

Bajra Carrot Onion Uttapa

Makes : 10 in no. (small)

Ingredients

- 1/4 cup whole bajra , soaked for 8 hours and drained
- 1 1/4 cups bajra flour
- 1/2 cup carrots, grated
- 1/2 cup onions, chopped
- 1 1/2 tsp finely chopped green chillies
- 1 tsp garlic (lehsun) paste
- 1/4 cup finely chopped coriander (dhania)
- 1 1/2 tbsp lemon juice
- 1/4 tsp turmeric powder (haldi)
- 1 1/2 tsp chilli powder
- salt to taste
- 1 1/2 tsp oil for greasing and cooking

Recipe

- Combine the whole bajra, ½ cup of water and salt in a pressure cooker. Pressure cook for 5 whistles.
- Allow the steam to escape before opening the lid. Drain the water and keep the cooked whole bajra aside.
- Combine all the ingredients except onions, along with whole bajra and 1½ cups of water to a slow running consistency.
- Heat a non-stick tava and grease it lightly with ¼ tsp of oil.
- Pour batter over it and tilt the tava (griddle) lightly to spread the batter evenly to form a (4") diameter circle. Sprinkle the chopped onions on the top. Cook on a medium flame till it turns golden brown in colour from both the sides.
- Repeat step 5 to make 9 more uttapas.
- Serve immediately with healthy green chutney.