

Handvo muffins



Handvo Muffins is a Gujrati dish baked using dals, rice, vegetables, and spices. People of Gujrat served this savory cake as a meal or as an accompaniment.

Ingredients

- 1.5 cups shredded lauki
- 1.5 cups of Dhokla flour
- 1.5 cups plain yogurt
- 1 tsp Sugar
- salt, to taste
- 1.5 tbsp ginger paste
- 2 green chilies, finely chopped
- 1/2- 1 tbsp crushed garlic
- 1/2 tsp turmeric
- 2 tsp Kashmiri red chili powder.
- white sesame seeds
- 1/2 of a lime juice
- 8 tbsp oil
- 1 tsp (heaped) black mustard seeds
- 1 sprig of curry leaves
- 1 tsp Eno
- 1/2 tsp asafetida

Method

1. Mix the Dhokla flour and yogurt.
2. Cover and let this batter rest for 5-7 hours or overnight (no need to refrigerate).
3. In a medium-size mixing bowl, add batter from above and mix in the following: Ginger, Garlic, Green Chilies, Salt, Sugar, Turmeric Powder, and Shredded lauki. Mix well
4. In a small skillet, heat 1 Tbsp of Oil slightly. Add Curry Leaves and Red Chili Powder. Add this Oil mixture to the above batter and mix well. (adds color)
5. Add Eno Fruit Salt and mix well to make the batter foamy.
6. Divide batter into greased muffin pan or pour into a greased cake pan.
7. Sprinkle Sesame Seeds over the top of the batter.
8. In a small skillet, heat remaining 2 Tbsp Oil.
9. Add Mustard Seeds and let them pop. Switch off the stove.
10. Add Asafoetida to the oil.
11. Drizzle this oil seasoning over the top of the sesame seeds.
12. Cover pan with aluminum foil and bake at 350F (180C) for 40 minutes
13. Remove foil and BROIL on High for approximately 10 minutes until a light golden crust forms.
14. Let the handvo rest for 10-15 minutes before eating.



- www.gulaboils.com
- +91 79 22131151 / 99251 25251
- info@gulaboils.com