

Recipe Name: Marwadi Gatte Ki Kadhi Recipe - Gram Flour Dumpling In Yogurt Curry

Diet Type:

Course: Lunch

Cuisine: Rajasthani

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Gram flour (besan)	4
• 1/2 teaspoon Red Chilli powder	
• 1/2 teaspoon Ajwain (Carom seeds)	
• 1 tablespoon Curd (Dahi / Yogurt)	
• Salt - to taste	
• 2 tablespoon Gram flour (besan)	
• 1 cup Curd (Dahi / Yogurt)	
• 4 cloves Garlic	
• 2 Green Chillies	
• 1/2 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	
• 1 sprig Coriander (Dhania) Leaves - finely chopped	
• 1 teaspoon Ghee	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 1 Dry Red Chilli	
• 1 inch Cinnamon Stick (Dalchini)	

Preparation

- To begin making the Marwadi Gatte Ki Kadhi Recipe (Gram Flour Dumpling In Yogurt Curry Recipe), we will first make the gatte.
- In a mixing bowl, combine all the ingredients for the gatte including gram flour, red chilli powder, ajwain, curd, salt and knead to make a stiff dough.
- Add a little water if required.
- Divide the gatte mixture into 8 to 10 small portions, and shape into a small cylindrical roll.
- Keep it aside.
- The next step is to cook the gatte.
- Heat water in the saucepan and bring it to a roaring boil.



- You will notice the gatte rising to the top.
- After 7 to 8 minutes, drain the gatte from the water and keep aside.
- In a small pestle and mortar, pound the garlic and green chilies to make a coarse paste.
- The next step is to make the kadhi.
- In a large saucepan, whisk the yogurt along with the gram flour in a mixing bowl.
- Add the coarse paste and turmeric powder.
- Place the saucepan over high heat, add the kadhi mixture into it and bring the kadhi to a boil.
- Keep whisking while the kadhi boils to bring the mixture to a homogeneous consistency.
- Once the kadhi thickens, turn the heat to low, add the gatte and allow it to simmer for another 5 minutes.
- While the Gatte ki Kadhi is simmering, we will proceed to make the tadka.
- Heat ghee over medium heat in a tadka pan, add the cumin seeds, red chili, and cinnamon and saute for a few seconds.
- Add the tadka to the Gatte ki Kadhi, stir in the coriander leaves and serve.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
-----------------	-------------	-----------	---------	-----------	-----------