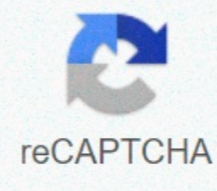




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Undhiyu, a traditional Gujarati curry prepared with lots of fresh vegetables and dhokli muthiya, is a must item on festivals such as Uttarayan (kite flying festival), Diwali, etc. This deliciously rich curry is usually enjoyed in winter, since vegetables such as fenugreek leaves, surti papadi and tuvar lilva are required to prepare this curry and they are easily only available during winter. In different parts of Gujarat, it is prepared in different ways; Surti-style, Kathiyawadi style and Matla Undhiyu are three popular variations of it. In Surti Undhiyu, vegetables such as brinjal, potato, raw banana etc. are stuffed with the masala made from coconut, peanut, etc. In Kathiyawadi Undhiyu, vegetables aren't stuffed, but his masala is little spicier than other styles. In Matla Undhiyu which is very popular in South Gujarat, vegetable steam is cooked in traditional Matla (clay pot) instead of pressure cooker and is known as Umbadiyu. Regardless of which way you prepare it, its delicious and tastes delicious. This step by step photo recipe explains how to make this authentic Gujarati dish in both Surti and Kathiavadi style at home. **Poori Recipe (Puri)**Gajar Halwa (Root Halwa)Dal DhokliMethi Khakhralngredients for Muthiya (dhokli):1 cup Gram Flour (besan)11/2 cups chopped Fenugreek Leaves1/2 teaspoons Spoon Red Chilli Powder1/4 teaspoon Turmeric PowderA Pinch of Baking Soda11/2 teaspoons Sugar1/4 teaspoon Lemon JuiceSalt to taste1 tablespoon Oil + for deep frying For Masala: 1/1 4 cup grated Coconut (fresh or dry)1/3 cup Roasted Peanut Powder1/2 tablespoon Sesame Seeds1/4 cup finely chopped Coriander Leaves1/2 tablespoon Green Chilli Ginger Garlic Paste1 teaspoon Spoon Sugar1/2 teaspoon Lemon JuiceSalt to tasteFor Curry: 3-4 small Brinjal6-7 Baby Potatoes (or large pieces of potato)1/2 cup Surti Papdi, strings removed1/2 cup Tuvar Lilva1/2 cup chopped Yam or Sweet potatoes , optional (cut into 11/2-inch pieces)1/2 cup Green PeasA pinch Asafoetida (hinge) , optional1 teaspoon Red Chilli Powder1/2 teaspoon Cumin-Coriander Powder1/3 teaspoon Turmeric Powder1/4 teaspoon Garam Masala Powder, OptionalSaSalt after taste1/2 cup Cooking Oil (or less\*)1 cup Water Note: You can prepare the undhiyu in two different ways at home - 1) Kathiyawadi or Saurashtra style and 2) Surat style. In Surti style, vegetables are stuffed with coconut-peanut mass while prepared in Kathiyawadi style without filling the vegetables. It tastes delicious either way. Authentic Undhiyu is rich and heavy as it requires cooking vegetables in oil. If you are health-conscious, you can choose to reduce the amount of oil used in this recipe. However, if you want authentic taste, we recommend you not to reduce the quantity. Method of making Muthiya 1 cup gram flour, 11/4 cup fenugreek leaves, 1/2 teaspoon red chilli powder, 1/4 1/4 turmeric powder, a pinch of baking soda, 11/2 teaspoons sugar, 1/4 teaspoon lemon juice, 1 tablespoon oil and salt in a medium bowl. Mix all ingredients with a spoon, add water as needed and make soft dough as shown in the photo. If the dough gets sticky, don't worry. If it's too sticky, then add a few teaspoons of grammeal and mix well. Spread your hands with oil and carefully make about 10-12 small oval-shaped muthiyas from it. Heat the oil over medium flame to deep fry the muthiyas. Deep frying muthiyas (3-4 at a time depending on the size of a pan) over low-medium flame until they turn light golden brown and outer layer of crispy. Do not fry them deep over high flame, as they can remain uncooked from the inside out. Remove them with split spoon and transfer paper cloth to a plate. Methi Muthiyas is ready. Method of making Masala: Prepare stuffing masala; take all masala ingredients (1/4 cup grated coconut, 1/3 cup roasted peanut powder, 1/2 tablespoon seeds, 1/4 cup fresh coriander leaves, 1/2 tablespoon green chilli ginger garlic paste, 1 teaspoon sugar, 1/2 teaspoon lemon juice and salt.) in a medium bowl. Mix them well with a spoon and taste it. It should have strong spicy, light sweet, light sour and salty taste. If necessary, add more seasoning. Method of making Curry: Take all vegetables necessary to make the undhiyu. Peel the potatoes and remove sprouting from brinjal. Make a criss-cross cut on brinjal and potato from above to 3/4th length. Be sure not to separate the segments. Fill the vegetables with prepared masala (as shown in the photo). Heat 1/2 cup oil in a 3-liter or 5-liter steel/aluminum pressure cooker over medium flame. Add a pinch of asafoetida and sauté for 10 seconds. Add surti papadi, brave papdi, tuvar lilva, green peas, yam and salt. Mix well and cook for 2-3 minutes. Add 1-teaspoon red chilli powder, 1/3 teaspoon turmeric powder, 1/2 teaspoon cumin-coriander powder and 1/4 teaspoon garam masala powder. Mix well and cook for 3 minutes. Add stuffed brinjal and potato. Sprinkle salt over it. Add 11/2 cups of water. Add fried dhokli methi muthiya over it. Close the lid and cook over medium flame for 3 whistles. Turn off the flame. Open the lid after print releases of course (10-15 minutes). Gently mix the curry with a spat by the spathe. Do not over mix if the vegetables and muthiya can break. Garnish with fresh coriander leaves and serve warm with arni and shrikhand in lunch. Tips and variations: To make Kathiavadi style undhiyu, skip all steps of Method to make Masala and into step-2 of Method to make Curry, cut brinjal and potato into large pieces and add them with other vegetables in step-4. Follow the rest of the steps as is. Add cluster beans, raw banana and cauliflower along with other vegetables in step-3 of Method to for variation. Papdi is one of the required vegetables to prepare Undhiyu. Be sure to use you at least one type of papdi available. Methi Muthiya gives this curry his unique taste and texture. Don't skip to add it. Prepare this curry 2-3 hours in advance. This will allow vegetables to properly absorb the flavor of masala and help improve the taste of the curry. Serving Ideas: Serve it with arni and shrikhand in lunch or dinner on Makar-Sankranti (Uttarayan - kite flying feast day) or on Diwali as an authentic Gujarati dish. Print recipe Undhiyu is the most popular mixed vegetable Gujarati dish. Traditionally undhiyu cooked in upside down matlu (pot). There is plenty of variant of undhiyu like Surti Undhiyu, Kathiyawadi Undhiyu, Gujarati Undhiyu. It's usually winder dish. It's also Ultrayan festival food. 100g Chickpea Flour 25g Fenugreek (methi) Leaves (Finely Chopped) 1/2 teaspoon Garam Masala 1/2 teaspoon Red Chile powder 1/4 teaspoon Turmeric Powder 1 teaspoon Cumin-coriander powder250 teaspoons Oil 175 teaspoons Sugar Salt For Taste 1 cup Water 250g Potatoes (Chopped) 150g Yam (Chopped) 200g Brinjal (Chopped) 50g Cluster beans (Guvar) (Finely Chopped) 10g Coriander Leaves 2 Tomatoes (Chopped) 2 Onions (Finely Chopped) 50g Green Peas 100g Curry Flower 2 tablespoons Garlic Paste 2 tablespoons Ginger paste 2 teaspoons Lemon Juice 2 teaspoons Green Chi Paste 1 teaspoon Sugar 1 teaspoon Garam Masala 2 teaspoons Red Chile Powder 1/2 teaspoon Turmeric Powder 1 teaspoon Cumin-Coriander Powder Salt to taste 4 Red Chillies Dried So Undhiyu is ready for serve. You can serve it with Puri, Roti or Paratha. You can add more green chili and garam masala to make it spicy. Even you can add more vegetables such as fresh bean, kidney bean, iliac chana and more cathod to it. Method for Muthiya Chop methi leaves fine and wash it and squeeze them. Now add salt to methi leaves. Keep a side for several times. Now remove the excess water from methi leaves. Now mix chickpea flour, salt, turmeric powder, red chili powder, cumin coriander powder, sugar, oil with methi leaves. Mix well. Knead the dough. Make hard dough. Split dough into small ball called it Muthiya in Gujarati. Fry the muthiyas until golden brown. Method for Undhiyu Washing and peeling the potatoes, yam, cluster bean, curry flower, brinjal in to medium-sized pieces. Heat enough oil in cadai. Add whole red chili (dried), chopped tomatoes, chopped onion and pinch of asafoetida. Add salt, turmeric powder, red chili powder, sugar, lemon juice, green chili, ginger paste, garlic paste and mix well. Then add all vegetables in cadai and garam masala powder and mix it well and cover with lid. Cook it until it gets soft. They can also be cooked in pressure cooker for two whistles. After that, add muthiya in it cook for a few minutes and mix well. Garnish with coriander leaves. Undhiyu is one of the most famous Gujarati kitchens. Undhiyu is widely eaten and made during the winter season with many seasonal It's a time-consuming recipe, and it takes more time and needs patience, but it's a very healthy and delicious recipe to try out. Undhiyu is an authentic Gujarati dish made with a variety of vegetables such as broad beans, purple yam, potatoes, brinjals, papadi, etc. and fenugreek dumplings, cooked with coconut, garlic and some aromatic spices. During the winter season, I prefer to make it as many times as I can. It is also a tradition to make the undhiyu during the Uttarayan Festival in particular. Traditionally, undhiyu is cooked in erydepots on the LOW flame. The pots are sealed, and all the vegetables and masalas are cooked slowly. Cooking undhiyu in the porrypots gives the rustic and delicious flavor to the dish. Today I share a traditional Gujarati Style undhiyu recipe, which is completely different from the surti undhiyu. Surti undhiyu is also a very familiar kind of recipe, but has made slightly different from this undhiyu recipe. Traditionally, undhiyu is served with small purist and jalebi. Learn how to make Gujarati Undhiyu at home. View recipe ingredients Check Price for Ingredients View Recipe Directions To Make Muthia: Step 1: In the Bowl, Add Semolina, Corn Flour, Cure, Oil, Chilli Paste, Fenugreek Leaves, Sugar, Salt, Turmeric Powder and Bengal Grammar Meal and Mix it Well. Step 2: Add a little water to it and knead a firm dough out of it. Step 3: Make small balls slightly larger than the size of the marble and press with fingers to make muthia. Step 4: Heat the oil in a deep frying pan over MEDIUM heat. Step 5: Once the oil is appropriately heat, fry the muthia on low flame until browned. Step 6: Remove it from the oil and set aside to cool. To make Undhiyu: Step 1: In a blender add, grated coconut, coriander powder, cumin seeds, green garlic leeks, green chillies, ginger, red chili powder, coriander leaves, sugar, lemon juice, curli and salt and mix until it becomes smooth. If necessary, also add some water. Step 2: Now make a criss-slit in the potatoes, brinjals, sweet potatoes and yam. Be careful not to separate the segments. Step 3: Now, fill the vegetables with the previously made pasta and keep the rest of the masala for the later use. Step 4: Now, in the deep pot, heat the oil and add asafoetida and carom seeds. Add chili paste and fry for 5-6 seconds. Step 5: Add broad beans, potatoes, purple yam, sweet potatoes, seeds broad beans, brinjals and 1 cup of water to it and cook for 10-15 minutes. Step 6: Now add the fried muthias and the remaining masala paste to the vegetables and add 2 cups of warm water to the vegetables. Step 7: Cook the vegetables over the LOW flame until the oil separates from the vegetables. Step 8: Serve hot or cold undhiyu with puri. Pupil