



 **MH-12 KITCHEN**

- **GLOBAL SCHOLARS
COMMUNITY COOKBOOK**

- **CREATED BY-
0**
- **MANASVI & JIYA**

KOTHIMBIR WADI

RECIPE



tarladalal.com

Kothimbir Vadi

KOTHIMBIR WADI

“RAINY SEASON SPECIAL”

Main ingredients

- Fresh Coriander (Kothimbir): The star ingredient, finely chopped.
- Gram Flour (Besan): The base binder for the mixture.
- Rice Flour (Chawal ka Atta): Added for extra crispiness.
- Green Chilies, Ginger, Garlic: Grind into paste for flavor.
- Sesame Seeds (Til): For texture and nutty flavor.
- Turmeric Powder (Haldi): For color and flavor.
- Red Chili Powder: For heat
- Coriander-Cumin Powder (Dhania-Jeera): Adds depth.
- Salt: To taste.

- ASAFOETIDA(HING): A PINCH FOR PUNGENCY.

OPTIONAL: LEMON JUICE, SUGAR OR TAMARIND



INSTRUCTIONS

PREPARE THE CORIANDER: WASH THE CORIANDER LEAVES THOROUGHLY, PAT THEM DRY TO REMOVE EXCESS MOISTURE, AND CHOP THEM FINELY.

MIX DRY INGREDIENTS: IN LARGE MIXING BOWL, COMBINE THE BESAN, RICE FLOUR (IF USING), TURMERIC POWDER, RED CHILI POWER, CUMIN-CORIANDER POWDER, SALT, AND HALF OF THE SESAME SEEDS. MIX WELL.

ADD FLAVORINGS AND HERBS: ADD THE CHOPPED CORIANDER LEAVES, GINGER PASTE, GARLIC PASTE, AND GREEN CHILI PASTE TO THE DRY MIXTURE.

FORM DOUGH/BATTER: GRADUALLY ADD WATER, A TABLESPOON AT A TIME, AND MIX EVERYTHING TOGETHER. THE NATURAL MOISTURE FROM THE CORIANDER SHOULD HELP BIND THE INGREDIENTS. YOU WANT A THICK , FIRM DOUGH OR A VERY THICK BATTER CONSISTENCY- AVOID MAKING IT TOO WATERY. IF USING BAKING SODA, ADD IT JUST BEFORE STEAMING.

SHAPE FOR STEAMING :GREASE YOUR HANDS WITH A LITTLE OI AND SHAPE THE DOUGH INTO ONE OR TWO CYLINDRICAL ROLLS (LOGS). ALTERNATIVELY , PRESS THE MIXTURE INTO A GREASED , FLAT STEAMER PAN.

STEAM: PREPARE A STEAMER AND BRING THE WATER TO A BOIL. PLACE THE DOUGH LOG OR PAN IN THE STEAMER,COVER,AND STEAM FOR 15-20 MINUTES ON MEDIUM HEAT. CHECK FOR DONENESS BY INSERTING A TOOTHPICK OR KNIFE; IT SHOULD COME OUT CLEAN.

COOL AND SLICE : TURN OFF THE HEAT AND LET STEAMED VADIS COOLDOWN COMPLETELY. ONCE COOL CAREFULLY REMOVE THEM AND CUT INTO $\frac{1}{4}$ -INCH THICK SLICES OR SQUARES.

FRY UNTIL CRISPY: HIT OIL IN A KADAI FOR SHALLOW OR DEEP FRYING. GENTLY PLACE THE VADI PIECES INTO THE HOT OIL AND FRY UNTIL THEY ARE GOLDEN BROWN AND CRISPY ON BOTH SIDES.DRAIN THE FRIED PIECES ON A PAPER TOWEL.

CULTURAL SIGNIFICANCE

KOTHIMBIR VADI HOLDS SIGNIFICANT CULTURAL IMPORTANCE IN MAHARASHTRA AS A BELOVED, TRADITIONAL SNACK EMBODIES THE REGION'S CULINARY PHILOSOPHY OF THRIFT, FLAVOR, AND COMMUNITY. IT IS A STAPLE OF MAHARASHTRIAN CUISINE, DEEPLY CONNECTED TO DAILY LIFE, FAMILY GATHERINGS, AND FESTIVE CELEBRATIONS.

NUTRITIONAL **VALUE'S**

FIBER AND PROTEIN : THE DISH IS A GOOD SOURCE OF DIETARY FIBER AND PROTEIN DUE TO THE BESAN BASE.

PREPARATION METHOD : THE NUTRITIONAL PROFILE CAN BE MADE HEALTHIER BY STEAMING OR BAKING INSTEAD OF FRYING , WHICH REDUCES THE FAT CONTENT SIGNIFICANLY.

SODIUM: THE SODIUM CONTENT CAN VARY , SO CHEKING THE LABEL OR RECIPE IS ADVISED.

CULTURAL GROUP IMPORTANCE AND WHEN EATEN.

KOTHIMBIR VADI IS A HIGHLY POPULAR AND CULTURALLY SIGNIFICANT SAVORY SNACK IN MAHARASHTRIAN CUISINE , A REGIONAL CULINARY GROUP IN INDIA. IT IS ENJOYED YEAR-ROUND , PRIMARILY AS AN ANYTIME SNACK OR APPETIZER , AND HOLDS A SPECIAL PLACE DURING FESTIVALS AND FAMILY GATHERINGS.

WHAT INFLUENCES PEOPLE TO EAT?

- 1) A taste of Home and Nostalgia
- 2) Embodiment of Maharashtrian Culinary Values
- 3) Staple at Festivals and Gatherings
- 4) Core of Community and Sharing
- 5) Celebration of a Core Ingredient



VARANFAL

RECIPE





INGREDIENTS

1 CUP TOOR DAL (SPLIT PIGEON PEAS)

3-4 CUPS WATER(FOR COOKING DAL)+ EXTRA FOR CONSISTENCY

½ TSP TURMERIC POWDER

PINCH OF ASAFOETIDA (HING)

SALT TO TASTE

1-2 TBSP GHEE OR OIL

1 TSP MUSTARD SEEDS, 1 TSP CUMIN SEEDS

¼ TSP FENUGREEK SEEDS (OPTIONAL)

6-7 CURRY LEAVES, 2-3 GREEN CHILIES (SLIT)

1 TBSP FINELY CHOPPED GARLIC (OR PASTE)

1 TOMATO CHOPPED (OPTIONAL)

1-2 TBSP GODA MASALA

1 TBSP TAMARIND PULP

1 TBSP JAGGERY
FRESH CORIANDER LEAVES





PREPARATION

PREPARATION STEPS (SIMPLIFIED)

- 1) **PREPARE AND COOK THE DAL: WASH THE TOOR DAL AND PRESSURE COOK IT WITH 3-4 CUPS OF WATER, TURMERIC POWDER, A PINCH OF ASAFOETIDA, AND A FEW DROPS OF GHEE FOR 3-4 WHISTLE UNTIL IT IS SOFT AND MUSHY. ONCE COOLED, MASH THE DAL THOROUGHLY TO A SMOOTH CONSISTENCY AND SET ASIDE.**
- 2) **KNEAD THE DOUGH: IN A SEPARATE BOWL, COMBINE THE WHEAT FLOUR, SALT, AND 1 TSP OF OIL. GRADUALLY ADD WATER AND KNEAD INTO A STIFF, SMOOTH DOUGH, SIMILAR TO A CHAPATI DOUGH BUT SLIGHTLY FIRMER. COVER AND LET IT REST FOR 15-30 MINUTES.**
- 3) **PREPARE THE TEMPERING: PREPARE THE TEMPERING BY HEATING GHEE IN A PAN AND ADDING MUSTARD, CUMIN, AND FENUGREEK SEEDS, FOLLOWED BY ASAFOETIDA, GREEN CHILIES, GARLIC AND TOMATOES.**

4) SIMMER THE DAL: ADD THE MASHED THE DAL TO THE TEMPERING MIXTURE AND MIX WELL. ADD 2-3 CUPS OF WATER TO ADJUST THE CONSISTENCY (IT SHOULD BE RELATIVELY THIN, AS THE DUMPLINGS WILL THICKEN IT LATER). ADD SALT, GODA MASALA, TAMARIND PULP (OR KOKUM), JAGGERY, AND ANY OPTIONAL SOAKED PEANUTS. BRING THE DAL MIXTURE TO A ROLLING BOIL AND LET IT SIMMER FOR A FEW MINUTES.

5) ROLL AND CUT DUMPLINGS: WHILE THE DAL IS SIMMERING, TAKE SMALL PORTIONS OF THE RESTING DOUGH. ROLL EACH INTO A THIN FLAT CIRCLE (ROTI/CHAPATI) USING A DRY FLOUR. CUT THE ROLLED DOUGH INTO SMALL SQUARES OR DIAMOND SHAPES WITH A KNIFE OR PIZZA CUTTER.

**6) COOK THE DUMPLINGS: GENTLY ADD DOUGH PIECES ONE BY ONE INTO THE SIMMERING DAL,
STIRRING
OCCASIONALLY TO PREVENT STICKING.**



CULTURAL SIGNIFICANCE

VARANFAL (ALSO KNOWN AS CHAKOLYA OR DAL DHOKLI IN SOME REGIONS) HOLDS SIGNIFICANT CULTURAL IMPORTANCE IN MAHARASHTRA AND GUJARAT , PRIMARILY AS A SYMBOL OF COMFORT , TRADITION , AND RESOURCEFUL ONE – POT MEAL WITHIN HOUSEHOLDS.

NUTRITIONAL VALUE'S

- 1) Protein : Lentils (like Toor Dal) are excellent plant- based proteins sources , crucial for muscle health.
- 2) Dietary Fiber : High fiber content aids digestion and satiety.
- 3) Vitamins & Minerals : Rich in iron(for energy) and folate(folic acid).
- 4) Energy : Provide carbohydrates for energy and some fats , depending on added ghee/oil.

CULTURAL GROUP IMPORTANCE AND WHEN EATEN .

Varanfal , also known as Chakolya or Dal Dhokli in different regions , is a significant dish in Maharashtra and Goan cuisine. It is widely considered a comfort food and has a notable cultural importance , particularly during festivals.

WHAT INFLUENCES PEOPLE TO EAT?

- 1) Comfort Food and Nostalgia.
- 2) Festive and Occasional Dish.
- 3) Culinary Resourcefulness.
- 4) Regional Identity.
- 5) Community and Family Ties.

