

VRAT KI FALHARI THALI TWO | FALHARI THALI RECIPE TWO

My take on yet another version of falhari thali widely consumed on fasts.

DISHES CLOCK WISE ARE AS FOLLOWS –

TIL AND PEANUTS CHUTNEY

CHILLIES

POTATO CHIPS

KUTTU KI PURI

POMOGRENATE

SAMVAT KE CHAWAL KI KHICHDI

RAW PAPAYA RAITA

VRAT WALI ALOO KI SABJI

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RECIPE FOR TIL AND PEANUTS CHUTNEY

INGREDIENTS –

3 – tomatoes, medium

6 – dry red chillies or acc to your taste

1/4 tsp – ginger, grated

2 tsp – white sesame seeds/ til, dry roasted

1/4 tsp – cumin seeds

2 tsp – roasted peanuts

salt to taste

METHOD –

Roast the tomatoes and chillies on an open flame, turning every minute so as to cook evenly.

Peel the skin of the tomatoes, once cooled.

In a jar, add the tomatoes, chillies, ginger, til, cumin seeds and peanuts.

Grind to a smooth paste.
Add salt and mix well.
Serve.

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RECIPE FOR KUTTU KI PURI

INGREDIENTS –

2 cups – kuttu ka atta/ buckwheat flour
seendha namak, as per taste
2 – green chillies
1/4 tsp – grated ginger
2 tbsp – chopped coriander leaves
2 – potatoes, boiled and mashed
ghee or oil for frying

METHOD –

In a bowl, add the flour, salt, chillies, ginger and coriander leaves.
Mix well.
Add in mashed potato, little at a time and make a smooth dough.
Add a spoonfull of water if required.

Use the dough immediately or it may turn sticky.

Make medium sized balls from the dough.
Roll into puris using kuttu ka atta if required.

Heat oil and fry the puris in medium hot oil from both the sides.
Serve.

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RECIPE FOR SAMVAT KE CHAWAL KI KHICHADI

<http://www.foodnspoons.com/samvat-ke-chawal-ki-khichadi-falhari-khichdi-make-vrat-ki-khichdi/>

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RECIPE FOR RAW PAPAYA RAITA

INGREDIENTS –

1/2 cup – raw papaya, grated

2 – green chillies

1/8 tsp – ginger, grated

1/4 tsp – cumin seeds, roasted and powdered

1/2 tsp – powdered sugar

1/4 tsp – black pepper, crushed

seendha namak, as per taste

1 cup – thick yogurt

1 cup – water

coriander leaves, finely chopped

METHOD –

Boil some water and add the grated papaya.

Cook till done.

Cool and squeeze the excess water. Keep aside.

Strain the yogurt in a bowl.

Add papaya, chillies, ginger, cumin seeds, sugar, pepper and salt.

Mix well. Add water and adjust the consistency.

Serve.

RECIPE FOR VRAT WALI ALOO KI SABJI

INGREDIENTS –

4 – potatoes, boiled and cubed
2 – tomatoes, chopped
2 – green chillies, chopped
1/4 tsp – ginger, grated
2 tsp – ghee
1/4 tsp – cumin seeds
2 tsp – coriander powder
seendha namak, as per taste
1 tsp – lemon juice (optional)
coriander leaves, finely chopped

METHOD –

Heat ghee in a heavy bottomed pan.
Add cumin seeds and let them crackle.

Add ginger and chillies. Saute well.
Add tomatoes and Mix well.
Cook till mushy.

Add coriander powder.
Mix and cook for 5 mins.

Add the potatoes.
Pour in 2 cups of water and let it come to boil.

Add in the salt and lemon juice.

Mix and mash the potatoes with the back of the ladle.
Simmer and cook till the gravy thickens a bit.

Garnish with the coriander leaves.
Serve hot.

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ENJOY:))

HAPPY EATING!!

Hope you liked my recipe.

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