

Ingredients

Quantity	Measure	Ingredients	Description
0.5	Teaspoon	Asafetida (Hing)	
0.75	Teaspoon	Soda bi-carbonate	
0.5	Teacup	Curds	Sour
1	Teacup	Dhal, Urid (white)	to be ground
3	Teacup	Rice, Raw	to be ground
1	Tablespoon	Pepper Corns	coarsely ground
3	Tablespoon	Cooking Oil	
8	Nos	Chillies, Green	
25	mm.	Ginger	

Method

Grind the rice and urid dal, coarsely, and the sour curds and hot water, to make a thick dough. Ferment for 6 to 8 hours. Add chillies, and ginger in paste form, and asafetida and the oil and mix with soda bi carb. Grease a thali, and spread the dough on it, and steam for ten minutes.