

Recipe Name: Vrat Ki Kachori Recipe (Savory Buckwheat Paneer Pastry)

Diet Type: Vegetarian

Course: Snack

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 100 grams Buckwheat Flour (Kuttu Ka Atta)	4
• 2 Green Chillies - chopped	
• Rock Salt - to taste	
• 1/2 teaspoon Red Chilli powder - with black pepper powder (adjust according to your taste)	
• 1 Potato (Aloo) - boiled & mashed	
• Water - to knead the dough	
• Sunflower Oil - to fry	
• 1 cup Paneer (Homemade Cottage Cheese)	
• Rock Salt - to taste	
• Black pepper powder - to taste	
• 2 Green Chillies - chopped	
• 1 tablespoon Coriander (Dhania) Leaves - optional	

Preparation

- To begin making the Vrat Ki Kachori Recipe (Savory Buckwheat-Paneer Pastry), start with making the kachori/pastry mix.
- Mix flour, salt, green chillies, mashed potatoes in a mixing bowl.
- Add red chilli powder or pepper powder as per preference and mix everything well.
- Add a little water to knead the dough and knead a soft dough.
- Once it is done, keep the dough covered for 5 minutes.
- Meanwhile, we will prepare the paneer filling for Vrat Ki Kachori.
- For the filling, mash the paneer, along with the rest of ingredients for filling.
- You can optionally add raisins to oomph up the flavour.
- Keep it aside.



- Take a small ball of the dough between your palms.
- The dough will be soft.
- Press in the center and make an indent.
- Put the paneer filling in the indent and softly bring the edges together till the center and close into a ball again.
- Now, press between your palms and flatten the kachori lightly.
- Take some dry buckwheat flour and lightly cover the kachori on all sides.
- Make all the kachoris like this.
- Next, heat some oil in a heavy bottomed pan.
- Put these kachoris in the wok and shallow fry them in the pan on medium heat, till they are crisp on both sides.
- Take them out on a kitchen towel to absorb the excess oil.
- Serve hot.

Macronutrients

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