

“Puda” - Savoury pancakes

*5 minutes preparation time, 15 minutes cooking time
Makes 6-7 pancakes*

Ingredients

Pancakes

125 gram flour (1 x 250ml cup)
250 ml cold water
1 tsp carom seeds (ajma)
1 tsp salt
½ tsp hing (asafoetida)
¼ red chilli powder
½ tsp crushed green chillis (optional)

2 tsp oil
1 tbs (heaped) finely chopped spring onions
1 tbs (heaped) finely chopped red pepper
1 tbs (heaped) finely chopped coriander
Oil for frying

Utensils

Crepe pan or low rimmed flat non-stick pan, thin flat spatula,

Method

1. Sift flour into bowl (this is to get air in), add carom seeds, salt, asafoetida, chilli powder and optional crushed green chillies
2. Add cold water slowly whilst stirring mixture. Aim to get the mixture to a smooth single cream consistency. Add a little more water as needed
3. Add finely chopped spring onions, red peppers, fresh coriander, 2 teaspoons of oil and stir until all the ingredients are mixed and coated
4. Heat pan on medium-high heat. (Pan must be hot otherwise first pancake won't turn out as well as it should). Brush pan lightly with oil using heat resistant bristle brush or kitchen paper to ensure thin film of oil
5. Place 60ml mixture into centre of the pan, swirl and rotate pan until mixture spread thinly and evenly
6. Watch for little holes/bubbles to appear in the mixture. This will be a sign of air escaping and the base is cooking well. Lift the edge with the spatula and check if it is golden brown colour and firm enough to flip.
7. Flip pancake and cook until an even golden brown on the other side.

Serving Suggestions

- On their own with some Tamarind, Date, Ginger & Chilli Chutney
- 3 Bean Mexican chilli stuffed and rolled for a Indo-Mex fusion!
- Rolled up and stuffed with Bombay Potato or variation in the middle!
- Stuffed and rolled up with Cucumber Raitu and chopped red peppers for a cool summer snack or light lunch