

FENUGREEK LEAVES CHAPATHI | METHI ROTI | ROTI RECIPE



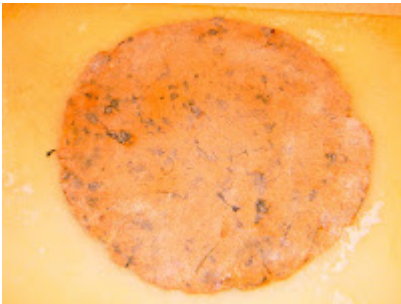
Methi Roti are simply, healthy dish for breakfast or lunch or dinner. As fenugreek Leaves are enriched with minerals like potassium, calcium and Iron. Including fenugreek once or twice a week in diet is good for health. Methi roti can be served with any raita or subzi.

Ingredients

- 1 Cup of Whole Wheat Flour**
- 1/2 Cup of Fresh methi leaves/Dried Methi Leaves**
- 2 Tbsp of Oil**
- 2 Tbsp of Milk**
- 1/2 Tsp of Turmeric**

1/2 Tsp of Chilly Powder
1/2 Tsp of Coriander Powder
1 Tsp of Cumin
1/2-3/4 Cups of Warm Water
Salt as needed

Method



- **Seperate the fenugreek leaves from the bunches and wash well.**
- **Cut them very small as possible. I used dried methi leaves as I didn't get fresh methi leaves.**
- **Take a required water in a kettle and boil it.**
- **In the mean time take a wide bowl and add flour, methi leaves, salt, oil, milk, turmeric, chilly powder, coriander powder and cumin.**
- **Now add boiled water to the bowl containing flour. Mix well with fork and make a dough like you do for chapathi's. Keep aside for 15 mins.**
- **Heat a tawa or chapathi pan. Meanwhile make a equally sized balls out of the dough and roll it into a circular thin roti's**
- **Now cook the roti's in medium heat. When bubbles starts appearing, apply oil and flip it to the other side. Let**

the other side also get cooked.

- Serve with it onion raita or aloo palak or any subzi.

Tips

- When you use fresh methi leaves saute well in oil before adding to flour
- You can add butter instead of oil.
- Adding warm water and milk makes roti's soft.



Health Benefits of Methi or Fenugreek Leaves

- Lowering Diabetes I and II
- High in dietary fiber and Vitamin C
- Lowers serum cholesterol.
- Improves digestion.
- Fenugreek Leaves are rich in vitamins, minerals and good source of protein and Iron.

Jeera Vegetable Pulao – Jain Style



Vegetable Pulao is a one pot meal, easy to make recipe. This recipe is authentic which has no onion and no garlic in it. This tastes different from our usual vegetable pulao recipe. I make this dish for lunch and it can be done in min. This can be served with raita or any spicy subzi

Ingredients for Jeera Rice



- 1 cup Basmati Rice**
- 1.5 cups of water**
- 2 Tbsp Oil/Butter**
- 3 Tsp of Cumin Seeds**
- 1 Shah Jeera(opt)**
- 1 Bay leaves**
- 2 Cloves**
- 1 Big Cinnamon**
- 2 Big Elaichi/ Small Cardamom**
- 1 Teaspoon of Salt**

Ingredients for Masala



- 3 Tblsp oil/Butter**
- 1 Tsp cumin/Jeera**
- 1/4 Cup of Peas**
- 1/4 Cup of Carrot**
- 1/4 Cup of Beans**
- 5-6 Panner Cubes**

1 tsp of Salt
1/2 tsp of Garam Masala
1 tbsp Lemon Juice
2 tbsp Chopped Cilantro

To Grind

2 Green Chillies
1/2inch of Ginger

Method

Making of Jeera Rice



- **Wash and soak the basmathi rice for 1/2 hr.**
- **Heat the oil in a pan/cooker. Test the oil by adding one cumin seed; if seed crackles then your oil is ready. Add cumin seeds.**
- **The sheer smell of cumin seeds frying in hot oil makes it more appetizing .**
- **Add cloves, cinnamon, cardamom, bay leaves and stir for few seconds.**
- **Next add the rice. Stir-fry for 2 minutes.**
- **Add required water and salt, bring to a rolling boil and turn the heat to low. Cover the pan. If you use cooker just close the lid and wait for the whistle.**

- In stove top, Cook for about 15 minutes, or until the rice is tender and the water has evaporated. Turn off the heat and fluffy rice is ready.

Making of Vegetable Masala

- Take a big pan and heat the oil. Test the heat by adding one cumin seed to the oil. If it crackles then oil is ready.
- Add cumin seeds and then add “To Grind” ginger chillies paste. Fry for about 2 minutes.
- Add peas, carrots, paneer and beans. Let them cook for about 4-5 minutes, by closing the lid. Stir occasionally and wait till vegetables are soft.
- Add garam masala and stir well.
- Turn off the heat and add lemon juice.
- Finally transfer the jeera rice into the vegetables masala Hot Vegetable Pulao is ready.
- Garnish the rice with chopped cilantro or coriander leaves and fried cashews.

Tips

- You can add onion and garlic if you want.
- Serve it with onion raita or any raita of your choice.



Cumin Flavored Basmati Rice /
Jeera Rice



Jeera Rice is a popular Indian dish consists of rice, jeera and spices. It's a simple, flavorful and easily digestible rice that can be done in few min.

Ingredients:

- 1 cup Basmati Rice**
- 1 1/2 cups of water**
- 2 Tablespoons Oil/Butter**
- 3 Teaspoon of Cumin Seeds**
- 1 Shah Jeera(opt)**
- 1 Bay leaves**
- 2 Cloves**
- 1 Big Cinnamon**
- 2 Big Elaichi/ Small Cardamom**
- 1 Teaspoon of Salt**

Method



- Soak the basmathi rice for 1/2 hr.
- Heat the oil in a pan/cooker. Test the oil by adding one cumin seed; if seed crackles then your oil is ready. Add cumin seeds.
- The sheer smell of cumin seeds frying in hot oil makes it more appetizing .
- Add cloves, cinnamon, cardamom, bay leaves and stir for few seconds.
- Next add the rice. Stir-fry for 2 minutes.
- Add required water and salt, bring to a rolling boil and turn the heat to low. Cover the pan. If you use cooker just close the lid and wait for the whistle.
- In stove top, Cook for about 15 minutes, or until the rice is tender and the water has evaporated. Turn off the heat and fluffy rice is ready.

Tips

- Serve it with Aloo Gobi or any spicy subzi or raita.
- You can cook this rice either in pan or cooker.

Health Benefits of Cumin

- Cumin may stimulate the secretion of pancreatic enzymes, compounds necessary for proper digestion and nutrient

assimilation.

- **It has an anti-carcinogenic properties.**
- **It is an excellent source of Iron.**