

Green Dahi Wade



Ingredients:

For Green Wada:

½ Cup Whole Moong, ½ Cup Urad Dal, 8 Green Chilies, ½ Cup Chopped Cilantro, 2 Inch Ginger, 1 tsp Salt, ½ tsp baking soda, 4 tsps oil, 4 cup thin butter milk

For Dahi Preparation:

2Cups Sweet dahi, ½ tsp of cumin powder, ½ tsp sugar, 1 tsp red chili powder.

Procedure:

1. Soak Moong in Water for 24 Hours, sprout them for 12 hours, Soak urad dal for 4 hours
2. Sprouted moong, urad dal, chilies, cilantro, ginger – coarse grind together
3. Add salt, soda and oil, stir well, pour in a greased cooker pan and cook the batter in pressure cooker for 15 minutes without putting pressure on top
4. Let the green cake cool completely. Cut into bite size pieces and soak in butter milk for 4 to 5 hours

Serving:

Arrange 8 pieces of green color wadaas in small serving bowl, pour 2 tbsps. of butter milk, pour 4 tbsps. of white prepared Dahi. Garnish with pinch of red chili powder.

Indulge on colorful, tangy, tasty, protein packed and yummy dish...

Anupama Buzruk, Naperville