

Recipe Name: BUCKWHEAT CHILLA

Diet Type:

Course:

Cuisine: Indian

Quantity:



Description

Buckwheat chilla is a quick, gluten-free savory pancake made with buckwheat flour and simple spices.

Ingredients

Buckwheat Flour (Kuttu ka Atta): 1 cup. **Water or Curd (Yogurt):** As needed to make a pourable batter. Curd helps in binding and can add a slight tang. **Vegetables (optional):** Grated potatoes, carrots, cucumber, or zucchini are common additions for added nutrition and texture. **Flavorings:** Chopped green chilies, Grated ginger, Chopped coriander leaves, Rock salt (sendha namak) or regular salt (if not fasting), Black pepper powder or roasted cumin powder. **Ghee or Oil:** For cooking the chillas.

Instructions

Prepare the Batter: In a large mixing bowl, combine the buckwheat flour, salt, and spices (green chilies, ginger, pepper/cumin powder). Gradually add water or curd while whisking continuously to form a smooth, lump-free batter with a consistency similar to dosa or pancake batter. **Add Vegetables (if using):** Fold in your choice of grated vegetables (e.g., potato, carrot, or zucchini) and chopped coriander leaves. **Rest the Batter:** Let the batter rest for 10 to 20 minutes. This is an important step as buckwheat flour is gluten-free and needs time to properly combine and bind the ingredients. **Cook the Chilla:** Heat a non-stick pan or griddle (tawa) over medium heat and grease it lightly with ghee or oil. **Spread the Batter:** Pour a ladleful of batter onto the hot pan. Gently spread it in a circular motion to form a thin or slightly thick pancake, depending on preference. The chilla will not spread as easily or thinly as a regular dosa. **Cook and Flip:** Drizzle a few drops of oil around the edges and on top. Cook for 1.5 to 2 minutes until the edges are set and the underside is golden brown. Flip the chilla and cook the other side for another 1-2 minutes. **Serve:** Remove the cooked chilla from the pan. Repeat the process with the remaining batter. Serve the buckwheat chillas hot with a side of green chutney, pickle, or plain yogurt/curd.

Ingredients

Ingredient

Quantity

• Need to Fill

Preparation



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	6	40	8	4	2

