DietCloud – Recipe

Recipe Name: Maharashtrian Kakdi Thalipeeth Recipe - Spiced Cucumber Flat Bread

Diet Type:

Course: Indian Breakfast

Cuisine: Maharashtrian Recipes

Quantity:



Description

Maharashtrian Kakdi Thalipeeth is a traditional, savory multigrain flatbread infused with freshly grated cucumber, garlic, and aromatic spices. The photo displays two golden-brown, pan-roasted flatbreads speckled with green coriander leaves and cucumber seeds, served on a classic brass platter garnished with fresh cucumber and cilantro. Crisp on the outside and tender on the inside, this wholesome dish is typically enjoyed hot with homemade butter, curd, or spicy pickle.
[PROS]
- High in dietary fiber and plant-based protein from the mixture of grain and legume flours
- Hydrating and digestive-friendly due to the incorporation of fresh grated cucumber
- Low glycemic index, providing sustained energy releases throughout the day
[CONS]
- Calorie density can increase rapidly if roasted with excess ghee
- Requires careful portion control for individuals on strict low-carb diets
[DIETITIAN REVIEW]
Score: 8.5/10. Kakdi Thalipeeth is a nutritionally dense and well-balanced traditional recipe. Combining chickpea, wheat, and rice flours creates a complementary protein profile, while cucumber adds valuable micronutrients and moisture. Moderating the cooking ghee makes this an outstanding option for weight management and diabetes-friendly meal planning.

Ingredients

Ingredient	Quantity
• Gram flour (besan)	1/2 cup
• Whole Wheat Flour	1/2 cup
• Rice flour	1/4 cup
• Cucumber	1, peeled and grated
• Turmeric powder (Haldi)	1 teaspoon
• Cumin powder (Jeera)	1 teaspoon
• Coriander Powder (Dhania)	1 teaspoon

• Red Chilli powder	1 teaspoon

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• Green Chillies	2, finely chopped

• Coriander (Dhania) Leaves	1/2 cup, chopped

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• Garlic	5 cloves, finely chopped

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• Salt	to taste

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- Ghee — for smearing (approx. 4 teaspoons)

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Preparation

• 1.

• In a large mixing bowl, combine the besan, whole wheat flour, rice flour, grated cucumber (with its natural juice), turmeric powder, cumin powder, coriander powder, red chilli powder, green chillies, chopped garlic, chopped coriander, and salt.

• 2.

• Knead the mixture thoroughly to form a soft dough; avoid adding extra water initially as the natural juice from the cucumber will bind the dough.

• 3.

• Divide the dough into equal portions and roll them into smooth balls.

• 4.

• Place a moist cloth or parchment paper on a board, place one dough ball on it, and gently pat it out with wet fingers to form a flat circular disc.

• 5.

• Make 3 to 4 small holes in the center and edges of the flattened bread to ensure even cooking and crispness.

• 6.

• Heat a skillet or tawa on medium flame and lightly smear it with ghee.

• 7.

• Carefully transfer the thalipeeth onto the hot skillet, drizzle a few drops of ghee into the holes and around the edges, cover with a lid, and cook for 2-3 minutes.

• 8.

• Remove the lid, flip the thalipeeth, and roast the other side until golden brown and crisp.

• 9.

• Serve hot immediately with a side of fresh yogurt, butter, or coriander chutney.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	10	60	10	4	5