

Recipe Name: Chatpati Sattu Ki Kachori Recipe - Kachori Stuffed with Sattu and Pickle

Diet Type:

Course: Snack

Cuisine: Rajasthani

Quantity: 1 serving



Sattu Kachori Recipe in hindi

Ingredients

Ingredient	Quantity
• 500 grams All Purpose Flour (Maida)	15
• 1/4 cup Sooji (Semolina/ Rava)	
• 2 tablespoons Sunflower Oil	
• Water - as required	
• 200 grams Roasted Gram Flour (Sattu Ka Atta)	
• 1/2 teaspoon Ajwain (Carom seeds)	
• 1/2 teaspoon Salt	
• 2 tablespoons Mustard oil	
• 2 teaspoons Lemon juice	
• 1/4 cup Pickle - red chilli pickle	
• 1-1/2 teaspoon Garlic - finely chopped	
• 1-1/2 teaspoon Ginger - finely chopped	
• 2 Green Chillies - finely chopped	
• 1 Onion - small	
• 3 Coriander (Dhania) Leaves - chopped fine for garnish	
• Sunflower Oil - for frying	

Preparation

- Add the mustard oil, lemon juice and rub them into the flour.
- Next, add the red chilli pickle, squish & rub it into the sattu flour including the chilli skin and chilli stuffing.
- Mix everything well.
- Add the finely chopped garlic, ginger, green chillies, onions and coriander leaves and mix everything well.
- Keep it aside.



- The masala for kachori is ready.
 - To make the pastry dough for kachori, mix together maida and sooji in a bowl.
 - Add the oil and rub it into the flour with your fingers.
 - Add water slowly, mix and make a stiff dough.
 - While you are making the dough, add ample oil to the frying pan and get it ready for deep frying the kachoris.
 - Keep the frying pan on low medium heat.
 - The final step is to make the Kachori.
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- Take the required achari sattu masala and place it in the middle of the disc.
 - Bring the edges together and seal the top by slightly twisting it and pressing against the ball.
 - Keep the balls covered with a moist cloth.
 - Pat them a little to get a flat shape.
 - Once the oil is hot, slide in the kachoris one by one and fry them till the kachoris become golden brown in colour.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	8	35	10	5	2