

Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Teacup	Flour, Wheat - (Atta)	
1/4	Teacup	Chana Atta = Gram Flour	
1/8	Teaspoon	Asafetida (Hing)	
1/2	Teaspoon	Jeera/Cumin Seeds	
1/2	Teaspoon	Turmeric Powder	
1	Teaspoon	Chilly Flakes - shredded red chillies	
1, 1/4	Teaspoon	Salt	Adjust to your taste
1/4	Teaspoon	Fenugreek Leaves- Kasoori Methi	
2	Tablespoon	Cooking Oil	
1/4	Teacup	Curds	
	As Required	Water	
1/4	Teacup	Cooking Oil	for cooking

Method

1. Mix all the dry ingredients together in a bowl: flour, gram flour, asafetida, cumin seeds, turmeric, chili flakes, salt, and fenugreek leaves.
2. Add oil and yogurt to the bowl and mix well. Add water as needed to make firm dough.
3. Knead the dough for 2 minutes on a lightly greased surface to make smooth and pliable dough.
4. Set the dough aside and cover it with a damp cloth. Let the dough rest for at least ten minutes.
5. Divide the dough into 6 to 8 equal parts. Using your palm, roll each one into a smooth ball and press flat.
6. Take each dough and press it in some dry flour on both sides. Using a rolling pin roll each

dough into 5 to 6" diameter circle. If dough starts sticking, dust it with more flour. However, do not use any dry flour towards the end of the rolling. This will make the Thepla dry.

Cooking the Thepla

1. Heat the skillet on medium high (iron skillet works better). To see if the skillet is ready, put a couple of drops of water and it should start to sizzle, immediately.

2. Place the Thepla over the skillet. As the Thepla's cooking, the color of the dough will change and have a dryer look. Turn over the Thepla using a spatula. You should see golden-brown spots on the semi-cooked side.

3. Wait just a few seconds and place 1/2 teaspoon of oil onto the Thepla and spread with a spatula. Turn over the Thepla.

4. Using your spatula, lightly press the entire Thepla. This will help it cook all the way and it may puff up in some areas.

5. Turn over the Thepla again and press with the spatula making sure it is golden-brown on both sides. Remove from heat.

6. Repeat with the remaining dough, till they are all done.

Serving Suggestions

Serve as is or with plain yogurt or pickle.

Variation

This recipe uses dry fenugreek leaves as it is available year round. But using fresh fenugreek leaves is ideal if you can find it. Substitute the dry leaves for 1/2 a cup of fresh chopped fenugreek leaves.

Kasoori (kasturi) Methi

Kasoori methi are dried fenugreek leaves (*Trigonella Foenum Graecum*) . They are used in Indian cooking and taste similar to a combination of celery and fennel with a slightly bitter bite. Typically the leaves are crumbled and sprinkled over meat and vegetable curries before serving. Look for fresh methi leaves in Indian grocery stores or use dried methi. Dried methi leaves are very pungent.