms Oil  
1 1/2 tsp Soda Bicarbonate (Cooking Soda) | Oil for frying

### How to make besan gathiya

1. Sieve the besan, soda bicarbonate and salt together. Now add red chilly powder and ajwain.
2. Now add oil to the besan and salt mixture and rub it well so that it starts forming rough balls.
3. Now with the help of water knead a dough. Add water little by little to ensure that the dough does not get too soft. Then grease the dough with some oil and keep it covered with a wet cloth piece. Keep it aside for 1/2 hour.
4. Now heat oil in a kadai.
5. While the oil is heating up divide the dough into 2 parts and place 1 part in the gathiya maker with big holes mould.
6. Keeping the flame medium, press the gathiya maker and let the strings fall in the oil.
7. Fry till golden crisp.
8. Drain excess oil and soak them on tissue paper. Let them dry in open air. Break into small pieces.
9. When cool store them in a airtight container.

## KHANDVI (PATUDI)

Gujarati Khandvi Recipe - A delicious Gujarati snack recipe made from gram flour / besan & yogurt



<b>Prep Time</b>	5 mins	<b>Cook Time</b>	25 mins	<b>Total Time</b>	30 mins
<b>Recipe Type</b>	Snacks	<b>Cuisine</b>	Gujarati	<b>Serves</b>	200 gms

### Ingredients For Khandvi

Gram flour (besan) 1/2 cup | Curd / yogurt (dahi) 1/4 cup | Water 1 cup | Salt ½ tsp  
Turmeric powder (haldi) 1/2 tsp | Ginger 1 tsp grated

### For Garnishing

Oil 2 tsp | Mustard seeds (rai) 1 tsp | Coconut 1 tbsp fresh | Fresh coriander (hara dhaniya) 3 tbsp finely chopped

### Instructions

1. In a bowl take the gram flour (besan) and add curd and whisk both the ingredients well till a soft batter is formed. (Note: see that there are no lumps)
2. Then add the ginger green chili paste, turmeric powder and salt to taste to the batter and mix well.
3. Then add water to the batter and mix well.
4. Heat other pan and pour the batter into the pan and stir continuously.
5. The batter will slowly start to thicken. Stir vigorously and evenly to avoid lump formation.
6. Once it become nice and thick and you feel it is done just test it on a small plate and see that you are able to roll it or not. If you can roll then your khandvi batter is ready.
7. Pour a ladleful of khandvi batter in a large plate and spread as thin as possible with the large knife as I have done or with back of a large flat spoon.
8. Then let it cool down and cut into 2 inch wide strips. Then carefully roll each strip.
9. Place all the rolls in the serving dish.
10. Heat oil in tadka pan and add mustard seeds and curry leaves . Now pour the tadka on top of the khandvi.
11. Gujarati Khandvi is ready. Garnish it with the grated coconut and coriander leaves.

### BESAN LADOO

besanladoo - sweet, nutty ladoos made from gram flour.



<b>Prep Time</b>	5 mins	<b>Cook Time</b>	30 mins	<b>Total Time</b>	35 mins
<b>Recipe Type</b>	Sweets	<b>Cuisine</b>	Indian	<b>Serves</b>	2-3

#### Ingredients (measuring cup used, 1 cup = 250 ml)

2 cups besan | ½ to 2/3 cup organic ghee/clarified butter (do add more ghee if required)  
 2/3 to 3/4 powdered sugar or superfine sugar as required (I added organic unrefined cane sugar)  
 3-4 green cardamoms | 1 tbsp raisins | 1 tbsp chopped cashews or almonds (optional)  
 a few chironji seeds/charoli or cashew halves to garnish (optional)

#### How to make the recipe

1. Heat ghee in a thick bottomed pan or kadai.
2. Add the besan and stir.
3. Stir and continue to roast for 6-7 minutes on a low flame, till you start getting a nutty fragrance from the besan.
4. Continue to roast on a low flame till the color has changed and you start seeing the ghee, beginning to release from the besan. if the mixture looks dry to you, then add more ghee.
5. Approx 14-15 minutes. the aroma of the roasted besan will be clearly felt.
6. Add sugar. stir& mix for 5-7 minutes remember to keep on stirring so that the mixture does not stick to the bottom of the pan and burns. switch off the flame.
7. Then add dry fruits and cardamom powder and stir well.
8. Let the besan mixture warm or cool down.
9. Don't cover the pan with any lid while the mixture is cooling down.
10. Once the besan ladoo mixture cools down or is warm enough for you to handle, then make small or medium sized besan ladoos from the mixture.
11. Serve besan ladoos immediately or store them in an airtight container.

#### Notes

1. If you are not able to make the ladoos if the mixture is dry, then add 1 or 2 tbsp of melted hot ghee in the mixture and mix well.
2. If you are not able to make the ladoos of the mixture is too smooth and does not hold shape. then let the mixture cool and make the ladoos. if still not able to, then add refrigerate the mixture for 20-30 minutes. after refrigerating the mixture becomes firmer and then you can form the ladoos easily.
3. Remember too do the entire roasting on a low flame. also continuous stirring is required so as to get a uniform cooking and even color.

# MOHANTHAL

(Gram Flour Fudge with Nuts and Saffron)



**Prep Time** 5 mins      **Cook Time** 30 mins      **Total Time** 35 mins

**Recipe Type** Sweets      **Cuisine** Indian      **Serves** 2-3

**Ingredients** 4 cups gram flour(besan) | 2-1/4 cups ghee | 1/4 cup milk | 1 tablespoon cardamom powder  
1/2 cup finely chopped almonds and pistachios

**Ingredients for the Sugar Syrup**

2 cups sugar | 1-1/2 cups water

1. To begin making the Mohanthal Recipe, we will first prepare our dish for setting the Gujarati Mithai. Grease an 8 x 8 inch square pan with a minimum of 2 inch rim with ghee and set aside.
2. Add 1-1/2 cups of ghee to the gram flour in a large bowl and combine well with fingers to make a mixture that feels like coarse crumbs. Stir in the milk to the above coarse crumbs mixture and rub between the palms to combine well.
3. In another sauce pan; heat the 2 cups of sugar and 1-1/2 cups of water simmering it until it reaches a two thread consistency, about 10 minutes. Remove from heat and keep it warm.
4. Heat the remaining ghee in a large sauce pan and add the above flour mixture, stirring continuously until golden brown and releases a roasted aroma about 7 to 10 minutes. Stir in the nuts and cardamom until combined.
5. Gradually add the sugar syrup and keep stirring till the mixture thickens and leaves the sides of the pan. Take care not to stir too long; if you do the mixture will become too rubbery when set.
6. Turn off heat and transfer the Mohanthal mixture into the greased rectangular pan, leveling such that the Mohanthal is about two inches in height.
7. Run a knife to cut the Mohanthal into squares and allow it to cool on the tray for more than a couple of hours to set. Once cooled completely, separate the pre-cut squares and serve.
8. Store the Gujarati Mohanthal Mithai in air tight containers in the refrigerator for about 2 weeks.
9. Serve the Gujarati Mohanthal for the festivals like Diwali or even make it as a sweet for friends and family. You can serve it as is or it warm by heating in the microwave for a few seconds.
10. If you like this recipe or have tried it, do share your comments below. I would love to hear back from you.