DietCloud – Recipe

Recipe Name: Sesame Bread Patties Recipe (Bread Cutlets)

Diet Type:

Course: Snack

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1 Crusty bread log	6
• 4 tablespoons Hung Curd (Greek Yogurt)	
• 1 Onion - finely chopped	
• 3 Green Chillies - finely chopped	
• 1 teaspoon Black sesame seeds	
• 3 tablespoons Sesame seeds (Til seeds)	
• 1/2 teaspoon Sugar	
• 1/2 teaspoon Red Chilli powder	
• 1 tablespoon Corn flour	
• Salt - to taste	
• Sunflower Oil - for shallow frying	

Preparation

• To begin making the Sesame Bread Patties (Cutlets) Recipe first prepare the sliced bread by trimming the sides.
• In a bowl pour some water.
• Dip 6 of the 10 bread slices into the water, immediately take them out and squeeze out as much of the water as possible.
• Place the soggy bread in a bowl.
• Over this, crumble the remaining slices of bread and mash it all up together to form a soggy dough.
• To the dough add the hung curd, finely chopped onions and green chillies.
• Mix well and sprinkle in the black and white sesame seeds, sugar, red chilli powder, salt and cornflour.
• Mix it all together very well till it forms a mixture that is wet, but not so soggy that it cannot be easily handled.
• Set the mixture aside for 10-15 minutes to rest.
• Then divide it into 12-14 equal parts and shape them into small patties.

- Ensure that they are thin enough to cook easily and also hold shape.
- Preheat a skillet on medium heat.
- Place the patties on the skillet, drizzle some oil on the top and cook them evenly until golden brown and crisp on both sides.
- Keep turning them around until they are golden on both sides.
- Once done, remove the patties and place them on kitchen paper to drain the excess oil.

Macronutrients

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