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Undhiyu, the traditional Gujarati curry prepared with plenty of fresh vegetables and dhokli muthiya, is a must at celebrations such as Uttarayan (kite flying festival), Diwali, etc. and special occasions such as wedding parties. This delicious curry is usually enjoyed in winter because vegetables such as fenugreek leaves, surti papadies and tuvar liiva are needed to prepare this curry and they are easily available only during winter. In different parts of Gujarat, it is prepared in different ways; The Kathiyawadi and Matla Undhiyu styles are three of its popular variations. In Surti Undhiyu, vegetables such as brinjals, potatoes, raw bananas etc., are stuffed with time made of coconut, peanuts, etc. In Kathiyawadi Undhiyu, vegetables are not stuffed but the time is slightly spicy compared to other styles. At the very popular Matla Undhiyu in South Gujarat, vegetables are cooked steam in traditional Matla (clay pot) rather than a pressure cooker and known as Umbadiyu. Regardless of how you prepare it, delicious and yummy tastes. This step-by-step photo recipe explains how to make this native Gujarati dish in surti and Kathiavadi styles at home. Pooori Recipe (Puri)Gajar Halwa (Carrot Halwa)Dal DhokliMethi KhakhralIngredients for Muthiya (dhokli):1 cup Gram flour (bassan)1 1/2 chopped cup Fenugreek Da 1/2 teaspoo Red Hot Chili Powder1/4 teaspoon turmeric PowderA pinch Baking Soda1 1/2 teaspoon Sugar1/4 teaspoon Lemon JuiceSalt to taste1 tablespoon of oil + for fryingfor in Masala:1/1 4 cup grated coconut (fresh or dry)1/3 cup Roasted Peanut Powder 1/2 tbsp Sesame Sesame Sesame Seeds1/4 fine cup chopped Coriander Leaves 1/2 tbsp Green Chilli Ginger Paste1 a tablespoon Sugar1/2 teaspoon Lemon JuiceSalt for Curry taste:3-4 small Brinjal6-7 Baby Potatoes (or large pieces of potatoes)1/2 cup Surti Papdi, a string released 1/2 cup Valor Papdi, string removed 1/2 cup Tuvar Lilva1/2 chopped Cup Yam or Sweet Potato , optional (cut into pieces 1 1/2-inch)1/2 cups Cumin-Coriander Pinch of Asafoetida (hing), option1 teaspoon Red Hot Chili Powder1/2 teaspoon Cumin-Coriander Powder1/3 teaspoons of Yellow Powder 1/4 teaspoon of OptionalSalt Salt to taste Cooking Oil 1/2 cup (or less \*)1 cup Water Notes:You can prepare undhiyu in two different ways at home - 1) Kathiyawadi or Saurashtra style and 2) Mailing Style. In Surti style, vegetables are stuffed with coconut bean time while in Kathiyawadi style, it is prepared without deleting the vegetables. It feels delicious either way. Natural Undhiyu is rich and heavy as it requires cooking vegetables in oil. If you are aware of health, you can choose to reduce the quantity of oils used in this recipe. However, if you want the original taste, we recommend you not to reduce the quantity. Method To Make Muthiya (Dhokli):Take 1 cup gram flour, 1 1/4 cup fenugreek leaves, red chilli powder 1/2 teaspoon, 1/4 1/4 turmeric powder, a pinch of baking soda, 1 1/2 teaspoons of sugar, lemon juice of 1/4 teaspoon, 1 tablespoon of teaspoon oil and salt in a medium bowl. Mix all the ingredients with a spoon, add water according to the needs and make a soft dough as shown in the photo. If the dough turns sticky, don't worry. If it is too sticky then add a few teaspoons of gram flour and mix well. Grease your hands with oil and carefully make around 10-12 small ovals shaped muthiyas from it. Heat the oil over medium heat to hide muthiyas. Deep-fried muthiyas (3-4 at a time depending on the size of the pan) over medium-low heat until they turn golden brown light and the outer layer turns crispy. Don't deepen them on high heat as they may remain unsalted from the inside. Remove them using a slotted spoon and transfer over a paper towel to the plate. Methi Muthiyas is ready. Methods To Know:Set up a time of separation; take all the time ingredients (coconut 1/4 cup scarring, 1/3 cup roasted peanut powder, 1/2 tbsp sesame seeds, 1/4 cup fresh coriander leaves, 1/2 tbsp green chilli garlic paste, 1 teaspoon of sugar, 1/2 teaspoon of lemon juice and salt) in one bowl mix it well using a spoonful of sugar It should have a strong spicy, light sweet, light sour and salty flavor. If necessary, add more meals. Methods of Making Curry:Take all the vegetables needed to make a undhiyu. Peel the potatoes and remove stemming from the brinjal. Make a crispy cross cut on the brinjal and potatoes from the top up to a length of 3/4. Make sure not to separate the segment. Vegetable items with prepared masala (as shown in the photo). Heat the oil 1/2 cups in a pressure cooker of 3 liters or 5 liters over medium heat. Add a pinch of asafoetida and steer for 10 seconds. Add the papadi surti, papdi valor, liiva tuvar, green beans, yam and salt. Mix well and cook for 2-3 minutes. Add 1-teaspoon red chilli powder, turmeric powder 1/3 teaspoon, cumin-coriander powder 1/2 and 1/4 time salt powder. Mix well and cook for 3 minutes. Add stuffed brinjal and potatoes. Sprinkle some salt on it. Add 1 1/2 cups of water. Add dhokli fry methi muthiya on it. Cover the lid and cook over medium heat for 3 whistles. Turn off the fire. Open the lid after the pressure is released naturally (10-15 minutes). Mix the curry slowly with a spatula. Do not mix more because the vegetables and muthiya may break. Garnish with fresh coriander leaves and serve hot poorly and shrikhand in lunch. Tips and Variations: To make Kathiavadi style undhiyu, skip all steps Methods For Know-How To Use in step-2 Method To Make Curry, cut brinjal and potatoes into large pieces and add them with other vegetables in step-4. Follow such other steps. Add group beans, raw bananas and kauliflower together with other vegetables in step-3 Methods To Create Curries for variety. Papdi is one of the vegetables needed to provide Undhiyu. Make sure you at least one type of papdi exists. Methi Muthiya gives this curry a unique flavor and texture. Don't add to it. Provide this curry 2-3 hours early. This will allow the vegetables to absorb the taste of masala properly and help improve the taste of the curry. Serving Idea: Serve poorly and shrikhand in a midday meal or dinner at Makar-Sankranti (Uttarayan – kite day of flying celebration) or in Diwali as a genuine Gujarati dish. Undhiyu print recipe is the most popular mixed vegetable Gujarati dish. Traditionally Undhiyu is cooked in down matlu (pot). There are many undhiyu variants such as Surti Undhiyu, Kathiyawadi Undhiyu, Gujarati Undhiyu. It's usually a winder dish. It is the feast food of Uttrayan as well. 100g Chickpea Flour 25g Fenugreek (methi) Leaves (Finely Chopped) 1/2 teaspoon Garam Masala 1/2 teaspoon Red Cili Powder 1/4 teaspoon Turmeric Powder 1 teaspoon Cumin-coriander Powder 250 teaspoons Oil 175 teaspoons Sugar Salt For Flavor 1 cup Water 250g Potatoes (Chopped) 150g Yam (Chopped) 200g Brinjal (Chopped) 50g Cluster Nuts (Gubar) (Chopped) Finely Chopped) 10g Coriander Leaves 2 Tomato (Chopped) 2 Shallots (Finely Chopped) 50g Green Peas 100g Curry Flowers 2 tbsp Garlic Paste 2 tbsp pes Halia 2 teaspoons Lemon Juice 2 teaspoons Green tea Chilli Paste 1 teaspoon Sugar 1 teaspoon Garam Masala 2 teaspoons Red Cili Powder 1/2 teaspoon Turmeric Powder 1 teaspoon Garam Masala 2 teaspoons Red Cili Powder Salt to Flavor 4 Red Chillies Dry So Undhiyu ready to serve. You can serve Puri, Roti or Paratha. You can add more green cili and garam masala to make it spicy. In fact you can add more vegetables such as fresh beans, ginco beans, lila chana and more kathod to it as well. The method for muthiya Chop methi leaves it smooth and washes and strains it. Now add salt to the methi leaves. Keep sides for several times. Now remove the water from the methi leaves. Now combine chickpea flour, salt, turmeric powder, red cili powder, cumin coriander powder, sugar, oil with methi leaves. Mix well. It's a fight. Make a loud fight. Talk to a little ball called Muthiya in Gujarati. Fry in muthiyas so that it exchanges golden. Methods for Undhiyu Basuh and peel potatoes, yam, cluster beans, curry flowers, brinjal in pieces of simple size. Heat enough oil in the kadai. Add the whole red (dried) chop, chopped tomato, chopped chopped chopped and pinch asafetida. Add salt, turmeric powder, brown cili powder, sugar, lemon juice, green cili, pes halia, garlic pes and mix well. Then put all the vegetables in the kadai and garam masala powder and mix them well and cover with Cook until it gets soft. They can also be cooked in a pressure cooker for two whistles. After that add the muthiya in it cook for a few minutes and mix well. Garnish with coriander leaves. Undhiyu is one of the most famous Gujarati cuisine. Undhiyu is consumed extensively and made during winter with many seasonal seasonal It is a time-consuming recipe, and it takes more time and needs patience, but it is a very healthy and delicious recipe to try. Undhiyu is an authentic Gujarati dish made with a variety of vegetables such as broad beans, purple yam, potatoes, brinjals, papadies, etc. and fenugreek dumping, cooked with coconut, garlic and some aromatic spices. During winter, I'd rather make it as many times as I can. Also, it is a tradition to make undhiyu during the Uttarayan festival especially. Traditionally undhiyu is cooked into an earth pot on low heat. The pot is sealed, and all vegetables and times are cooked slowly. Cooking undhiyu in an earthy pot gives it a rustic and delicious flavor to the dish. Today, I share the traditional Gujarati Style undhiyu recipe, which is completely different from undhiyu surti. Surti undhiyu is also a very well-known type of recipe but is made slightly different from this undhiyu recipe. Traditionally undhiyu is served with small puree and jalebbi. Learn how to make Gujarati Undhiyu at home. See Price Check Ingredients for Ingredients See Recipe Instructions For Make Muthia: Step 1: In a bowl, add semolina, flour corn, curds, oil, chilli paste, fenugreek leaves, sugar, salt, turmeric powder and Bengal gram flour and mix them well. Step 2: Add a little water to it and unact the firm dough from it. Step 3: Make a small ball slightly larger than the size of the marble and press with the finger to make muthia. Step 4: In a deep frying pan, heat the oil over medium heat. Step 5: Once the oil should be hot, fry in muthia on low heat until brown. Step 6: Remove from the oil and continue aside for cooling. To Make Undhiyu: Step 1: In a blide adds, scar coconut, coriander powder, cumin seeds, green garlic leek, green chilli, ginger, red chilli powder, coriander leaves, sugar, lemon juice, lemon and salt and mix until it gets smooth. If necessary also add some water. Step 2: Now, make slit crisscross in potatoes, brinjals, potatoes, and yam. Be careful not to separate the segment. Step 3: Now, stuff the vegetables with the paste made earlier and keep the rest of it for later use. Step 4: Now, in a saucepan, heat the oil and add the asafoetida and carom seeds. Add the chilli and fry paste for 5-6 seconds. Step 5: Add the broad beans, potatoes, purple yam, potatoes, spacious bean seeds, brinjals and 1 cup of water to it and cook for 10-15 minutes. Step 6: Now, add fried muthias and the remaining paste to the vegetables and add 2 cups of hot water to the vegetables. Step 7: Cook the vegetables over low heat so that the oil separates from the vegetables. Step 8: Serve undhiyu hot or cool with puri. Puri. Puri.

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