

My mother's very own "Thepla" Recipe

Ingredients:

- 1 cup fresh Fenugreek leaves (*methi*) finely chopped
- 1 cup (120 grams) whole wheat flour (*aata*)
- 2 green chillies finely chopped and crushed to create a paste like consistency
- ½ teaspoon salt
- 1 teaspoon black sesame seeds (*til*)
- 30 ml vegetable oil
- ½ teaspoon turmeric (*haldi*)
- ¼ teaspoon chilli powder
- 1 tablespoon sugar
- 1 tablespoon gram flour (*besan*)
- 1 tablespoon (15ml) plain yoghurt (optional)

Method:

- Rinse 1 cup of fenugreek leaves in water and wash well. Drain and finely chop. Set aside.
- Add 1 cup wheat flour (*aata*) and 1 tablespoon of gram flour (*besan*) together in a mixing bowl.
- Add the salt, black sesame seeds, turmeric, chilli powder, green chilli and sugar.
- Now add the finely chopped fenugreek leaves and mix all the ingredients well.
- Add yoghurt and use your hands to knead a dough (For a vegan option, add a splash of water instead).
- Cover the mixture and let it sit for 20 minutes.
- Now roll the dough into small sized balls (about the size of a chestnut)
- Use a rolling pin to roll the thepla outwards into flat rounds of

about 3-4 inches in diameter.

- Roll into a round shape until its roughly 3-4 inches in diameter.
- Place it on a hot pan on medium heat for 1-2 minutes and then flip.
- Drizzle oil on the side facing up and spread with a spoon.
- Flip thepla over again and spread oil on this side.
- Let it cook for 1-2 minutes and if necessary flip again and press down with a spatula until golden-brown.