

Recipe Name: Punjabi Steel Bundi Kadhi Recipe

Diet Type:

Course: Side Dish

Cuisine: Punjabi

Quantity:



Ingredients

Ingredient	Quantity
• 1-1/2 cups Curd (Dahi / Yogurt) - (Sour)	5
• 4 tablespoons Gram flour (besan)	
• 1 teaspoon Green Chilli Paste	
• 1 teaspoon Ginger Garlic Paste	
• 1/2 tablespoon Red Chilli powder	
• 1/4 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	
• 2 tablespoons Ghee	
• 5 Cloves (Laung)	
• 5 Whole Black Peppercorns - pounded	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 tablespoon Methi Seeds (Fenugreek Seeds) - soaked overnight	
• 1 pinch Asafoetida (hing)	
• 1 cup Boondi	
• 5 Cloves (Laung)	
• 5 Whole Black Peppercorns - pounded	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 tablespoon Methi Seeds (Fenugreek Seeds) - soaked overnight	
• 1 pinch Asafoetida (hing)	
• 1 cup Boondi	

Preparation

- To begin making the Punjabi Style Boondi Kadhi Recipe, firstly combine yogurt, gram flour, red chilli powder, turmeric powder and salt in a bowl.
- Add 500 ml water and whisk well.
- Make sure that no lumps are formed.



- Now, add methi seeds (soaked in the night) and stir for few mintues.
- Now, add the gram flour and yogurt mixture and stir continously until the bubbles form in the kadai.
- As the mixture gets thick while boiling, add 500 ml water and keep the flame low and allow to cook for 15 to 20 minutes.
- After 15 to 20 minutes, switch off the gas, add boondi and and garnish with coriander leaves.

Macronutrients

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