

# Undhiyu



Undhiyu is a Gujarati dish, and it is a one-pot casserole dish. Making an Undhiyu takes time and patience. Traditionally the dish is cooked or fried in batches. The recipe of the bowl is easy and simple.

## Ingredients

- Purple yam (kand) peeled 250 grams
- Green garlic 1/2 cup
- Green peas shelled 1/2 cup
- Scraped coconut 3/4
- Surti papdi stringed seeds separated 300 grams
- Fresh coriander leaves chopped 4 cups
- Ginger-green chilli paste 2 tablespoons
- Baking powder a pinch
- Baby potatoes, peeled 8
- Baby brinjals slit into 4 without cutting through 6
- Salt to taste
- Coriander powder 2 teaspoons

### For Muthiya :

- Whole wheat flour (atta) 1/2 cup
- Gram flour (besan) 1/4 cup
- Fresh fenugreek (methi) chopped 1 cup
- Salt to taste
- Carom seeds (ajwain) 1/2 teaspoon
- Turmeric powder 1/4 teaspoon
- Red chilli powder 1 teaspoon
- Ginger-garlic-green chilli paste 1 teaspoon
- Oil 2 tablespoons
- Yogurt



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## Method

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1. To make muthiyas mix wheat flour and gram flour in a bowl. Add fenugreek leaves, salt, carom seeds, turmeric powder, red chilli powder, ginger-green chilli paste, 2 tsps oil, yogurt and sufficient water and knead into stiff dough. Divide the dough into small equal portions and shape them into cylindrical muthiyas.
2. Heat sufficient oil in a kadai and deep fry the muthiyas till golden. Drain on absorbent paper. Cut purple yam into big cubes. Peel raw bananas and cut into big cubes and put into a bowl.
3. Chop green garlic. Grind together green peas and  $\frac{1}{4}$  cup coconut. Place surti papdi and their seeds in a bowl. Add some of the coconut-green pea mixture and mix. Mix remaining coconut, coriander leaves and green garlic.
4. Add ginger-green chilli paste, pinch of soda and mix well. Pour 4 tsps of the hot oil into a non stick pan. Add carom seeds and when they begin to change colour, add 2 cups water and let it come to a boil.
5. Add purple yam, Add baby potatoes and brinjals. Add some of the coconut-green garlic mixture, remaining coconut green pea mixture and salt and mix well.

