

Recipe Name: Ragi Drumstick Adai
Diet Type: Vegetarian
Course:
Cuisine: Indian
Quantity:



Description

Ingredients

Base: 1 to 1.5 cups Ragi flour. **Greens:** 1 cup fresh drumstick leaves (cleaned and separated from stalks). **Aromatics:** 1 large onion (or shallots for better flavor), finely chopped. **Spice & Texture:** 1-2 green chilies, grated ginger, curry leaves, and 2-3 tbsp grated coconut. **Tempering (Optional):** Mustard seeds, cumin seeds, urad dal, and chana dal. **Liquid:** Warm water or boiling water (to ensure a soft texture).

Preparation Steps

Sauté Greens: Heat oil in a pan and temper with mustard seeds and dals. Sauté the onions and green chilies until translucent, then add the drumstick leaves. Cook for 2–3 minutes until they shrink. **Make the Dough:** In a large bowl, mix ragi flour with salt, the sautéed leaf mixture, and coconut. Gradually add warm water, kneading into a soft, slightly sticky dough. **Shape:** Take a lemon-sized ball of dough and place it on a greased banana leaf, parchment paper, or damp cloth. Pat it down with your fingers into a thin, even circle. **Cook:** Heat a tawa (griddle) and drizzle with sesame oil. Carefully invert the leaf onto the tawa, then peel it away. Cook both sides on medium-low heat until the color deepens and the edges turn crispy.

Ingredients

Ingredient	Quantity
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No ingredients added.

Preparation

No preparation steps added.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	10	8	2