DietCloud – Recipe

Recipe Name: Makki and Methi Roti Recipe

Diet Type:

Course: Lunch

Cuisine: Punjabi

Quantity:



Description

Makki and Methi Roti is a rustic and flavorful Indian flatbread, showcasing the wholesome goodness of yellow cornmeal (Makki Ka Atta) combined with the aromatic bitterness of fresh fenugreek leaves (Methi). Spiced with green chilies, ajwain, and red chili powder, these golden-yellow rotis offer a unique texture and robust taste. They are typically served hot, often accompanied by yogurt, pickles, or a hearty curry.
[PROS]
- Rich in dietary fiber from cornmeal and fenugreek, promoting digestive health.
- Fenugreek leaves (Methi) are known for potential blood sugar regulation and antioxidant properties.
- Gluten-free, making it suitable for individuals with gluten sensitivity or celiac disease.
- Good source of essential vitamins and minerals, including Iron and Vitamin A from fenugreek.
[CONS]
- Cornmeal rotis can be prone to crumbling if not kneaded and handled properly.
- The inherent bitterness of fenugreek leaves might not appeal to all palates.
- High spice level from green chilies and chili powder may not be suitable for everyone.
[DIETITIAN REVIEW]
This Makki and Methi Roti offers an excellent nutritional profile, particularly for its high fiber content and the inclusion of nutrient-dense fenugreek leaves. It's a fantastic gluten-free alternative to wheat-based flatbreads, providing sustained energy and supporting overall gut health. The combination of cornmeal and methi makes it a wholesome addition to any meal. Score: 8.5/10

Ingredients

Ingredient	Quantity
• Makki Ka Atta (Yellow Corn Meal Flour)	2 cups
• Methi Leaves (Fenugreek Leaves) - chopped	1 1/2 cups
• Green Chillies - chopped	2
• Ajwain (Carom seeds)	1 tablespoon
• Kashmiri Red Chilli Powder	1 tablespoon
• Salt	to taste

DietCloud – Recipe

Preparation

• 1.

• In a large mixing bowl, combine the Makki Ka Atta, chopped Methi Leaves, chopped Green Chillies, Ajwain, Kashmiri Red Chilli Powder, and Salt.

• 2.

• Gradually add warm water, a little at a time, and knead until you form a firm yet pliable dough.

• Do not over-knead.

• The dough should not be too soft or too hard.

• 3.

• Cover the dough and let it rest for 10-15 minutes.

• 4.

• Divide the dough into 4-5 equal portions.

• Take one portion and flatten it slightly between your palms.

• 5.

• On a greased surface or between two sheets of plastic wrap, gently pat or roll out each portion into a round roti of desired thickness (about 6-7 inches in diameter).

• 6.

• Heat a tawa (griddle) over medium heat.

• Once hot, carefully place the roti onto the tawa.

• 7.

• Cook for about 1-2 minutes until small bubbles appear on the surface.

• Flip the roti and cook the other side for another 1-2 minutes.

• 8.

• Apply a little oil or ghee around the edges and on the surface of the roti.

• Press gently with a spatula and cook until golden brown spots appear on both sides and the roti is cooked through.

• 9.

• Remove from the tawa and serve hot with your preferred accompaniment like yogurt, pickles, or dal.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	4	25	2	4	2