

# Gatte Ki Subzi



## Ingredients

*For the gatte:*

200g/7 oz Gram flour  
½ tsp carom seeds (celery seeds)  
½ tsp Red chilli powder  
1 tsp Rapeseed oil

*For the sauce:*

500ml fat free yoghurt  
1tbsp Rapeseed oil  
½ tsp cumin seeds  
1tsp finely chopped ginger  
½ tsp turmeric powder  
1 tsp red chili powder  
A pinch Asafoetida  
1tbsp chopped coriander leaves

## Method

*To make the gatte:*

- Mix all the ingredients together in a bowl.
- Gradually add some water (1 tsp at a time) and knead to make a stiff dough.
- Divide the dough into 4 equal parts and roll each part into a cylinder of ½ inch diameter.
- Bring 1 litre of tap water to the boil in a broad pan, slide in the dough rolls and boil for about a minute or two until lighter in colour and gatte slightly bubbles.
- Drain and leave open for some time to allow extra moisture to evaporate (save some of this water for the sauce).
- Cut the rolls into ¼ inch lengths.

*To make the sauce:*

- Whisk the yoghurt to thicken slightly.
- Add 1 cup of water (saved from gatte) and mix well.
- Heat the oil in a pan and add the asafoetida, cumin seeds, ginger, red chilli powder and turmeric powder.
- When the seeds start popping, add the gatte to the yoghurt.
- Bring the mixture to a boil, stirring continuously.
- Lower heat and simmer for 2-3 minutes.
- Serve hot garnished with coriander